TEMPLATE LETTER

Therapist Name and contact

**DATE**

Dear Doctor/Medical Team

**RE: NAME X X d.o.b. ……**

I have seen ...X .. for [Number of] psychotherapy sessions in [state time frame].

On these occasions I have been struck by …X…’s [e.g. insight, intelligence, sincerity and openness about his/her experiences].

His/Her ability to engage with psychotherapy effectively and therapeutically is however clearly impaired by the apparent effects of her medication [ detail eg: difficulty concentrating, muscle twitching, slightly slurred speech, general ‘disconnectedness’ etc.].

I am particularly concerned, as I’m sure we all are, about …X..’s strong suicidal compulsions. Please would you fully consider the possibility that these suicidal thoughts, compulsions and indeed actions may well actually be caused or exacerbated by …X..’s prescribed psychiatric medications.

As counselling therapists we are frequently working with people who are suffering side-effects and/or tolerance or withdrawal effects as a consequence of taking prescribed psychiatric medications – and this has resulted in our researching widely to better understand the issues when working with clients.

We have found the work of many respected experts on the issues, including Dr David Healy (rxisk.org), Dr Peter Breggin (in the US) and Dr Joanna Moncrieff (London), Will Hall (willhall.net) as well as the UK-based Council for Evidence-Based Psychiatry, CEP (cepuk.org) which, in addition to the CEP website information, provides links to further sources of support and information.

I hope that you will be able to fully review and reconsider …X..’s ongoing medication in the light of my expressed concerns - and the further information that can be accessed through the resources mentioned above as well as your own sources.

Obviously, any changes in ..X..’s prescribed psychiatric medications will need to be very carefully considered, approached and monitored, and …X… and his/her family involved in discussions and decisions.

I am not medically qualified myself and this letter is in no way intended to be interfering with your own considerable work towards …X.’s recovery. It is written out of genuine concern, compassion and information-sharing and I hope that you will seriously consider it in this light. My hope is that we can all learn from this and collaborate to support …X..’s return to normal life.

Yours sincerely

[Therapist]

Registered Human Givens Psychotherapist 

hgi.org.uk