

**CAN MEDICATION SUBSTITUTE THERAPY?**

Sometimes a combination of medication and therapy is the right course of action especially at the beginning of treatment in cases where symptoms are interfering with a client's everyday functioning. While medications treat just symptoms, psychotherapy explores the roots of our problems and behavioral patterns that block us from being happy. Mental and emotional problems cannot be solved solely by medication. Psychotherapy works like medications by providing lasting results that can be achieved over time and can free one from the need to take psychotropic medications

**WHAT IF MEDICATION IS INDICATED?**

If the result of careful evaluation indicates that medication may be helpful, I will refer one to a psycho pharmacologist for consultation.