MBCT POLICIES AGREEMENT FORM

I, ___________________________, have thoroughly read the UIUC PSC Mindfulness Training web page and I have also thoroughly read and completed the exercises through page 37 of the Mindful Way Workbook.

I understand that:

• Mindfulness Based Cognitive Therapy (MBCT) is not counseling or psychotherapy.
• MBCT focuses on developing the skills of mindfulness.
• MBCT is not a substitute for medication or other treatments for physical/mental health concerns. While MBCT is not intended as a treatment for current clinical depression, anxiety, and other acute health concerns, research has shown that mindfulness training can prevent recurrent depression, builds resilience, and helps individuals cope with the psychological challenges of stress and illness.
• Participants in MBCT are expected to be respectful of each other. For example, conversations about mindfulness experiences among group participants should stay in the group. It is fine to talk with friends and family about one’s own experiences, but please don’t talk about each others experiences outside of our group. By signing the bottom of this form, I agree not to speak about other participants’ mindfulness experiences outside of my group.
• Some classes may be video recorded for training purposes. If a video camera is present in class, it will only be directed at the instructors.
• Any on-line or paper questionnaires completed before, during, and after the MBCT class will be aggregated for PSC internal assessment of participant outcomes. I understand that my name and any identifying information are removed before the data is analyzed.
• The PSC is a primarily a training clinic for doctoral students who are pursuing careers in mental health practice and research. Dr. Menard trains and supervises all the MBCT instructors.
• An addition to the 8-weekly classes, an additional optional 4-hour Saturday Retreat is typically offered near the end of the course. This optional 4-hour retreat is an opportunity to deepen one’s personal mindfulness practice. Past graduates of the 8-week MBCT classes are also invited to these retreats.

• I will endeavor to cultivate an attitude of kindness and curiosity toward my experience as I learn to be mindful.

I agree to all the policies above.

Client’s signature ___________________________ Date __________________

Please contact Dr. Chris Menard at CMenard@illinois.edu if you have any questions about this form.