



Remembering the Vis (Spirituality) in Naturopathic Medicine: for patients AND doctors



Dr. Alexia Georgousis ND, BPE, CPC, Applied Mindfulness Meditation Specialist

Biography:

Dr. Alexia Georgousis is a graduate of CCNM. Her practice style is eclectic and she has a special interest in the relationship between spirituality and well-being – specific to treating individuals suffering from burnout – or what Alexia prefers to call “breaking open”. She is an advocate of physician self care and has been involved in naturopathic medical education as associate dean of clinical studies and faculty member. Currently, Alexia lives and practices in the vibrant community of Toronto.

Presentation description:

This presentation will discuss the role of Spirituality in naturopathic medicine; the benefits of Spiritual interventions on health and well being; cautions when incorporating Spirituality with patients; and provide attendees with experiential examples of simple, practical and effective mindfulness/meditation techniques intended to benefit both doctor and patient.

Studies demonstrate our health is improved with spiritual care and it is suggested that 60-90% of primary care visits are related to stress. It follows then, to incorporate spirituality as part of patient (and self care). As naturopathic physicians, we are in a unique position where spirituality is embedded in our Principles and Therapeutic Order. By remembering to connect to the *Vis* (Spirituality), whether through simple inquiry, nature cure or meditation/mindfulness – we strengthen our resiliency, self awareness and ultimately, our vitality.