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**Author:** Dr. Joy Kwakuyi

**Category 1:** Mental Health

**Category 2:** Faith-Based  
Counseling

**Print ISBN:** 978-1-64279-771-8

**Publisher:** Morgan James Publishing



**FAITH INTEGRATED  
PSYCHIATRY**

# Author Bio

Dr. Joy Kwakuyi is a respected board-certified psychiatric nurse practitioner, pastor, life coach, and bestselling author of *The Ultimate Cure for Depression: Leveraging Science and Faith for Total Healing*. He is the Founder and Lead-Provider of Faith Integrated Psychiatry, a Tucson, AZ-based psychiatric practice that helps leaders and professionals to find total and lasting relief from mood disorders. He is also the Senior Pastor of the Impact Chapel of the International Central Gospel Church in Tucson, AZ, which he started in 2015.

Popularly called Dr. Joy, he has ten years of experience in mental health and thirty years in Christian ministry on three continents and he holds two bachelor's degrees, two master's degrees, and a Doctor of Nursing Practice Degree. He is highly rated by his clients as he stands apart as a seasoned and passionate psychiatric provider. Dr. Joy is the developer of the Authentic Healing Process, which employs medication management, psychotherapy, faith interventions, hypnosis, and life coaching in getting superior results for clients.

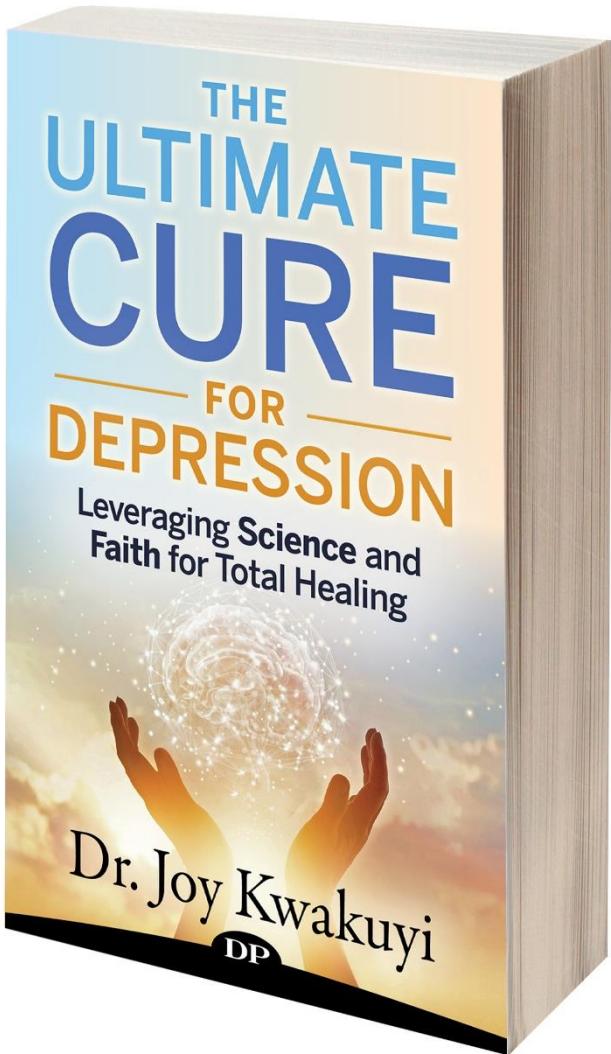
Dr. Joy grew up in Ghana, travelled in Africa and Europe, and has lived in NYC and CT. He currently lives in Tucson, AZ with his wife and their three children.



## Dr. Joy Kwakuyi

**DNP, MSN, MS, BSN, BS,  
PMHNP-BC, APRN**

# Book Bio



Author:	Dr. Joy Kwakuyi
Category 1:	Mental Health
Category 2:	Faith-Based Counseling
Print ISBN:	978-1-64279-771-8
Publisher:	Morgan James Publishing

*The Ultimate Cure for Depression* is an authoritative guide to achieving victory over depression and becoming fulfilled in life. Throughout the pages of this bestselling book, those who are affected by chronic mood disorders learn how to:

- Achieve lasting recovery
- Benefit from medications, complementary therapies, faith-based interventions, and professional relationships
- Regularize their sleep and appetite and stay energized
- Truly enjoy their relationships, improve their work productivity, and love what they do
- Derive eternal benefits from the darkest moments of their lives.

