

## Registration for Mindfulness Based Stress Reduction (MBSR) with Charmaine

Name:

Address:

Telephone:

Email:

Preferred mode of contact?

**Help me to understand you better. Please answer the following questions, as best you can. If you prefer to discuss your answers in person, please see me after the orientation (Saturday, October 15<sup>th</sup>, 2016) or indicate the best time for me to call you to talk over the phone.**

How did you hear about this course?

Are you comfortable with sitting quietly with your eyes closed for a period of time?

What brings you to the course; do you have certain things you hope to achieve?

Do you have certain physical movement limits, i.e. shoulder pain/lower back pain?

Do you have any personal history that you feel could be helpful for me to know about, such as depression, chronic pain, anxiety, trauma, etc.

### **COMMITMENT –**

- Practice daily home assignments for 30-45 minutes each day
- Attend Orientation Session
- Attend as best you can ALL eight classes including the Day of Mindfulness
- Maintain confidentiality of the other members in the class
- Provide constructive feedback to the instructor on the classes you attend

**Payment via cheque: Charmaine Patterson or email transfer: [awake@telusplanet.net](mailto:awake@telusplanet.net)**

**\*\*REMEMBER you can use your health benefits to reclaim the cost**

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# Charmaine Patterson, MSW, RSW

## Mindfulness Based Stress Reduction Eight Week Series GENERAL INFORMATION & INFORMED CONSENT

My services are completely confidential. No information will be shared with another person unless you have given your written permission for information to be shared. Most commonly, information is shared with your medical doctors. I will only release information about you without your permission if:

- I believe that there is danger to you or to someone else.
- I have information leading me to believe that a child is at risk.
- My records are court ordered for legal proceedings.

Fees for the MBSR course range between \$185 to \$325 depending on one's ability to pay for service. An invoice will be mailed to you for this service if you do not show up for the first two group sessions and you are registered. Fees are due at the start of the first group session if not provided at the orientation session. Payment by cash, e-transfer or cheque is acceptable. I am sorry I cannot accept payment by credit or debit card at this time.

I ask that you provide "24 hours notice" if you are unable to attend a group session. If you decide after the orientation session within ONE DAY, that the MBSR course is not for you and you have emailed your intention of withdrawing, a full reimbursement will be made. If after the first or second session you decide to withdraw, no reimbursement will be made.

As part of the MBSR course, there are some "mindful movement" exercises, you are required each time you practice the mindful movement series to monitor your own limits and edges. Your mindful practice at that time maybe to imagine yourself making the movements in your mind's eye if you have some mobility restrictions and been advised by a practitioner to not engage in exercise.

This MBSR course can help you to achieve your personal and career goals by increasing your awareness. As we become more aware of ourselves this can bring up anger/sadness/shame (painful emotions) and you may experience some distress as part of the growth process. If you have some unresolved issues/previous unresolved trauma or actively engaged in using substances and you are not connected with a helping professional or do not have a support network, this may not be a solution for you at this time.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_