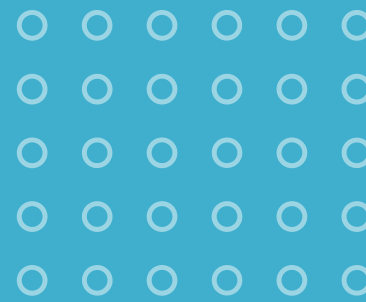


*Counseling & Wellness*  
C E N T E R



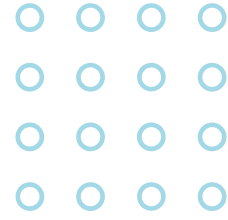
WHY DO I NEED A  
**MEDICAL SCREEN**  
BEFORE THERAPY?

# TREATING THE **WHOLE** YOU

At Counseling and Wellness Center, we are committed to treating the **whole** person. It is impossible to separate treatment of the psychological/emotional from the physical. We know the mind and body are completely connected and each one impacts the other. To try and treat the psychological while ignoring the physical is unethical and irresponsible.



# UNDERSTANDING REASONS



## 1 MANY MEDICAL CONDITIONS CAUSE OR CONTRIBUTE TO PSYCHOLOGICAL SYMPTOMS ANXIETY CAN BE CONNECTED WITH...

- Heart Disease
- COPD
- Diabetes
- Peptic Ulcers
- High or Low Blood Sugar
- Over or Under Active Thyroid
- Chronic Pain
- Irritable Bowel Syndrome
- Endocrine Tumors
- Many Other Disorders

## DEPRESSION CAN BE CONNECTED WITH...

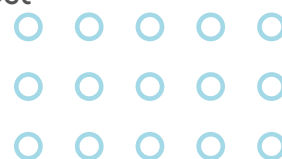
- Underactive Thyroid
- Diabetes
- Chronic Fatigue Syndrome
- Vitamin D Deficiency
- Allergies
- Lyme Disease
- Certain Cancers
- Sleep Apnea
- Hormone Imbalance
- PCOS / Other Gynecological Issues
- Auto Immune Diseases (Lupus, MS)
- Many Other Disorders

## 2 COMMONLY PRESCRIBED MEDICATIONS

Many commonly prescribed medications you take for other issues may have psychological symptoms such as depression, anxiety, hallucinations, delirium, nightmares, psychosis, paranoia, mania, panic attacks, impulse control issues, confusion, suicidality.

## 3 SERVICE APPROPRIATENESS

Not all client's who come to CWC are appropriate for our services. Some individuals need a higher level of care than we are equipped here at CWC to provide. We want to be able to assess the level of need to be sure that our services are the most appropriate intervention for each client.





We send all clients who are experiencing any psychological symptoms which could be associated with a medical condition to be screened by a medical provider to be able to access therapy. This is because we believe it is not possible as well as unethical to treat a possible underlying medical condition with talk therapy.

## WHAT IF I WANT TO SEE MY DOCTOR?

You may choose to have your primary care physician medically clear you for our services. Just request the PCP Medical Screening packet which you can take to your physician. You will fill out the medical history and your doctor will review it and they must sign both forms and fax them back to our office then you can be scheduled for therapy. This just lets us know that your doctor is aware of your symptoms and has considered any possible underlying health conditions. They also are stating that the severity of your symptoms do not need a higher level of care than we can provide.

## ARE THERE TIMES WHEN SCREENING IS NOT NEEDED?

Yes, if you are seeking counseling because of marital issues, parenting issues, grief, or are under the age of 12, we do not require medical screening. If you have been previously medically screened by us and have not been inactive for more than a year with recurrent issues, you will not need to be medically screened again.