

Walpole Behavioral Healthcare LLC.

841 Main Street Walpole, MA 02081

Phone 508.660.6699 Fax 508.660.6658

Relaxation/Stress Reduction Training Intake Form

Welcome to the Relaxation/Stress Reduction Training program. This training is not intended as a primary treatment for a serious anxiety disorder, rather it is to help you learn ways to reduce stress that can enhance your overall mood and day to day functioning. If you feel you need treatment for a possible anxiety problem and would like to make an appointment for an individual therapy appointment, please call our office at the number above and dial extension 230 which is our intake line, leave a message and someone will get back to you shortly.

The cost of the training program is \$100 for four group sessions payable by check made out to Walpole Behavioral Healthcare. The classes are held on Mondays at 6PM. If a class falls on a holiday, we just move it out a week. If you miss a session, you are welcome to attend a make-up session in a subsequent training at no additional charge, subject to space availability. For folks who have already taken the training and want to come in for additional meditation practice, the charge is \$25 per session, again subject to availability.

Name: _____ DOB: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Cell Phone: _____

(Please circle the phone number you prefer to be contacted on).

Date of desired training (see website for date of upcoming trainings.): _____

Signature: _____

Date: _____

Please fill in this form, print it out and mail it with your check to :

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