

Alice W. Lee, MD, ABIHM, ABOIM

## Holistic Psychiatry Consent Form

Dear patient and caregiver:

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

The goals of treatment here are: 1) to understand the underlying causes of dysfunction, 2) to heal the whole person, 3) to teach individuals new tools for maintaining wellness, 4) to minimize dependency on prescription medications and supplements, and 5) to reestablish optimal functioning.

The tools I use in my holistic psychiatry practice are, 1) energy testing, or a modified form of applied kinesiology, to access information, 2) nutritional/natural interventions to heal the mind and body, 3) energy techniques 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, 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 patients into my practice who reject energy medicine as a healing modality and are unwilling to learn and use it. For those who are too sick to do the techniques, I will do the energy healing work for them.

As a holistic psychiatrist:

- 1) I want to help people heal 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 practice are those who 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 have learned, 4) have the courage to taper their medications when directed, and 5) understand the need for regular treatment and follow-up.

It is important to be prepared for ups and downs during treatment. 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 treatment process, and every effort is used to prevent it. If the illness reoccurs, 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 with nutritional support or energy medicine techniques.

In general, the biological ease in which medications can be lowered will depend on a person’s age, how long and how much medication have been taken, the severity of the illness, and the state of health when beginning treatment.

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Additional social stressors, use of addictive/illegal substances, or a disregard of medical advice 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 a successful outcome cannot be guaranteed for everyone, it is required that before initiating treatment you are able to:

- 1) accept the 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 irreconcilable differences may arise during treatment. 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 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 treatment through Alice W. Lee, MD, ABIHM fully understanding the risks involved. I will cooperate fully with treatment and follow-up care.

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Patient/Guardian Printed Name/Signature/Date

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