

Mindfulness Coaching – What to Expect

Welcome to your first mindfulness coaching session at the Student Health and Wellness Center. Please read the following to learn more about what to expect.

What is mindfulness coaching?

Mindfulness coaching is a wellness offering that can help you explore, develop, and/or sustain a mindfulness practice. Tools can include breathwork, meditation, gentle mindful movement, qi gong, compassionate communication, and bringing mindfulness into daily activities. Sessions are tailored to your goals and interests.

Research has consistently shown mindfulness training for health professions students to reduce stress, anxiety and depression while improving mindfulness, mood, and self-efficacy (McConville et al., 2017).

How is mindfulness coaching different than counseling?

Mindfulness coaching is NOT counseling. Appointments are with Student Health's Wellness Coordinator, who has a Master's in Public Health and is trained as a health educator, health coach, and mindfulness instructor, not as a therapist. Student Health also has psychologists and a psychiatrist on staff who can help you with any mental health concerns.

What is a session like?

The first session is typically 45-50 minutes. This is a chance to share more about your goals and background with mindfulness, ask any questions, and discuss what will be most helpful to you. Depending on your interests, the rest of the session and future ones might include learning and practicing various mindfulness tools, troubleshooting any issues, helping you maintain a personal practice, and/or anything else related to mindfulness. Practicing mindfulness outside of sessions is helpful but not required.

How often should I come?

It's up to you. You can come for just one session, or schedule a series (typically up to 8 sessions) based on your schedule and preferences. Frequency and number of sessions can also be determined collaboratively with your coach. You can stop or pause coaching at any time.

How do I get the most out of my session(s)?

Please share your goals, ask for what you want or need, and communicate with your mindfulness coach about your preferences and any questions you have.

Will my mindfulness coach and other Student Health providers discuss anything?

All sessions provided by Student Health staff are confidential and will not be shared outside of Student Health (except in special circumstances – see back page for exceptions), including mindfulness coaching sessions. Given the integrative nature of care at Student Health, content may be discussed with other Student Health providers to ensure best quality of care and integration of services.

If your situation is beyond the scope of services provided by a mindfulness coach, you may seek or be referred to other providers at Student Health. In some instances, it may be necessary to pause or stop coaching until you have established other care and you and your provider agree that resuming mindfulness coaching would be beneficial.

Will any notes be kept about my visits?

Some notes are taken for each visit to track what is covered and help with planning for future sessions. These are not medical notes or educational records and will not be included in your Epic chart or student record.

Does mindfulness coaching have any risks, and is there anyone who it is not appropriate for?

Mindfulness practice can sometimes bring up strong emotions and awareness of uncomfortable sensations, feelings, or memories.

If you have a history of PTSD, trauma or mental health concerns, please schedule first with a Student Health behavioral health provider to ensure that mindfulness coaching is a good fit.

Special circumstances where information may be disclosed outside of Student Health

The mindfulness coach may consult with and share information with Student Health behavioral health or primary care providers. This information is confidential and not shared outside of Student Health except in special circumstances.

In certain circumstances, providers may share information about you without your permission as may be permitted or required under applicable law, including FERPA or HIPAA. Providers may need to release certain information in circumstances including, but not limited to the following:

- You indicate intent to harm yourself or others.
- You reveal abuse or neglect of a child, or of an elderly, dependent, or disabled person.
- You have a medical emergency.
- You are diagnosed with a reportable disease as required by the State Health Department.
- A court of law orders disclosure of information about your treatment.
- A provider has reason to believe that you are impaired in your ability to safely care for patients.
- A provider has reason to believe that you have violated OHSU's Code of Conduct in a way that jeopardizes your safety, or the safety of your peers or patients.
- Under the Patriot Act, we may be required to disclose your health information to authorized federal officials who are conducting national security and intelligence activities or providing protective services to the President or other important officials. By law we cannot reveal to you when we have disclosed such information to the government.

Receiving communication from Student Health

We typically communicate with you about mindfulness coaching via several methods. If you do not want to receive any of these, please cross them out below.

- A reminder phone call or voicemail about an upcoming mindfulness appointment (typically 2-3 days before appointments)
- An Outlook calendar invitation for an upcoming appointment
- Email communication as needed, typically regarding scheduling or if you've requested follow up information

Please sign below to indicate that you have read and understood the above information, including what mindfulness coaching is, how it is different than counseling, and potential risks. You also agree that you will raise any questions you might have about this information with your mindfulness coach or with Student Health's Practice Manager, Lindsey Watts Kinsella (503-494-8665 or shw@ohsu.edu).

Signature: _____ Date: _____

Print Name: _____

References

McConville, J., McAleer, R., & Hahne, A. (2017). Mindfulness training for health profession students—the effect of mindfulness training on psychological well-being, learning and clinical performance of health professional students: a systematic review of randomized and non-randomized controlled trials. *Explore: The Journal of Science and Healing*, 13(1), 26-45.