



Information about the group

Mindfulness Based Cognitive Therapy course is an 8-week course designed to help you prevent relapse due to depression and to manage the symptoms of anxiety. The course is based on mindfulness meditation. As with any meditation practices, there are both benefits and risks. Benefits may include managing depression and anxiety more effectively; relating more effectively to pain; improving memory, attention and awareness, and choosing more skilful responses to difficult emotions, thoughts and situations. Risks may include uncomfortable feelings, thoughts and emotions that may arise when we pay closer attention to our experiences. Please feel free to decline or discontinue your participation in any of the in-class and/or homework activities.

Confidentiality and Privacy

All personal information and data will be treated confidentially. You are strongly encouraged and advised to maintain confidentiality and privacy of participants within the course. Please feel free to discuss your experience with the activities in the course, but please do not disclose personal participant information.

Limits to Confidentiality

Confidentiality will be maintained with the following exceptions:

- when there may be imminent danger or harm to yourself or others
- when there is suspicion or disclosure of abuse of vulnerable persons such as a child or vulnerable adult
- when records are subpoenaed by court order

Signature: _____

Date: _____

Name: _____

Phone No.: _____

Email: _____

Emergency Contact: _____

Relationship: _____

Phone No.: _____

Email: _____