

Mindfulness-based Therapy and Research Interest Group (MTRIG)



mtrig@mindfulness.net.au

NEWSLETTER

6th February 2008

AGENDA

Meeting at the Psychology Annexe School of Psychology University of Tasmania

This meeting will include the following:

Review of a research article

“Mindfulness and Marital Satisfaction”

Published in *Journal of Adult Development*, Vol. 12, January 2005, by Leslie Burpee and Ellen Langer (Department of Psychology, Harvard University, Cambridge, Massachusetts).

This results of this study show that marital satisfaction was more associated with mindfulness skills than with any other factors measured. This article demonstrates meaningful implications for the role of mindfulness techniques within the context of building and maintaining happy marital relationships and general well-being.

encouraged to present in future meetings, during which you are invited to discuss one of your cases treated with a mindfulness-based therapy or mindfulness training per se. Constructive comments are welcome. You need to ensure the strict maintenance of confidentiality and ensure that the case discussed cannot be identifiable (unless informed consent has been given for video screening). Please do not invite current clients, as this is not a context for people currently treated, unless they are also professionals (i.e., familiar with the case discussion process). If you are interested in presenting at a future meeting, please email mtrig@mindfulness.net.au. Your contribution will be greatly appreciated.

Peer review session / Case discussion

A case presentation of an adult male diagnosed with Obsessive Compulsive Disorder treated with MiCBT will be provided by Bruno Cayoun.

General note for case discussions: This is a multidisciplinary context so everyone is

Proposed discussion topic

The creation of a MiCBT institute.

APS PD points and meetings

APS members who attend these meetings can claim **1.5 professional development points**. You may also wish to be a contact person to create your own MTRIG meetings in your area.

NEWS

MiCBT Institute

Given the rapid increase in requests worldwide for training in MiCBT, there is a need for a formal body to provide training more widely and official endorsement of competencies. You are all very welcome to email your views and comments on this project to mtrig@mindfulness.net.au

Please mention whether you would be interested in being involved in the institute in some capacity.

MiCBT courses in 2008

A 1-day introductory workshop in MiCBT will be conducted on 5 June by Bruno Cayoun at the Hunter Institute of Mental Health, James Fletcher Hospital, Newcastle, Australia. The level is beginner to intermediate and no experience of mindfulness assumed.

The applied 8-week MiCBT course conducted by Bruno Cayoun will be offered in **Launceston, Melbourne Sydney and Brisbane**. During this type of course, personal and professional implementation of skills are taught and continually supervised by the facilitator. Course and short workshop details and brochures can be viewed on the MiCBT web site:

www.mindfulness.net.au/workshops2008.html

Places are available for the following courses (only two places left for the Launceston course). You can contact the course coordinator in each state for more information.

Launceston (TAS)

Dates: 8 Thursdays 21/02/08 to 17/04/08
Times: 12:00pm to 3:30pm
Coordinator in Launceston: David Hunnerup
Email: ltn-coordinator@mindfulness.net.au

Melbourne (VIC)

Dates: 8 Saturdays 19/04/08 to 14/06/08,
Times: 12:00pm to 3:30pm
Coordinator in Melbourne: Sally Francis
Email: mel-coordinator@mindfulness.net.au
Phone: 0409 669 688

Sydney (NSW)

Dates: 8 Sundays 29/06/08 to 16/08/08,
Times: 12:00pm to 3:30pm
Coordinator in Sydney: Alice Shires
Email: syd-coordinator@mindfulness.net.au

Brisbane (QLD)

Dates: 8 Saturdays 30/08/08 to 25/10/08,
Times: TBA
Coordinator in Brisbane: Astrid deRuijter
Email: bris-coordinator@mindfulness.net.au

MiCBT courses in 2009

One or more MiCBT workshops are likely to be offered in Europe in 2009. If you live in the UK, Germany, Switzerland or the Netherlands, and would like to take part in the coordination of a 1-day or 2-day workshop, please contact Bruno Cayoun directly: bruno.cayoun@mindfulness.net.au

MiCBT Group for clients

If you are interested in having a client group conducted in your service, either as a pilot trial or as part of its clinical program and/or professional training program, you can contact: mtrig@mindfulness.net.au. It may be possible for a MiCBT-trained practitioner in your area to conduct such a group.

