

The Stress Reduction Clinic

@Yoga Hillsboro

PROGRAM OUTLINE, APPLICATION AND REGISTRATION MINDFULNESS-BASED STRESS REDUCTION (MBSR) 8-WEEK PROGRAM

Dear Applicant:

Please review this entire application and registration packet and if you decide to apply for the Program complete it and return it during an Orientation, mail in or hand to the instructor. The packet includes:

1. The outline of the Program below
2. Program registration form with personal information
3. Personal intentions form
4. Informed consent and agreements

We will answer your questions at an MBSR Orientation Session, at interview, via phone or email. Don't hesitate to ask as many questions as you like.

Program Structure:

- 2-hour Orientation Course
- Instructor interview
- The application process
- 22 hours of class time (2-3 hours one day per week for 8 weeks)
- A Saturday or Sunday all-day retreat (about 6 hours)
- Your commitment to do homework each day you are not in class during the Program: 45 minutes
- Classroom learning and practice of:
 - Gentle mindful movement and adaptive yoga
 - Body scan meditation
 - Sitting meditation
 - Walking meditation
 - Mindful breathing practice
 - Group dialogue
 - Interpersonal learning

Course Requirements:

- Commit to attendance and completion of homework.
- Interview with an MBSR instructor.
- Submit a completed application.
- Pay tuition or arranging a payment plan.
- If you are currently in treatment for some condition that may affect your ability to participate in this Program consult with your doctor or psychotherapist to get their recommendation for MBSR prior to the course.
 - provide their written referral to the MBSR instructor.
 - give your doctor or psychotherapist permission to talk with your MBSR instructor in order to support you appropriately.

Who can attend the Program:

- We welcome anyone willing to become collaborators in their own health to apply to the program. The MBSR instructor will work with you to determine the right time and right way to attend a Program.
- People from many walks of life who understand the aims, limitations, and commitments of the Program are welcome to apply. People come to MBSR Programs as practiced athletes, on crutches, in wheelchairs, after busy days at the office or raising kids, during periods of grief, just wanting to improve life, and in many more ways of living.
- It may be appropriate for some in active medical or psychiatric treatment to delay MBSR training at this time. If it seems appropriate to the MBSR instructor the final decisions about when an applicant can attend an MBSR Program is subject to the teacher's consultations with doctor, psychotherapist or other healthcare provider. We can discuss this with you and your healthcare provider as you wish and after you provide them permission to talk with the MBSR instructor. The MBSR instructor is neither a physician nor a psychotherapist. He/she is a teacher and cannot/will not pursue any diagnosis or treatment regimen.
- Your instructor requires that if you are in treatment or you are actively working with and consulting with your doctor or psychotherapist that you get their agreement and written referral that this program is appropriate now in all cases where you are affected by:
 - Substance Abuse Issues:
 - Active Substance Dependence (legal or illicit)
 - Substance Dependence Recovery less than one year
 - Psychological Issues
 - Suicidality
 - Psychosis (not treatable with medication)
 - PTSD
 - Depression (clinical) or other major psychiatric diagnosis
 - Social anxiety (difficulty being in a classroom situation)
 - Acute medical condition that requires frequent medical attention

How to attend:

- You'll find precise directions to Yoga Hillsboro on our website. We're located in downtown Hillsboro with abundant on-street parking and near MAX stations. There are handicap parking spaces nearby.
- We provide chairs, blankets, cushions, and other props to help you find an appropriate place in the room. You can bring your own.
- You will be sitting for periods on cushions on the floor or in a chair. You will be standing, walking, or laying on the floor in a way that will accommodate your physical limitations. Come to sessions wearing comfortable clothing that will accommodate these activities.
- Up to 30 people attend an 8-Week MBSR Program at the Stress Reduction Clinic at Yoga Hillsboro.
- The mindful movement and adaptive yoga we practice is not highly athletic so no need for special clothing unless you want to wear it. We have a restroom and changing room.

