



**Referral for group classes -
EMBODIED MINDFULNESS FOR CHRONIC PAIN:
Change your neurology, change your pain**

With Dr Lucy Lyons

Patients will learn lifelong skills, rooted in Autogenic Therapy. Connect with the body in new ways to manage pain, improve self-reliance and become active participants in their health. Learning AT can reduce dependence on multiple medications and reduce physician visits.

Autogenic means self-generated and patients will explore how to intentionally activate the parasympathetic nervous system. This technique helps patients discover how to quickly enter a state of **DEEP RELAXATION**, mentally and physically. They will learn safe and deliberate offloading of emotions, to allow a state of ease and homeostasis.

- Patients need to see Dr Lyons for an **individual appointment** to assess suitability for the course
- Before attending the individual assessment, patients will need to complete a questionnaire
- Patients will also have a follow up individual appointment after the course
- Patients must participate in all **seven**, 90-minute sessions as they will build on skills each week
- Patients need to practice alone for 5-10 minutes 3 times each day
- Classes and appointments are fully covered by MSP; however, **patients cannot see a doctor on the same day** due to MSP restrictions
- Patients must speak fluent English

Please inquire with reception to reserve your spot today or call us at 604 537 5635

EMBODIED MINDFULNESS FOR CHRONIC PAIN

Referral for group classes with Dr Lucy Lyons

Patient name	
DOB	
Address	
Personal health number	
Name of referring GP	
MSP number	
Date of referral	
Pain history	
Medical conditions contributing to chronic pain	
Other medical conditions	
Psychiatric history	
Name of psychiatrist, if currently under care	
Medications	
Allergies	
Please confirm that patient speaks English well	