

Student Counselling Service

Mindfulness Based Stress Reduction 8 Week course:

Orientation session –Thursday January 25th 2018; 3-4.30pm

8 Thursday afternoons-1st February - 22 March 2018; 3.00-5.00pm

CLOSING DATE FOR APPLICATIONS: 11 January 2018

Information for participants

Mindfulness is developed by purposefully paying attention in a non-judgmental way to your experience of your body, your mind and the world around you. Mindfulness is about being awake and aware and living in the present, rather than dwelling in the past or anticipating the future.

Staying in touch with the present in this way, from one moment to the next, may lead you to experience yourself differently, perhaps feeling less stuck, or recognising more strength, balance and confidence in yourself. Most people completing the programme report lasting physical and psychological benefits including:

- Greater self-confidence and more acceptance of life as it is.
- An increased ability to cope effectively with both short and long-term stressful situations.
- An increased ability to relax and experience calm.
- More energy, enthusiasm and appreciation for life.
- Improved concentration and ability to focus

What does the course involve?

You will be taught in a group of about 15-20 by Sue Williams one of the Student Counsellors who has done further training in teaching Mindfulness. The course consists of 8 afternoon sessions of 2 hours. There will also be daily home practice of 30-60 mins. You will have a work book and downloadable recordings to help you with your home practice.

Getting the most out of the course will require some work on your part. It requires a strong commitment to work on yourself through a gentle but rigorous daily discipline of meditation and movement practice. **Making the commitment to devote the time needed for this personal exploration can feel difficult, but most people consider it worthwhile.** As later sessions of the course build on skills learnt earlier, attendance at all sessions is strongly recommended in order to gain the greatest benefit.

Once your application has been accepted, you will be invited to an 'orientation' session where you will have the opportunity to ask questions and to meet some of your fellow group members.

Who is the course for?

The course is suitable for most people. We all experience difficulty in our lives and the course can teach skills to help manage difficulty. Some participants come to the course because of a specific physical or mental health problem; others come to help themselves with more general stresses.

Orientation Session

This is an important opportunity to learn more about the course before you commit yourself. You will meet me and other course participants. There will also be the opportunity to experience a short meditation practice similar to the ones you will be learning on the course. This is the time to ask questions and to consider whether this is the right time in your life to undertake this course. If it seems useful I can help you with this decision and may speak to you individually, before the orientation session or shortly afterwards if you or I feel it would be appropriate. Very occasionally it may seem that the time is not right for an individual to attend the course, if this is the case I will discuss it fully with you.

Support during the course

Should you experience any difficulties in connection with the course in between the sessions, I will be available via email during the week and you can contact me to arrange to speak to me (either on the phone or meeting up) if this would be helpful. It is important to use this as a resource rather than get stuck in any difficulty. I will not, however, be able to offer individual ongoing therapeutic support.

It can also be helpful to ask a friend, or if appropriate, a therapist, to be available for personal support during the course.

I receive regular supervision for my work and therefore may discuss matters arising from the course in my supervision. All reasonable care will be taken to ensure anonymity.

Concerns

If you have any concerns, please discuss this with me in the first instance. If there is a need to take the matter further please contact the Head of Counselling Kate Tindle via counselling@bangor.ac.uk



PRIFYSGOL
BANGOR
UNIVERSITY

WELCOME TO

**BANGOR UNIVERSITY
COUNSELLING SERVICE**

**Application Form for Mindfulness Based Stress Reduction Course
Jan-March 2018**

PART 1

(The information in Part 1 is requested for record-keeping and statistical purposes: it will not be used outside of the Counselling Service in any way that identifies individuals and all the information you provide is covered under the terms of the Data Protection Act 1998.)

Surname		First Name	
Gender	<input type="checkbox"/> M <input type="checkbox"/> F <input type="checkbox"/> T	Date of Birth	
Student ID Number			
Nationality		Ethnicity	

Address			
Mobile No			
Can we contact you by phone?	<input type="checkbox"/> Y	<input type="checkbox"/> N	
Is it OK to leave a message on your phone?	<input type="checkbox"/> Y	<input type="checkbox"/> N	
E-mail address (University)	@bangor.ac.uk		
Can we contact you by e-mail?	<input type="checkbox"/> Y	<input type="checkbox"/> N	
Which is the best way of contacting you?	<input type="checkbox"/> Phone	<input type="checkbox"/> Email	

School		Subject	
Level	<input type="checkbox"/> BA/Bsc	<input type="checkbox"/> Masters	<input type="checkbox"/> PhD <input type="checkbox"/> Post-grad diploma <input type="checkbox"/> Diploma
Current year of study			
Do you expect to graduate this year?			

The Bangor University Counselling Service provides a confidential service (with some exceptions regarding risk) and keeps all data securely.

Please read the Counselling Service's Confidentiality and data protection policy at http://www.bangor.ac.uk/studentservices/counselling/documents/Confidentiality_statement.pdf which sets out our approach to these issues. Then please sign below.

I have read the Counselling Service policy and give permission to the Service to collect and retain personal data which I understand will be stored according to the requirements of the Data Protection Act (1998).

Signed:

GP:	
Current medication, if any:	

Other form of help you have used previously or currently for related issues:		
	Previously	Currently
GP		
Counsellor		
Psychotherapist		
Psychologist		
Psychiatrist		
Other kind of specialist help		

Have you used this Counselling Service before?	<input type="checkbox"/> Y	<input type="checkbox"/> N
Have you attended a Support Session before?	<input type="checkbox"/> Y	<input type="checkbox"/> N

Please specify any assistance you might need in accessing this service.

FOR COUNSELLING SERVICE USE

<i>Date form returned:</i>		<i>Titanium Number:</i>	
----------------------------	--	-------------------------	--

PART 2

8 Week course in Mindfulness-based Stress Reduction

Group member personal information

To help us to consider your application please answer the following questions where appropriate. The course teacher may contact you before the Orientation session to discuss your application further.

1. What has lead you to apply for the Course?

2. 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 us about it here:

3. Have you had any mental ill-health within the last few years, such as anxiety or depression? If yes please tell us about it here:

4. If you are taking any medication at present, please say what it is and what it is for:

5. Have you had any disturbing life event (eg major bereavement or relationship break up) in the last year, which may make the course difficult for you?

Undertaking a course of this type offers an opportunity for change and change can be challenging at times. The teacher is there to support your learning; however, we encourage you to also have your own support system to help you get the most out of the course. If you have a counsellor, therapist or mental health worker please discuss your application for the course with them.

Very occasionally difficulties encountered during the course can feel overwhelming giving rise to concern about your well-being and/or safety. **In this event the teacher will arrange to discuss this with you.** At this stage the teacher may feel it would be helpful to contact your mental health support person. If you are willing for this to take place please supply a name and telephone number here.

Name and Job Title of your Mental Health Support professional:	
Telephone number :	

If this does not adequately help to resolve the problem or you do not have a mental health support professional, and the teacher remains concerned for your immediate health and/or safety, the teacher may decide to contact your GP to share that concern. **In our experience this situation is extremely rare,** however, to enable us to take the best possible care of participants whilst on the course, please give us the name and address of your GP and sign below to indicate you have understood that in the case of emergency the teacher will contact your GP.

If you are unsure and want to ask some related questions before signing please feel free to return the form without your signature until you have had an opportunity to talk this through with the teacher.

Name, address & telephone number of your GP:	
---	--

Your Signature **Date:**

Please return this form to: Mrs Helen Williams, Student Counselling Service,
Neuadd Rathbone, College Road, Bangor, Gwynedd, LL57 2DF