

A L I C E W . L E E , M D , A B I H M

Alternative Therapy Treatment: Introduction, Purpose, and Agreement

Dear patient and caregiver:

Welcome to my holistic psychiatric practice where there is a synthesis of allopathic psychiatry, orthomolecular psychiatry, and energy medicine to help heal the mind.

The goals of treatment here are: 1) to understand the underlying causes of a health problem, 2) to heal the whole person, 3) to teach patients new ways to maintain wellness, 4) to minimize dependency on prescription medications and supplements, and 5) to bring the mind and body to a state of optimum health and functioning.

The tools that I use in my practice are: 1) muscle testing, or applied kinesiology to access information, 2) nutritional and natural supplements to heal the mind and body, 3) energy medicine to facilitate and accelerate healing, and 4) medical training and clinical experience in child, adolescent, and adult psychiatry.

Since few people understand what energy medicine is, a brief explanation is provided here. Energy medicine is the understanding of the biophysics of health, not just the biochemistry. In actuality, because matter is made up of energy, energy medicine is the only form of medicine that exists. However, healing modalities that enhance health through facilitating harmonious and optimal levels of energy are generally what is meant by energy medicine. Forms of energy medicine are: acupuncture, acupressure, essential oils, homeopathy, meditation, Reiki, Quantum Touch, Qi Gong, Tai Chi, and Yoga. I use three energy modalities: acupressure techniques, the transfer of energy through touch, and the transfer of energy through meditative techniques. Because energy medicine is so versatile, effective, and powerful, and we need this tool to be effective for healing, I do not accept patients into my practice who reject energy medicine as a healing modality and are unwilling to learn about it. For those who are too sick to do the techniques, I simply do the energy work for them.

I am different from many allopathic psychiatrists, because I:

- 1) want to help people be free from an illness without creating a chronic need for prescription medications, doctor visits, and long term psychotherapy.
- 2) have experience in and have been successful at helping some patients get off their prescription medications.
- 3) believe that the best doctor is the doctor within one's own body, and I work to provide the tools that help the body to heal better and faster.
- 4) believe that the best clinical care results from being open to learning and sharing information—throughout the healing process—and that even more important than knowing what we know, is the humility to acknowledge that which we don't know.
- 5) am motivated by a single-minded commitment to the patient's welfare and health. I do not take sides against medications, or for supplements. I do not campaign for one right way, or my way of doing things.

Patients who are most comfortable and successful in my practice are those who 1) are specifically looking for a holistic psychiatrist familiar with alternative approaches for mental health, 2) are open minded and willing to learn, 3) are active and diligent in applying what they have learned, 4) are courageous in the face of the unknown, and 5) understand the worth of regular treatment and follow up.

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It is helpful and realistic to be prepared for ups and downs during treatment. For some, complete healing or independence from prescription medications may not be possible. Of course, there is a risk for recurrence of the mental illness when medications are lowered as a part of treatment, or is lowered due to not following proper directions. This risk is an acknowledged part of the treatment process and every tool available is used to prevent it. If the illness recurs, all the tools I am familiar with will be used to help restabilize the patient, including prescription medications. Withdrawal symptoms from lowering medications are expected, but can generally be minimized and ameliorated with nutritional support or energy medicine techniques.

In general, the biological ease in which medications are able to be lowered will depend on a person's age, how long and how much medication have been taken, the fulminant nature of the illness, and the severity of the illness at the start of treatment. Additional social stressors, use of addictive/illegal substances, or a disregard of medical advice make the healing more difficult and sometimes unsupportable.

Before committing to being a patient here, please reflect on your willingness to accept the risks and benefits of going down this path. This alternative approach to healing is not for everyone, is not mainstream psychiatric treatment, and offers no guarantee to a lifetime of freedom from mental illness.

As part of your treatment as a patient, you may be required to purchase and take non-prescription items, such as nutritional and natural supplements, which may not be covered by insurance plans. You have the option to buy such supplements either in my office or from other sources. However, the particular brand of supplements being prescribed must be followed as a condition to treatment.

To help anchor our working relationship in a foundation of trust and mutual respect from the start, I ask for your willingness and agreement to:

- 1) accept whatever the treatment outcome may be, including the risk of a recurrence of your mental illness(es) as part of using an alternative approach for psychiatric care.
- 2) accept that success in treatment is not and cannot be guaranteed.
- 3) accept your role as a partner in this treatment endeavor, rather than that of a customer, whose purchase of a product can be refunded to you if you are not pleased with the outcome.
- 4) accept my fallibility and limitations as a psychiatrist in alternative medicine, expecting nothing more than allowing the healing process to unfold as a natural result of our mutual desire for and efforts in creating your health and well being.
- 5) accept that irreconcilable differences may arise. If irreconcilable differences and conflicts arise over the treatment course, and one or both of us do not wish to continue the therapeutic alliance, then the treatment would need to be terminated, leaving you the option of finding treatment elsewhere.

I have read, understood, and have agreed to all of the above statements and conditions. I choose to receive treatment through Alice W. Lee, MD, ABIHM fully understanding the risks involved. I will cooperate fully with treatment and follow up care.

Patient Print/Sign: _____ date: _____

Caregiver/Parent Print/Sign: _____ date: _____