

Referral to Mindfulness Group Psychotherapy

Dr. Sue Shepherd MD, CCFP, FCFP
mbct-mbsr@portperrymedical.ca
Fax: 844-895-7504

Patient Name:

Phone:

Age:

Alternate Phone:

DOB:

Address:

OHIP #:

Email:

Reason for Referral:

MBSR (Mindfulness Based Stress Reduction)

- Learn practical ways to manage acute and chronic stress (physical or psychological)
- Chronic pain, insomnia, chronic medical conditions, difficult relationships, burnout

or

MBCT (Mindfulness Based Cognitive Therapy)

- Learn practical ways to manage anxiety and depression and prevent relapse
- Patients in remission or having mild to moderate mood symptoms

MBSR and MBCT patients must:

Be appropriate for group psychotherapy / Attend weekly 2.5hr sessions for 8 weeks
Be open to training in mindfulness, meditation and CBT / Commit to home practice (45 min/day)

Referral by Dr.

Address:

Billing #:

Phone Number:

Date:
