



ESTD 2023
HOLOS
INTEGRATIVE HEALTH

Holos: Returning to Whole

Our mission is to provide accessible, affordable whole person, trauma informed care to those with symptoms of complex chronic stress, including depression, anxiety, chronic pain, addiction, and PTSD. We believe that exploring our **mind body and spiritual experience** from an evidence-based integrative and somatic perspective allows us to get down to the root causes of these chronic conditions. Our care is multidisciplinary and consultative, and includes a 1:1 personalized intake, followed by individual and small group **integrative & functional medicine, and psychospiritual** care. This model is a blended funding model of private, MSI and third party pay.

CLIENT INFORMATION

Full Name :

Date of Birth : (mm.dd.yy) _____ Gender Female Male Other

Address : _____

Cell phone : _____ Home phone : _____ E-Mail : _____

HCN : _____

Private health coverage : _____ Is this client a veteran? Yes No _____ K number

Primary reason for referral
Please check all that apply
: SAP Psychedelic Medicine* Integrative & Functional medicine Consultation
 Ketamine assisted therapy (KAT) Alchemy of the Season Retreat Medicine

What are the main concerns you would like to address?

CONFIRMED OR SUSPECTED CONDITIONS: PLEASE CHECK ALL WHICH MAY APPLY

- | | | |
|---|--|--|
| <input type="checkbox"/> Addiction/substance use disorder | <input type="checkbox"/> Major depressive disorder | <input type="checkbox"/> Palliative/life-threatening condition |
| <input type="checkbox"/> PTSD | <input type="checkbox"/> CNS sensitivity | <input type="checkbox"/> Persistent fatigue, exercise intolerance, and/or ME/CFS |
| <input type="checkbox"/> Anxiety | <input type="checkbox"/> IBS | <input type="checkbox"/> Sleep disorder |
| <input type="checkbox"/> Fibromyalgia | <input type="checkbox"/> IBD (Crohn's/UC) | <input type="checkbox"/> other: _____ |

This client is followed by psychiatry Client is followed by the following health professionals:

*What is the Special Access Program (SAP)?

The Special Access Program is Health Canada's preferred pathway, outside of clinical trials, for patients in medical need to access legal **psilocybin** or **MDMA** assisted psychotherapy and psilocybin for medical purposes.

As of January 5th, 2022, Prescribers (MDs and Nurse Practitioners) can now request psilocybin products or MDMA from Health Canada approved manufactures, on behalf of their patients with a life-threatening or serious illness through the SAP. Eligibility: **Patients must have a palliative condition, refractory major depressive disorder or refractory PTSD.**

Please send referral to

📍 Dr. Alexis Goth Fax: 1-833-444-0354

✉ info@holosintegrativehealth.com

🌐 www.dralexisgoth.com

THANK YOU!



Physician Signature _____

Date _____