

Rebecca Clearman, M.D. – her philosophy

It is my goal to provide for my patients the highest level of medical expertise, in a warm and supportive atmosphere. I believe that for my patients to achieve optimal health we must work together as a team to identify causes of pain, illness and dysfunction, and then successfully treat those causes. Medical practice requires that both the physician and patient understand the etiology of the problem, and develop a treatment plan that is achievable within the context of the patient's busy life.

My initial focus with each patient is to form a relationship, so that we can work together to achieve the goals set by my patient. To make this work we must have a good understanding of each other, and be clear on what we are working to achieve. Health problems do not occur in a vacuum; I do not believe that I can help anyone with out at least some understanding of the whole person. Confidentiality and respect are imperatives in my practice, so that patients are free to tell me *anything*, safe in the knowledge that it does not leave the room.

My professional goal is to revolutionize the way medicine is practiced. A year of working with a royal family was life-changing for me; I saw that it **is** possible to deliver an exquisite level of medical care that allows patients to be in control and fully informed. When the patient feels in full partnership with the doctor, the medical experience becomes much more comfortable for the patient. This paradigm shift mandates that the doctor-patient relationship be deeper, honest and more intense, **and** that the physician must work for the patient, and only the patient. This concept is the cornerstone of the Personal Physician Group.

I am trained in 'high tech' American medicine and revel in new medical developments. As faculty at Baylor College of Medicine and the University of Texas in the Texas Medical Center I have both the opportunity and mandate to stay on the leading edge of western medicine. However I do not believe that this type of medicine always has the answers to every problem. I will always utilize the best of American medicine, but I continue to use and study the best techniques of manual medicine and alternative medicine. As a physiatrist I am accustomed to functioning within a team of professionals of all disciplines to optimize patient health. I continue to learn from my students, my colleagues and most importantly, from my patients.