

Balanced x Holistic Psychiatry Expands Mental Health Care Services

September 21, 2026

September 21, 2026 -

Balanced x Holistic Psychiatry has officially announced the expansion of its clinical services, introducing broadened options for depression treatment in West Des Moines, IA. The locally owned psychiatric practice, which brings 27 years of combined experience to the regional healthcare landscape, is expanding its outpatient mental health capabilities to address growing needs across Central Iowa. Drawing on a clinical model that integrates traditional medical management with integrative wellness techniques, the practice provides evidence-based mental health support, comprehensive psychiatric evaluations, and individual counseling. This expansion allows the practice to accommodate a higher volume of individuals seeking structured clinical care while broadening access through both office-based visits and remote digital consultations.

Individuals seeking professional depression treatment in West Des Moines, IA can now access a wider array of therapeutic options designed to treat mood disorders, anxiety, and complex stress conditions. Balanced x Holistic Psychiatry provides trauma-informed care structured to support individual recovery goals through evidence-based practices. The practice offers all-inclusive therapy models that combine traditional psychotherapy with holistic modalities, focusing on individual biological, psychological, and lifestyle factors. Every treatment plan is tailored after a thorough clinical assessment, ensuring that therapeutic interventions align with the patient's unique diagnostic profile and personal health history.

The operational expansion emphasizes accessible care delivery, offering both in-person consultations at the local clinic and virtual appointments available via secure telehealth systems. Patients residing anywhere in Iowa can access remote psychiatric evaluations, follow-up visits, and ongoing therapy through encrypted video platforms, removing geographic barriers for individuals in rural or underserved communities. Balanced x Holistic Psychiatry is currently accepting new adult patients for both in-person and telehealth appointments, allowing individuals to select the care format that best accommodates their schedules and personal preferences.

In addition to traditional psychotherapy and medication management, the clinical team incorporates

specialized therapeutic tools and advanced healthcare technologies into patient care plans. The practice works with Alpha-Stim, a non-invasive electromedical device designed to alleviate symptoms of anxiety, insomnia, and mood disruptions through cranial electrotherapy stimulation. The clinical staff also works with Wellmarj to support administrative and patient care workflows, facilitating streamlined communication and treatment tracking. These integrative offerings are designed to complement standard psychiatric interventions, providing additional options for individuals who may benefit from non-pharmacological or adjunctive treatment strategies.

Balanced x Holistic Psychiatry maintains professional affiliations with major national mental health organizations, reflecting a commitment to specialized, evidence-based care standards. The practice is associated with Children and Adults with Attention-Deficit/Hyperactivity Disorder, supporting informed diagnostic and behavioral strategies for neurodevelopmental conditions across different age groups. Furthermore, the practice is associated with Postpartum Support International, utilizing specialized frameworks to address perinatal mood and anxiety disorders in new and expecting mothers. These professional ties help ensure that clinical protocols align with current research and established regional healthcare standards.

To help reduce financial barriers to outpatient psychiatric care, the clinic accepts Blue Cross/Blue Shield insurance plans for covered services. Insurance coverage applies to a range of diagnostic assessments, ongoing therapy sessions, and psychiatric appointments, depending on individual policy terms. By maintaining in-network alignment with major insurance providers, the practice aims to make specialized mental health services more accessible to working adults and families across the region.

The clinical team at Balanced x Holistic Psychiatry brings together diverse background experience in outpatient psychiatry, behavioral health, and integrative wellness. With 27 years of combined experience, the practice staff utilizes a multidisciplinary framework that considers medical history, environmental stressors, and personal wellness goals during every phase of treatment. The practice's trauma-informed approach prioritizes patient safety, informed consent, and collaborative decision-making throughout the therapeutic process.

Broadening access to comprehensive psychiatric care remains a key focus for local healthcare providers as demand for outpatient behavioral health services continues to rise. Through its expanded clinical programs, Balanced x Holistic Psychiatry offers a structured, multi-faceted approach to mental healthcare that combines clinical expertise with modern delivery methods. Individuals interested in learning more about available therapy options, verifying insurance coverage, or scheduling an initial clinical assessment can find additional information by visiting the official Balanced x Holistic Psychiatry website or contacting the West Des Moines

office directly.

###

For more information about Balanced x Holistic Psychiatry, contact the company here: Balanced x Holistic Psychiatry (515) 212-2091 jena@dsmpsychiatry.com

Balanced x Holistic Psychiatry

Website: <https://www.dsmpsych.com/>

Email: jena@dsmpsychiatry.com

Phone: (515) 212-2091