# TESTIMONIALS



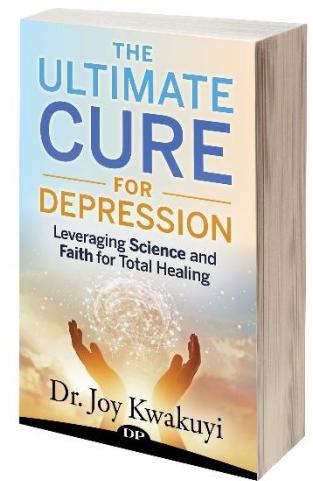
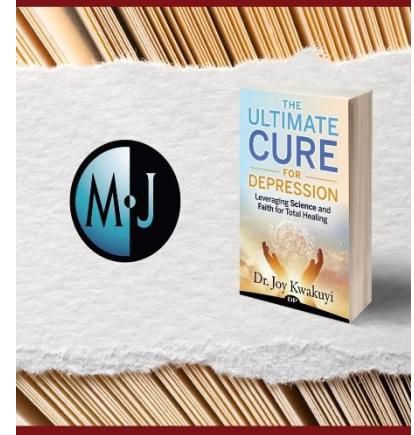
"In this book, Dr. Joy provides a detailed and expansive understanding of how to integrate both biblical and medical principles in both self-help and clinical settings." **Troy Reiner, PhD** of the Faith Therapy movement.



"This is an intuitive and understandable paradigm for healing." **Daniela Reid, MD, Board-Certified Psychiatrist.**



"What a masterpiece! It is a rope of hope for anyone drowning from depression and sunshine for anyone locked in the dark room of depression." **Bertha Serwa Ayi, MD, MBA, Pastor, CEO & Medical Director**



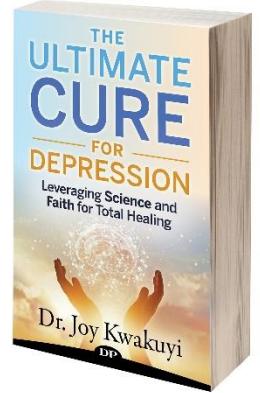
"The author must have 'seen it all' as a practicing psychiatric provider and a Christian minister." **Janet Dzator, Health Economist & Senior Lecturer, University of Newcastle, Australia**

"This is a well-researched masterpiece, which will stand the test of time. The book seeks to wake 'victims' up to a new hope and reason for living." **Peter Dzandza, Pastor at International Central Gospel Church, NYC.**

"It's a great honor to write this short piece for a man with a solid career. He is a man of integrity and impeccable character." **James Abanishe, MD, Board-Certified Psychiatrist**

"An inspiring and well-written book. I am an atheist but would highly recommend this book for anyone struggling with an emotional disturbance." **Gayle Clark**

# Target Audience



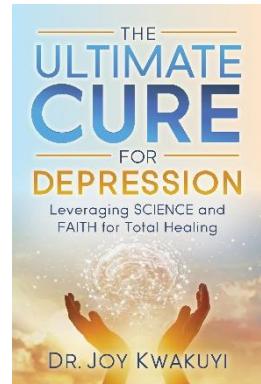
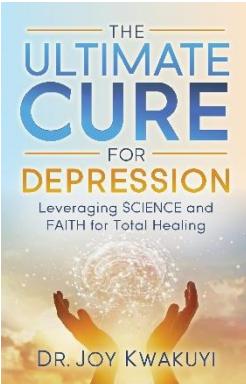
## WHO SHOULD READ

- Individuals with a mood disorder or emotional troubles
- Healthcare providers
- Pastors and faith leaders
- Counselors
- Anyone seeking emotional resilience
- Life coaches and helping professionals
- Journalists
- Anyone in contact with an emotionally troubled person

## BOOK BENEFITS

- Achieve lasting recovery
- Leverage medication interventions
- Maximize complementary therapies
- Stay energized, regularize sleep & appetite
- Improve work productivity & become fulfilled
- Become emotionally resilient
- Clarify your purpose & strengthen your spiritual life





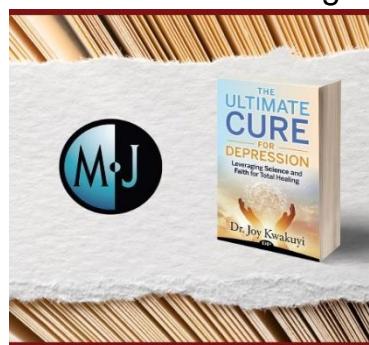
# Book Excerpt

## *Taken from Chapter 3* **The Authentic Healing Process for Depression (AHPD)**

In this chapter, I will give you an overview of the Authentic Healing Process for Depression (AHPD). This is a process that I had to develop as a response to the fragmentation mentioned above. It came about rather organically. I utilize parts of the AHPD in my practice and this has helped me and my partners to test its effectiveness in a crude form and fine-tune it into an efficacious system of healing from depression. I developed the AHPD because, although a good number of people recover from depression through the existing traditional approaches, psychiatric providers continue to see in clinical practice a large number of people who do not respond to conventional psychiatry. By traditional approaches or conventional psychiatry, I mean the use of medications and/or psychotherapy only. In the United States, these two interventions are the most commonly used in the treatment of depression.

