

**Online Mind-Body Skills Group Registration**  
with Facilitator Sujata Dube, M.A.  
Tuesdays, 5:30 PM – 7:30 PM PST beginning Feb 1

**Description of Online Mind-Body Skills Group:**

Mind-Body Skills Groups offer a powerful and effective combination of research-based mind-body techniques to help you deal with life changes, stress, and illness. Mind-Body Skills Groups have been developed over the last 30 years according to a model created by CMBM Founder and Executive Director, James S Gordon, MD. They are highly experiential and integrate techniques such as meditation, guided imagery, autogenic training, breath work, movement, self-expression and other approaches into a supportive environment.

An online Mind-Body Skills Group is grounded in self-reflection. Sharing with others in a structured and intimate group format affords a unique space to model, acknowledge, honor, and express the various aspects of your experience. Mind-Body Skills Groups support being witness to your own as well as other's emotions and experiences. We find that sharing and connecting with others creates a wonderful learning and growth environment that supports individual and collective well-being.

The groups are small and meet on a set day and time for 8 sessions, each for 2 hours. This format provides an opportunity for you to begin to integrate the mind-body skills into your life, with the support of the group to help you work through any difficulties along the way.

**Group Dates and Time:**

Group will be facilitated by Sujata Dube, M.A.

Group will be held Tuesdays, 5:30 PM – 7:30 PM Pacific Standard Time on the following dates:

Feb 1  
Feb 8  
Feb 15  
Feb 22  
Mar 8  
Mar 15  
Mar 22  
Mar 29

Please note that to get the most out of this experience, attendance in ALL groups sessions (barring unexpected events like illness or family emergency) is mandatory. Also know that you are part of a group and your presence and participation impact the others and the group process as a whole. As such, if you know in advance that you may have absences or you are unsure of your ability to commit to all 8 sessions, it is best to wait for another time.

## **Small Group Model Description:**

- By submitting this registration form, I am seeking to participate in eight Mind-Body Skills Groups. I understand that each group has a maximum of ten participants and one group facilitator. In each group I will be taught a mind-body technique (such as meditation, guided imagery, biofeedback, working with drawings, breathing, movement). The group combines teaching and experiencing the skills, and practicing group support.
- I understand that an online Mind-Body Skills Group is an educational program and this experience may bring up strong, transformative emotions within oneself.
- Yes, I am able to make a commitment of punctual attendance of all 8 online group sessions.
- Yes, I understand the groups require a willingness to engage in experiential exercise and active participation.
- Yes, I understand that groups may bring up emotions and the group process includes sharing of thoughts and emotions in myself and being present for others.
- Yes, I understand it is my responsibility to keep all information shared in the small group confidential and to demonstrate respect for the other group members at all times. In the online setting, this also means:
  - 1) I will not participate in the group in a public space or where others can see or hear the group activity;
  - 2) I will not share the group video conferencing login information with others;
  - 3) and I understand that photos, screengrabs or recordings of the group sessions are prohibited. I understand that the only exception to this confidentiality rule is if any individual expresses an intent to harm themselves or others.
  - 4) I understand that my group facilitator would be required to take additional action in support of the situation.
- Yes, I understand that after submitting this registration I will have a brief “meet and greet” using the video conference software (Zoom) with my small group facilitator to test out the technology, answer any questions, and make sure the program is right for me at this time. I understand that I am not considered fully registered and will not receive the Zoom meeting ID for accessing the online group until I have completed this “meet and greet” with my facilitator.

## **Cancellation and Refund Policy:**

Participants who withdraw over 2 days before to the group start date will receive a full refund minus a 10% administrative fee. No refunds will be issued after group begins.

In the event that the group is canceled, we will refund any registration fees paid to IWAH PLLC. Such refund shall represent its entire liability to the registrant.

## **Terms and Conditions:**

PLEASE READ THIS SECTION CAREFULLY AND COMPLETELY TO AGREE TO THESE TERMS AND CONDITIONS OF PARTICIPATION INCLUDING LIABILITY RELEASE.

- I understand that Mind-Body Skills Groups are educational, supportive groups built upon developing self-care skills, but **are not formal mental health therapy**. I understand that the techniques recommended are not intended to be a substitute for conventional medical treatment, or to replace the medical decisions of my healthcare provider(s), whom I will consult prior to applying to participate if I am currently engaged in psychotherapy. All matters concerning my health are the responsibility of myself and my health care provider(s).
- In an effort to facilitate a positive experience for its online group members, our Mind-Body Skills Groups are built upon Group Guidelines (previously described in this registration) intended to provide a safe place for all. Xpper LLC and IWAH PLLC reserves the right to remove from attendance and from enrollment at any current or upcoming online Mind-Body Skills Group or activity, anyone whose actions, in our discretion and judgment, are disruptive, violate the group guidelines, or otherwise interfere with the program. In such circumstances, Xpper LLC and IWAH PLLC retains the discretion to grant or withhold refunds of registration fees, in full or in part.

## **Liability Release:**

- In consideration of the services provided by Xpper LLC and Integrated Wellness and Health PLLC (hereafter referred to as Xpper and IWAH), I do hereby assume all responsibility for and all risk of, including but not limited to, damage or injury that may occur as a result of my own actions, inactions, or negligence, or that of others as a client of Xpper and IWAH. I further understand that I am releasing and discharging any and all claims and causes of action of any kind or nature that are directed toward Xpper and IWAH, including but not limited to, its officers, agents, and employees. This includes, but is not limited to, causes which are known or unknown, specifically mentioned or implied, or not mentioned nor implied, which might exist or be claimed to exist at or prior to the date of completion of this registration.
- The registrant further specifically waives any claim or right to assert that any cause of action or alleged cause of action or claim or demand has been, through oversight or error, intentionally or unintentionally omitted from this release. The terms herein shall serve as a release, indemnification, and assumption of risk for my heirs, executors, and administrators, and for all members of my family.