**Referral Letter**

To: **Psychologist**

**Subject:** Letter of request for services

Dear More Good Days Psychologist,

I am referring \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(Patient’s Name) for 6 individual psychotherapy sessions under a Mental Health Care Plan, addressing fibromyalgia condition management and presenting mental health issues as outlined in the attached Mental Health Care Plan to be used as part of the More Good Days program.

If you have any questions, please feel free to contact me directly. I look forward to your progress assessment at the completion of the six-week program.

Yours sincerely,

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Signature)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Date)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Name of Referring Doctor)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Provider Number of Referring Doctor)

**About More Good Days**

More Good Days is a pain management program grounded in pain neuroscience education, Cognitive Behavioural Therapy (CBT), and Acceptance Commitment Therapy (ACT). The main objectives of the program are to help patients:

1. Better manage their pain by identifying and learning how to manage cognitive, emotional, and behavioural triggers
2. Improve emotional wellbeing and ability to reduce stress, improve sleep, and regulate comorbid anxiety or depression
3. Improve self-efficacy by reducing catastrophising and increasing capacity and willingness to complete tasks, move, and engage in a life meaningful to clients despite the pain