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Dear Colleague,

I am a licensed clinical psychologist working in private practice in Santa Rosa, and have specialized in treating anxiety disorders for the past 10 years. I work from a cognitive-behavioral model, and provide patients with the support and specific tools they need in order to manage their anxiety.

Perhaps you are familiar with the anxious patient who presents with racing heart, chest pains, or fear of dying, in the absence of any known medical causes. There might also be frequent visitors to your office or facility, who insist that they have contracted a particular illness. You might also see the patient with whom you have a warm professional relationship, and you are the first person he or she goes to for help when faced with stress or difficult life circumstances. Or, there could be the patient with serious medical problems, whose health largely depends upon his or her ability to change life habits.

I consult with many physicians and feel comfortable working collaboratively while staying within the scope of my practice. I have a strong working knowledge of psychotropic medications and their mechanisms and am familiar with those medications commonly prescribed for anxiety and depression. My work is tailored to fit each individual's needs, and I use quantitative measures to assess therapeutic progress.

If you believe that your patients may benefit from my psychological services, please do not hesitate to make a referral. I look forward to contributing to the health and well being of your patients.

Sincerely,

Heather Stone, Ph.D.