



# MIDWEST PSYCHIATRY

## MARK L. PROCHASKA, M. D.

### Biography

Dr. Mark Prochaska is a psychiatrist who has practiced in the Kansas City metropolitan area for 17 years. He provides a broad spectrum of services that include psychiatric and forensic evaluations, medication management, psychotherapy, and marital and family therapy for clients ranging from adolescents to geriatric patients. He also maintains an affiliate active status at Shawnee Mission Medical Center in order to accommodate patients who need hospitalization.

Although hailing from Long Island, New York, Dr. Prochaska's roots are solidly Kansan. His father was born and raised in central Kansas. Dr. Prochaska attended the University of Kansas, where he graduated with highest distinction and with honors in Biology. He attended the University of Kansas School of Medicine, completed his psychiatric residency at the Karl Menninger School of Psychiatry, and was a Postgraduate Fellow in Sex Therapy there.

Deeply committed to remaining up-to-date on the latest developments in a variety of specializations, Dr. Prochaska has obtained certification from the American Board of Psychiatry and Neurology not only in general Psychiatry (1992), but also in Geriatric Psychiatry (1994), Addiction Psychiatry (1996), and Forensic Psychiatry (1998). Because of this expertise, he has served as a Board Examiner on numerous occasions. He has also provided lectures for other physicians on behalf of pharmaceutical companies on a variety of topics that include sexual side effects of medications, migraine headaches, irritable bowel syndrome, and fibromyalgia.

A conscientious, service-oriented psychiatrist, Dr. Prochaska is strongly identified with the Menninger tradition of humane treatment of the whole person. Although a knowledgeable psychopharmacologist, rather than doing brief medication checks, he prefers to take the time necessary to listen to his patients, understand how their problems affect their lives and relationships, and form a therapeutic alliance with them. He believes that a genuine doctor-patient relationship is critical in successful treatment.

