

**Monica Kieffer, D.O., LMFT
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INITIAL VISIT INTRODUCTION

Welcome. Dr. Monica Kieffer is an osteopathic physician or D.O. (Doctor of Osteopathy). D.O.s have equal training and licensing to M.D.s and practice in the same manner and specialties as M.D.s. Traditional osteopathic medicine restores balance to the structure and improves function of the whole body using Osteopathic Manipulative Medicine (OMM). Dr. Kieffer has been board certified in Neuromusculoskeletal medicine or OMM since 1997. The body can become imbalanced or injured due to physical, biochemical, or emotional trauma. OMM is a gentle balancing force applied to release twisting and compression of the soft tissue, bones, muscles, and organs, enabling normal motion of the bodily membranes and fluids. Ultimately this improved motion can improve the function of the muscles, nerves, skeletal structure, and even the organs of the body. In a holistic sense Dr. Kieffer also believes in addressing psychospiritual and nutritional aspects of disease.

Dr. Kieffer graduated from the University of Phoenix in 2009 with a Master's degree in Counseling and Marriage and Family Therapy. She received an additional license in Marriage and Family Therapy in the summer of 2015. Dr. Kieffer utilizes this knowledge to explore the mental, emotional, and spiritual components to health and disease. She believes that our mental-emotional state is reflected in our body's state or wellness and contributes to illness and imbalances in the body. Dr. Kieffer will continue to use this knowledge to offer support and understanding to her OMM patients. In addition to OMM, Dr. Kieffer is now available for individual, family, marriage, and child counseling appointments. When appropriate, Dr. Kieffer will recommend additional appointments for psychotherapy with the option of seeing her or another therapist.

Dr. Monica Kieffer is board certified in Neuromuscular Medicine. She has been in practice since 1988 in Encinitas. Dr. Kieffer has studied and taught extensively and has acted as a preceptor for students from osteopathic medical schools. Her studies since medical school have included osteopathic treatment through cranial manipulation and visceral manipulation. She obtained her certificate of competency through the Cranial Academy. Dr. Kieffer is also interested in nutritional contributions to disease. She has taken many courses in nutrition and continues to utilize this in her practice.

This first visit is scheduled for 1¼ hours so that Dr. Kieffer may give you a full evaluation and treatment. **If you have not completed your new patient paperwork please arrive 15 min. before your scheduled time to do so.** We look forward to assisting you with your healthcare needs.