

Synchronous Mental Health Marks Wellness Month With Mindfulness-Based Therapy

The Oregon telepsychiatry practice uses mindfulness-based cognitive therapy to help patients recognize and interrupt the patterns that pull mood downward.

LAKE OSWEGO, OR, UNITED STATES, September 1, 2026 /EINPresswire.com/ -- LAKE OSWEGO, Ore., September 1, 2026 — National Wellness Month ended with August, and Synchronous Mental Health is using its close to make a point about the other eleven. Mental wellness is not an annual campaign. It is a set of skills, practiced daily, and the outpatient psychiatry and therapy practice builds much of its clinical work around teaching them.

Central to that work is mindfulness-based cognitive therapy, or MBCT — an approach designed specifically for people who experience repeated bouts of depression or a persistent, low-grade unhappiness that never quite resolves.

What MBCT Actually Does

MBCT combines the structure of cognitive therapy with meditative practice and the cultivation of mindfulness. The combination is not incidental. Cognitive therapy gives patients a framework for examining their thinking; mindfulness training gives them the capacity to notice that thinking as it happens, rather than after it has already shaped a week.

The practical skill the therapy teaches is separation — learning to observe thoughts and moods without being wholly identified with them. A depressive thought, recognized as a passing mental event rather than a verdict, loses much of its authority. Patients also learn to recognize their own early warning signs, the specific shifts in mood, energy, or thinking that historically preceded a downturn, and to apply concrete tools when those signs appear rather than after the episode has taken hold.

That distinction is the heart of the [mindfulness-based therapy](#) approach. It is preventive rather than purely reactive, which is what makes it well suited to recurrent conditions.

Who It Helps

Research support for MBCT is strongest among people who have experienced multiple

depressive episodes, where the goal shifts from resolving a current episode to preventing the next one. At Synchronous Mental Health, the approach is applied to [depressive disorders](#) and [anxiety disorders](#), as well as to food and eating concerns, persistent negative thinking and low mood, and the physical dimensions of depression — the weariness and sluggishness that patients often report before they recognize the mood shift itself.

That last category is where the wellness framing stops being metaphorical. Depression is not experienced only as emotion. It shows up as fatigue, disrupted sleep, and a body that feels heavier than it did a month ago, and treating it as a whole-person condition means attending to those signals rather than treating them as separate complaints.

Therapy and Psychiatry in One Practice

Synchronous Mental Health delivers therapeutic services alongside psychiatric evaluation and medication management, which means a patient's therapy and prescribing are coordinated rather than split between unconnected providers. The practice describes its tele-psychiatry services as supporting whole-person wellness, and the integration is what makes that more than a slogan — a clinician adjusting medication has direct visibility into what is happening in therapy.

Care is delivered virtually across Oregon, Washington, California, and Florida, with physical offices in Lake Oswego and Portland. The practice is covered by most insurance plans, accepts new patients, and offers free consultations for people who want to understand whether MBCT fits their situation before committing to it.

About Synchronous Mental Health

Synchronous Mental Health is an outpatient mental health practice providing psychiatric evaluations, medication management, and therapeutic services to individuals, couples, and families. Led by Medical Director Dr. Samuel "Joe" Cross-Sarvis, DNP, FNP-C, PMHNP-BC, the practice specializes in depressive disorders, bipolar and related disorders, anxiety disorders, adult ADHD, sleep-wake disorders, LGBTQIA care, and addiction, and operates as what it calls a no-judgment zone. Offices are located in Lake Oswego and Portland, Oregon, with telehealth care available across Oregon, Washington, California, and Florida.

Dr. Joe Cross-Sarvis, Psychiatric Nurse Practitioner

Synchronous Mental Health

+1 503-907-9409

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