

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 Training for Emotional Resilience (MTER)**

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)

Fax Disclaimer: This fax transmission contains confidential information that is intended only for the Women's College Hospital Mindfulness Based Stress Reduction Program. If you are not the intended recipient, you are hereby notified that any disclosure, copying, or distribution of the contents of this fax is strictly prohibited. If you have received this fax transmission in error, please immediately notify the referring health practitioner at the telephone number provided above to arrange for the return or destruction of this document.

INFORMATION FOR REFERRING HEALTH CARE PRACTITIONER:

MTER BACKGROUND: MTER is a trauma-informed mindfulness-based group emphasizing psychoeducation and skills-based interventions. This program is an alternative to a longer, more intense program such as *Mindfulness-Based Stress Reduction (MBSR)*. It provides accessible and brief mindfulness practices and home practices. A significant focus is on psychoeducation of safety and affect regulation strategies that are an essential prerequisite for potential future intensive mindfulness training.

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
- 4 sessions every Tuesday in the late afternoon

SUITABILITY FOR MTER:

- Able to commit to 4 weekday sessions held once per week
- Have a private space to participate without interruptions for virtual sessions

EXCLUSION CRITERIA:

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

1. **Psychosis** or untreated **bipolar disorder**
2. **Active suicidal ideation**
3. **Personality disorders** that may interfere with group dynamics
4. **Acute crises** requiring supportive measures

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 MBSR, please use the separate MBSR referral form.