

# **Starting Out With an Integrative Mindset for Healing A Special Interview With Dr. Robin Soifer**

**By Dr. Karen Shaw Becker**

**Dr. Karen Becker:**

Hi, I'm Dr. Karen Becker, and I'm so excited. Today, Lynn has nominated Dr. Robin Soifer for a Game Changer award, and we have Dr. Robin with us right now to learn more about the amazing work she's doing with dogs and cats in an integrative fashion. Dr. Robin, congratulations on your Game Changer award, and thank you so much for taking time out of your busy day to talk to me.

**Dr. Robin Soifer:**

Thank you, it's an honor. I didn't get to tell you that I actually watched your Game Changers when I was finishing vet school, and it helped me a lot, to give me inspiration and just positivity, like you said, why you started it. So, thank you.

**Dr. Karen Becker:**

Well, I love that, that you're a little bit familiar with the why of this platform. In addition to helping pet parents around the world see that there's a lot of different, first of all, amazing people out there available to help with issues with our beloveds. I also have a passion for veterinarians that are either stuck, or at the end of their rope, or burned out, or are looking for more tools. It's awesome that you graduated already open and interested in learning more than what you will learn during your four years of medical school. On that note, would you walk me through, did you graduate knowing, Robin, that you wanted to incorporate some integrative modalities? Did you graduate frustrated that you didn't know enough to fix your first allergy case? How did that happen?

**Dr. Robin Soifer:**

I'm unique in that I graduated knowing I was going on this path, I knew going into vet school. I started vet school late in life. I graduated in 2020, during COVID, so I didn't even have a graduation. I knew going in that I wanted something different, but I knew that the conventional vet school was what I needed to do to get to the next step. All of my big training has been after graduating from vet school. It's a never-ending search for knowledge.

**Dr. Karen Becker:**

It is, and if you are like me, my hardest decision is, I'm always taking a course, and when I was your age, when I had more energy that I do now, I would maybe sometimes take two courses at once. I can't do that now. You're already well on your way to accruing a whole host of different, additional certifications, which is beautiful.

**Dr. Robin Soifer:**

Yeah.

**Dr. Karen Becker:**

Can you tell us a little bit about when you graduated then, already recognizing that you wanted to have a much larger toolbox? Of course, I think we're all very thankful for the foundational medical training that we have.

**Dr. Robin Soifer:**

Yes.

**Dr. Karen Becker:**

It's amazing for acute trauma, infectious diseases, some of those things are amazing. We have great training, but chronic degenerative diseases, lifestyle-related diseases, not so much. When you graduated, how did you decide where to practice, and what to do?

**Dr. Robin Soifer:**

I had learned about an acupuncture training course with Chi, and was just like, "Okay, that's my first step," because they offer scholarships and all that. I had acupuncture before, I thought it made so much of a difference, and I was passionate about that. That was my first track. I needed a break from vet school. I'm a single mother. I'm not your average graduate from vet school, because I'm older, and also thinking differently than my younger cohorts, even though they were all great, very knowledgeable. Acupuncture was my first step, but I knew it was going to be one tool in the toolbox, because no being can heal or transform without multiple modalities, and looking at multiple facets of life, not just physical.

Acupuncture was my first step, but as I told you, I'm embarking on a homeopathic journey starting in May, so that's fun, and done other energetic training. Yes, I do understand getting overloaded, but being a single mom has helped me to reel in what I can do.

**Dr. Karen Becker:**

You bet, and what you have done already is remarkable, in the short time that you've been out. Good for you. You are very deserving of your Game Changer nomination. What do you love most, Robin, about the work that you're doing?

**Dr. Robin Soifer:**

I love helping animals and their people, they're connected. That's the tough part of being a vet, you're not just treating the animal, you're having to look at the entire situation. I just love, especially when you're helping an animal, and then you find that the person starts to eat better, or just starts to be calmer, and focusing on themselves, and healing themselves. A lot of times, that's what it takes to heal. To either heal their animal, or just be on their journey with them, you need to look at your own stuff, too.

