



Dr. Melissa Holowaty PhD, MD, CCFP(AM), MSc, CISAM, D-CAPM
*Family Physician with special interests in mental health, chronic pain
and substance use disorders*

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Referral for Eye Movement Desensitizing and Reprocessing (EMDR)

EMDR therapy can be very useful for PTSD, depression and anxiety as well as recent traumatic events. However, patients require a certain level of self-awareness and engagement and be able to self-regulate prior to delving into past traumatic experiences. Active substance use, even by prescription, can interfere with reprocessing. This is an in person only service, no virtual appointments. Preferential waitlist for healthcare workers, first responders and military. We will contact your patient directly as well as acknowledging receipt of your referral. There is no cost to the patient – it is a service covered by Saskatchewan Health Services.

Name: _____

Health Card Number: _____ DOB: _____

Address : _____

Phone number: _____

Email address: _____

Consent to email initial intake/appointment information: Y N

Consent to leave voicemail: Y N

Reason for Referral: _____

Medications: _____

Pertinent PMHX: _____

Referring Physician: _____ Billing #: _____

Family Physician (if different than above): _____

Clinic phone number: _____

Referring Physician Signature: _____

Please attach any relevant imaging or lab files.