

# Practice Guidelines for Serious Mental Illness

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Presented by Dr. Daniel M. Williams, MD, PA

Founder, [MindshiftCare.com](http://MindshiftCare.com)



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# Clinical Handbook

- The [100-Day Mindshift](#) by Dr. Daniel Williams helps primary care and mental health programs that don't have time to explain the [Clinical Practice Guidelines](#) from the American Psychiatric Association.

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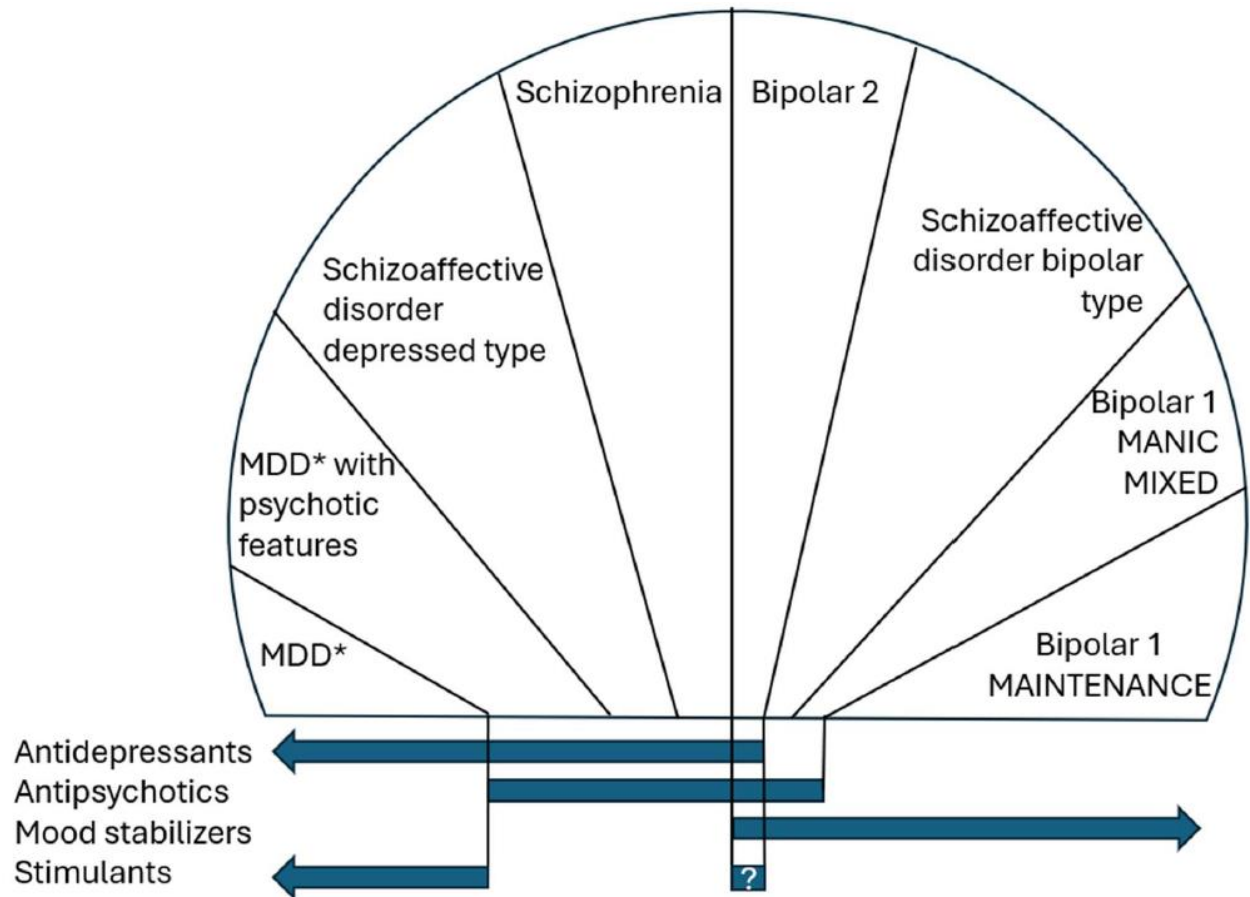


