



Dear esteemed colleague,

Your patient has requested an integrative psychiatry consultation from my practice. We haven't had the chance to meet in person, so I thought I would send this letter to introduce myself.

I'm Dr. Chanel Heermann, and I have dual board certifications in psychiatry and integrative medicine. As you may know, integrative medicine is an evidence-based specialty that takes account of the whole person, including all aspects of lifestyle. It emphasizes the therapeutic relationship between practitioner and patient and makes use of all appropriate therapies, both conventional and alternative. In my practice, I combine the best of both into a holistic, individualized treatment plan.

In my own practice, I most often use lifestyle medicine practices, such as healthy eating, movement, and adequate rest, alongside other evidence-based treatment modalities such as mind-body medicine and, when indicated, nutritional supplements and herbal medicines. I provide all care via telemedicine platform so I can support patients anywhere in the state.

To be clear, I am not opposed to medication treatments. I consider myself to be a pragmatist at heart, and am committed to doing what works to help my patients feel better. As I always tell them, there is no prize for getting through life without psychiatric medications. The prize is having a great life, and whatever pieces we need to put together to create that for them is what we're going to do.

I consider myself to be a science-based, evidence-informed practitioner. I pride myself on respecting the whole team's expertise and supporting the work you are doing with our patient.

My practice is a consultation-only model. This means I would serve as a consultant on the specialty of integrative psychiatry for you, the referring physician or referring provider. The patient's referring physician/provider can be either their primary care provider or an outside psychiatrist/psychiatric provider who is primarily responsible for managing their mental health treatment plan, including any needed medication management. My focus will be on providing expertise in integrative medicine, including nutrition, herbs, lifestyle, and mind-body treatments, and helping the primary provider to optimize the patient's overall treatment. Rather than providing psychiatric medication prescriptions myself, I would instead provide recommendations to you, as the referring physician/provider, and then your team would be responsible for implementing any indicated treatment recommendations. As the patient's referring physician/provider, you would also be responsible for providing after-hours, vacation, and crisis management services.



I have worked with a number of colleagues who served as referring physicians for my patients, and the experience has been uniformly positive. Here is what my colleague Dr. Laura Adler has to say about the experience:

*Dr. Heermann consulted remotely with one of my patients who was struggling to find access to integrative care locally. Dr. Heermann was accessible to both me and my patient. She provided a thorough assessment and integrative regimen recommendations with appropriate follow up. Dr. Heermann brings thoughtful expertise from an integrative perspective in a collaborative care model.*

Regarding my background and qualifications, I received my medical degree from the University of Nebraska Medical Center, where I was elected to the Alpha Omega Alpha honor society as a junior student. I went on to complete my psychiatry residency and integrative medicine fellowship at the University of Arizona. I was one of the first 121 physicians in the world certified by the American Board of Integrative Medicine, and have received numerous honors during my time in practice.

I have faculty appointments with the Department of Psychiatry at both the University of Colorado and the University of Arizona, as well as serving as guest faculty at the University of Arizona Center for Integrative Medicine, and on the faculty of Saybrook University's College of Integrative Medicine and Health Sciences. I also serve on the national faculty for the Center for Mind-Body Medicine. I am the author of *The 7 Foundations of Health and Happiness: Building a Bridge to Balance*, as well as several published, peer-reviewed articles.

I would be happy to talk with you about my practice and my clinical approach, if you like. Feel free to reach out via my contact details below.

Sincerely,

A handwritten signature in black ink that reads "Chanel Heermann".

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