

# Mindfulness-based Therapy and Research Interest Group (MTRIG)

NEWSLETTER



mtrig@mindfulness.net.au

14<sup>th</sup> April 2010

## AGENDA

**Meeting at the MiCBT Institute**  
(See details on last page)  
**Research Article for Discussion**

*With thanks to the member who forwarded:*

**“Self-compassion and adaptive  
psychological functioning”**

By Kristin D. Neff<sup>a</sup>, Kristin L. Kirkpatrick<sup>b</sup>, and  
Stephanie S. Rude<sup>a</sup>

<sup>a</sup> Educational Psychology Department, University of  
Texas at Austin, 1 University Station,  
D5800 Austin, TX 78712, USA

<sup>b</sup> Eastern Kentucky University

Published in 2007 in peer reviewed journal:  
*Journal of Research in Personality*, 47, 403–409.

Comment by B. A. Cayoun

*This article presents 2 studies investigating the impact of self-compassion on psychological well-being. The authors found that self-compassion produces resilience in the face of anxiety and helped people be more accepting of their limitations. This is also one of the rare studies showing empirical evidence that increases in self-compassion (not self-esteem) occurring over a one-month period can increase psychological well-being. From a Buddhist psychology perspective, our daily reality is but the projection of our own mind. If so, a mind that can produce self-compassion is likely to project compassion and acceptance onto the world, in day to day life. Hence, the authors point to the importance of self-compassion as a measure of well-being.*

## Peer review session / Case discussion

Cases may be evoked by attendee as part of the proposed discussion topic (below).

## Proposed discussion topic

Sue Watts will present on the important topic of compassion, its relevance in Mindfulness training and the possible complications clients may encounter with self-compassion. The work of several authors (e.g., Kristin Neff and colleagues) will be highlighted.

## APS PD points and meetings

Members of the Australian Psychological Society who attend these meetings can claim **1.5 specialist or generalist PD point**, depending on the nature of content. You may also wish to be a contact person to create your own MTRIG meetings in your area.

## NEWS

### MiCBT Course in Singapore

A 3-day intensive MiCBT course was conducted by Dr Bruno Cayoun in early February 2010 at the Institute of Mental Health's National Addiction Management Service, in Singapore. The course focused on addressing gambling addiction with Mindfulness integrated CBT.

Comment by B. A. Cayoun

*"It was fascinating to learn that the Singapore Government opens two casinos in Singapore this year, the first casinos ever built in Singapore--Resorts World at Sentosa and the Marina Bay Sands in central Singapore. This is one of the solutions the Government chose to offset its economical difficulties.*

*Consequently, to overcome the expected escalation of problem gambling in Singapore, the Government has injected funding in the treatment of pathological gamblers. This has resulted in the creation of National Addiction Management Service, a special branch of the Institute of Mental Health, in Woodbridge Hospital, which provides both outpatient and inpatient rehabilitation services. Their website can be viewed at:*

<http://www.nams.org.sg/page.aspx/0/home>



*The course was attended by the entire multidisciplinary team in the service, which comprises Psychologists, Mental Health and generalist Nurses, Counsellors, Social Workers and Psychiatrists. The service is also keen on research.*



*The training was very well received and there was interest in further training and supervision. This is one of the largest intervention teams specialised in gambling in Asia. The potential for mindfulness research in gambling addiction is great and we might be learning a great deal from their experience and expertise in the coming years.*



*I am very grateful to the Head of the service and her colleagues for inviting me to teach MiCBT there and I look forward to further cooperation."*

### **Combined Australian Pain Society and New Zealand Pain Society Annual Conference**

The Combined Annual Scientific Meeting of the Australian Pain Society and the New Zealand Pain Society took place on the Gold Coast from 26 to 31 March 2010. The MiCBT pre-conference workshop conducted by Dr Cayoun was well attended and attracted much interest for further training for clinical staff of two hospitals in Queensland, Australia.

