# **Application form for 8 week course in Mindfulness-based Stress Reduction (MBSR)**

It is helpful for me to have some information about participants in advance so that the course is tailored to the group. Please answer the following questions **where appropriate**. Any personal information you give is kept in confidence and will be seen only by me. The information is kept securely during the course and destroyed after the 8-week course.

**Your name: Date of birth (optional):**

**Address:**

**Occupation:**

**Home phone: Mobile phone:**

**Email:**

**1. Do you have any physical illness or other limitation that may make sitting, standing, walking or doing simple exercises difficult for you?
If yes, please tell me about it here:**

**2. Have you had any challenges within the last few years, such as anxiety, depression, or stress?**

 **3. If you are taking any medication at present, please say what it is and what it is for (if appropriate):**

**4. Have you had any disturbing life event in the last year, which may make the course difficult for you?**

**5. Please indicate briefly, what has drawn you to the course?**

**6**. **Please give the name and phone number of an emergency contact person. You may also wish to include the contact details of a therapist if applicable.**

Undertaking a course of this type offers an opportunity for change and change can be challenging at times. You may wish to consider discussing taking this course in advance with your therapist or GP.

This course is experiential and practical and it does require time and energy on your part to get the most out of it. It is highly recommended that you commit to attending all of the 8 sessions as far as is possible and to commit to setting aside about 30 minutes each day to practice at home the meditations learnt during the course. This time will be a great opportunity to nourish your own well-being.

**Your Signature**…………………………………………………………………………

Please feel free to phone me if you have any questions or wish to discuss your application.

In order to reserve a place, please return this form by email or post to Seamus McMahon along with a €50 deposit. (Cheques/postal orders can be made out to Cork Mindfulness)

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