

# CHRISSIE OTT, MD, FAAP, PCC

Integrative Internal Medicine | Pediatric Complex Care | Obesity Medicine | Media Trained



## PROFILE

Dr. Chrissie Ott is a multi-board certified internist and pediatrician, physician mentor coach, and well-being expert who has experience across all life stages and spanning multiple care contexts including primary care, hospital medicine, and long term care. She has special expertise in pediatric complex care and palliative care as well as nutrition and obesity medicine. She earned her undergraduate degree in Human Nutrition and Food Science. She has addressed national and international audiences and is known as an expert communicator. She now offers case review and expert witness services. More can be found at [ChrissieOttMD.com/Expert](https://ChrissieOttMD.com/Expert)

## BOARD CERTIFICATIONS & NOTABLE TRAININGS

BC Internal Medicine (2006, 2016, 2025)

BC Pediatrics (2006, 2016)

BC Holistic / Integrative Medicine (2005)

BC Obesity Medicine (2025)

Palliative Care - Harvard PCEP, 2018 - not BC

Lifestyle Medicine (Additional Training)

Chief Wellness Officer Training - Stanford 2022

ICF Professional Certified Coach (>500 hours coaching)

Master The Media Media Training 2025

## EXPERIENCE

Medical Director, [Providence Center for Medically Fragile Children](#),  
10/2016-Present

Newborn Hospitalist, Providence Oregon 1/2023-Present

Locum Tenens Pediatric Hospitalist 3/2024- Present

Metabolic Health Consultant, Inclusa health & Wellness 1/2026-Present

Med-Peds Hospitalist, Providence St. Vincent Medical Center 2011-2023

Medical Director Providence Intermediate Care Facility, 2/2022 - 8/2022

Medical Director of Wellness, Providence OR Regional 3/2022- 5/2023

Leader, [Physician Coaching Summit](#) 1/2025-Present

Founder, CEO, [Joy Point Solutions](#), 11/2022- Present

Podcast Host, [Solving For Joy](#)

Chair, PSVMC Wellness Committee 2019-2022

Chair, OMEC Subcommittee on Wellness 2021 - 2023

Owner and Solo Primary Care Physician, Nanopractice PDX 2008-2016

Primary Care Med-Peds Physician, The Vancouver Clinic 2006-2008

## **EDUCATION**

BCM Internal Medicine and Pediatrics Combined Residency 2002-06  
Baylor College of Medicine, 1998-2002 with Ethics Track Certification  
Bachelor of Science, Human Nutrition and Foods, Psychology Minor  
University of Houston, 1993-98; Honors College Alumni, Summa Cum Laude  
European Institute of Massage Therapy, 1991 - LMT  
Houston High School for Performing & Visual Arts 1990 - Dance & Theater  
Harid Conservatory, 1988-89, Ballet pre-professional training program

## **LICENSING**

Oregon State Medical License MD27866 (2007-present)  
California State Medical License (2025-present)  
Washington State medical License (2025-present)  
DEA License Current 2025

## **VOLUNTEER EXPERIENCE**

Project Erase, Outside In, 2011-13 (laser tattoo removal)  
Transgender Clinic, Outside In, 2010-12 (gender confirming care)  
Sea-Mar Free Clinic Vancouver WA, 2006-7 (free clinic for uninsured)  
H.O.M.E.S. Project- Healthcare for Homeless Houston TX, 1999-2002  
Power Over Sickness Project 2004-5 - wellness practices for underserved  
Texas AIDS Ride, MS 150, Alaska AIDS Vaccine Ride

## **NON-MEDICAL EMPLOYMENT**

Massage Therapist, Self Employed 1993-1999  
Massage Therapist, Urban Retreat Day Spa, Houston TX, 1991-93  
Pilates Instructor, Physical Conditioning Centre Houston TX, 1990-92  
Soloist, Texas Dance Theater, 1990-93  
Receptionist, Office Mgr Aveda Salon Houston TX, 1990-91  
Server, Various Restaurants, 1989-94

## **PERSONAL INTERESTS**

Meditation, cooking, writing, travel, and spending time with my wonderful family: wife Su, daughter Isa, our three dogs, and many close friends.

## **REFERENCES ON REQUEST**