



Dr. Shailla Vaidya MD MPH CCFP(EM) C-IAYT

The Yoga MD - Mind-Body Medicine for Stress Resilience and Burnout Recovery

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Referral for: Name of Course/Workshop: _____

Reason for Referral: Check all that apply

- 1. Helping Professional experiencing stress or job fatigue (Includes First Responders, Nurses, Allied Health, Social Workers, Teachers etc) available for day-time group.
- 2. Caregivers experiencing strain, fatigue and burnout.
- 3. Patient has suffered a concussion and experiencing Post-Concussion Syndrome
- 4. Patient suffers from job stress and is off work or able to attend a daytime group.
- 5. Patient has a Mind-Body, Stress-related, or Inflammatory Illness or Syndrome (includes PCOS, Metabolic Syndrome, Diabetes, Overweight, Migraine, Insomnia, Cardio-vascular, or Auto-Immune Illness) and is ready to commit to lifestyle change

Please Note:

- Dr. Vaidya provides GROUP MEDICAL VISITS for the above issues
- She is has "GP PSYCHOTHERAPIST" designation and will NOT negate FHO Physicians
- Priority will be given to Helping Professionals and those with Post-Concussion Syndrome Patients will be assessed prior to starting groups, to ensure proper fit for the groups
- Patients who do not fit the criteria should be referred elsewhere. Those suffering from distress tolerance or anger issues should seek out Dialectical Behaviour Therapy. Those with addictions should seek addiction counselling prior to seeing Dr.Vaidya.

Source of Patient's stress:

Associated/Co-Morbid Medical Illness and Medications:

Please attach CPP, latest blood work, EKGs, pertinent medical imaging and consultant notes (Neuro, Psych, GI, Cardio, Endo).

Patient's Name:	Referral Name:
DOB:	Billing Number:
Address:	Address:
Phone:	Fax:
Valid OHIP:	Date of Referral:
Email:	Family Doctor: