

APPENDIX C | SCRIPTS AND LANGUAGE BANKS

C.24 Referral to Medical Provider

Supplemental resource from Beyond Wellness: The Adaptive Capacity Coaching Framework for Chronic Illness

Coach: “You've mentioned some symptoms that I think warrant medical attention: (name specific symptoms). Have you talked to your doctor about these?”

(If no:)

Coach: “I'd really encourage you to bring this up at your next appointment, or sooner if it's concerning you. I'm not qualified to evaluate medical symptoms, but my instinct is that this deserves professional attention.”

Coach: “Would it help to think through how you might describe this to your doctor? Sometimes having the words ready makes it easier to advocate for yourself.”

Reference: Chapter 15 (Scope of Practice)