

Disclaimer:

The Integrative Psychiatric recommendations provided by this clinician are intended to be an adjunct to your current medication regimen.

Common recommendations consist of nutritional guidance, suggestions for vitamin and supplement support, hormone balancing, and spiritual exercises like yoga or relaxation breathing techniques.

It is not recommended that they replace psychiatric or other medications you may be prescribed.

Recommendations made by this provider are not intended to replace recommendations made by your primary care provider or other specialists.

I do not provide Primary Care Services. I do not provide psychotherapy services.

In order to establish and maintain a therapeutic relationship with this clinician, it is required that you have an active relationship with a primary care provider (last visit less within past 6 months ago) and a current psychiatric provider.

**If you have had labwork done within the past 6 months, please bring a copy of those results with you to avoid repeating testing.

Signature

Date