

SHORT EMAILED CLIENT ASSESSMENT FORM

Thank you for filling out this form. We realise the personal nature of these questions and please be assured that they are kept in strict confidence adhering to the GDPR, 2018. The data will be kept for the duration of the course. On completion of the course you may request that the information be returned to you or disposed of from our records.

Name:

Contact email:

Telephone:

Course dates you are intending to attend:

Course venue:

Date this form is completed:

Questions

- 1) Do you know anything about Mindfulness, please give details?

- 2) What is your main reason for wishing to participate in this Course?

- 3) Although this is not a therapy group it is helpful to know if there any significant personal issues going on in your life. Please provide details. (This can be discussed in confidence when the more detailed assessment is being taken, in person)

4) Between sessions there is an expectation that you do guided home practices for minimum of 30 minutes per day plus additional short exercises and strategies.

a) Do you have time to do this? (please circle)

Yes/ No

b) When and where would that be?

5) Do you have any difficulties that I need to know about so that I can support your learning? Please give details if applicable.

Pain

Mobility

Props to make you more comfortable

Supportive chair required

Hard of hearing

Interpreter required

Other

Information for you

1) Here are details of the venue and parking.

- 2) Please wear comfortable clothing. There are changing facilities if required.

- 3) Do you have any further questions about the practicalities around the Course?

- 4) Do you have any questions of any sort or is there anything else we can help you with to support your attendance on the Course?

Please complete the form and return it to xxxxxxxx. The Teacher will then contact you directly, prior to Course commencement and go through a more detailed assessment with you.

This also gives you the opportunity to discuss any questions or issues arising for you, in confidence.