

Waiver of Liability - Winter 2023 Mindful Self-Compassion Courses

with Jenny Wilson, MSW, LICSW
348 Prior Avenue N. #206
Saint Paul, MN 55104

- I voluntarily agree to participate in the activities that are part of the Mindful Self-Compassion program. I hereby assume all risks of injury to me and my property that may be sustained in connection with activities undertaken during the program.
- I understand that the teachers are not expected or able to provide medical and/or psychological care.
- I further understand that participation in the Mindful Self-Compassion programs is at the discretion of the teachers at all times.
- I understand that this is a skills training program, not group therapy. MSC is designed to teach participants the tools needed to develop and cultivate a mindfulness and self-compassion practice. I understand that MSC does not take the place of personal therapy.
- I understand that personal safety and emotional wellbeing are the foundation of self-compassion training and that I am primarily responsible for my own safety. I will not push myself to do anything that feels distressing or harmful. If I feel overwhelmed, I will stop what I am doing or slow down until I feel comfortable again. If I need to discuss a personal matter, I can consult with a teacher but I understand that the opinions of others are not a substitute for caring for myself in the best way I know.
- I have read this agreement and fully understand its contents. I sign it (here or by agreeing to it electronically online) of my own free will. I am of legal age and accept the above disclaimer and authorization.

Your Name (*please print legibly*)

.....

Signature

Date