

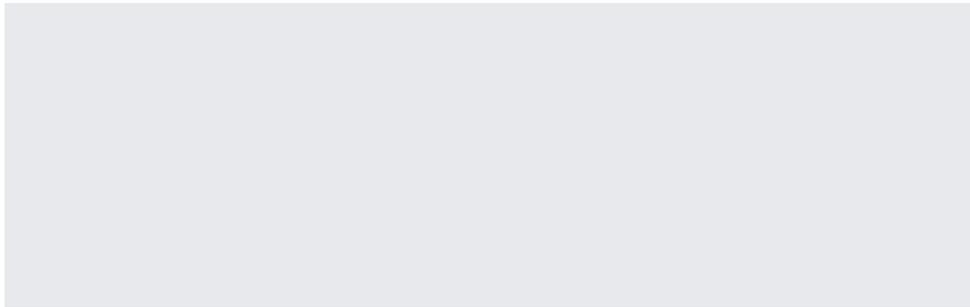
INTAKE FORM

Assessment

This intake form should be completed, preferably through real life conversation, before admitting participants to your mindfulness training. This form can help you to make sure that your participants are well motivated, match your personal level of expertise and prevent you from including people with whom you are not qualified to work.

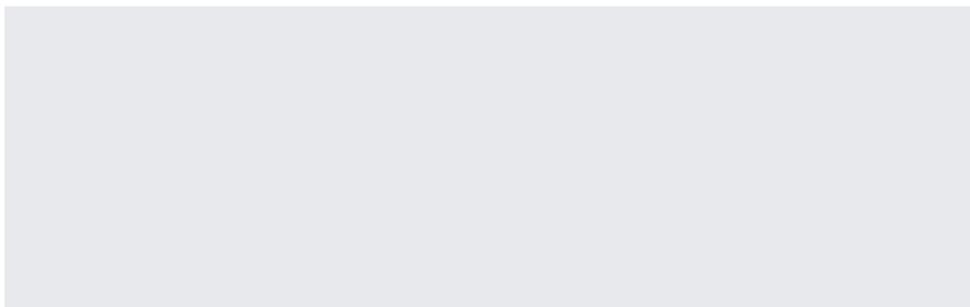
■ TRAINING RELATED QUESTIONS

1. What is your most important reason for joining this training?



2. What are your expectations?

Mindfulness is not a quick fix. Mindfulness training can cause certain complaints to intensify in the beginning, because it counteracts distraction. Make sure that people are well informed about the possible positive and negative effects of the training, such as increased awareness of negative thoughts, confrontation with unhelpful habits, etc.



3. Is it possible for you to join all of the sessions?

If the person will not be able to attend more than two sessions, it is advisable to not allow him/her to participate.

4. Are you prepared to train mindfulness on a daily basis for 30 minutes to an hour? If not, what is preventing you from doing so?

The effects of mindfulness are strongly dependent on the amount of practice. People should be well aware of the requirements of the program and should be properly motivated.

5. Have you practiced other forms of meditation before?

It is important to make sure that people are willing to temporarily/partly let go of their current forms of meditation to practice mindfulness meditation.

■ PHYSICAL AND MENTAL PROBLEMS

6. Are there any physical complaints at the moment? If so, please specify.

7. Are there any physical limitations at the moment? For instance, is it possible to sit, walk and lie down?

Participants are required to sit and lie down when meditating. It is important to make sure whether people are capable of doing so.

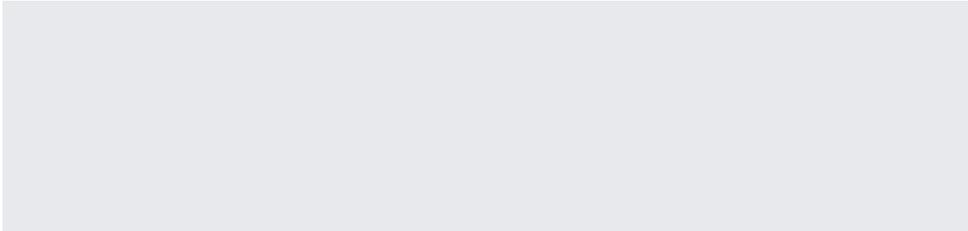
8. Are you currently using medication? If so, what kind of medication do you use?

