

Pittsburgh Pastoral Institute

RECOMMENDATION FOR A PHYSICAL EXAMINATION

At the Pittsburgh Pastoral Institute (PPI), we work with persons from a holistic perspective, recognizing that emotional, psychological, spiritual, and physical difficulties impact and affect one another. Your pastoral counselor at PPI is trained to assist with emotional, psychological, and spiritual concerns; however, physical concerns require direct attention from a physician.

Physical problems can either contribute to or result from anxiety, depression, and any other emotional or psychological problem. For these reasons, and because good health-care requires regular checkups, **we recommend that you have a physical examination within thirty (30) days of the beginning of counseling** (unless you have had one within the past year).

If you accept this recommendation, it is entirely up to your physician to determine what is needed in a standard examination. If you so desire, you may request a copy of this form to bring with you to the examination.

It is important to keep your counselor informed of any medication you are taking, and to keep him or her updated about any changes in prescribed medication during the course of your counseling at PPI. The same is true for any changes in your physical condition.

Please sign below indicating that you have been notified of these recommendations.

Client Signature _____ **Date** _____

In addition, and for the optimal coordination of care, it can be very helpful, and often quite important, to inform your primary-care physician that you are receiving counseling at PPI. If you so choose, your PPI therapist can assist you in this regard.

Please *initial* one of the following options and/or feel free to discuss any related questions or concerns with your therapist:

_____ I prefer to keep my primary-care physician informed *myself* about any counseling-related issues that he or she should know about.

_____ I would like my *therapist* to inform my primary-care physician that I have begun counseling at PPI. (By initialing here, I grant permission for my therapist to do so).