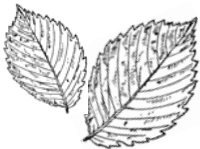


## KU Psychological Clinic Mindfulness Group Guidelines

1. Everything that is done in group is completely confidential. We agree to not discuss group activities or members outside of group. Some people might not want other people to know they are in this group, so if we see each other in public we will be respectful of this right to privacy.
2. We agree to be respectful, use appropriate language and to cultivate an accepting and open environment without judgment. We agree to be open to learning from each other.
3. We agree to respect the dynamics and time of the group and to call and inform the clinic if we will be late or will miss a session.
4. We agree to be present during group. Being present includes making an honest effort to participate. To minimize distractions we agree to turn cell phones off and to refrain from eating and drinking loudly.
5. The KU Mindfulness Group is a skills training group, rather than a therapy group. This means we will be focusing on learning and using skills, rather than on personal and private experiences. If you are interested in personal therapy please consult the clinic coordinator or a group therapist for a referral.  
(Phone: (785) 864-4121  
E-mail: [psycl@ku.edu](mailto:psycl@ku.edu))
6. Other? What else do we think would be important for this group?



Amended 10/6/09