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# The Rule of 3's

- Major Depressive Disorder
- Bipolar Disorder
- Schizophrenia / Schizoaffective



# The Rule of 3's

Summary of [Diagnostic Criteria](#) for Serious Mental Illnesses

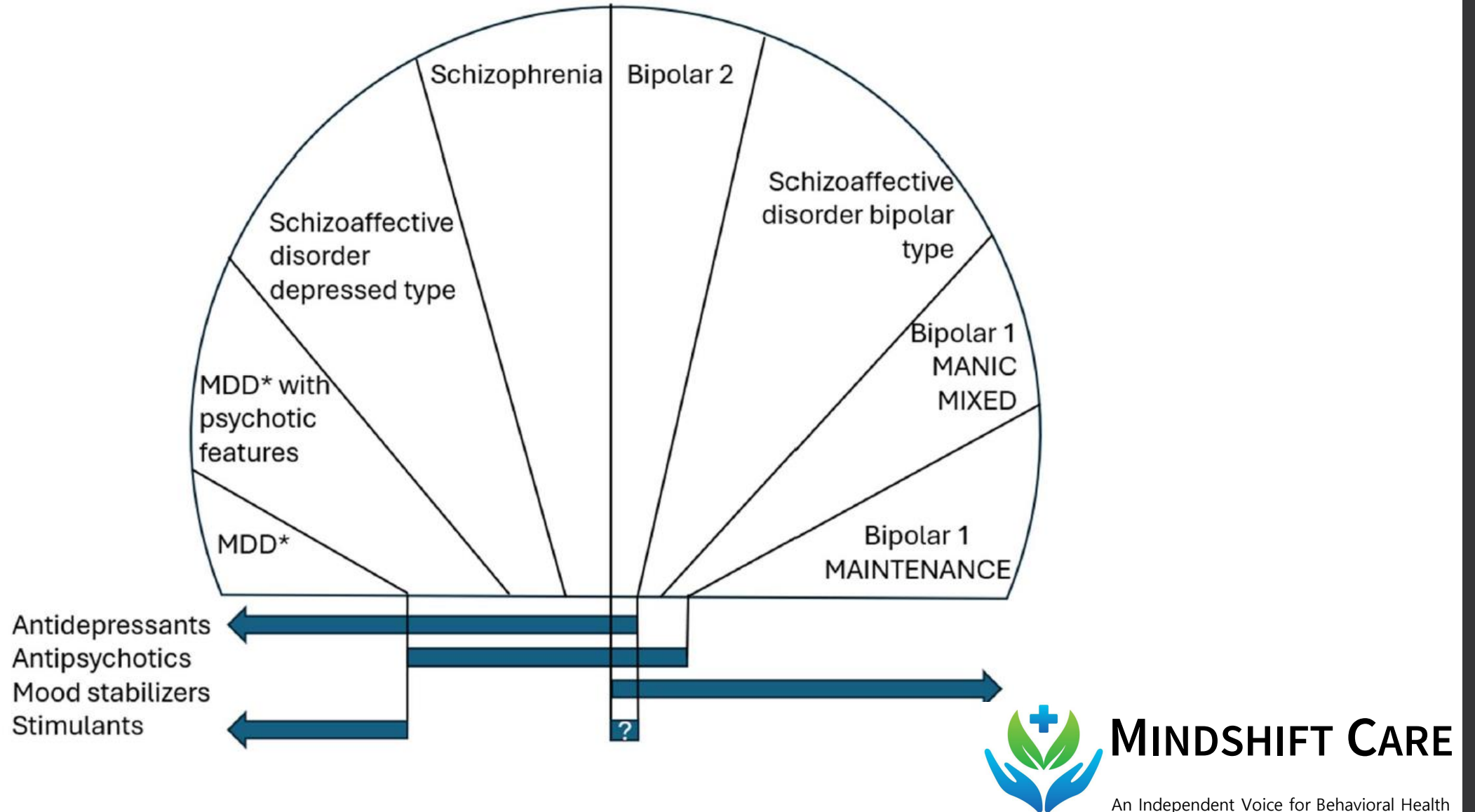
- \*Major **depressive** disorder ~ **2 weeks** of a collection of low mood and neurovegetative symptoms (appetite, sleep, energy, concentration, motivation, psychomotor agitation or retardation) with or without suicidal thoughts and psychotic features.
- Bipolar disorder ~ **7 days of a manic episode** ever in life, including the combination of decreased need for sleep, grandiosity, and euphoria. Episodes can be depressed, manic, or mixed.
- Schizophrenia ~ **6 months of predominantly psychotic symptoms**, such as hallucinations, delusions. Schizoaffective can be considered a variant of schizophrenia mixed with one or both of the above mood disorders.
- Schizoaffective disorder ~ Clinically significant depressive or manic episodes, but **psychosis remains when the mood episodes are in remission for at least 2 weeks**.



