

Mindfulness-based Therapy and Research Interest Group (MTRIG)

NEWSLETTER



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6th June 2007

AGENDA

Meeting at the Psychology Annexe School of Psychology University of Tasmania

This meeting will include the following:

Review of a research article

“Historical aspects of mindfulness and self-acceptance in psychotherapy”

Published in Journal of Rational-Emotive & Cognitive-Behavior Therapy (Spring 2006) by Windy Dryden (Goldsmiths College, UK) and Arthur Still (Sprouston, UK).

This article describes some of the historical conditions that made possible Jon Kabat-Zinn’s use of mindfulness very successful. It is of particular interest for its discussion on the assumed equivalence of Eastern and Western conceptualisations of mindfulness. Windy Dryden specialises in Rational Emotive Behaviour Therapy and has been a very active author and researcher in this area of treatment.

Peer review session / Case discussion

Film screening of a real case with Chronic Pain, Dysthymic Disorder, Panic Disorder with Agoraphobia, and OCD, treated with MiCBT, presented by Bruno Cayoun.

Note: This is a multidisciplinary context so everyone is encouraged to present in future meetings, during which professionals are invited to discuss one of their cases treated with MiCBT, MBCT, MBSR, or mindfulness training per se. Constructive comments are welcome. Members need to ensure the strict maintenance of confidentiality protocols 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.

Proposed discussion topic

The topic may revolve around the film or it will be open to emerging interests from the group. One of the particularities of this case is the presence of comorbidity and the ability of MiCBT to address such complex presentations by acting on both the internal context, the locus of reinforcement, and its relationship with the response, rather than targeting a particular set of behaviours.

APS PD points and meetings

APS members who attend 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

Upcoming applied MiCBT course

A comprehensive 8-week "applied" MiCBT course will be offered in July and August 2007. During the course, personal and professional implementation of skills will be trained while continually supervised. Based on last year's piloting of the course, there will be more contact hours (3.5 hours a week, Saturdays 07/07/07 to 01/09/07, 1:00pm to 4:30pm). Course details have been posted on the MiCBT web site. There are still **3 places available** so if you are interested in this course, please contact the course coordinator (David Adair) ASAP to secure a place: dsadair@postoffice.utas.edu.au, or by phone: (03) 6231 2565 or 0439 362 533.

MiCBT 8-week course in Sydney

The possibility of a comprehensive 8-week MiCBT course (as described above) to be conducted by Bruno Cayoun in Sydney later this year is being discussed. We would like to gauge your (or colleagues') possible interest in participating in the course. Please forward your expression of interest to David Adair: dsadair@postoffice.utas.edu.au

MiCBT introductory workshop in Tasmania

A 1-day introductory workshop for TAFE Counsellors and Disability Liaison Officers will be conducted Monday 25 June 2007 in the vicinity of Huonville. It is unsure at this stage whether the workshop will be entirely booked by TAFE Staff so it may be useful to contact Alex Tanner for more information: Alex.Tanner@tafe.tas.edu.au

Upcoming conferences

Among this year's conferences which include mindfulness presentations and workshops, there are two particularly interesting events:

The first is the "Happiness & Its Causes" conference 14 & 15 June 2007, Sydney Convention & Exhibition Centre, Darling



Harbour, Sydney. The conference will be hosting His Holiness the Dalai Lama, joined by many other national and international keynote speakers, including Dr Howard Cutler, co-author of the book "The Art of Happiness",

emotion researcher Dr Paul Ekman, Professor Gordon Parker, Executive Director, Black Dog Institute, Venerable Robina Courtin, and many other leaders in the fields of psychology, science, philosophy, and religion. 2000 delegates are expected to attend. For more information, you can visit: <http://www.happinessanditscauses.com.au/>

The other event is the 3rd international conference "Mind and its Potential" on 3 and 4 November 2007, Sydney Masonic Centre, Sydney, Australia. The conference will focus on mindfulness meditation and its various applications in clinical and non-clinical contexts. Pre-conference workshops will also be offered and 600 delegates are expected to attend. The brochure will be posted on the MiCBT web site in the next few weeks. Enquiries can be addressed to Vajrayana Institute, ph.02 9550 2595 office@vajrayana.com.au



For more information on conferences, see the Conferences page on the MiCBT web site:

www.mindfulness.net.au/conferences2007.html

Free professional reference on the MiCBT web site

Thanks to MTRIG members who sent their contact details the Practitioners page listing. The listing of professionals has been a year-long project which is about to be completed. Hopefully, your information will be entered at the next updating of the web site.

Mindfulness meditation group



Monthly practice groups are taking place every 2nd Wednesday of the month in Hobart, Tasmania, AU), at the Newdegate Street Health Centre, from 6:15 to 7:00pm. Attendees arrive from 6:00pm. It is free and all are welcome to attend. The next group

will be on **Wednesday 13 June 2007**.

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 bruno.cayoun@utas.edu.au

New Members / Correspondence Recipients of MTRIG

- Larne Wellington, Queensland University of Technology and Counselling and Wellbeing Centre, QLD, Australia
- Roslyn West, private practice, VIC, Australia
- Eda Ruschena, private practice and Catholic Education Office, VIC, Australia
- Peter Smith, Wyong Community Services Centre, NSW, Australia
- Ger Schurink, private practice, Grotestr, Borne, Netherlands
- Steven deLisle, Monash University, VIC, Australia

Welcome!



Meeting Date, Time and Place

Date and Time: Wednesday 06/06/07, 6:00-7:30pm

Place: Psychology Annexe,

How to get to the Psychology Annexe
The Psychology Annexe is located above Information Technology Resources building.
http://www.utas.edu.au/campus/Sandy_Bay_Map_Building_2006.PDF