Dr Toni Pikoos

ReadyMind

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P: 1300 993 755

Date: DD/MM/YY

Dear Dr Pikoos,

**RE: Patient Name**

I would like to refer my patient, [Patient Name] for a psychological evaluation before undergoing [Name of cosmetic procedure].

I have seen [Patient Name] for a consultation regarding [Areas of concern and treatment requested]. They have completed the BDDQ-AS questionnaire and screened positive for body dysmorphic disorder (BDD). During the consultation, I identified that [Explain your impressions or areas of concern identified in the consultation/screening process, also mention the extent of the “visible defect” you have observed in their appearance if relevant]

As such, I would like to request further evaluation before proceeding with any cosmetic treatment.

As you may be aware, the Australian Psychological Society (APS) has developed a practice guide for the “Psychological Evaluation of Patients Undergoing Cosmetic Procedures”, outlining specific guidelines for these evaluations. I am seeking your opinion to find out if you can provide an evaluation in line with the APS guidelines for their suitability to undergo cosmetic treatment, as well as providing pre- and post-procedure care and support if indicated.

The patient has provided their consent for you to contact them, and can be reached at **[phone number].**

Yours sincerely,

[Practitioner’s Name]