SNAPSHOT

David Adair

Researcher (school conflict)
Hobart, Australia



My interaction with buddhism* seems to have had a cyclical theme of: buddhist philosophy tasted in young adult-hood and found flavoursome to the point of denial (I understood immediately that "when the finger points at the moon, the idiot looks at the

* The spell-checker demanded a capital B here, but I refused!

finger"); then revisited in desperate 'mid-life crisis' in derived ('new age') forms; finally to be rediscovered in later adulthood – first through a personal interest in Jon Kabat-Zinn's work, then through professional training with Bruno Cayoun. One could make a romance of this: youthful fantasy (reading zen philosophy), through various unconsummated relationships (inadequate new-age derivatives), to finally going to bed with the real thing (the embodied practice, shorn of priestly mystification, a sensual yet rational experience). It is likely that had I embraced mindfulness practice earlier, I would have mal-practiced (just as I did with my earlier lovers). I would have fixated on the finger!

My mid-life explorations led to vocational transitions: from sail-making to community work, men's domestic violence work, then working with boys coming up against the brick walls of state control (school and the criminal justice system). Thus, my youthful radicalism of the 70s was revisited through my recent criminological studies at the University of Tasmania, where an examination of criminal justice opened the door to the realities of social justice – two sides of the same coin. I became aware of the role of social work in maintaining an unjust and (in a broad meaning of the word) violent social order, and the challenge for me is to find niches within that order where I can work with people who are struggling, without in any way supporting damaging social structures, but rather contributing to their change.

This brings me to 'empowerment' practices, of which mindfulness is perhaps the ultimate. Its practice can promote freedom from the drives and restraints imposed by habitual thoughts and actions, and by extension freedom from blind acceptance of the social order and its dominant beliefs.

Therefore, one of my interests in MiCBT lies in how it can be adapted in various group work settings to lay the groundwork for creative responses to problems. Tired old notions of the 'reality' within which we are told we must work – the social equivalent to the habitual thought or narrative in the individual psyche – might be replaced with a

freedom of thought and action that has benefits beyond the original desired outcome. When the structures around us prevent rightful action, mindfulness practice can enable acceptance (not agreement), freedom within restraint, and conservation of the energy needed to pursue alternative strategies.

I am also interested in the application of MiCBT in schools, to help address teacher and student stress and emotional reactivity (including anger). I think it would be powerful in domestic violence work and in 'anger management' – currently dominated by relatively thin CBT approaches. Prisons too are an obvious context for this work.

I would be delighted to move from monologue to dialogue on these topics, and I can be contacted at:
davidsadair@yahoo.com.au

NEW MTRIG MEMBERS

- **Michelle Martin** is a Clinical Psychologist conducting MBCT groups at the Royal Adelaide Hospital Pain Unit. She is also coordinating a professional mindfulness interest group in Adelaide. For more information, she can be contacted at:
Michelle.Martin@health.sa.gov.au

- **Shirley Catchpole** is currently working as the counselling coordinator for Carers Tas, in Hobart, Australia, where she provides face to face and telephone counselling to carers in the southern region and coordinates 3 other counsellors. Shirley practises in an integrated eclectic fashion, including mindfulness and self care techniques. In the future, she hopes to use her large garden to host day relaxation retreats for stress sufferers.

- **Reshmi Karayan Kayanoth** trained in India, where he completed his M.Phil in Clinical Psychology from the National Institute of Mental Health and Neurosciences, in Bangalore. He currently works in Singapore as a psychologist in the Department of Psychological Medicine,

National University Hospital. His therapy orientation is largely CBT, and he is hoping to be able to incorporate mindfulness practice once he acquires training.

- **Michael Quinn** is a PhD student in experimental psychology at the University of Tasmania. His area of research is in the processes of visual perception in the human. At one of our case discussions, describing the remarkable improvement of a child with several pervasive conditions using MiCBT, Michael became very intrigued by the effects of mindfulness and decided to join MTRIG.

- **Dr Paul Bernard** is a child and adolescent Psychiatrist working in north of England (Darlington) in a mental health Trust. He is interested in the implementation of MiCBT in children. Paul does not take outside referrals.

Welcome to MTRIG!

MINDFULNESS MEDITATION GROUP

A weekly practice group is taking place every on Thursday in Hobart, Tasmania (Australia), at the Newdegate Street Health Centre, from 6:15 to 7:00pm (last room, top floor). The address is: 107 Newdegate Street, but we use the Mellifont Street (side) entrance. Attendees arrive from 6:00pm. It is free and all are welcome to attend. Note that this is not a therapy group or teaching group and everyone attending is assumed to have had some prior training or exposure to mindfulness meditation.



Therapists who implement a mindfulness-based therapy are particularly encouraged to attend these weekly practice groups to keep in touch with their own skills.



Meeting Date, Time and Place

Date: Wednesday 06/02/08

Time: 6:00 to 7:30pm

Place: Psychology Annex
University of Tasmania – Hobart, TAS

How to get to the Psychology Annex

The Psychology Annexe is located above the new Psychology Research Centre building (ex-Information Technology Building).

http://www.utas.edu.au/campus/Sandy_Bay_Building_Map.pdf