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# Practice Guidelines for Serious Mental Illness



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# Multiple ways to connect:



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Calendar    Gluten-Free Psychiatry Podcast    Services    About

## Mastermind Groups


These free meetings consist of people working together in harmony with definiteness of purpose in order to solve a common problem. [New to Mastermind Groups?](#) Here's our active Mastermind Groups for different purposes:

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### [Live Events Calendar](#)

- The 100-Day Mindshift.** This is the live Q&A with me, Daniel Williams, MD, the author of all of the Mindshift video courses. My business model is to provide all of the training videos to the world for free, resulting in a global, mental health Mindshift. These courses are for everyone because they teach self-directed, holistic life-building. Topics cover *Anxiety Reduction*, *Sex therapy for PTSD*, *Pet therapy for PTSD*, and training for professionals and caregivers. Law enforcement, military, first responders of all types and veterans, this is your solution to on-the-job "fix yourself".
- Relapse Prevention.** Live support for **any addiction** or medical condition that results in *Dopamine Dysregulation Disorder*. If you were to watch all of my videos in one sitting, you might want to binge on something. If so, the Relapse Prevention group is here for you. My unique approach combines elements of 12-Step Recovery with holistic discussions of radical self-care, earthing science, filtering neurotoxins, detoxification and how to get medications that contain no gluten. Speaking is optional. It starts with a brief presentation and then opens up for group discussion.
- DETOX Fit & Fertile.** This is a support group for **people interested in detoxing from any toxic chemicals** like BPA, PFAS, heavy metals, RoundUp<sup>™</sup>, and more. Dr. Williams will share his own PFAS Detox Protocol (poly-fluoryl alkyl substances), not-so-affectionately known as the "forever chemicals". Research shows that we're all being feminized and sterilized because so [many toxins act like estrogen](#). Making babies involves sex therapy, psychology, physiology, sometimes psychiatry, and now...toxicology. Did you know 95% of sperm

Search



Daniel M. Williams, M.D., P.A.

Three Appointment Types:  
[Medication Management](#)



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PODCAST

# A Free, Virtual IOP Experience

- Relapse Prevention
- Anxiety Reduction
- Pet Therapy for PTSD
- Sex Therapy for PTSD
- Psychotherapy for PTSD

## Core Curriculum: How to Mindshift

*Mindshifting* is the simultaneous changing of neural networks and harmonic emotional frequencies at will. This course intuitively guides you to forcefully recreate physical, mental, spiritual, and emotional balance. Benefits include improved mental perseverance, problem-solving skills, and grace under fire.

