

# Learning Mindfulness

*Harnessing the Power of Mindfulness for Calmness, Balance & Peace of Mind*

## Course Guidelines, Security & Confidentiality Consent Form

**Please sign, date and email to: [pameladangelmaier@yahoo.com](mailto:pameladangelmaier@yahoo.com) before the start of your mindfulness course.**

### Course Guidelines

1. I recognize that attendance is important for the effectiveness of this program.
2. I recognize that home mindfulness practices and homework exercise may be expected of me in this program.
3. I will be guided by a pre-eminent concern with self-care when I engage in any and all practices.
4. I understand that I am being trained in mindfulness practices and that the role of the facilitator is to help guide me in this learning. I understand that she is not a counselor or therapist. Any feedback given by me during sessions (either individual or group sessions) is entirely voluntary and mainly concerns the thoughts, feelings and sensations that arise during mindfulness practices.

### Security

1. I understand that communications via Zoom are not entirely secure.
2. To optimize security and privacy:
  - a. The facilitator will set a password for each meeting and send it to you in the invitation.
  - b. I will not share the meeting invite and information with anyone else.

### Confidentiality

1. What goes on during the sessions, stays in the sessions.
2. I will take measures to ensure that my computer screen is not visible to anyone in my home or location.
3. I will use headphones/earphones if the computer audio can be overheard by anyone in my home or location.
4. I will not record or take screen shots during sessions.
5. I agree to leave my video on at all times and address any technical problems that make that difficult.
6. If the facilitator can see another adult present in my video feed, I understand that she can ask me to exit the session until the other adult(s) are gone.

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Name

Date