



# The Soul of Psychiatry

Blues & Soul Psychiatry's mission is to serve patients by cultivating healing and growth of the psyche, empowering the expression of an extraordinary life.

**B**lues & Soul Psychiatry, previously known as Blues City Psychiatry, is celebrating its 15-year anniversary in 2025. "When I first created Blues & Soul Psychiatry, after completing residency, it was a dream come true," says Shubi Shakti, M.D. "My approach to patient care was based on my training and observation of my senior colleagues. Fourteen years later, my work is informed by my own clinical experience and my personal struggles."

According to the CDC, 1 in 5 individuals in the United States experiences a diagnosable mental illness every year. Mental health disorders are one of the top causes of disability in high-income countries. Despite its prevalence, the U.S. still has a stigma around this category of diseases. "If we consider other illnesses such as cancer we may transparently ask and share about our treatment. A similar conversation surrounding mental illness would be unlikely," Dr. Shakti explains. "This is not a topic to avoid. It is a dialogue we need to bring to the table with great compassion in the hopes of better understanding and supporting one another."

Over the years, Dr. Shakti's clinical work and practice flourished, moving into a larger office space, and now in a home converted into an outpatient clinic. She has been invited to key leadership positions, serving as the Medical Director of an 11-bed eating disorder facility and the Medical Director of an 80-bed psychiatric hospital. Graduating from Indiana University School of Medicine and upon completion of residency at The University of Tennessee, she became Board Certified in Adult Psychiatry. Recently, she opted to enhance her education to include Board Certification in Addiction Medicine.

## PROMOTION



"My professional journey has been a privilege. I have had the honor of being entrusted by many individuals with their mental well-being," Dr. Shakti states. "Those individuals and my own mental health crisis inspire much of my care."

### An Education in Wellness

"During the middle of the pandemic I was ending a marriage of 17 years, a single mother of four, recovering from surgery, and juggling the challenges of a virtual treatment paradigm. I found myself in the midst of a major depressive episode," she explains. "For the first time in my life, I was in an unfamiliar degree of vulnerability, a patient seeking help."

After her own treatment with trusted healthcare professionals, she began the process of recovery. "I was practicing what I would tell my patients to do: exercise, journal, meditate, eat regularly, maintain a schedule," she says. "It felt like moving through quicksand. I was a shell of a human, a soulless body."

Now in remission, she is redefining herself and her practice. Reclaiming her life from a soulless shell, Dr. Mukatira became Dr. Shakti, and Blues City Psychiatry became Blues & Soul Psychiatry.

Blues & Soul Psychiatry is an evidenced-based clinic that aspires to compassionately partner with patients to

facilitate healing. The team includes physicians, nurse practitioners, licensed clinical social workers, and counselors offering outpatient therapy and medication management. The practice also offers an outpatient intensive program, VALOR, focused on helping veterans struggling with mental health concerns. VALOR provides a holistic treatment approach and offers groups, equine therapy, yoga, sound healing, and medication options. The clinic also provides novel options for treatment-resistant depression. Dr. Shakti shares, "We offer cutting-edge pharmacological treatment with ketamine and esketamine treatment to help patients in the healing of complex trauma."

"We pride ourselves on striving to offer exceptional evidenced-based care in Memphis," concludes Dr. Shakti. "Our mission, evolving from my own journey, is to serve patients by cultivating healing and growth of the psyche, empowering the expression of an extraordinary life."

