

# **The Amen Clinics Method: Healing in 4 Circles**

# The Amen Clinics Method

1. **Detailed clinical assessments – *Bio/Psycho/Social/Spiritual***
2. **Brain SPECT imaging**
3. **Targeted lab studies**
  - **All lead to more specific, personalized diagnoses and targeted treatment plans**
4. **Plus, we add brain-healthy habits to boost brain reserve and resilience**
  - **Leads to markedly improved outcomes**

# Amen Clinics Full Evaluation

- **Meticulous background information**
  - ❖ **Review of history, previous treatment, medical, drug, legal, school, family history**
  - ❖ **Beck Depression Inventory**
  - ❖ **Brief Symptom Inventory**
  - ❖ **Quality of Life Inventory**
- **Neuropsychological assessment**
  - ❖ **Webneuro/Conner's CPT**
- **2 hours with historian reviewing historical data**
- **2 brain SPECT scans (resting and concentration)**
- **Final evaluation with psychiatrist (to synthesize and present the data and recommendations for ongoing treatment)**
- **Scan pictures and report, (including copies for referring clinician(s))**
- **First follow-up visit**
- **Calls at 6 weeks, 3 months, 6 months for follow-up and outcome data**

# The 4 Circle Evaluations

# BIOLOGICAL

- Brain health
- Physical health
- Nutrition
- Exercise
- Sleep
- Hydration
- Hormones
- Blood sugar level
- Supplements
- Genetics (family history)
- Toxins (environment mold, drugs, excessive caffeine, alcohol, smoking)
- Infections
- Physical illness
- Medication
- Trauma/injuries
- Allergies

# PSYCHOLOGICAL

- Self talk
- Self concept
- Body image
- Upbringing
- Development
- Past emotional trauma
- Past successes
- Past failures
- Grief/loss
- Hope
- Generational histories and issues (i.e., immigrants, survivors of trauma, children or grandchildren of alcoholics)
- Sense of worth
- Sense of power or control



# SOCIAL

- Quality of current environment
- Relationships
- Sense of connection to family, friends, and community
- Stresses
- Health habits of friends and family
- Health
- Finances
- Work, school
- Current successes or failures
- Information

# SPIRITUAL

- Sense of meaning and purpose
- Why does my life matter?
- Connection to higher power?
- Who am I accountable to?
- Connection to past generations
- Connection to future generations
- Connection to planet
- Morality
- Values



# Amen Clinics Intake Questionnaire

## Amen Clinics, Inc.

A Medical Corporation  
[www.amenclinics.com](http://www.amenclinics.com)

### Adult Intake Questionnaires

In order for us to be able to fully evaluate you, please fill out the following intake form and questionnaires to the best of your ability. We realize there is a lot of information and you may not remember or have access to all of it; do the best you can. If there is information you do not want in your medical chart it is okay to refrain from including it here. Thank you!

#### REFERRAL SOURCE

How did you first learn about the Amen Clinics? \_\_\_\_\_

Please complete the following if a professional referred you to our clinic.

Name: \_\_\_\_\_ Phone # \_\_\_\_\_ Fax # \_\_\_\_\_

Specialty/Credentials: \_\_\_\_\_

Address \_\_\_\_\_

MAIN PURPOSE OF THE CONSULTATION: (Please give a brief summary of the main problems)

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

WHY DID YOU SEEK THE EVALUATION AT THIS TIME? (What are your goals in being here?)

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

#### FUNCTION FOR CHANGE:

willing are you to: Rate on a scale of 5 (very willing) and 1 (not willing).	5	4	3	2	1
_____	5	4	3	2	1
_____	5	4	3	2	1
_____	5	4	3	2	1
activity	5	4	3	2	1
work demands, sleep habits,	5	4	3	2	1
_____	5	4	3	2	1
_____	5	4	3	2	1
_____	5	4	3	2	1
_____	5	4	3	2	1
_____	5	4	3	2	1
_____	5	4	3	2	1
_____	5	4	3	2	1

#### FUNCTION

#### IDENTIFY PROBLEMS/PRIOR PSYCHIATRIC HISTORY

Describe the following treatment and how many providers you have seen:

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

#### PHYSICIAN'S

Psychiatric medication on pages 5-6 to be used as a reference. The information on the thorough evaluation is:

Medication you took in one day preferably in sequential order, worked well, worked partially, or did not work at all. List combination with other medications, side-effects from the medication, and mother sheet.

