

Mindfulness on the Tyne

Mindfulness based Stress Reduction - an 8 week course.

What is mindfulness?

Mindfulness is developed by paying purposeful attention, moment-by-moment, to your experience and what is happening around you. It is a way of connecting with yourself in the here and now, fully awake and aware and living in the present, rather than mulling over the past or worrying about the future.

By learning to be mindful, and practising the skills taught on the course, you may begin to see yourself and some of your experiences in a different light. Recognising and developing your own strengths and self-confidence, could create new perspectives and bring more balance to your life. Many people completing the MBSR programme report lasting physical and psychological benefits including greater self confidence, the ability to cope more effectively with potentially stressful situations, improved sleep patterns, more energy and enthusiasm for life, and the ability to relax and respond more calmly to the demands of everyday life.

Is the course right for me?

The course is suitable for most people, and teaches skills and practices designed to help with the difficulties of everyday living. Some participants have a particular problem, which motivates them to join the course, such as pain, anxiety or illness; others are simply interested in improving their quality of life. Some professionals who take part in the course might be interested in bringing mindfulness into their work helping others in the future. However, the first step is always for them to experience the course for themselves, participating fully in the weekly groups and home practice.

This is the time to consider whether the course is right for you at this time, and if you have any doubts, please contact me and I will give you more information about the course, to help you to make this decision. The course itself, whilst potentially very rewarding, can also be very challenging. People who have recently experienced a major loss or trauma, or who have particular problems, might sometimes be advised to delay their application.

Orientation and Introduction to the course

Once I receive your application form, a teacher will contact you to arrange an introduction and orientation session. This session is an opportunity for me to tell you more about the course, discuss any areas that you feel might be difficult for you, and answer any questions you might have. These sessions are usually a telephone conversation between you and a teacher, and may take about half an hour, so I will always arrange in advance to ring at a time that is convenient for you. Some people are keen to meet with a teacher before they commit to a course, and this can be arranged if you would prefer.

Very occasionally, information raised in this session leads me to advise that the time is not right for an individual to take part and, if this is the case, the teacher will always discuss this with the applicant and arrange a full refund of any deposit or course fees.

What happens on the course?

You will be taught in a suitable and safe environment, in a group of no more than 12 people, by an experienced teacher. The course consists of 8 weekly sessions held on weekday evenings and one full day of practice on a weekend day. Each evening session is 2 to 2.5

hours long, and the full day practice is from 10am to 4pm. There is also an option of a course taught one to one, with eight, one-hour sessions covering the same materials.

The practices I teach include a lying down meditation, sitting meditations, walking meditation and some gentle stretches which can be adapted to take account of any mobility difficulties or other physical limitations. Each session includes some time practising and some time talking in the group about participants' experiences of each practice, and any useful learning that comes out of that. There is no pressure to disclose information about yourself, your past or any other personal information in the group setting. The level of your contribution to these discussions is entirely in your control, and may vary from week to week.

Another important part of the course is the 30 minutes of daily home practice that you undertake to do. Using the CDs I provide to guide you, home practice is not difficult, but I recognise that it can be hard to fit into a busy lifestyle. However, your commitment to home practice (and the important lessons you learn from it) will ensure that you get the best out of the course. The practice can be done at any time of the day that suits you.

There are no formal written assignments for you to complete, but I do ask you to keep a few brief notes about your home practice to remind yourself about issues you may want to bring to the group sessions. These are for your eyes only. You will never be asked to share any notes or hand in any written work.

Your teachers

I practice mindfulness in my daily life, as well as formal meditation. I have undergone training to teach MBSR, have suitable experience and have arrangements in place for supervision of my work.

There may also be an assistant teacher on your course, and this may be someone who is less experienced or currently in training to teach MBSR. These trainee teachers will always be adequately supervised in class and will be practising at a level appropriate for their stage of training and experience.

Support during the course

It can be very helpful to have someone who knows you are doing the course, and who is able to offer informal support to you if issues arise between sessions that you want to talk about. A partner or family member, a close friend, or if appropriate a therapist or health professional, can be invaluable for personal support.

For any difficulties with the course, or advice on home practice, it is possible to contact your teacher between sessions, by email or phone. The course teacher will be happy to advise but will not be able to offer therapeutic support.

