



Patient Identification (if needed)

76 Grenville Street, 7th Floor, Toronto, Ontario M5S 1B2 Telephone: 416-323-6223

Referral Form

**Mental Health in Medicine Program
Mindfulness Based Stress Reduction Program (MBSR)**

MRN / HFN Number: _____ Date: _____
(YYYY / MM / DD)

Patient name: _____

Patient address: _____

Patient phone number: _____

Health card number: _____

Chief complaint/diagnosis:

Relevant history:

Precautions/contraindications (*please see attached information for exclusion criteria*):

Referring Physician (*physician referral required*):

Print Name: _____ Signature: _____ Designation: _____

Department: _____ (WCH Telephone extension): _____

Fax: _____

Additional health practitioner involved (optional): _____

Fax completed form to: 416-323-6356

Attention: Todd Tran Ph.D., OT Reg (Ont); Orit Zamir MD, FRCP(C)

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INFORMATION FOR REFERRING HEALTH CARE PRACTITIONER:

MBSR BACKGROUND: MBSR is a patient-centred psycho-educational group which has over 40 years of research that consistently demonstrates statistically significant reductions in symptoms for various physical and behavioral health conditions including **anxiety**, **depression** and **chronic pain**, along with positive changes in risk factors that may lead to more serious chronic ailments. The group is designed to provide participants with intensive and systematic training in mindfulness meditation and movement practices and integrating into one's daily life.

This service is offered through the *General Psychiatry Program*. As such, priority access is given to these patients. However, patients from other WCH mental health programs and across the hospital may be referred, if space is available. A referral from a physician is required.

SCHEDULE:

- 2 times per year
- 9 weekday sessions every Tuesday in the late afternoon and 1 weekend session from 10 am to 4 pm.

SUITABILITY FOR MBSR:

- Mild to moderate low mood or anxiety, +/- other existing medical health concerns.
- Able to commit to 30-45 min of daily home practice during the group and attend all sessions
- Have a private space to participate in the MBSR group without interruptions

EXCLUSION CRITERIA:

(If you are uncertain if appropriate, please reach out to facilitators before referring)

1. Active use of **substances** or early remission
2. **Psychosis** or untreated **bipolar disorder**
3. **Active suicidal ideation**
4. **PTSD** symptoms such as flashbacks, nightmares, significant affect dysregulation or dissociation
5. **Personality disorders** that may interfere with group dynamics and/or involve significant affect dysregulation

MBSR VS MTER

MTER is an introductory mindfulness program for those not appropriate or unable to commit to the more intensive MBSR program (e.g., PTSD). It runs over 4 weeks for 1 hour and 45 minutes per session and meditations are 5-10 minutes long with practical everyday applications.

MBSR is a more intensive evidence-based program. It runs over 9 weeks for 2 hours and 30 minutes per session along with a weekend all day long retreat. Meditations are 30 minutes long with additional practical applications.

If you would like to refer to MTER, please use the separate MTER referral form.