

Regarding Medication....

There are many medications used in the treatment of mental health issues today. There are also remedies considered to be “natural” or “alternative” that involve herbs, vitamins, and supplements available. I am not a physician, so I cannot prescribe medication. Nor do I have expertise in “alternative medicines”. I do, however, help my clients attain education about options they might consider for their mental health.

I can sometimes assist with referrals for medical and alternative treatment needs. Some physicians have asked me for my input about medications to try because I often will get to know the client more in depth than their physician. I am able to consult and collaborate with primary care doctors, pediatricians, nurse practitioners and alternative health practitioners as appropriate for optimal care.

There is controversy in the use of both F. D. A. approved medications and with alternative treatments. There are risks and side effects with each. Some people believe medication can interfere with a person's ability to work through issues in treatment, as if the medication “covers up” the underlying problems, giving a person a false sense of improved functioning. Medication, when it is appropriately prescribed, can attend to symptoms that often impede a person's progress in psychotherapy. Some people go on medication to relieve the impeding symptoms and participate in psychotherapy to make the necessary changes they would like to make.

It is my intent to ensure that clients know there are options regarding treatment; I do not favor any one viewpoint. It is my experience that people's unique opinions about taking medication or not taking medication impact the effectiveness of medication, treatment, and progress. So, I work individually with each person to help them decide what is best for them.

Re: Medication and children. . .

I hold a similar beliefs and protocols when it comes to children and medication; however, due to the obvious risks involved, I am conservative with recommending medication for children. There is not the kind of long-term research studies regarding children and medication that is needed. In addition, it is my experience and training at many symptoms and difficulties children half are optimally treated within individual and family therapy and with increased education and training in parenting/caretaking.