

What is psychotherapy?

- Psychotherapy is an experienced, interactive, and interpersonal process that occurs between a trained psychotherapist and a patient/client. It is built around a trusting and healing relationship that develops over the course of the therapy sessions.
- While there are different types of therapy (CBT, DBT, ACT, IPT, psychodynamic, and others), these share many common factors.
- We will work together to identify a problem, discuss treatment options (including likely outcomes with and without treatment), and review common/serious side effects, costs, and confidentiality and its limits.
- My goal is to create a safe space to allow you to feel comfortable to express your thoughts and feelings in our therapy sessions. If you have any questions or concerns about our work at any time, I encourage you to discuss these with me. Talking about our relationship (and concerns with it) and how these may relate to other relationships in your life can be a useful part of the therapy process.
- In therapy, I usually will not talk about myself because the treatment is intended to help you. On rare occasions I may mention aspects about my life with the goal of furthering your treatment.
- Therapy sessions will start promptly on the hour and end 45 minutes after the hour unless otherwise specified. Payment is due at time of service or can be billed monthly if seen more than once per month.
- For the majority of patients, if a medication is prescribed, it usually works best if combined with psychotherapy. If I am prescribing medication for you, you have the option of having psychotherapy with me or another psychotherapist. Sometimes other therapists will have an area of expertise where it makes sense for me not to be your therapist. If this happens, we will discuss options for medication management with me and psychotherapy with another therapist.
- If you have a separate therapist, I think it is important for me to take time to get to know you. We may engage in brief psychotherapy limited to aspects of psychiatric treatment (thoughts and feelings about medications, etc) and factors in our relationship. Such work is not intended to replace the important work with your therapist. With your permission, I like to coordinate treatment with your therapist.
- If you are not in psychotherapy (with me or someone else), brief therapy work during our sessions may be helpful, but likely not as helpful as seeing a therapist consistently.

What about psychiatric medications?

- Psychiatric medications can be an important part of your treatment plan. If clinically appropriate, I will discuss options with you including benefits, risks, and alternatives including no treatment.
- You do not have to be on a psychiatric medication to see me. Sometimes people like having a psychiatrist either for psychotherapy or to check in if they have had past symptoms that have improved.
- If you would like reading materials about your medications, please let me know.
- If you have concerns about reactions to medications, please call our clinic--615.269.4557.
- If you think you may be, are, or plan to become pregnant or breastfeed, please let me know immediately to discuss how your medications may affect your pregnancy. We will think together about ways to maximize your treatment while minimizing potential harm to your pregnancy.
- It can be dangerous or even deadly to combine psychiatric medications with alcohol or other drugs (including certain prescription drugs). Please let all doctors know about all the medications you are taking. Also, psychiatric medications may make you more sensitive to the effects of alcohol or other drugs, which may impair your ability to drive, operate machinery, swim, or engage in other activity where sedation or incoordination may cause danger.
- With your permission, I like to coordinate treatment with your primary care physician.