

8 Week Mindfulness Course for People Affected by Cancer

Tuesday 11 February – 31 March 2020

Pre-Assessment Form – Confidential

You are warmly invited to complete this form as the next step towards being selected to attend our next mindfulness course. We hope that it will offer you an opportunity to reflect on your interest in the course, gain a little more information, and let us get to know your current circumstances better.

Introduction

Mindfulness has been described as “paying attention in a particular way: on purpose, in the present moment, and non-judgementally” (Jon Kabat-Zinn, Full Catastrophe Living 1994).

This eight-week course provides an introduction to mindfulness primarily through experiential learning, which includes discussion and working in pairs and small groups. The learning is cumulative so it is important that you are able to attend regularly (at least 6 out of the 8 sessions including the first one), barring unforeseen events. You will be learning new skills and habits, so an important part of the process will also involve setting aside up to 1 hour of home practice each day between weekly sessions. The course is running each Tuesday between the dates above, and includes a half-day session on Saturday 21st March, which is mandatory.

You will need to be confident about being able to make the journey to Pauls Cancer Support Centre where the course is being run. Please let us know if you have any mobility or other issues. We would add that, in our experience, travelling long distances to get to and from the course can undermine some of its effect. Therefore if you are likely to have to travel longer than an hour, you may wish to think of accessing a course nearer to you.

Finally, it is important to recognise that this is not a therapy group. On occasion strong feelings can rise out of the work, so please consider where you might look to for emotional support should you need it.

If you are comfortable with the course as we have described it so far, please continue and complete this form.

Please fill in every question you are able to answer

First name	
Surname	
Address	
Postal Code	
Daytime telephone number	
Evening telephone number	
Mobile	
Email address	

Please let us know in your own words what has attracted you to this course:

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Please describe any similar experiences you may have had, including how long ago. Please give the month/year. (e.g. other mindfulness courses, meditation, yoga, tai chi):

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Diagnosis - (not applicable for relatives or friends)

What type of cancer have you been diagnosed with?

When did you first receive your diagnosis?

Most recent treatments you have been receiving

Please enter the expected date of completion for each below

Surgery	
Chemotherapy	
Radiotherapy	
Other (please specify)	
Please state where treatment was received	

Physical issues

This section helps us to accommodate your needs

Do you have any of the following conditions?

<input type="checkbox"/> Arthritis/joint pain	<input type="checkbox"/> Diabetes
<input type="checkbox"/> Asthma	<input type="checkbox"/> High/low blood pressure
<input type="checkbox"/> Breathing difficulties	<input type="checkbox"/> Mobility issues
<input type="checkbox"/> Cardiac problems	<input type="checkbox"/> None of the above

Any other significant health issue. Please specify:

Mental health/emotional issues

Dealing with cancer can be one of the greatest challenges for any of us to face, and entails an emotional journey as well as a physical one. For people with a history of mental ill health this can be even greater. Therefore, in this section we ask about both your past and current emotional well-being.

Please let us know of any past contact you have had with mental health or psychiatric services, including any mental health diagnosis you may have received, and when this occurred (please include year):

If you have sought support in the form of counselling, psychotherapy or similar, please let us know broadly when this was and the main reason that got you there. (e.g. 6 months of psychotherapy during relationship difficulties in 2007, 8 weeks of counselling regarding cancer diagnosis in 2015): It is particularly important to let us know if you are currently having counselling or therapy or may be doing it during the course:

Who is available to you to provide emotional support should you need it? (Partner, trusted friend, counsellor, GP etc):

Engagement with the course

The following are factors that can affect your engagement with the course:

How would you describe your current sleeping pattern?

- Good
- Variable
- I have trouble sleeping

How would you describe your appetite?

- Good
- Variable
- I have trouble eating

Can you commit to attend at least six of the eight sessions between 11 February and 31 March 2020 (including the first session)?

- Yes
- No

Can you attend the half-day session on Saturday 21st March 2020?

- Yes
- No

If No please provide further details

Other information

Please tell us where you heard about the course

Thank you for completing this form. We will also ask you to read and sign our Data Protection Consent Form if you are new to Paul's Centre.