

INFORMED CONSENT AGREEMENT
MINDFULNESS-BASED STRESS MANAGEMENT (MBSM) COURSE
Facilitator: Lori Volpe

The Mindfulness-Based Stress Management (MBSM) program includes training in mindfulness meditation techniques and some gentle movement exercises. I am aware that with any in-class activity or at-home practice, it is most important to take care of myself. If I am unable, or think it unwise, to engage in any exercise either during the weekly sessions at or at home, I will opt out of the activity. I will not hold the facilitator liable for any injury incurred in these practices.

Research shows that the practice of mindfulness leads to a greater ability to manage stress and to better cope with life's painful experiences. Mindfulness meditation increases awareness and concentration and, while there is no guarantee regarding personal gains, evidence indicates many physical, mental and emotional benefits.

Practicing meditation may occasionally increase feelings of sadness, anger, fear and anxiety, especially for those with a history of trauma. These feelings may become more noticeable when I am prompted to pay attention to them. I will inform my instructor of any pre-existing conditions that may interfere with my participation, and I will be in touch with my instructor if difficulties arise during my time in the program.

I also understand that that if I need any medical or psychiatric health intervention or assistance during the eight -week period of the course in which I am participating, it is my responsibility to seek out such services outside of the MBSM class.

Date: _____

Name: _____