

Evaluation & Treatment Process – Donald Roth, PsyD APNP

Philosophy and Practice

In order to help you move toward a more desired way to live and function, it is important to have an accurate and complete understanding of you and your current situation (i.e., history, physical health, life circumstances, values, strengths, and challenges). My assessment and recommendations to you will be guided by professional standards of safety and effectiveness. This will necessitate a collaborative process between us. Recommendations may involve pursuing one or a combination of tools such as further assessment, psychotherapy, medication, and life-style modifications.

- ◆ The initial evaluation process may take one or more sessions with you in order to ensure obtaining a thorough history and accurate current clinical picture.
- ◆ For safe and effective continuity of care, I ask that you provide me with complete treatment records from your most recent psychiatric and/or psychotherapy provider(s) (or arrange with your provider(s) to supply me with these records) along with written authorization to speak with them prior to moving forward with any ongoing or new treatment recommendations.
- ◆ As part of safe and appropriate treatment, I may need to obtain initial and periodic laboratory testing results.
- ◆ To adequately evaluate your current psychological functioning, I may request that you participate in standardized psychological testing prior to receiving treatment recommendations—including possible pharmacological treatment. I will furnish you with the names of qualified psychologists who can administer this testing.
 - *Please note:* In the case of suspected or previously diagnosed Attention Deficit Hyperactivity Disorder (ADHD) the professional standard is that this diagnosis is made based upon information obtained from *multiple* sources such as diagnostic interview(s) and standardized psychological testing.
- ◆ Current research indicates that certain anxiety medications (benzodiazepines) are highly addictive and may result in cognitive problems—including the early onset of dementia. Other than for a *rare* and acute circumstance, I will not prescribe benzodiazepine medication. I do not prescribe ongoing regularly scheduled benzodiazepine medication. If you are currently taking a benzodiazepine medication, I will work closely with you to establish safe and effective strategies for managing your condition.
- ◆ If your treatment plan includes prescribed medication(s), please be sure that your medication is secure at all times. Certain medications (i.e., those that may be abused or “diverted”) will not be prescribed for refill prior to the normally expected time of completion.
- ◆ I do not prescribe narcotic medication for the treatment of pain. However, I can recommend non-narcotic alternative interventions for pain management.

I have read and understand the evaluation and treatment process described on page one of this form. My participation is voluntary, and I understand that I have the right to seek evaluation and recommendations from another provider if I do not agree with the evaluation process and/or recommendations furnished by Dr. Roth.

Signed _____

Date _____