

Alice W. Lee, MD, ABIHM

Holistic Psychiatric Consultation: Introduction, Purpose, and Consent Form

Dear patient and caregiver:

Welcome to my holistic psychiatric consultation practice where there is a synthesis of traditional psychiatry, functional medicine, and energy (meditation and mindfulness) medicine to help heal the mind.

My role as a consultant is to provide as much support and information as possible to help you reach your holistic health goals. As a consultant, I will not be able to prescribe or write prescriptions for you, but I can provide recommendations about your medications. It is up to you whether you follow my insights as a consultant.

The tools I use as a holistic psychiatric consultant are, 1) energy testing, or a modified form of applied kinesiology, to access and provide information, 2) expertise in nutritional/ natural interventions for healing the mind and body, 3) support with energy techniques to facilitate and accelerate healing, and 4) clinical expertise as a child, adolescent, and adult psychiatrist.

I integrate functional and energy medicine to help patients heal. Since few people understand what energy medicine is, please refer to the resources and information provided on my website. In short, I call energy medicine the “quantum physics of healing.” Because I believe energy medicine is powerful and indispensable, I do not accept individuals into my consultation practice who are uninterested in using it as a healing intervention.

As a holistic psychiatrist:

- 1) I want to help patients without creating a chronic need for prescription medications, doctor visits, and long-term psychotherapy.
- 2) I have experience and success in tapering patients off their prescription medications safely.
- 3) I believe that the best doctor is the healing potential within one’s own body, and I work to help the body to heal better and faster.
- 4) My ultimate goal is to help each patient to be free from needing to be a patient.

Patients who are successful in my consultative practice are: 1) specifically looking for a holistic psychiatrist familiar with integrative approaches for mental health, 2) are open minded and willing to learn, 3) are active and diligent in applying what they learn, 4) have the ability to taper their medications when directed, and 5) understand the need for regular follow-up.

It is important to be prepared for ups and downs during the consultation process. For some, complete healing or independence from prescription medications may not be possible. Relapse is a risk when tapering medications. This risk is an acknowledged part of the healing process, and every effort is used to prevent it.

If illness reoccur, all the tools I am familiar with will be used to help restabilize the patient, including recommendations for helpful prescription medications. Withdrawal symptoms from lowering medications are expected but can generally be minimized. In general, the biological ease in which

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medications can be lowered will depend on a person's age, how long and how much medication has been taken, the severity of the illness, and the state of health when beginning treatment.

Additional social stressors, use of addictive/illegal substances, or a disregard of recommendations may make the healing more difficult and sometimes impossible. Before committing to being a patient here, please reflect on your willingness to accept the risks and benefits of using a holistic approach. This approach, like other interventions, is unable to guarantee a successful outcome for everyone.

Because I am unable to guarantee a successful outcome for everyone, I ask for your agreement to:

- 1) accept the possible risk of a recurrence of your mental illness(es) as part of using a holistic approach for psychiatric care.
- 2) accept that success in treatment cannot be guaranteed.
- 3) accept your role as a partner in this treatment endeavor.
- 4) allow the healing process to unfold as a natural result of our mutual efforts in creating your health and well-being.
- 5) accept that if irreconcilable differences arise during treatment, and one or both of us do not wish to continue working together, than the treatment will need to end, leaving you the option of finding treatment elsewhere.

[Please note: Dr. Alice W. Lee provides medical services from her Utah office located at 4302 N Seasons View Drive, Lehi, UT 84043 and under the auspices of the Utah license. If any claims may arise out of the services provided by Dr. Alice W. Lee, the patient agrees to submit the same to the state courts of the State of Utah and to submit him/herself to the jurisdiction of the courts of the state of Utah.]

I have read, understood, and agreed to all of the above statements and conditions. I choose to receive consultations through Alice W. Lee, MD, ABIHM fully understanding the risks involved. I will cooperate fully with recommendations that Dr. Lee provides and any helpful follow-up care.

Patient Print Name/Signature

Date

Parent/Guardian/Spouse Print Name/Signature

Date

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