



March 26, 2026

Re: Denise Askin (Professionally known as Denise Elysa) - Reference Letter

Dear Colleague,

I am writing at Ms. Denise Elysa Askin's request in support of her efforts to build collaborative relationships and referral connections with other health professionals.

I am a specialist in Internal Medicine and a Clinical Professor at the University of British Columbia with an academic practice at St. Paul's Hospital. I am the founder and the medical director of the BC Centre for Long COVID, ME/CFS, & Fibromyalgia (BC-CLMF). I am the former director of program development and a clinician at the Complex Chronic Diseases Program (CCDP) at BC Women's Hospital in Vancouver, BC. I practice in British Columbia with a license granted by the College of Physicians and Surgeons of British Columbia. I have over 25 years of clinical experience with Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS), Fibromyalgia (FM), and related Central Sensitivity Syndromes (CSS). I teach about these topics at the undergraduate, postgraduate, fellowship, and continuing medical education levels. I have developed the treatment protocols for the CCDP as well as other educational materials for clinicians and patients across BC. I have assessed and treated over 10,000 patients with ME/CFS, FM and related conditions. This patient population currently comprises 100% of my clinical practice.

I am familiar with Ms. Askin through her work with our clinic, including her facilitation of the group Meditation + Energy Balancing. In that role, she offers a gentle, structured space intended to support nervous system regulation, bottom-up processing, grounding, embodiment, and relaxation. My understanding is that her work is designed as supportive, non-medical programming and not as diagnosis, medical treatment, or medical advice.

Based on my interactions with her and my knowledge of her work with our clinic, I have found Ms. Askin to be thoughtful, professional, and highly attentive to safety, boundaries, and scope of practice. She presents herself with warmth, integrity, and care. She appears to understand the importance of staying within her role and of directing individuals back to appropriate regulated health professionals when questions arise that fall outside her non-medical scope.

I also understand that, in addition to her prior training in Therapeutic Touch and related modalities, she has now completed Somatic Facilitator Certification in Somatic Inquiry with a blend of Somatic Parts Work. That additional training appears consistent with the kind of nervous system-oriented, trauma-informed, and body-based support she aims to offer.

In my opinion, Ms. Askin is someone with whom health professionals can collaborate appropriately, provided that the nature and boundaries of the collaboration remain clear. For patients or clients seeking non-medical supportive practices related to nervous system settling, guided meditation, embodiment, and similar forms of adjunctive support, she may be a helpful resource. At the same time, she appropriately does not replace medical assessment, diagnosis, or treatment, and I view her recognition of that distinction as a strength rather than a limitation.

I would be comfortable describing Ms. Askin as a practitioner who values ethical practice, careful boundaries, and respectful collaboration. I believe these qualities are essential when working alongside medical and allied health professionals, particularly in populations with complex chronic illness, trauma histories, or significant nervous system dysregulation.

Thank you for your consideration. Please feel free to contact me if further clarification would be helpful.



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