

Randy Brazie, MD PLLC

Practice Overview

Welcome! Dr. Brazie is a Board Certified General Psychiatrist with the American Board of Psychiatry and Neurology, and brings a wealth of expertise in helping you with mental health symptoms. This practice was developed to provide private and compassionate care for common problems that stem from various causes. If you are noticing the following symptoms, you are invited to contact the office to schedule an initial assessment:

- Depression, sadness, numb mood
 - Lack of motivation, enjoyment
 - Irritability
 - Insomnia
 - Anxiety, nervousness
 - Panic attacks
- Post-traumatic stress disorder (PTSD)
- Attention deficit hyperactivity disorder (ADHD)

Dr. Brazie specializes in the treatment of impacts from traumatic events on the nervous system and is a Somatic Experiencing Practitioner (SEP) with Somatic Experiencing International. This technique is a ground-breaking and effective method to help you break free and move forward from the effects of trauma, whether it be physical, verbal or sexual abuse, the witnessing of violence, or the experience of being overwhelmed by a medical procedure. Early childhood attachment issues often benefit from Somatic Experiencing as well, and other events such as a motor vehicle accident or a serious fall can often leave impacts on your brain and nervous system that respond to this approach. Best of all, it can be medication-free for those who prefer not to take prescription pharmaceuticals.

Given that Dr. Brazie wants to help you with evidence-based practices that will help you achieve confidence, improved quality of life and safety, there are a few guidelines in place for this practice:

1. **Dr Brazie is currently not taking insurance.** Self-pay arrangements are available for including credit cards, HSA and FSA.
2. Dr. Brazie will see ages 12 and older. Appointments can be conducted in person or via video telemedicine.
3. **Dr. Brazie will not typically prescribe benzodiazepines** (alprazolam, clonazepam, lorazepam, diazepam, etc.) if you choose to work with him. These are potent medications that can worsen depression, cause confusion, impair memory, and contribute to a risk for falls. Additionally, they are highly addictive, and many

governmental, professional, and academic institutions are actively warning about their risks and encouraging those who prescribe them to avoid their use.

4. If you experience any urgent concerns outside of your scheduled appointments, please contact 211 or a local hospital if there is any risk of serious injury or death.
5. Refill and appointment scheduling requests can be addressed by email, but treatment cannot safely be performed by this modality.
6. If your symptoms require more complex services that this practice is not designed for, Dr. Brazie will be happy to refer you to a local organization which can do so.
7. At this time, Dr. Brazie does not take Court Ordered Treatment (COT) persons.
8. Given the importance of being available to each of you, Dr. Brazie will be unable to attend court hearings, depositions or testify on your behalf.
9. For those who choose to take prescription medications, a separate medication agreement may apply, and will be provided to discuss with you.
10. A separate financial agreement will also be provided to you.

My goal is to provide a safe, secure environment to help you develop the confidence, skills and freedom from unwanted symptoms. Change is always possible, and we are learning how the brain can adjust and grow in amazing ways, no matter how much you may feel discouraged at times! I look forward to meeting with you and thank you for your time.