

## How We Serve

The VALOR program is tailored to the treatment of our Veterans in an outpatient setting.

Through our Partial Hospitalization Program and Intensive Outpatient treatment, we are able to offer compassionate evidence based care that is immersive and intensive while our Veterans continue to live within the comfort of their homes and families.



VALOR

Reconnecting Hearts | Healing Minds

*Fostering the healing of our Veterans one individual at a time*



## We Foster Healing From

- PTSD
- Major Depression & Mood Disorders
- Anxiety
- Obsessive Compulsive Disorders
- Substance Abuse
- Trauma-Related Functional Impairment



## Thriving on the Homefront

Our supportive community is here to help you thrive in every way.

- Reconnecting with loved ones
- Finding meaningful employment
- Deep and restful sleep
- Emotional resilience
- Enjoying the life in front of you

Book an Assessment



Determine Treatment Goals



Attain peace, meaning, and purpose



901.682.3035



8336 Macon Rd. | Cordova, TN 38018



[www.bluescitypsychiatry.com](http://www.bluescitypsychiatry.com)



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# VALOR

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Provided by Blues City Psychiatry



## OUR SERVICES

Through immersive therapy, enriched with evidence-based modalities, you'll engage in a variety of programs, including:

- Trauma Focused Group Therapy
- CBT & DBT
- EMDR
- Equine Therapy
- Experiential Group Therapy
- Yoga
- Sound Healing via sound Baths
- Family Sessions
- Nutritional Consultation
- Coordination of Care with primary care and speciality physician

*At times medicinal approaches to treatment become necessary to accelerate symptom reduction and relief. Our medication treatment approaches include Spravato, or Ketamine Assisted Psychotherapy. Additionally, we do offer medication assisted treatment for recovery from substance use disorders.*



## A NEW MISSION: THRIVING AT HOME

After years of dedicated service to our country, veterans face a crucial mission: discovering their purpose in civilian life. VALOR employs therapeutic techniques to support veterans and their loved ones in thriving and attaining **peace, meaning, and purpose** as they transition to civilian life.

## GIVE YOUR LOVED ONES ALL OF YOU

Veterans can experience several of the following symptoms in their transition stateside:

- Isolation from friends or family
- Episodes of unexplained anger or irritability
- Sleep disturbances
- Anxiety or Depressive symptoms
- Lack of interest in activities/hobbies
- Lack of concentration in professional life
- Overuse of Substances
- Overall feeling of a loss of self

## OUR TEAM IS HERE FOR YOU

At VALOR, our multidisciplinary team is dedicated to the mental health needs of veterans. Our veterans have served and sacrificed for our country in extraordinary ways.

Now we want to empower them towards envisioning and living an extraordinary life.



*Shubi Shakti, MD*

Medical Director

Board Certified Psychiatrist

Board Certified in  
Addiction Medicine

Certified Ketamine Assisted  
Psychotherapist



*Kimberly Rickels, LCSW*

Clinical Director

Certified in Trauma  
Focused Cognitive  
Behavioral Therapy

Certified in Dialectical  
Behavioral Therapy

Certified in Emotion  
Focused-Therapy