

INTERVIEW QUESTIONNAIRE

Please fill out this two page form, and bring it with you to the retreat. Please do not send it to the registrar.

Important: Participant interviews with teachers during retreats are purely for the purpose of supporting the participant's meditation practice during the retreat and are not--nor should be they be construed as--a form of psychotherapy or counseling. This form will be destroyed following the retreat.

Intensive retreat can be physically and psychologically challenging. To support retreatants on those rare occasions when difficulties do arise, having information regarding the following questions will help the teachers respond more effectively to the situation. (Use back of this page for additional space to answer questions)

Name _____ DOB: _____ Occupation _____

List dates of previous meditation retreats attended – please include teacher names and traditions.

List any meditation practices or spiritual traditions that you have been or are currently involved with and the approximate years you have practiced in these traditions. _____

What is your current daily/weekly spiritual/meditation practice? _____

Have you experienced any significant emotional, psychological or spiritual difficulty in your life (that affected your ability to function)? If you have you ever had or been treated for a psychological condition please briefly describe it and when it occurred. Is it still occurring now? _____

Are you currently taking medication for any psychological conditions? If yes, please specify the condition and list the medications and dosage. _____

Are there currently conditions in your life which may be placing you under stress, or which might make

meditation difficult for you at this time (e.g. fasting, recent loss of a loved one, substance abuse/withdrawal, relationship ending)? _____

Are there any additional comments or information you would like to convey to the teacher(s)?

The above information is true and accurate to the best of my knowledge.

Signature _____

Date _____