Be careful with people who use benzodiazepines (Benzodiazepines are used as a sleep aid and anti-anxiety medicine. They help treat symptoms such as decreased need for sleep, racing thoughts, unusual talkativeness, increased activity, agitation, or distractibility. Mindfulness invites people to allow stress to be present, whereas benzodiazepines suppress stress symptoms).

9. Do you have a past or current history of depression, anxiety, eating disorder, bipolar disorder, obsessive-compulsive disorder, schizophrenia, ADHD or any other mental health concern? If yes, please specify.

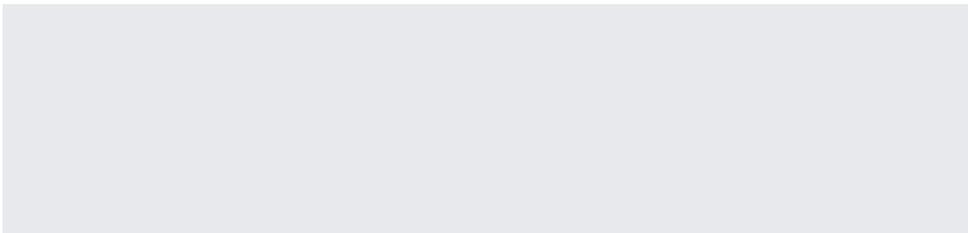
If you have no professional training background (e.g. clinical psychology or psychiatry) that allows you to deal with clinical populations, you should not include people that are undergoing psychological treatment or have undergone psychological treatment.

10. What symptoms of the above bother you most? If you have not been diagnosed with any of the above, please list your most bothersome symptoms:



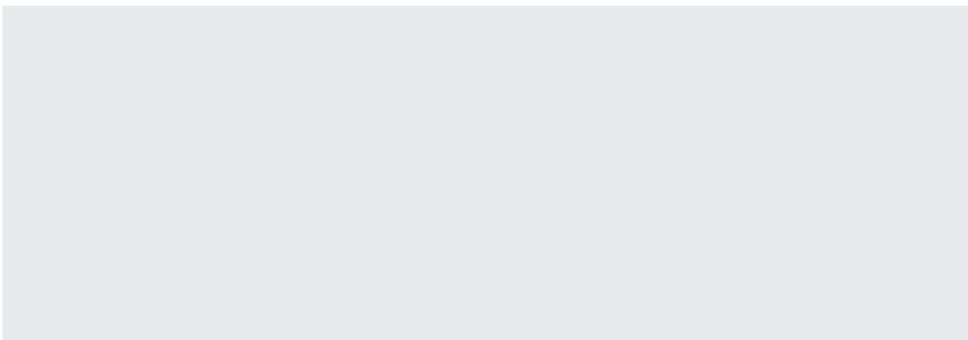
11. Have you been involved in psychological treatment in the past? If so, what kind of treatment did you receive?

If you have no professional training background (e.g. clinical psychology or psychiatry) that allows you to deal with clinical populations, you should not include people that are undergoing psychological treatment or have undergone psychological treatment.



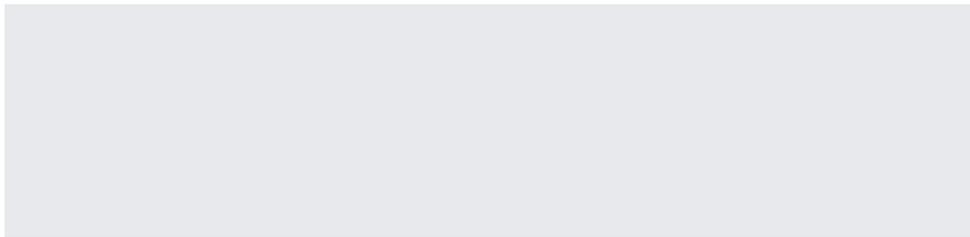
12. Are you currently involved in any psychological treatment? If so, what kind of treatment do you currently receive?

If you have no professional training background (e.g. clinical psychology or psychiatry) that allows you to deal with clinical populations, you should not include people that are undergoing psychological treatment or have undergone psychological treatment.



