

A Note about Diagnosis-Free Guidance

Dr. Watson is committed to providing caring, timely, professional attention and to offering feedback on your functioning and progress without placing a psychiatric label on you.

Psychiatric labels, also called DSM diagnoses or psychiatric diagnoses, are often referred to as “real medical diagnoses,” but they are not. Neither have they been established as being valid or reliable. Using psychiatric diagnoses gives a false impression of the medical, scientific, and reliable nature of such labels.

Psychiatric labels are not necessary to understand the root cause of human distress or dysfunction. In fact, they often interfere with comprehending and resolving problems relating to human emotion, cognition, and behavior.

Dr. Watson chooses not to maintain contracts with health insurance companies because doing so would require her to use of psychiatric labels.

In extreme circumstances where medication or emergency care might be necessary, Dr. Watson refers individuals to providers who can respond to such needs.