I really enjoy that. Of course, we all love [it] when we get positive responses, but sometimes, it's not about that. Sometimes it's about just helping them have either a good death, or just having a quality of life and maybe the same amount of time, but just a better quality of life for that amount of time. That's also a struggle, too. It's the best thing, but it's also really a struggle to maintain a sense of calm, and feeling good that you're doing the best you can, and you just don't know what

that journey's supposed to look like. It's really great when there's positive things, and you're helping not just the animal.

**Dr. Karen Becker:**

The beautiful woman that nominated you, Lynn, when she wrote in, her statement was, "From my horses to my dogs, they all love her, and so do I. She's an incredibly welcome addition to our area." What I think Lynn loves most about the relationship with you as her vet is that you are walking alongside her. She did say that she had to put her horse down, and it was an incredibly difficult thing. As you mentioned, for many of our patients, there is no cure, but walking along with our clients, and supporting them, and giving those animals the best transition that they can, that's an invaluable gift that you are providing. It's quite clear that your clients are so incredibly thankful that you're doing what you're doing.

That would bring me to my last question for you. If you could let the world know one thing, or if you would share from your heart one thing that you would want every pet lover around the world to know or feel, what would it be?

**Dr. Robin Soifer:**

That we're all unique beings, all of us, and that no one treatment [or] modality, whether it be Western, Eastern, anything, is going to work for every being. I just want them to be empowered by knowledge, that's why I love you, Dr. Becker. I send videos to my clients all the time that you are helping to educate people. I just want them to educate themselves, and be empowered with knowledge, and go with what your heart tells you, and not just with what your vet, whether it be me or a Western vet, telling you what to do. If it doesn't feel right, don't do it. Take a moment, breathe, look into it, just really know that you have the power, you know your pet the best. We can only help supply the knowledge and possible steps to move forward, but in the end, you have to make that decision and feel good about it. Just know that you're powerful to help your animal, whether it be healed or just be.

**Dr. Karen Becker:**

Really good, important advice, really good. Thank God there are veterinarians like you in the world that undergird and support people's overwhelming insecurities about, "Am I doing it right? Am I doing enough?" You walk alongside, what a beautiful gift to your clients in your area, which brings me to my next question. If people wanted to learn more about what you're doing, or where you're at, or what's going on, do you have a social media page that you could share with us?

**Dr. Robin Soifer:**

Yes, I'm on Facebook. I don't have a website, but I will, someday. Right now, I'm on Facebook. I think you can find it, it's either Down to Earth Holistic Vet, or there's also – I forget what it's called, the handle. It's Montana Mobile. Oh, man. Just do Down to Earth Holistic Vet.

**Dr. Karen Becker:**

You bet.

**Dr. Robin Soifer:**

I'm sorry.

**Dr. Karen Becker:**

No worries.

**Dr. Robin Soifer:**

I'm so bad with technology.

**Dr. Karen Becker:**

Well, you are wisely focusing your efforts not on social media, you are working on healing and restoring patient health. It's A-okay to not be on social media.

**Dr. Robin Soifer:**

I'm trying, because it does get to people, even if you're just getting one person learning. It's just, timewise and my abilities are not yet there, but someday, I'll maybe have someone help me with that.

**Dr. Karen Becker:**

I hear you. In the interim, we're so incredibly thankful that your client, Lynn, took the time to write a beautiful email to us, telling us about the amazing work that you're doing. I just want to say that as a fellow integrative veterinarian, a breath of fresh air that we have this next generation of motivated, intelligent, compassionate and openhearted veterinarians doing everything they can in their power to make a difference for the animals in their community and worldwide, and you are one of them. Congratulations on your Game Changer award and thank you for taking time today to talk with me.

**Dr. Robin Soifer:**

Thank you so much. I'm honored by Lynn and by any other animal or person I've helped, and by you. Thank you so much for being an inspiration for us all.