# **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 your needs and to those of the group as a whole. 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.

**Date of Course:**

**Your name: Age (optional):**

**Address:**

**Occupation:**

**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 relevant).**

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

**5. Where did you find out about this course?**

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

**7.**. **Please give the name and phone number of an emergency contact person.**

If you wish to receive updates about future courses and events, please tick here. 🞏

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, if relevant, with your therapist or GP.

A large part of this course is experiential, 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 phone me directly if you have any questions or wish to discuss your application.

Please email as an attachment the completed form to me at corkmindfulness@gmail.com, or print it and mail it to Seamus McMahon, 10 Woodford, St. Philomena’s Road, Crosshaven, Co. Cork, P43 KP58

Payments for this course can be made by debit or credit card via the website corkmindfulness.ie,

 or by electronic bank transfer to:

IBAN number: IE71 AIBK 9343 1319 4580 68

BIC: AIBKIE2D

Account name: Cork Mindfulness/Seamus McMahon

Bank branch: AIB Carrigaline

or by cheque or postal order to Seamus McMahon, 10 Woodford, St. Philomena’s Road, Crosshaven, Co. Cork, P43 KP58

Tel: 0851636300

corkmindfulness@gmail.com

www.corkmindfulness.ie