

## Retreat Criteria

For everyone's safety, we ask that you discuss these criteria with your client/treatment provider before applying for funding from ACC

### Criteria:

- Client must be seeing a counsellor/therapist
- No visible obvious gang tattoos (e.g. gang name on face)
- Able to use shared facilities - the bathrooms are private and closed, but in a shared space
- Able to sleep through the night - without nightmares, screaming etc (sleeping space is private but in a shared area)
- Drug, alcohol free, smoke, vape free (or able to abstain from using for the duration of the retreat)
- Good personal hygiene
- Able to be in group setting, with an understanding that the retreat is open to all genders. This means that you have healthy social interactions with others, with respect –
  - unsuitable referrals are clients who have poor social skills, isolate or limited interactions with others.
- Respectful behaviour - being aware of disturbing other people's practices by moving, sighing, or making other sounds during silent/still practices, able to manage mood and NOT vent anger or hostility on others. Attending sessions on time and staying in the room for the duration of the session.
- Because this is a trauma-based retreat, it is essential that people who are referred have some resources for distress tolerance and can self-soothe. The retreat will be touching on your trauma so having had some trauma related treatments to date
- No active suicidal ideations or self-harming behaviours
- Stable personality – no psychotic features or disorders, eg – DID, or psychotic disorders
- The retreat is semi-silent, and we ask participants to switch off their phones - For safety it is crucial that you will maintain silence during the retreat - silence starts after dinner on Day 1 and ends at breakfast time on Day 5. Silence means no talking to the other retreat participants. There will be group sharing/discussion sessions, and an opportunity to meet one of the facilitators. The facilitators are available if you need to talk about something besides these scheduled times.
- Being a mindfulness retreat, knowing that there will be many mindfulness sitting sessions during the 5 days.
- Because it is group retreat, there is a possibility that you might know someone on the retreat
- The retreat venues have statues of Buddha and other Buddhist icons in the area. The retreat is mindfulness based, not a Buddhist practice.