



Dr. Shilling has been a doctor for more than three decades in Omaha, Nebraska. She is a Board Certified specialist in Psychiatry and has her own Psychiatric practice.

She has been named as *One Of The Outstanding People of the 20st Century, Woman Of The Year 2012-2013* and to the *TOP 100 PROFESSIONALS, 2012* by an international *Who's Who Institute*.

Her career has spanned several presidencies of medical organizations both local, state and national. She has been a book reviewer for a medical journal, and an author of medical research in medical journals. She has written numerous articles for newspapers and has made many appearances on radio and television in various capacities. Her most recent appearances have been in her role as an expert in her field of Psychiatry.

She also has enjoyed her involvement in community activities and has served on several Boards of Directors and Executive Committees with her interests in music and the support of the arts, animals and other non-profit organizations. She currently sits as the Trustee of a University and is President of a non-profit the Rosebud Foundation. The Rosebud Foundation is located in Omaha Nebraska and provides the materials and instruction in the yarn arts and fine arts to all who endeavor in these pursuits. Dr. Shilling has received the National Community Service Award from a national medical society for her devotion to her many community projects and the betterment of a local and global world.

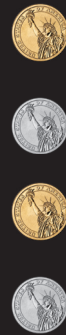
This book provides tidbits of help garnered from the extensive career and experience of Dr. Shilling. She hopes that you will find the book interesting and helpful. She is pleased to share the time honored treatments and information found within. Dr. Shilling is glad to be able to reach beyond the office with help that might enlighten, lift a burden, prepare, fortify, encourage or edify you.

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Tidbits from a Psychiatrist's Office

Kay M. Shilling, M.D.