

**REFERRAL FOR TREATMENT
SHIFA HEALTH**

Silver Lake Location

**10333 19TH AVE SE SUITE # 109
EVERETT, WA 98208
Ph: 425-742-4600
Fax: 425-225-6859**

Mount Vernon Location

**1103 Cleveland Ave
Mount Vernon, WA 98273
Ph: 360-336-6868
Fax: 360-336-6866**

Date: ____/____/____

Patient Name: _____ DOB: _____

Patient Phone: _____ Patient insurance _____

Parents Name (if applicable): _____

REFERRED BY: _____ (Thank You!)

Presenting Concern: _____

Service Requested: (check all that apply):

- Psychiatric Assessment
- Psychiatric medication management (for child, adult and geriatrics)
- Psychotherapy (for child, adult and geriatrics)
- Psychological Testing for kids
- Biofeedback
- TMS therapy
- Stress reduction with art and mindfulness

Provider requested if any particular:

Silver Lake Office

Rozina Lakhani, MD MPH	Nancy Turner, ARNP
Suzy Dalgarn, ARNP	Leif Benjestorf, ARNP
Edward Ebert, ARNP	Paula B. Sigafus, PhD
Jessica Gonzales, ARNP	Kyle Ozechowski, PsyD

Mount Vernon Office

Rozina Lakhani, MD MPH	Nancy Turner, ARNP
Jeff Berger, MD	Kyle Ozechowski, PsyD
Dennis Gaither, MD	Morgan Randal, MA, LMHC
Edward Ebert, ARNP	Sharon Olson, MA, LMHC
Jane Small, ARNP	

Comments: _____

Please email coordinator@shifahealth.org or fax this form to our office along with any current chart notes and medication list.

10333 19th Ave SE suite # 109 Everett, WA 98208
Ph: 425-742-4600/ Fax: 425-225-6859

www.shifahealth.org

1103 Cleveland Ave Mount Vernon, WA 98273
Ph: 360-336-6868/ Fax: 360-336-6866

www.seattletms.com

New Procedures

What is “Stress Reduction with Art and Mindfulness” and when to refer a patient?

This unique program combines instruction on stress management techniques-especially mindfulness and practicing relaxation with pottery art. In this 4 weeks of 2 hour a week workshop, participants will learn different **stress reduction techniques**, practice **meditation** and **create a piece of art** that they can take home as reminder. This program can help participants reduce their daily stress and decrease the risk of stress related illnesses like headaches, heartburn, irritable bowel, depression, anxiety etc. This workshop is taught by Psychiatrist- Dr. Rozina Lakhani and Fine artist- Jay Gilani at the Silver Lake Art studio. If you have a patient who is struggling with stress in life, please refer.

What is Biofeedback- treatment for anxiety related disorders?

Biofeedback is a technique that trains people to improve their health by controlling certain bodily processes that normally happen involuntarily, such as heart rate, blood pressure, muscle tension, and skin temperature. Electrodes attached to skin- or in some cases, sensors held in hands- measure these process and display them on a monitor. With help from a biofeedback therapist, a person can learn to change their heart rate or blood pressure, for example. At first the person uses the monitor to see progress and get feedback but eventually they are able to achieve success without a monitor or electrodes. Biofeedback is an effective therapy for many conditions, although it is primarily used to treat high blood pressure, tension headache, migraine headache, chronic pain, urinary incontinence and anxiety related disorders therefore refer if appropriate.

What is TMS?

Transcranial magnetic stimulation (TMS) is an outpatient procedure that uses MRI technology, where magnetic fields are used to stimulate nerve cells in the brain to improve symptoms of depression. TMS is FDA approved noninvasive procedure, indicated for depression that has not responded to more than one antidepressant medication. It does not require any anesthesia or chemicals. A person can drive before and after procedure. A typical course of TMS consists of less than 1 hr. session a day, 5 days a week for 4-6 weeks in the office. If you have a patient who has not responded to more than 1-4 antidepressants, refer them for a consultation.





