

Contra-indications for participation may include the following:

- Severe mood disorders (depression, mania, anxiety)
- Alcohol or drug dependency
- Lack of daily routine and duties, inability to add structure to daily life
- Intensive chemotherapy during training
- Inability to function in groups due to anger management issues
- Borderline personality disorder, if still in the process of dealing with trauma
- Lack of motivation to start training
- Engaged in legal procedures which will jeopardize participating in (or the result of) the training
- Severe traumatic experiences
- If you are receiving medical or psychological treatment, do consult your practitioner before participating.