

Mindfulness course

Application form

Telephone. 01325 552017
Email. tewv.mindfulness@nhs.net



The mindfulness based cognitive therapy course includes eight sessions lasting just over two hours and one day-long session that lasts six hours. Sessions are normally held over consecutive weeks.

The course takes a lot of time and effort and involves practising at home on a daily basis. It is important to attend every session and to complete all of the home practice.

Please complete all sections of the following form and email this document to:
tewv.mindfulness@nhs.net

Hand written forms can be posted to:

TEWV mindfulness team
West Park Hospital
Edward Pease Way
Darlington
DL2 2TS.

Once we have received your completed application form we will contact you by telephone. We will ask you some more questions and will answer any questions you may have. If needed, we can meet with you in person. Together we will decide if the course would be suitable for you.

Before applying for a course, you must have attended a taster session, or equivalent. Please provide details below:

Where the taster session was held:	
The date on which it was held:	

If you have not attended a taster session, you can find out online when we will next be delivering sessions at: www.tewv.nhs.uk/mindfulness.

Mindfulness course Referral form

Forename	
Surname	
Date of birth	
Daytime contact number	
Evening contact number	
Address	
Postcode	
Email	
GP name	
GP address	
Emergency contact name	
Emergency contact phone number(s)	
Why are you applying to come on this course?	
Are you a carer (or parent) of somebody with mental ill health	
Are you currently receiving services from Tees, Esk and Wear Valleys NHS Foundation Trust?	
Which course are you hoping to attend?	
Where	
When	

Date form completed	
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<p>For office use:</p> <p>Date form received:</p> <p>Notes:</p>
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