Dates Taken	Medication <i>Individual or Combinations Dosage(s) and time(s) taken per day</i>	Effectiveness	Side-Effects/Problems
Ex:	Example	Example	Example

### General Symptom Checklist

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Rated below using the following scale. If possible, to give us the most complete well (such as a spouse, partner or parent) rate you as well. List the person's name to you: \_\_\_\_\_

3 frequently      4 Very Frequently      NA Not Applicable

- \_\_\_\_\_ sad mood
- \_\_\_\_\_ things that are usually fun, including sex
- \_\_\_\_\_ change in weight or appetite, increased or decreased
- \_\_\_\_\_ athletic or suicide
- \_\_\_\_\_ change as a lack of sleep or a marked increase in sleep
- \_\_\_\_\_ feeling being "slowed down"
- \_\_\_\_\_ or tiredness
- \_\_\_\_\_ stress, helplessness, hopelessness or guilt
- \_\_\_\_\_ concentration or memory
- \_\_\_\_\_ high or irritable mood
- \_\_\_\_\_ self-esteem or grandiose thinking
- \_\_\_\_\_ need for sleep without feeling tired
- \_\_\_\_\_ ill or feeling pressure to keep talking
- \_\_\_\_\_ suddenly jumping from one subject to another
- \_\_\_\_\_ event things
- \_\_\_\_\_ activity level
- \_\_\_\_\_ enjoyable activities that have the potential for painful
- \_\_\_\_\_ money, sexual indiscretions, gambling, foolish business ventures)
- \_\_\_\_\_ which are periods of intense, unexpected fear or emotional discomfort (list)
- \_\_\_\_\_ thing or feeling smothered
- \_\_\_\_\_ dizzy, faint or unsteady on your feet
- \_\_\_\_\_ tingling or rapid heart rate
- \_\_\_\_\_ shaking

- \_\_\_\_\_ abdominal discomfort/trouble
- \_\_\_\_\_ "not being real"
- \_\_\_\_\_ tingling sensations
- \_\_\_\_\_ stress
- \_\_\_\_\_ chest discomfort
- \_\_\_\_\_ 31. Fearing going crazy or doing something out-of-control
- \_\_\_\_\_ 32. Avoiding everyday places for 1) fear of having a panic attack or 2) needing to go with other people in order to feel comfortable

# Brain SPECT Imaging

# SPECT Changes Clinical Practice

*Amen DG, et al. J Psychoactive Drugs 2012*

- 7 psychiatrists evaluated 109 consecutive charts without and then with scans
- SPECT changed dx &/or treatment **79%**
- **22%** unexpected brain injury
- **22%** unexpected toxicity
- **10%** need for structural imaging
- **60%** new targets for medication/supplements

# Brain SPECT Changes Clinical Psychiatric Management

- **Borghesani et al. *J Am Geriatr Soc* 2010**
- **SPECT confirmed, clarified, or contradicted initial diagnosis in > 80% of patients**
- **“Neuroimaging was useful even if it only confirmed a suspected diagnosis. “Seeing” the disease process increased diagnostic confidence and the clinician's ability to explain cognitive symptoms to patients and families. Visual images seem to have special resonance for patients and families, grounding clinical symptoms in observable brain changes.”**

# Know Your Important Numbers

## Can't Change What You Don't Measure

- **BMI**
- **Waist-to-Height ratio**
- **Hours of sleep**
- **Blood pressure**
- **CBC**
- **General chem panel**
  - ❖ **fasting blood sugar**
  - ❖ **Lipid panel (particle size)**
- **HgA1C**
- **25 (OH) Vit. D level**
- **Thyroid panel (TSH, T3, T4, antibodies)**
- **CRP, homocysteine**
- **Ferritin**
- **Free/Total Testosterone**
- **Cortisol**
- **DHEA**
- **AA/EPA ratio**



# AA/EPA Ratio Omega 6:3 Fatty Acid Levels Normal < 3

- **> 3 associated with inflammation and higher levels associated with depression**

Adams et al. AA/EPA ratio in blood correlates positively with clinical symptoms of depression. Lipids 1996