MBSR 8–WEEK PROGRAM REGISTRATION

Name: _____
Home Phone: _____ Work Phone: _____
Cell Phone: _____ email address _____
Mailing Address: _____

Date of Birth: _____
Names of your medical healthcare/mental healthcare providers (doctors, therapists, etc.) who have supported you/referred you to this MBSR Course:

Which Orientation Session did you or will you attend: (date) _____

Date of the 8–Week MBSR Program you are applying for: _____

Payment Information (We accept check or cash) – Include payment with your application or arrange for a documented payment plan before the course begins.

Tuition: See our website for current pricing. Application and interview with the teacher by the early registration date will offer a discount.

- Payment plan can be arranged if needed. (Contact the instructor for details.)
- Some tuition scholarships are available as a tuition discount for those on fixed income (Contact the instructor for details.)
- Refund Policy
 - Before Class 1 80% refund
 - After Class 1: 75% refund
 - After Class 2: 50% refund
 - After Class 3 no refund

PERSONAL INFORMATION

This information is to help your instructors serve you better. Your instructor will keep this information confidential. If you cannot or don't want to write down relevant information that is OK. Please discuss these with your instructor at the time of your orientation or interview in order to support you better.

1) What is your main reason for participating in the stress reduction program?

2) Gender: please circle male female

3) Occupation:_____

4) Relationship Status: (please circle)

single married not married living with partner separated divorced widowed

5) Do you have children? Yes/No

If yes how many:_____ Their ages_____

6) Do you take prescription medications Yes/No

If yes please list if they might interfere with your participation and if do not know please review with your physician:

7) Do you have a history of substance abuse that may affect your participation? Yes/No

If yes please explain:

8) Are you currently, or have you ever been in psychotherapy that may affect your participation? Yes/No If you are not sure check with you therapist.

If yes please explain:

9) Previous overnight hospitalizations? Yes/No ******(If this may affect your participation please provide a note from your physician noting you've reviewed this program with them and that it is appropriate at this time.)

10) Anything else that would help us work with you in this application or during the Program?

YOUR PERSONAL INTENTIONS FOR THE PROGRAM

Please take a moment to fill these out so the instructor will know you better and can support you in a more direct way during the program.

What do you care about most?

What gives you most pleasure in your life?

What are your greatest worries?

Please list three personal goals you have for taking this MBSR Program:

1) _____

2) _____

3) _____

INFORMED CONSENT AND AGREEMENTS

Mindfulness–Based Stress Reduction (MBSR) Program, Stress Reduction Clinic at Yoga Hillsboro

The risks, benefits and possible side effects of the MBSR Program were explained to me to my satisfaction. The Program includes skill training in relaxation and meditation methods as well as gentle stretching (yoga) exercises. During the course I will be asked to practice these appropriate to my abilities only. I understand that if for any reason I am unable to, or think it unwise to engage in these techniques and exercises either during the weekly sessions at the MBSR Program or at home, I am under no obligation to engage in these techniques nor will I hold Yoga Hillsboro and the Stress Reduction Clinic or the instructors liable for any injuries incurred from these exercises. You are always invited to ask questions/opt in or opt out of any activities at your discretion. This course is designed to help me learn these skills appropriately and to never push beyond my capabilities. This course is in no way a substitute for medical care or psychotherapy. If it was appropriate for medical or psychotherapeutic reasons as listed on page 2 of this application I have consulted with my physician and/or therapist about my ability to participate in this program. I have obtained their agreement to enter the program and their willingness to consult with me as appropriate for the duration of the Program. I have provided the MBSR teacher with all relevant information about my medical and psychotherapeutic care.

Furthermore, I am committed to attend (unless advised/arranged with the instructor) each of the eight (8) weekly sessions, the day-long session and also to practice the home assignments for up to 45 minutes per day appropriate to my abilities during the duration of the Program. I will arrange for payment before the Program begins.

Date

Please Print Here

Participant's Signature

Parent or Legal Guardian
(If a Minor)

EMAIL COMMUNICATIONS

As a participant in the MBSR Program, you may wish to communicate with your instructor via email on occasion. You will be emailed home practice assignments, the ones provided during class on paper. In order to ensure your privacy appropriate to you intentions, I ask that you not provide your email address if you do not want these emails.