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WELCOME!

I look forward to meeting you and participating in your medical care. As a psychiatrist, I am a medical physician who has completed an additional specialty program in Psychiatry accredited by the American Board of Psychiatry and Neurology. I am licensed by the California Osteopathic Board of Medical Examiners. My affiliations include the American Psychiatric Association and the American Medical Association.

Evaluation and Treatment:

During the initial psychiatric evaluation, we delineate your mental health problems and your goals for treatment. The subsequent treatment I provide is called medical psychotherapy. I also prescribe medications if indicated. Please remember that your health care is your responsibility. If for any reason you are dissatisfied with your care, I encourage you to speak with me about altering your treatment plan, seeking a second opinion or assisting you in finding alternative health care.

Appointments:

My office hours are weekdays from 9am to 5pm. Initial appointments are for 60 minutes. Subsequent appointments are for 20 or 45 minutes. Your appointment will begin and end on time. If you cannot keep your appointment, please give at least 24 hours notice or pay one-half of the usual fee for the service scheduled.

Emergencies:

Please call my office 916-771-3717 during office hours. I am available after hours and weekends for urgent concerns by calling my office number and pressing the number 1 on your dial pad. Going to the nearest hospital emergency room or calling 911 is another option.

Medication Refills:

Please call your pharmacy at least 48 hours in advance when you need a medication refilled. The pharmacy will contact me and except in the case of an emergency, I will authorize refills during normal office hours when your medical record will be available. If you have questions about your medications, please contact me directly.

Telephone Calls:

The telephone is an important means of communication. However, a telephone call can never replace an office visit and is not suitable for psychotherapy. My immediate accessibility by phone is limited, as I feel that my first responsibility is to the patient in my office. Your phone calls will generally be answered by voice mail. Please leave a detailed message and the best time to reach you if you desire a call back. I will make every attempt to return your call the same day. I charge for professional services provided by phone that requires more than 5 minutes of my time.

Confidentiality:

The interchange between a patient and physician is a private matter and our records will be kept confidential. Unless required by law, no information will be released to anyone without your written permission. Please refer to the Notice of Privacy Practices for more detail and exceptions.

Forms:

I have included some paperwork and policy information for you to review and complete preferably before your first appointment with me.