**Mindshift;** noun, verb. Definition:

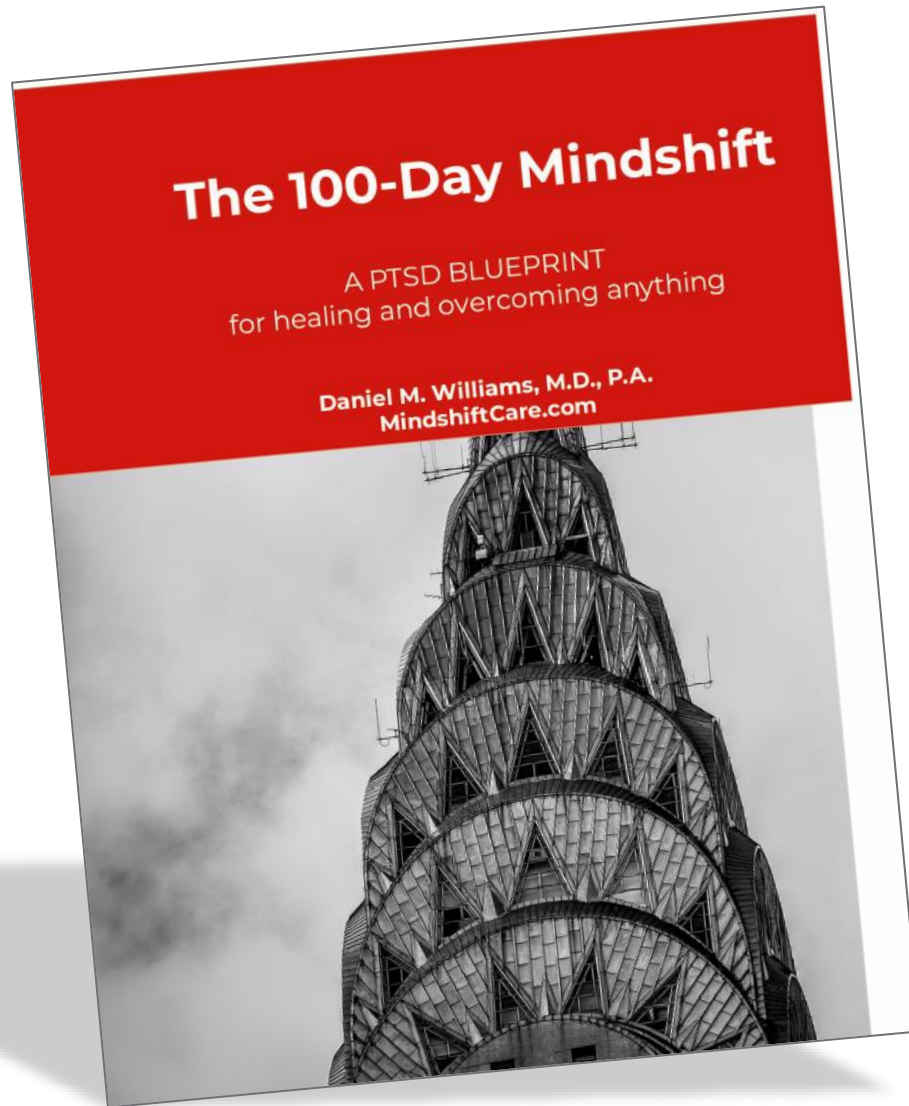
- 1) To therapeutically change the active firing of neural networks, mental intention, and harmonic frequencies simultaneously.
- 2) To upgrade knowledge rapidly. For example, scheduling a date night to watch [ground-breaking mental health documentaries](#) so your family can grow together. (If your significant other won't cooperate, see if they're interested in [Pet Therapy](#) or [Sex Therapy](#) videos. You're welcome.)
- 3) Advanced problem solving.
- 4) Urban Dictionary 11/4/2011 "A shift in your mindset caused by creating something out of a fine balance between insights and innovation, leading to a MindShift. A MindShifter is one who professes such change." (I guess I'm a Mindshifter, then. Are you? Do you want to become a Mindshifter with me?)



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Use this [healing guide](#) as a journal while you study our video programs at your own pace.

- Watch [free videos](#) in any order
- Join a [live discussion](#) with the author



# Virtual Intensive Outpatient

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# Texas- Mexico Border 2022