GOLD COAST CONVENTION CENTRE | 28-31 MARCH 2010



**The Impact of Pain**

### **MiCBT Research at UTAS**

Natasha Kasselis is starting a psychometric study of the Mindfulness-Based Self-Efficacy Scale (MSES; Cayoun & Freestun, 2004) as part of her Honours Degree in Psychology at the University of Tasmania (UTAS). She will investigate the factor structure of the instrument, as well as its test-retest reliability. Two previous studies have already shown the MSES has good internal

consistency and concurrent validity when compared with the MAAS, FMI and KIMS. Nat will measure the correlation between the MSES and Baer and colleagues' more recent Five Factor Mindfulness Questionnaire. Nat will need all the help she can get and would be very grateful if you could assist by filling in her short online questionnaire.

Contact: [nat\\_ash\\_ka@hotmail.com](mailto:nat_ash_ka@hotmail.com)

Marise Fallon's Master Thesis at UTAS will involve the investigation of 3 important aspects of mindfulness training; mindfulness of breath (MOB), body scanning (BS) and informal practice (IP) of mindful awareness in daily actions. An important and yet unanswered question is the differential beneficial effects that each of these techniques produce. Whereas some mindfulness-based therapies tend to emphasise (MOB), others stress the importance of BS, and most encourage IP. The study promises to reveal long-awaited data on the matter and help clarify what best mechanisms of action should be accentuated during training. The study should be completed by end of 2011 and published in early 2012.

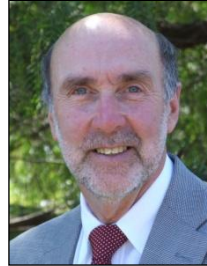
### **A New Research Journal Dedicated to Mindfulness!**

There is a new journal by Springer Publisher (New York) called *Mindfulness*. This journal publishes peer-reviewed papers that examine the latest research findings and best practices in mindfulness. It explores the nature and foundations of mindfulness, its mechanisms of actions, and its use across cultures. In addition, *Mindfulness* features papers that address issues involving the training of clinicians, institutional staff, teachers, parents, and industry personnel in mindful provision of services.

Coverage in the journal includes reliability and validity of assessment of mindfulness; clinical uses of mindfulness in psychological distress, psychiatric disorders, and medical conditions; alleviation of personal and societal suffering; the nature and foundations of mindfulness; mechanisms of action; and the use of mindfulness across cultures.

The Editor-in-Chief of *Mindfulness* is Dr Nirbhay Singh (One Research Institute, USA). *Mindfulness* can be access via: <http://www.springer.com/psychology/journal/12671> Click on *Read Online* for free articles.

### **Workshops by George Burns**



George Burns, a MTRIG member, will be conducting a series of nation-wide workshops on his latest book, *Happiness, Healing, Enhancement*, in May and June - a book lauded by Distinguished Professor Jon Carlson as

"the most useful manual ever developed for therapists." The workshop will be rich in practical exercises, helpful, easy-to-apply strategies, and skills for making positive therapeutic gains in the most difficult and challenging of client cases. George knows the challenges and rewards of using positive therapy in over 30 years in psychiatric hospitals, prisons, rehabilitation facilities, and private practice. In this workshop he will share his knowledge, experience with positive therapy, challenges, and clear case examples in an essentially practical approach for doing good, effective therapy, simply. Along with the latest research and skills, you will discover the art of joyful therapy for you and your clients.

George is an internationally recognised Australian clinical psychologist, Adjunct Senior Lecturer at Edith Cowan University, Director of the Milton H. Erickson Institute of Western Australia, a busy private practitioner, and author of seven books. Contact: Julie Nayda (Ph: 08 9388 2733) Email: [info@georgeburns.com.au](mailto:info@georgeburns.com.au) Or visit [www.georgeburns.com.au](http://www.georgeburns.com.au)

