



Southern Ontario
Counselling Centre

What is the role of Lifestyle Counselling in Naturopathic Medicine?

By Stephanie Schmidt, B.Sc.(Hons.), N.D.

Anna Gold
M.S.W., R.S.W.

Why is the connection between mind, body, and spirit important?

Mental attitudes and emotional states are important elements in healing and disease and must be considered when promoting health and treating illness. In fact, research continues to establish and strengthen the linking relationships between mind, body, and spirit. Addressing all aspects of your life, as well as identifying and addressing the impact that stress and events have on your health, play an important role in Naturopathic Medicine.

Lee Horton-Carter
M.A.

What training in Lifestyle Counselling do Naturopathic Doctors have?

Naturopathic Doctors are trained to counsel patients on diet, lifestyle, specific stressors, exercise, and occupational or environmental hazards. Furthermore, Naturopathic Doctors are committed to the education and guidance of patients in making positive changes to their lifestyle, which may be inhibiting health and well-being. Naturopathic Doctors consider Lifestyle Counselling an integral part of any naturopathic treatment program. In addition, Naturopathic Doctors work well in conjunction with the counsellors or patients and/or will refer patients to counsellors when further therapy is necessary.

Dr. Mavis Kerr
M.D.

Neil Lackey
M.Th.

How can Lifestyle Counselling help you?

Lifestyle Counseling takes into consideration where you are on your health journey and what you wish to achieve. By evaluating mental, spiritual, physical, emotional, and environmental aspects, Naturopathic Doctors can help you make informed choices to enhance your well-being and reduce your stress levels.

Susan Rosenblum
M.S.W., R.S.W.

In addition, to achieve the best results from your naturopathic treatment, you need to understand and practice the principles of healthy living. By helping you to identify and adjust the habits that contribute to ill health, your Naturopathic Doctor will help you maintain, and be committed to, optimal well-being over the long term.

Teresa Wiebe
B.Ed., M.T.S.

What other conditions benefit from Lifestyle Counselling?

Lifestyle Counselling, in conjunction with other naturopathic therapies and/or the skills offered by other licensed health professionals, can provide support for patients dealing with depression, fatigue, seasonal affective disorder, work-related stress, relationship issues, life transitions, and health problems, particularly chronic health problems.

**Stephanie
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*References: www.cand.ca * www.oand.org * www.ccnm.edu * Dr. Christine Matheson N.D.*

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