



8402 Cross Park Drive, Austin, TX 78754  
512.215.3900

## The Neuropsychiatry of Wellness: An Intersection of Mind, Body & Soul

**May 17, 2017**  
11:00 a.m. to 1 p.m.  
2 CEU Hours

Please RSVP to:  
Events@CrossCreekHospital.com

Lunch will be provided

**Presented by**  
Dr. Kimberly A. Arlinghaus, MD

**Learning Objective:**

In this presentation, Dr. Arlinghaus will highlight mental, physical, and spiritual contributions to wellness, focusing on mechanisms that connect the mind, body, and spirit. Participants will gain a richer appreciation of the science behind holistic approaches to healing as well as take away “pearls” for helping people live healthier, happier, and more meaningful lives.

### DR. KIMBERLY ARLINGHAUS



*Dr. Arlinghaus is a board-certified general adult psychiatrist with a wealth of experience as a clinician, educator, administrator, and leader. She is a graduate of the University of Texas at Austin where she earned a Bachelor of Arts in 1982. After receiving her medical degree in 1986 from Baylor College of Medicine, Dr. Arlinghaus completed a general adult psychiatry residency in 1990 at Baylor College of Medicine Affiliated Hospitals Program.*

*With over 25 years in the behavioral health field, Dr. Arlinghaus' previous roles include serving as the Deputy Mental Health Care Line Executive/Associate Chief of Psychiatry at the Michael E. DeBakey VA Medical Center as well as the Medical Director of Behavioral Health at Lone Star Circle of Care.*

*Dr. Arlinghaus launched Cedar Park Psychiatry in the Austin area in March 2014 where she specializes in adult psychiatry and psychotherapy as well as offering forensic psychiatry services. She continues to teach medical students as Professor of Psychiatry and Behavioral Science at Texas A&M Health Science Center-College of Medicine in Round Rock, Texas.*

*Dr. Arlinghaus' academic interests include the neuropsychiatry of traumatic brain injury, mind-body medicine, and the impact of trauma on mental and physical health.*

*\*Special door prizes will be awarded to attendees in recognition of Dr. Arlinghaus' message of Mind, Body & Spirit wellness.*



*Cross Creek Hospital is Continuing Education Provider for the Texas State Board of Social Work Examiners, Texas State Board of Examiners of Professional Counselors, Texas Certification Board of Addiction Professionals, Texas State Board of Examiners of Psychologists and Texas State Board of Licensed Marriage & Family Therapists.*

**For more information about the hospital, please call 512.215.3900**