



DR. GATUMU

New Direction Functional Psychiatry was founded by Sarah NM Gatumu MD, a Psychiatrist with extensive work experience in both inpatient and outpatient settings with children, adolescents, adults, patients dealing with addiction, and the geriatric population. She became increasingly dissatisfied by providing care to patients who seemed to be going through a revolving door, getting better for just a while then coming right back into the inpatient hospital. This revolving door kind of care is what prompted Dr. Gatumu to seek additional training to serve patients at a higher level by addressing the root cause of their illness.

After training at the Walsh Institute and she has increasingly been using Walsh Protocol in management of disruptive behaviors in children along with other mental health diagnoses and seeing demonstrable improvements in the patients' symptoms as well their lives. Dr. Gatumu believes by joining other physicians who are practicing functional medicine to treat their patients, we can collectively help patients be whole rather than just help patients be better.

Dr. Gatumu received her training at the University of Nairobi, Kenya, where she practiced for several years prior to relocating to the USA. She received an MPH at Johns Hopkins Bloomberg School of Public Health. She pursued a Psychiatry residency at the University of Pittsburgh Medical Center at Western Psychiatric Institute and clinic then a fellowship in Child and Adolescent Psychiatry in Allegheny General Hospital. She has worked in multiple settings in Western and Central Pennsylvania.

In an attempt to reach more patients, Dr. Gatumu has opened a virtual private practice to complement the care she is already providing to her patients as well as to increase access to mental healthcare to individuals who are seeking to get to the root cause of their mental health disorders through a functional approach to their psychiatric conditions. She works in collaboration with Therapists and other providers to provide a rounded approach of care to her patients.