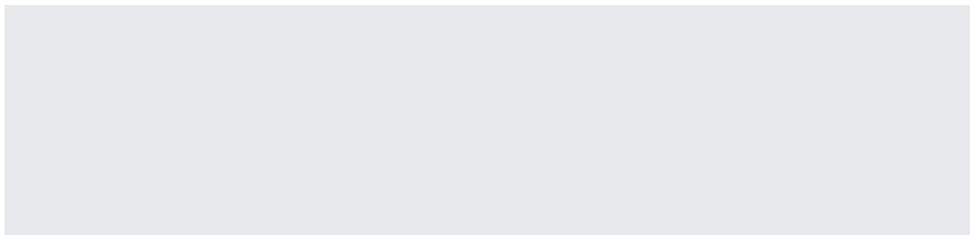
13. Have you spoken to your psychologist/therapist about participating in this training program?

Even if you have a professional training background, always make sure to contact the therapist before allowing people take part in a mindfulness training. Realize that there must be a good reason for a client to seek a way of treatment other than the evidence-based treatment for a certain disorder.



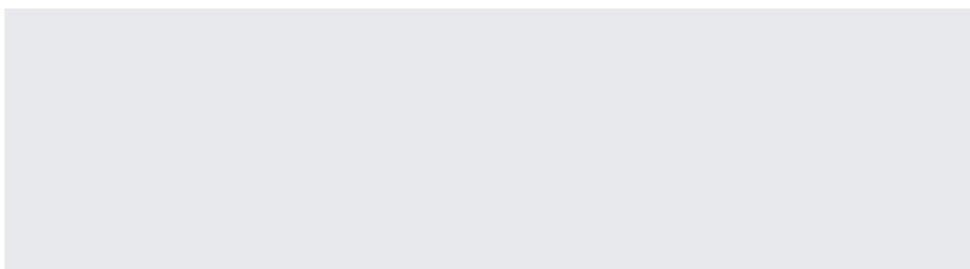
14. How do you feel you are managing currently?

If the person is not able to cope effectively with his current situation and may need more structured guidance of a professional, it can be advisable to offer one-on-one treatment (if you are qualified to do so).



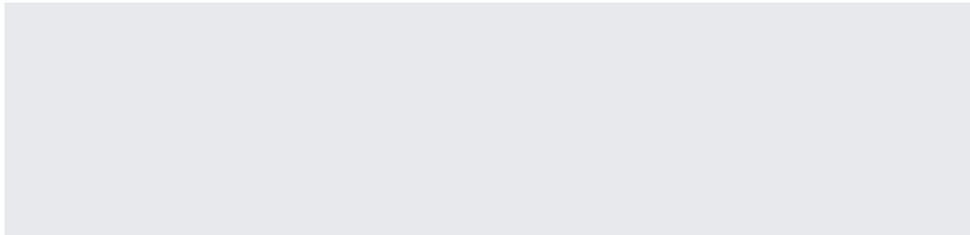
15. Do you have current or past thoughts of self-harm or suicide? Please explain if you feel comfortable.

Participants with current or past thoughts of self-harm or suicide should not participate in your training, unless you are qualified to treat these participants.



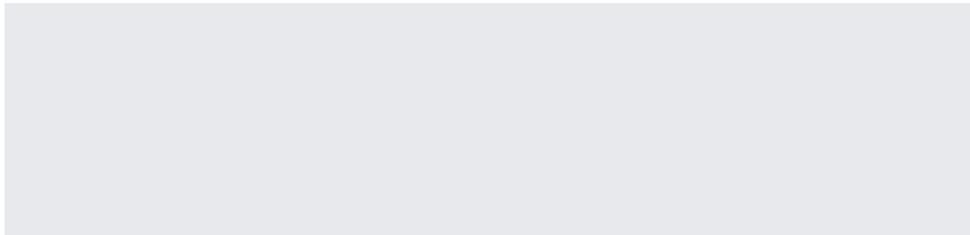
16. Do you have thoughts of harm to others?

Participants with current thoughts of harm to others should not participate in your training, unless you are qualified to treat these participants.



17. Do you use alcohol and/or drugs? If so, please specify how much you use alcohol/drugs.

Participants who are addicted to drugs or alcohol should not participate in your training, unless you are qualified to treat these participants.



18. Do you have any questions or things you would like to discuss?