- **Dr. Amen = 1.66**  
**Pregnant niece = 43.4**

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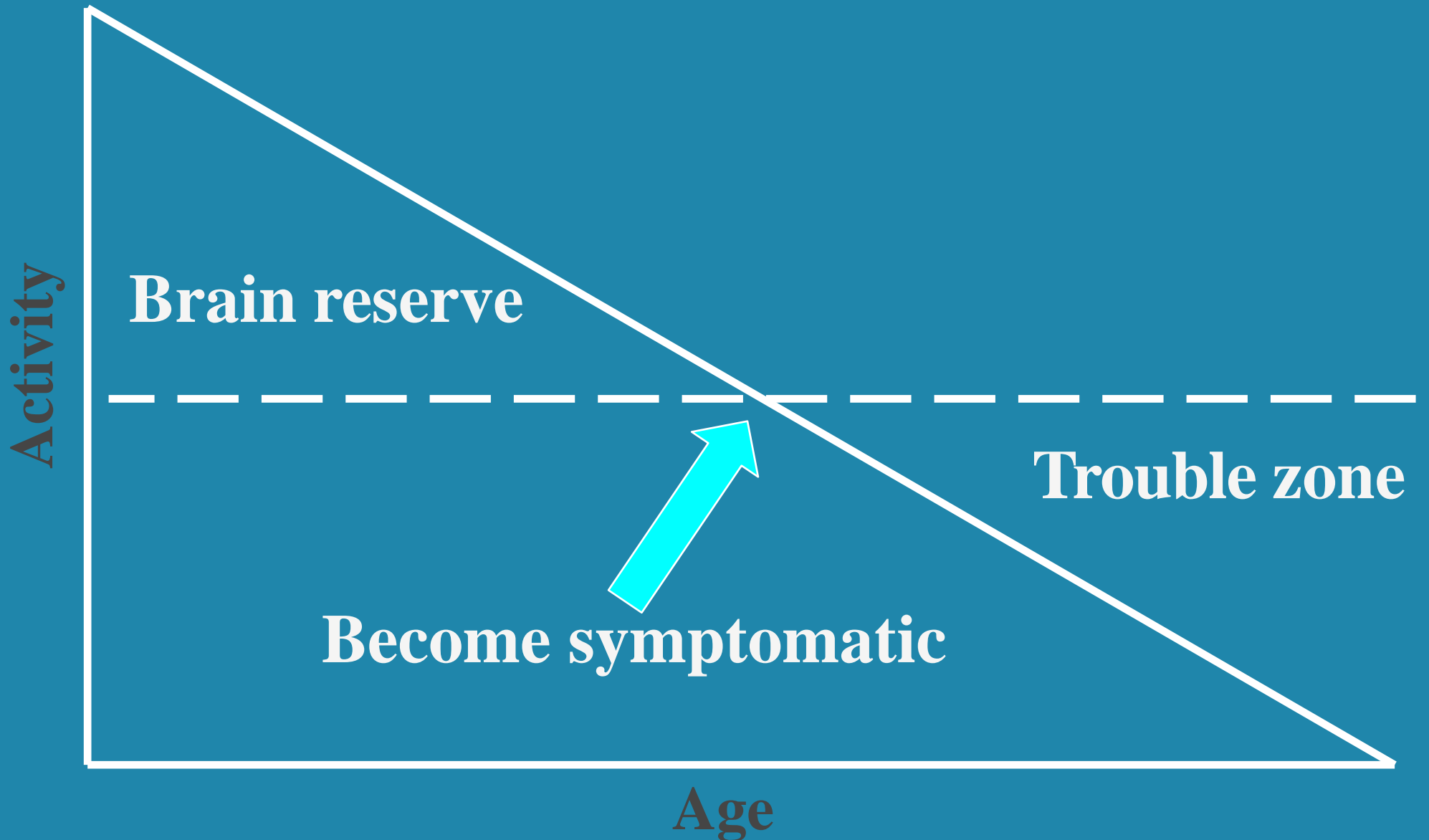
# The Amen Clinics Treatment Algorithm

SPECT Findings	Symptom Clusters	Treatment Meds	Treatment Supplements	ACI Branded Supplements	Other Rx
Low PFC	ADHD	Stimulants	Stimulating supplements to boost DA	Focus and Energy	Exercise Elimination diet Neurofeedback
	Depression	Wellbutrin	SAMe	SAMe	TMS stimulating
	Psychosis	Abilify			
High AC (or hyperfrontal)	Anxious Depressed Obsessive Autistic	SSRIs	Serotonin Boosters (5HTP, saffron, inositol, etc.)	Serotonin Mood Support	TMS calming
	Psychosis	Risperdal Zyprexa			

# The Amen Clinics Treatment Algorithm

SPECT Findings	Symptom Clusters	Treatment Meds	Treatment Supplements	ACI Branded Supplements	Other Rx
Temporal Lobe (increased or decreased)	Mood instability, irritability	Anticonvulsant	Boost GABA	GABA Calming	Ketogenic diet, Neurofeedback
	Memory or learning	ACEI	Memory boosting supps	Brain and Memory Power Boost	
Basal Ganglia	Anxiety	Anticonvulsant	Boost GABA	Everyday Stress Relief	Meditation, hypnosis
Thalamo-Limbic	Depressed	Wellbutrin	SAMe	SAMe	
Thalamo-Limbic + AC	Depressed	SNRI	SAMe + 5HTP	SAMe + Serotonin Mood Support	

# Work to Boost Brain's Reserve





# Boosting Brain Reserve Requires 3 Strategies

- **Brain Envy**
- **Avoid anything that hurts your brain**
- **Engage in regular brain healthy habits**

# Amen Clinics Method Improves Results

- **Amen Clinics ongoing 6 month outcome study**
- **Each patient has a detailed clinical history, SCID, BDI, BSI, QOLI**
- **Rest and concentration brain SPECT scan**
- **Followed at 6 weeks, 3 and 6 months**
- **6 months QOLI, BDI, BSI repeated with a self-report of improvement and compliance**



# Highest Success Rate of Any Clinic that Publishes Outcomes

- **500 consecutive patients**
- **On average our patients have 4.2 diagnoses**
- **Failed 3 prior providers and 4 medications**
- **75% significantly improved across all measures**
- **QOLI increased in 85%**
- **Cleveland Clinic report ~50% QOLI improvement**

# **Consistent with Study from Creighton, Presented at APA 1993**

- **Drs. Jaeger and Mehr from Creighton presented study of 100 hospitalized bipolar teens**
- **50 scanned day of admission, 50 never scanned**
- **Ave LOS in “never scanned” group was 44 days**
- **Ave LOS in “SPECT” group was 17 days**
- **Average cost savings of ~ \$15,000 per patient**