



KEITH KURLANDER, MA, LPC

Co-Founder Integrative Psychiatry Institute,
Higher Practice Podcast, Speaker, Coach

Key Focus: Revolutionizing mental healthcare by training providers and educating the public about root causes and innovative treatments such as psychedelic therapy.

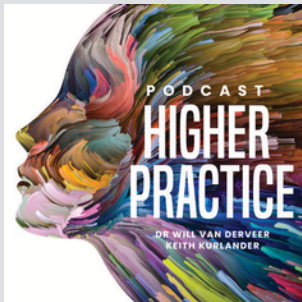
Keith Kurlander, MA, LPC, is the Co-Founder of the Integrative Psychiatry Institute, the largest professional education company specializing in integrative mental health and psychedelic therapy, listed in Inc. 5000 as one of the 100 fastest-growing startups in the U.S., top 10 in healthcare, and top 3 in education. He also co-hosts the Higher Practice Podcast for Optimal Mental Health and co-founded the Integrative Psychiatry Centers, a clinic revolutionizing mental healthcare with cutting-edge psychedelic therapy and integrative psychiatry treatments. Keith has over 20 years of experience in psychotherapy and coaching individuals, couples, and families, Keith's journey began after nearly committing suicide at age 19 following a psilocybin mushroom experience. His battle with severe mental illness persisted into adulthood until he overcame it through decades of trial and error. Now a successful entrepreneur, Keith is passionate about teaching methods that can eradicate mental illness and empower people to reach their full potential.

SUGGESTED INTRODUCTION:

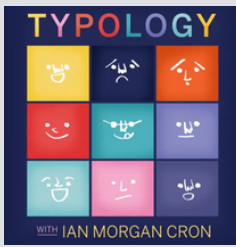
Keith Kurlander, MA, LPC, is the Co-Founder of the Integrative Psychiatry Institute, where he specializes in integrative mental health and psychedelic therapy education. He also co-hosts the Higher Practice Podcast for Optimal Mental Health, sharing insights on personal growth, healing, and transformation. With over 20 years of experience as a psychotherapist and coach, Keith's work is deeply informed by his own journey of overcoming significant mental health challenges in his early life. That experience shaped his passion for helping others heal, thrive, and reach their fullest potential. Today, as a successful entrepreneur and educator, he is dedicated to teaching innovative, holistic methods that support mental well-being and empower individuals to create meaningful, lasting change.

INTERVIEW TOPICS

- Keith's Journey Through Severe Mental Illness: Lessons and Takeaways
- Business Lessons: Solopreneurship to Leading a Healthcare Revolution
- Understanding Causes of Mental Illness: Frameworks and Healing Hacks
- Psychedelic Insights: Running a Psychedelic Therapy Clinic
- Psychedelic Therapy in the U.S.: Current Landscape, Future Prospects
- Unlocking Potential: The Intersection of Mental Health and Spirituality
- Breaking Free from Trauma: Steps Toward Personal Growth and Healing



RECENT APPEARANCES:



CONNECT WITH KEITH

✉ info@PsychiatryInstitute.com

🌐 PsychiatryCenters.com

🌐 in/HigherPractice

📷 /keithkurlander.ma/

🌐 PsychiatryInstitute.com

🌐 KeithKurlander.com

📺 @keithkurlander_ma

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