

**MICHAEL P. CLEMENTS, M.D.**

FAMILY PRACTICE, AAFP  
GERIATRICS

1096 MECHEM DR., SUITE G5  
RUIDOSO, NM 88345  
(505) 258-3811  
FAX (505) 258-3813

For The Ministry of Health of Israel  
Department of Psychology Licensing

RE: Letter of recommendation for  
Edward Sheldon, Ph.D.  
(social security number: 059-44-1217)

December 1, 2004

Dear Licensing Committee,

I am happy to write this letter of recommendation, evaluation, and verification of professional work experience in the field of Medical Psychology, for Dr. Edward Sheldon, as I know him and his work quite well.

I met Dr. Sheldon twenty years ago, in 1984. After a short time of us getting to know each other and each other's work, Dr. Sheldon asked me to be the Medical Director of Integrative Health Services, a new health center in Santa Monica California, where he was the owner and overall director of services. I accepted and served as the Medical Director and his supervisor for six years. I.H.S. was a rather unique health center which specialized in behavioral and alternative medicine and psychological services. Dr. Sheldon's concept was to have a health center which would integrate standard Western medical practices and beliefs within a holistic approach to health and healing. For this reason many physicians felt comfortable referring their patients to I.H.S.; including family doctors and internists, and specialists in G.I., OB/GYN, ENT, cardiology, orthopedics, and surgery, including the chief of staff of one of Los Angeles' hospitals.

I supervised Dr. Sheldon and the staff of I.H.S. during ongoing two-hour weekly supervision of cases, regarding the medical issues of treatment, including taking histories, patient evaluation, and diagnosis. During the years I was the Medical Director of I.H.S., Dr. Sheldon received approximately 600 hours of supervision in medical psychology, as well as Supervision in how to be the Supervisor of other professionals in the field of Medical Psychology.

I.H.S. staff included medical doctors, psychologists, acupuncturists, biofeedback specialists, hypnotherapists, nutritionists, massage therapists, and marriage and family therapists.

Dr. Sheldon supervised the staff regarding psychological/ behavioral issues of evaluation and treatment. We worked together, with the staff, on creating integrative treatment strategies which utilized a variety of combinations of treatment modalities, which considered the patients' diagnosis and personality, and the treatment and suggestions of the referring physicians (when applicable).

During the years that I supervised Dr. Sheldon, he treated hundreds of patients with a wide

variety of disorders. His work was very professional and effective. He ensured that the staff worked together as a team. When patients were doctor referred, the referring physicians were kept in touch with, to make sure that our staff's treatment was in harmony with theirs. Both patients and referring physicians were usually very happy with Dr. Sheldon's work, as well as the services offered by the center.

Dr. Sheldon was very competent in utilizing hypnotherapy, biofeedback and other medical-psychological interventions in both the treatment of actual medical disorders, e.g. hypertension, chronic pain, spastic colon, sexual dysfunction, TMJ, etc., and in helping patients to deal with the psychological difficulties that accompany illness, e.g. anxiety and depression.

In addition to his practice and supervising the staff, Dr. Sheldon offered continuing education classes, approved by the California Board of Behavioral Science Examiners, and lectures to doctors, nurses, psychologists, marriage and family therapists, and other health professionals. He offered these both at the center and at local hospitals. He also appeared a number of times as a medical expert on television and radio.

Dr. Sheldon as a Supervisor in Medical Psychology:

Dr Sheldon offered supervision in medical psychology for the staff of I.H.S. for the six years that I worked as the Medical Director, and continued after I moved to Arizona. In addition, Dr. Sheldon supervised psychology, social work, and marriage and family interns working at the Westside Counseling Center, a non-profit community counseling center, which he founded in order to offer those who could not afford usual fees, could receive competent treatment by interns.

I am happy to report that Dr. Sheldon's work is excellent. He is very skilled as a therapist, and has shown to use his expertise in hypnosis to help patients, when others have not been able to get results. In fact, many patients referred to Dr. Sheldon, were from doctors who could not get results using standard treatment strategies.

Dr. Sheldon has shown competence in proper intakes, history taking, testing, evaluation, diagnosis, and treatment. He works well in treating patients in conjunction with other staff members, and consulting with them. He is a caring therapist who shows concern for ethics and providing the best care possible, works sensitively with his patients, and works on his continuing professional and personal growth.

As a supervisor, he listens carefully to his staff and relates in a professional and caring manner. He helps his supervisees to utilize their talents and grow professionally, while offering important insights on evaluation, treatment plans, and issues of the doctor-patient relationship.

Although I cannot tell you the exact number of hours of supervision I gave Dr. Sheldon in each category listed below, I can assure you that he has received more than the hours that you require. Therefore I can say that he received more than:

120 hours of Supervision of Intakes, history, process of evaluation, diagnosis

150 hours of Supervision of Treatment

80 hours of Supervision of Interaction and consultation with other medical staff members

Dr. Sheldon also successfully completed more than 30 batteries of psychological tests, and

wrote legal medical reports for personal injury and workers compensation cases.

Perhaps even more important than my very positive evaluation of Dr. Sheldon's work in all of the above areas, is the fact that he successfully treated hundreds of patients under my supervision, and that so many physicians consistently referred their patients to him over a period of many years.

I hope that his letter provides you with a good sense of Dr. Sheldon and his work. I hope that the health care system in Israel will be able to make good use of his talents.

Sincerely,

A handwritten signature in black ink, appearing to read 'Michael Clements', with a stylized flourish at the end.

Michael Clements, M.D.