

MBSR PROGRAM APPLICATION FORM

(Please fill out this application form and return to helen@mindbodyenergymatters.ie)

* Indicates required field

Name*:

Email*:

Are you happy for your email to be shared with other course participants? Yes/No *:

Do you prefer CD or MP3 audio file*:

Date of Birth*:

Telephone*:

Is it okay to leave a message on your phone?*

Best way to contact you on telephone or email:

Postal Address*:

Occupation*:

MBSR Programme date you wish to attend*:

Do you have time in your life at the moment to do the home practice of about one hour each day, which is central to this course?*

Have you previous meditation/mindfulness practice experience?*

Reasons for attending and what benefits do you hope to get from the MBSR Programme?*

Have you any physical, mental or psychological difficulties we should know about?*

Is there anything in your life that you are finding especially challenging or stressful at the moment?*(For example, relationships, health, work, family commitments, changes in circumstances and so forth)

Do you have any difficulties that make sitting, standing, walking or doing simple yoga movements challenging for you? If yes, please give details*:

Are you presently on any medication we need to be aware of? If yes, please give details*:

How did you hear about this MBSR Programme?*

Any other relevant information?*

Please note MBSR has been proven to be effective in promoting health and wellbeing for individuals who are facing diverse challenges. However this course may not be appropriate for you if you are experiencing the following:

1. Active substance dependence or in recovery for less than one year.
2. Suicidality, Psychosis, PTSD, severe Clinical Depression or other major psychiatric diagnosis.