

SATA Clinic for Conscious Living

Surrender, Allow, Trust, Accept

Living Consciously with Terminal Illness

Physician Referral Form

Our goal for the program is to give participants the practice tools to increase resiliency and decrease stress through a Mindfulness-based Community of Practice program. We hope that this program will help your patient develop authentic relationships with themselves and those around them. We hope that this program gives them a sense of 'agency', that is, a sense of control over their life choices aligning with their priorities and beliefs.

Participation in this program is entirely voluntary. If your patient decides to participate, they may still choose to withdraw from the program at any time without any negative consequences.

Our program includes:

Mindfulness Practice: A skill which is practiced to invite people to 'live in the moment', learning how to connect with their body and emotions without having to generate stories, judgements about themselves, their body or others. It involves breathing methods, guided imagery, self-reflection and other methods which have been shown to reduce stress, anxiety and depression.

Community of Practice: A Community of Practice is a group practice model in which participants are supported by facilitators and by each other. The intention of a Community of Practice is that it supports people to create a new relationship with their thoughts, emotions, body and terminal illness, while being seen and heard within a safe community of others experiencing similar challenges.

Who should participate:

- Your patient has been diagnosed with a terminal illness and given a life-limiting diagnosis
- Your patient is between 18 – 85 years of age;
- Your patient is able to provide consent;
- They can agree to be available for the duration of the program and are able and willing to attend all program sessions

- They have access to a cell phone/tablet/computer, stable internet connection and ability to accept and respond to emails and use a virtual meetings platform.
- They are able to participate in a group process held in the English language.

Programs:

1) A New Beginning Without End - for patients with a diagnosis of a terminal illness and existential distress causing depression, anxiety and a sense of purposelessness and loss related to their diagnosis

2) Best Three Months - for patients with a diagnosis of a terminal illness who wish to have an experience of preparing physically, emotionally, spiritually and practically for the experience of dying.

3) Pre-fatal classes - for patients and their caregivers. Realistic information about how to 'get affairs in order'. How access support services, information on symptom control, advanced care planning, legacy work etc. A road map to the last months or years of life.

Process:

After your referral to the program, your patient will undergo a screening appointment for questions and answers and, if they feel they want to continue with intake, they fill in a consent form. They then will undergo assessments by a nurse and physician to determine if they are appropriate for group work. We will notify you if your patient will be enrolled in the program.

After the program is complete, or your patient does not continue, we will inform you and give you an update as to your patient's progress.

The program is not a medical program. The patient will continue with their usual medical care with their primary care provider and specialist care team.

Referral Information

Patient Name: _____

Personal Health Number: _____ DOB (Y/M/D): _____

Patient phone number: _____

Patient email address: _____

Patient diagnosis: _____

Is there anything specific that we should know about this patient?

Physician Completing this Form: _____

Physician Telephone: _____

Physician Email: _____

Physician College ID Number: _____ Province: _____

Physician Signature: _____ Date: _____

Please FAX this form (236)800-7009