

Group Guidelines for Introduction to Mindfulness Based Stress Reduction

The purpose of the group is to help you to learn about mindfulness, share experiences, and to learn skills to improve your ability to manage stress. We ask for everyone's active involvement to create a supportive environment. Below are some guidelines that will help create a valuable experience for you and others.

ATTENDANCE:

It is important to attend all sessions. Please log in 5 minutes in advance for each session. If there is a pattern of lateness, we will discuss this with you individually and work with you to help you arrive on time.

If you miss two sessions (even if you cancel in advance) you may not be able to continue in the group. If you are going to miss a session, please inform the clinic ahead of time. **If you cancel with less than 24 hours notice or do not show up, you will be charged according to the clinic's Missed Appointment Policy.**

CONFIDENTIALITY:

Information obtained during sessions, including names of participants, must remain confidential. Group members, including yourself, may share personal stories and it is very important to make sure that things discussed in group do not get discussed outside.

The clinic will hold information about you in confidence and will share this information only with others involved in your care. We will use information about you only to provide or assist in providing care to you. We very rarely may be required to disclose information, without your consent, to authorities in or outside the clinic, if:

1. There is concern that you may harm yourself or someone else or be unable to care for yourself;
2. You reveal apparent, suspected, or potential child abuse or neglect;
3. You report sexual abuse by a Regulated Health Care Professional;
4. Information has been subpoenaed by a court of law.

SAFETY:

Any safety concerns voiced during group will be addressed during group. If the group facilitator feels that it is necessary, they may check-in with a participant immediately after the group session.

If the group facilitator is concerned about a patient's imminent safety, other staff members of the clinic may be called in to provide support. We may also involve a participant's emergency contact person or emergency services, as needed.

No substance use (eg. alcohol, marijuana, or illicit drugs) before or during sessions and with home practice.

RESPECT & TOLERANCE:

Creating a safe environment requires mutual respect. Please allow everyone to have their turn speaking and try your best not to interrupt or raise your voice. All ethnicities, cultures, and sexual orientations are accepted and respected.

We ask that during the group, you fully participate and all other programs and sound making devices are silenced.

HOME PRACTICE:

Please complete your home practice for each session. Home practice includes doing at least 10 minutes of daily mindfulness practice, filling out log sheets, and doing readings from the book *Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life* by Jon Kabat-Zinn.

QUESTIONNAIRES:

We appreciate you taking the time to complete questionnaires before and after the group course. The information helps us determine the effectiveness of the group.

VIRTUAL CARE INFORMED CONSENT

Virtual care has some inherent privacy and security risks that your health information may be intercepted or unintentionally disclosed. We want to ensure that you understand this before proceeding. To improve privacy and confidentiality you should take steps to participate in virtual care encounters in a private setting and should not use an employer's or someone else's computer/device as they may be able to access your information.

No recordings of the sessions are allowed. Please avoid using the chat function.

Video must remain on throughout the group session. If video needs to be turned off, eg. due to a privacy concern or use of the washroom, then please notify the facilitator.

You must be in Ontario for all virtual sessions. You must confirm your location during the screening appointment. If you will be at a different address during one or more virtual session, then please contact the clinic in advance and provide the full address of where you will be and the phone number to reach you.

By signing below, you agree to all the guidelines above and acknowledge that you have been informed of the potential privacy risks of using web-based video conferencing and you provide your informed consent to participate in mindfulness group therapy.

Name

Signature

Date