



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. Updated last: Jan 2026.

Name: \_\_\_\_\_

Health Card Number: \_\_\_\_\_ DOB: \_\_\_\_\_

Address : \_\_\_\_\_

Phone number: \_\_\_\_\_

Email address: \_\_\_\_\_

Patient must consent to email initial intake/appointment information (we do not make appointments by phone): verified?

Consent to leave text messaging:    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 other files.