

PRIVATE AND CONFIDENTIAL



*PLEASE COMPLETE THIS FORM AND RETURN TO EILIS@MINDFULTHERAPY.IE OR BY MAIL TO EILIS CULLEN, 1, ST. CATHERINE'S ROAD, GLENAGEARY, CO. DUBLIN. A96W598.*

## **8 Week Mindful Self-Compassion (MSC)**

It is a requirement of the 8-week MSC course that the facilitator receives some information about each participant. This information will be held in strictest confidence. On receipt of the completed Application Form the facilitator will arrange a time with you to discuss your application by phone.

### **Course Application Form:**

#### **Personal Information**

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Occupation: \_\_\_\_\_  
Address: \_\_\_\_\_  
Home Phone: \_\_\_\_\_ Mobile: \_\_\_\_\_  
Email address: \_\_\_\_\_  
Emergency contact : \_\_\_\_\_ Mobile: \_\_\_\_\_  
Relationship with emergency contact :

#### **Relevant Medical History:**

High Blood Pressure: \_\_\_\_\_ Low blood Pressure : \_\_\_\_\_  
Cardiac Conditions : \_\_\_\_\_  
Diabetes: \_\_\_\_\_  
Epilepsy: \_\_\_\_\_  
Any Recent surgery in past year: \_\_\_\_\_  
Any recent diagnosis in past year: \_\_\_\_\_  
Injuries to back or neck: \_\_\_\_\_

#### **Other Information:**

Please state briefly why you would like to participate in this course at this particular time in your life?

Do you have a regular practice of meditation? If so, what type and how many years have you been practising? ( It's not necessary to have any experience of meditation prior to this programme)

What are your expectations of the course?

Do you have time in your life at the moment to commit to Home Practice each day, which is central to this course?

Please mention any physical problems or challenges that you may have at the moment, for example, problems with sleep, back pain, headaches, digestive problems:

Please mention any mental/psychological or emotional challenges that you have experienced in the past or are currently experiencing at the moment, for example, anxiety, panic attacks, depression, stress, poor concentration, insomnia:

Are you currently attending a mental Health professional- psychologist/ psychiatrist/psychotherapist or counsellor? If so, please confirm that you have discussed taking this course with your therapist?

Is your GP aware you are signing up for this 8 week course?  
Are you on any prescribed medication? If yes, please give details:

Is there a history of substance abuse? If yes, please give details:

Has there been any significant life changing events in the past year that might make the course difficult for you? For example, bereavement, loss, unemployment, diagnosis, surgery, etc

Do you have anyone that you are caring for at the moment ( family, friends, neighbours)

Do you have any person that you would consider supports you?

What is working and what are the resources in your life?  
For example: sport, nature, hobbies, close friends etc

Is there anything else that would be helpful for the facilitator to know at this time?

The MSC programme is a journey in self discovery and self kindness. Compassion has the paradoxical effect of both soothing and comforting as well as opening us to difficult emotions. Therefore, some difficult emotions may surface during the programme. The facilitator will endeavour to offer a safe, supportive, environment and container for this process to unfold allowing for positive changes and a greater capacity to be with ourselves in a kinder, more compassionate way.

I acknowledge and consent that I consider myself in adequate physical, mental and emotional health to undertake this programme now. I understand that should I have any difficulties during the Mindful Self Compassion course, I will bring this to the facilitator's attention for support and guidance. However, I understand that I need to take responsibility for myself, and seek my own appropriate support if necessary.

***Note: Your application form is confidentially reviewed by the facilitator (Eilis Cullen) while adhering to best practice GDPR Guidelines***

Name:

Date:

**Thank you for taking the time to fill out this Application Form. I will get in touch to arrange a telephone call on receipt of the completed application.**

**Eilis**