Research has shown that less than fifty per cent of individuals respond to first line antidepressant treatment or psychotherapy. From time to time, providers employ additional interventions mostly in the form of recommendations for exercising regularly and getting adequate sleep and maintaining a healthy diet. These additional interventions are typically not incorporated into treatment plans in a coherent fashion. Providers usually leave these interventions as mere recommendations for the patient to consider.

... This book is about total healing, meaning healing of the entire person inside out—spirit, soul, and body. Whenever one of my patients comes back to me with great clinical outcomes, of course, we do a happy dance together and celebrate. After this celebration, I often ask myself, “Is that all?” What if the symptoms return in six months? What can this person do to maintain the gains that were made?



# Interview Questions

**1** Tell us about yourself and your career journey.

**2** What made you decide on this career path & how do you know if this is the right career for you?

**3** How are Nurse Practitioners different from Nurses and Doctors?

**4** What is your book about and whom was it written for?

**5** Why did you write this book? What do you want people to get out of reading the book?

**6** What is depression?

**7** In your book, you talked about the Authentic Healing Process (AHP). What is the AHP and how can it be implemented?

**8** Who is most at risk for depression and what can people do to reduce the risk?

**9** How would someone know that he/she is depressed?

**10** What can people do if they become depressed? Where should they start?

**11** Do you have any tips for finding a really good psychiatric provider?

**12** How long does it take to heal from depression?

**13** What is the latest research evidence about the treatment of depression?

**14** What are antidepressants? How do they work? What are their dangers?

**15** Can people use natural supplements only to treat their depression?

**16** What is faith and what role can faith play in the treatment of mood disorders?

**17** What can families and businesses do to help?

**18** Tell us about your practice and how the public can benefit from your services.

**19** How do you balance work, ministry, and family?

**20** How can people get copies of your book?

# DOWNLOADABLE PHOTOS

I appreciate requests for photographs for press use. Send us an email and let us know where you post your article so we can link to it.

-Thank you!



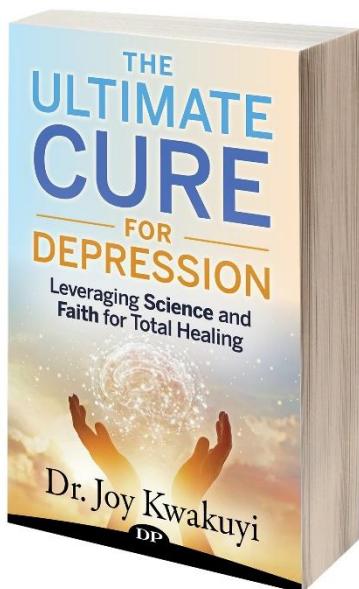
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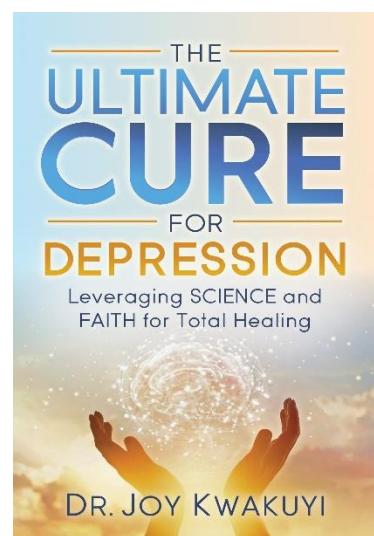
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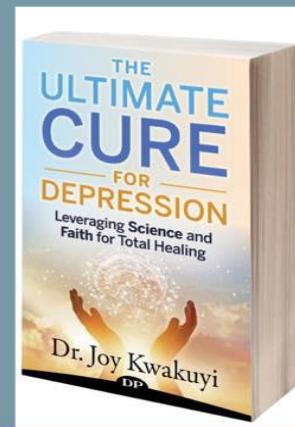


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# Connect with Dr. Joy Kwakuyi



FIND A  
LASTING  
CURE FOR  
YOUR  
MOOD.



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