My Commitment To You

- I aim to treat you with respect and courtesy to ensure you enjoy working with me
- To provide you with a high quality and professional service.
- To provide you with highest level of skills and abilities in our profession.
- To deliver on pre-arranged times and dates.
- To respond quickly to any queries you may have.
- To work within our data protection and confidentiality policies and protocols at all times

- To make the above policies and protocols available on request

Confidentiality, Courtesy and Respect Commitment

I will only keep and use information that is directly related to the work they are undertaking with you. Anyone I select to undertake work on my behalf, will exercise good judgement and care at all times to avoid unauthorised or improper disclosures of confidential information. I will not disclose, divulge or make accessible confidential information to any person, including relatives, friends, business and professional associates, other than to persons who have a legitimate need for such information, including that required by law.

If I have concerns about information, shared by a participant, which has serious criminal, ethical or safety implications, then I may be obliged to breach confidentiality by reporting this to the relevant authorities. Wherever possible, this will be discussed with the participant in the first instance.

What I Ask Of You

- Your commitment to regular and punctual attendance.
- Your commitment to fully participating in the sessions.
- Your commitment to treating yourself and others with respect.
- Your commitment to taking responsibility for your personal needs.

Complaints

If you have any complaint or cause for concern, please discuss this with me and I will endeavour to resolve the matter to your satisfaction.

Cost

The cost of the 8 week course is £250 per person, inclusive of all course materials. The cost of a one to one course is £595 including VAT. There are a small number of concessions per course for participants on low income. Some participants are funded by their organisation as part of a personal development programme, or by referral through Occupational Health.

Booking/Registration Form 8 Week Mindfulness-based Stress Reduction Course

Date Course Begins:
Venue:

Title	First Name	Surname
Address		
Phone No (day and evening)		e-mail
Where did you find out about Mindfulness on the Tyne?		
Occupation		
Are there any mobility or other requirements that you would like me to know about?		
Signature		Date

Please tick your Payment method

- Cheque for deposit of £50
- Invoice to my company
- Cheque for full payment (if less than 2 weeks prior to commencement)

Cheques should be made payable to Elaine Young

If you prefer to pay by BACS, the bank account details are:

Sort Code: 08-92-86

Account number: 12262784

Cancellation arrangements:

If you cancel up to 1 week before the course start date 50% of the full fee will be refundable. Cancellations after this date will not be refundable. Transfer to another course is permitted as long as this is done two weeks before the start date of the course you have originally booked on. There will however, be an additional transfer fee of £25. I reserve the right to cancel any course if the numbers do not make it viable. All monies are refunded in this case.

Participant Information
Private and Confidential

Your Well Being

1. As the course includes some gentle stretching and movement I would appreciate any information in relation to your health and wellbeing which will help to make the sessions enjoyable and comfortable for you.

2. If you have identified any condition such as epilepsy/angina/asthma I would appreciate more information on how I can help with the management of your condition if you should need support during a session. e.g. administer medication, put in recovery position.

3. Have you had any mental ill-health within the last few years, including symptoms of stress, anxiety or depression?

4. Have you had any significant life events or changes in the last year?

This type of course offers an opportunity for change and can be challenging at times. I am there to support your learning and I also encourage you to use your own support system to help you get the most out of the course. Sometimes difficulties arise which can feel overwhelming, and this can very occasionally give rise to concern about a participant's well-being. In this event the teacher will arrange to discuss this with the participant.

I consent to participate in the aforementioned activities and to the teacher following any guidance I have provided in box 2, to ensure my wellbeing.

Signed.....Date.....

Confidentiality Agreement

All participants are required to read and sign this confidentiality agreement, sharing the responsibility for ensuring that the confidentiality of any information shared in the course of our work is respected.

Shared Commitment to Confidentiality

- I commit to keep any information shared in an organised group session confidential
- I commit to keep any personal individual information we learn about each other confidential
- I commit not to discuss individual or group issues in public places, such as corridors, lifts, or any other space shared generally with others.

Signed.....Date.....

Please return this form and your deposit to:

Elaine Young
56 Beach Avenue
Whitley Bay
Tyne and Wear
NE26 1DZ