*Christine Marr, MA, LMFT, NBCCH*

**DC Holistic Psychotherapy**

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**Disclaimer and Informed Consent**

Part of our work together may be to discuss nutrition, lifestyle, medications, alternatives to medications, herbs, vitamins, amino acids, and health issues. These discussions are intended to provide you with information you need to intelligently partner with your physician or healthcare provider. These discussions and information are not intended to replace medical or nutritionist consultation or to treat any medical condition. Herbs, amino acids, vitamins, exercise, and neutraceuticals have both benefits and risks and many interact with pharmaceuticals. Your health care provider and/or pharmacist can provide you with up to date information about interactions, efficacy, and safety and assist you in all health care decisions. Medical consultation is particularly advisable if you are taking medications or have a known medical condition. Medical consultation is advisable if you are experiencing anxiety, depression or other mental health symptoms since there are many medical causes of these symptoms. Persons considering vitamins, herbs, exercise and dietary changes should proceed prudently, seeking medical guidance. It is unwise to discontinue prescribed medications abruptly or without medical consultation. Non-pharmaceutical agents and approaches are generally not approved by the FDA. While products, approaches, and suppliers we might discuss are believed safe and effective and I generally provide information on researched agents, safety and efficacy cannot be guaranteed and it is wise to proceed with caution and with medical consultation and support. Naturopaths and physicians trained in "Functional" or "Integrative" medicine are often, but not always more knowledgeable about alternatives to pharmaceuticals than mainstream physicians.

I have read and understand the above information.

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Signature