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Psychology and Psychiatry

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July 11, 2022

Re: DR. PAYNE'S CHANGE IN CLINICAL PRACTICE

As you may already be aware, earlier this year I became one of the first prescribing psychologists in the state of Iowa. I have been working on my training and experience to be licensed as a conditional prescribing psychologist for the last three years. My area of specialty is working with children, adolescents, and young adults and providing integrated psychological evaluation and medication management services.

Since my practice focus has changed and the demand for psychological evaluation and medication management appointments is very high, I will no longer provide regular psychotherapy for patients as I have in the past.

I know that it can be difficult to transition to a new regular psychotherapy provider, and I want to help make the transition as smooth as possible. To this end, **I won't be scheduling regular psychotherapy appointments after October 28, 2022.** I will be speaking with everyone about this transition and discussing options for ongoing treatment. **It is critical that you seek out a new psychotherapist immediately, as it is likely there will be wait lists of several months to get an appointment with a new provider.** Once you find a new provider, please sign a Release of Information so that I can release your records. If you are unsure about provider options, please contact your health insurance company for information about their current in-network providers.

Area practices with excellent psychotherapists:

Anderson & Arnold (319-354-3232)

Hope Springs Behavioral Health (319-358-6520)

Psychiatric Associates (319-356-6352)

Alli Center (319-804-9312)

New Leaf Counseling (319-471-4556)

Counseling and Health Center (319-337-6998)

Rein Center (319-400-1311)



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