**Confidential Application Form**

**A requirement for all attendees**

**Name:**

**Telephone Number:**

**Address:**

**Occupation:**

Have you attended any previous Mindfulness courses, training, or retreats? Please detail: -

Are you currently practicing Mindfulness Meditations on a daily basis known as “Personal Practice” in accordance with Good Practice Guidelines GPG’s?

Are you hoping to train as a Mindfulness Teacher following the successful completion of this Foundation course or is this for your own personal development?

Gloucestershire Mindfulness can offer ongoing non-academic training pathway with supervision over a minimum of 12-month period in accordance with GPG’s following the 8-week course, would this be of interest to you?

Please confirm that you are aware that this course is a Foundation Course for the training Pathway and does not qualify you to teach at this stage?

Are you able to commit to all 8 classes to gain the MBSR Foundation Certificate?

(If there are any dates you are unable to attend please let us know. If, for any reason you miss a session, due to illness or unforeseen circumstances, we will offer you a catch-up session)

Are you undertaking any other training courses or studies during the times of MBSR? (Jan – March 2022)

**HEALTH**

Do you have and physical illness or other limitations that may make hearing, sitting, standing. Walking or doing simple exercises difficult for you?

Do you have any current Medical Conditions that we may need to support you with during classes? If so, please detail:

Have you had any mental health issues or concerns within the last few years, such as anxiety or depression?

Please note: If you are currently receiving counselling or therapy please let me know before starting the course.

Are there any issues or traumatic events such as bereavement or anything of this nature causing problems for you now?

Is there anything you would like me to be aware of that may impact on your focus on the course?

Please email your completed application form to lynsey@gloucestershiremindfulness.com

This information is a requirement of Good Practice Guidelines, for insurance and general risk assesment, for your comfort and safety within the course and will not be passed on or shared.

There maybe circumstances where we believe that this course may not be suitable for you at this moment in time. We will contact you if we need further clarification.

You can request a phone call appointment if there is anything you need to discuss about this form.

The information you submit will only be stored for the duration of MBSR in accordance with GDPR Personal and sensitive information.