



Information about the course

Mindfulness Based Stress Reduction course is an 8-week course designed to help you to manage the symptoms of stress and pain. The course is based on mindfulness meditation. As with any meditation practices, there are both benefits and risks, which have been explained to me. Benefits may include managing stress more effectively; relating more effectively to pain; improving memory, attention and awareness, and choosing more skilful responses to difficult emotions, thoughts and stressful situations. Risks may include uncomfortable feelings, thoughts and emotions that may arise when we pay closer attention to our experiences. There may also be physical risks involved when doing the movement exercises. Please feel free to decline or discontinue your participation in any of the in-class and/or homework activities at any time. You are encouraged to listen to your own body and do only what feels comfortable and safe for you, and to decline or refrain from doing anything that does not feel right for you.

From time to time, the instructor will be videotaped or recorded as part of their continuing competency development. No videotaping of participants will be undertaken; only first names and no identifying information will be used in the recordings.

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 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

I have read the above document and agree not to hold the instructor liable for any injury that I may incur while or after taking this course.

Signature: _____ Date: _____
Name: _____
Phone No.: _____
Email: _____

Emergency Contact: _____ Relationship: _____
Phone No.: _____

Email: _____