



Bringing a mind-body lens into a short patient visit

1

Start with both perspectives

“We always look at structural causes (pathology, inflammation) *and* the nervous system’s response.”



2

Expand the frame with questions

“When do symptoms feel better/worse?” “What was happening in your life when symptoms began?”



3

Map patterns with patient

Explain that symptoms can sometimes track with stress, attention or environment.



4

Explain that symptoms are still real

“It’s not in your head. This is a common phenomenon that sustains *real* symptoms.”



5

Avoid all-or-nothing framing

“The nervous system is *one* piece of the puzzle that’s important to address.”



6

Prompt curiosity

“We can start noticing how your system responds to different situations, observing without judging.”



7

Give some “homework”

Provide a resource or app that they can explore between sessions to learn more.

