
Services Offered

Psychotherapy

Psychotherapy or talk-therapy, is a powerful treatment for many mental complaints. It offers benefits of improved interpersonal relationships, stress reductions and a deeper insight into one's own life, values, goals and development. It requires a great deal of motivation, discipline and work from both parties for a therapeutic relationship to be an effective one. Clients will have varying success; depending on the severity of their complaints, their capacity for introspection and their motivation to apply what is learned outside of sessions.

Clients should be aware that the process of psychotherapy may bring about unpleasant memories, feelings and sensations; such as guilt, anger or sadness, especially in its initial phases. It is not uncommon for these feelings to have an impact on current relationships that you may have. If this occurs, it is very important to address these issues in session. Usually these unpleasant sensations are short lived. At your initial visit, we will conduct a thorough review of your current concerns and of your background. By the end of the initial visit we will offer our preliminary impressions, discussing your treatment options. Sometimes psychotherapy and medication management are optimal (see below). One of the most important curative aspects of the therapeutic relationship is the goodness-of-fit between provider and client. The initial visit is also your opportunity to determine for yourself if we are the right provider for you. If you feel that we are not well matched to your needs, we would be happy to provide you with referrals to other mental health professionals.

Here at Mile High Psychiatry our providers have the capability of providing therapy to clients, but do not normally include this service in each session. If this service is provided, the providers will bill for their time. Any session that goes over 15 minutes time due to psychotherapy or any non- medication concerns and discussions, will be charged a psychotherapy fee based on the amount of time spent with the provider.

Medication Management

Medications may be indicated when your mental health symptoms are not responsive to psychotherapy alone. When a mental illness markedly impacts your ability to work, maintain interpersonal relationships or properly care for your basic needs, medication may offer much needed relief. If it is agreed that medications are indicated, we will discuss medication options

that are available to treat your current condition. We will present information in a language that you can understand. You will learn how the medication works, its dosage and frequency, its expected benefits, possible side effects (even life threatening ones), drug interaction and any withdrawal effects you may experience if you stop taking the medication abruptly. By the end of the discussion you will have all of the information that you need to make a rational decision as to which medication is right for you.

You may already be receiving psychotherapy from another therapist and were referred to us for medication management. In this case, we will make a strong effort to coordinate care with your therapist with your written consent. We believe that communication between mental health professionals is the key to providing effective care.

If at any point during your care you would like a second opinion, you are encouraged to do so. Our MHP team can assist in recommending another internal or external provider to review your care and treatment plan. It is your responsibility to inform your current provider or MHP team of any pertinent information that may affect your care.

Not everyone is a good candidate for medication therapy. Such therapy requires strict adherence to dosage and frequency, close follow up and sometimes regular blood and/or urine tests. Your ability to adhere to medication treatment will be taken into consideration in making the decision to start such therapy. Overall, we are here to support you in the bio-psycho-social model of medical treatment. Treatment that considers your biological status, genetics, your psychological development and social issues will yield the best chance for success in achieving your goals.

Pregnancy

Our practice strives to treat any and all clients however, pregnancy and attempting to become pregnant while on medications that we prescribe has risks up to and including death of the fetus and/or mother. As such, most medications while pregnant or trying to become pregnant are contraindicated and are advised not to be used. If you are pregnant or would like to become pregnant, you must disclose this information to your provider. If we have decided to provide care while pregnant, it is REQUIRED that you also have an OBGYN of whom we will consult prior to providing any medications or medication changes.

Frequency and Duration of Visits

At your initial thirty to sixty minute visit, we will decide the structure of your treatment together. If medications are prescribed or changed, we prefer to conduct a fifteen to thirty minute follow up visit within the next two weeks. This is necessary to ensure the proper administration and to minimize any side-effects you may experience. If your symptoms improve, follow up visits can be spaced out at monthly intervals. For clients on maintenance therapy, follow up visits can be held at three month intervals. If you are to undertake psychotherapy, weekly fifty minute sessions will provide the best results. We may discuss an alternate treatment structure depending on your circumstances.