

# Informed Consent

This course, is modeled on the MBSR program developed at the Center for Mindfulness in Medicine, Health Care and Society at the University of Massachusetts Medical School, and is taught by Geri C. Wilimek, MSW; LICSW, an MBSR Teacher Certified through the Brown University Center for Mindfulness. The course includes skill training in relaxation and meditation methods as well as gentle walking and stretching exercises.

I understand that this class is taught online, and I am responsible for protecting my privacy and that of others while in class by using headphones or participating online from a space that is private. I am also responsible to have a safety plan in case I am injured or encounter an emergency during class. This plan has been shared in the Participant Information sheet I completed as part of my registration.

If for any reason I am unable to, or think it unwise to engage any class activities either at class or at home I am under no obligation to engage in them, nor will I hold Geri C. Wilimek, MSW; LICSW liable for any injury sustained from these exercises and activities.

I understand that I am expected to attend each of the 8 weekly sessions and the day-long Saturday session, and that benefits of the course are linked to class attendance and regular practice for 45 minutes daily, 6 days per week during the duration of the course.

Please initial the following:

\_\_\_ The course instructor has my permission to contact me via telephone or e-mail regarding class business (please initial if you consent)

\_\_\_ There may be video/audio recording of for professional development during class. I give my permission for such recording, and realize my voice and/or image may be captured. This recording will remain confidential, shared only with professional evaluators.

\_\_\_\_\_  
Date

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Signature



Gerri C. Wilimek, MSW; LICSW

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Parent or Legal Guardian if under age 18