



**Physician Referral Form — North York General Hospital MBSR Group:
Mindfulness-Based Interventions for Chronic Health Conditions**

This is an OHIP-covered physician-led group, consisting of eight 3-hour sessions, given once a week, on Friday afternoons, through the department of Mental Health. Treatment modalities include gentle yoga, instruction in sitting and walking meditations, the “body scan”, and group discussions about these experiences. There will be an additional 6-hour session on Sunday, in the 6th week, that participants are all expected to attend. About one hour of daily homework will be assigned. This MBSR program is suitable for people with: cancer, arthritis, headaches, irritable bowel, sleep disturbances, diabetes, heart disease, high blood pressure, and other chronic medical conditions. (Exclusion criteria include substance abuse or dependence, cognitive impairment, and acute or active mental illness.) A \$120 fee is charged for materials and uninsured medical services.

For further information, please see www.psychsyt.ca.

If you have any patients who you believe may benefit from this program:

- 1) please *fax* your referrals to NYGH Intake at: **416-756-6671**, and
- * 2) patients must *phone* Dr. Kathy Margittai at **416-483-3778** to register.

Patient Name	
Date of Birth	
Gender	
Address	
Home Phone	
Work Phone	
OHIP HC #	
List all medical conditions:	
Medications:	
Allergies:	
Referring MD	
Specialty	
Office Address	
Ref. Phone #	
Ref. Fax #	
Doctor's ref.#	
Date of referral	Signed