

Patient Name: _____

D.O.B. _____

Health & spirit

Medicine realizes that a woman's inner life, hopes and dreams, religious or nonreligious orientation, and spiritual insights have an important relationship on her health. May we discuss these issues together? Yes No

Self-Reflection:

Beliefs that help

Do you have spiritual beliefs that help you deal with your health, stress, and other life issues?

Yes No

Self-Reflection:

Meaning

What gives your life meaning?

Self-Reflection:

Community

Are you part of a religious or spiritual community? If so, how does it support or not support you as a woman?

Yes No

Self-Reflection:

Spiritual pain

Is there any part of your spirituality that you feel is related to your illness or reason for being here?

[domestic violence, abuse, cancer, guilt] Yes No

Self-Reflection:

Flexibility

Research indicates that the female brain is more able to negotiate the permeable boundaries of self and to integrate its intuitive and rational sides. Does this added flexibility and capacity to be relational have influence on your health concerns today?

Self-Reflection:

Strength & courage

What is it in your spiritual life that gives you strength? How do you find the courage to go forward each day?

Self-Reflection:

Womanhood

Do you feel there is something particular about being a woman that spiritually impacts on your wellbeing and health?

Yes No

Self-Reflection:

Ailments of the soul

Often we discover that physical ailments are connected to ailments of the soul. Is there something that causes you spiritual suffering? What do you do about it? How can my practice help you?

Self-Reflection:

Sense of self

How would you describe your self-awareness or self-confidence? Are there factors in your life that weaken your integrity or sense of yourself as a woman?

Self-Reflection:

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