### Workshop by Maura Kenny & Tim Goddard

Dr Maura Kenny, CTAD, Adelaide, South Australia and Timothea Goddard, Openground, Sydney, both members of MTRIG, will be presenting an introductory workshop in two Mindfulness Based Group Interventions: Mindfulness Based Stress Reduction and Mindfulness Based Cognitive Therapy, from 21 to 23 April 2010 in Burnie, North West Tasmania. The three day Introductory Workshop involves 24 hours immersion in the theory, research and practices of MBSR/MBCT. It is aimed at clinicians with some knowledge and experience of cognitive therapy, and with a serious interest in bringing MBSR and MBCT into their lives and work. It includes a blend of didactic, experiential and small group work. In Australia, Maura is a leading teacher of MBCT and Tim is a leading teacher in MBSR. For more information please email [ali.maginness@utas.edu.au](mailto:ali.maginness@utas.edu.au) or phone (03) 6430 4550

### IMPORTANT REMINDER: Changes to the MTRIG Newsletter and Merger of MTRIG and MiCBT Institute Memberships

The MTRIG newsletter will soon become the MiCBT Institute newsletter. This change is in line with the growing number of professionals who undertake training in MiCBT. Accordingly, **all MTRIG members are invited to join the MiCBT Institute** (free of charge). Please note that from 15<sup>th</sup> May 2010, the newsletter and research articles **will only be sent to MTRIG members who have registered with the MiCBT Institute**. Without this merger, Members of both



MTRIG and MiCBT Institute will receive the same mail twice. Ordinarily, MiCBT Institute members would be required to have attended a professional

workshop or course in MiCBT to register. Registered members can access therapist and client forms, and benefit from special discounts on mindfulness CDs. This unique opportunity is offered to all because some MTRIG members located in the US, Europe, South Africa and Israel have been participating members for up to 6 years but have not been able to attend a course in Australia, New Zealand or South East Asia. To register online:

<http://mindfulness.net.au/registration>

## NEW MTRIG MEMBERS

- **Patrea O'Donoghue:** I am a registered Psychologist in private practice in Ormiston, Redland City, just outside Brisbane, Australia. My early experiential 'training' in mindfulness was during my training as a ballet dancer, which I have continued as a long-time yoga practitioner. After completing my Master of Psychology (2005), I became interested in ACT and trained with Dr Russ Harris. In early 2007 I was introduced to an Insight Meditation group in Brisbane – since then I have been a regular weekly attendee and (mostly) daily mindfulness practitioner. I attended the MYE course (MiCBT for clients) with Astrid de Ruyter to see if it would be suitable for my clients in late 2007. I also took part in a Master's student's 8-week Mindfulness in Therapy program – designed for therapists to use mindfulness in their practice. In late 2008, I attended a one-day mindfulness course with Mal Huxter. In October 2009, I ran my first MYE (MiCBT) course – continuing the work Astrid had begun at the Redland Community Centre. I also accept private referrals.

Contact: [patrea@ozemail.com.au](mailto:patrea@ozemail.com.au)

- **Marisa Garau:** My main professional activity is writing, editing and publishing books on mindfulness. I'm self-employed and

run my own company in Mangawhai, New Zealand. I have undertaken two mindfulness trainings in Amsterdam, workshops and retreats. I m part of a meditation group based on Buddhist meditation traditions run by Dido Dunlop, meeting once a week.

Contact: [marisa@aboutmindfulness.com](mailto:marisa@aboutmindfulness.com)

- **Marise Fallon:** "I am currently studying a Master in Clinical Psychology at UTAS, Hobart. I am very interested in the possibilities of mindfulness training as a therapeutic technique. My Master Thesis is looking into the effects of different aspects of MiCBT on a non-clinical population and I have been lucky enough to have arranged training in MiCBT with Bruno Cayoun through UTAS.

Contact: [mlfallon@postoffice.utas.edu.au](mailto:mlfallon@postoffice.utas.edu.au)

- **Arwen Dyer** has a Graduate Diploma and a Master of Arts by Supervision in Creative Arts Therapy from MIECAT (the Melbourne Institute for Experiential and Creative Arts Therapy), a Graduate Certificate in Health Promoting Palliative Care and a Bachelor of Arts in Psychology. She has trained in Mindfulness-based Core Process Therapy (MbCPT) and is looking forward to training in MiCBT. Passionate about integrating mindfulness and the arts in her professional practice, Arwen lives in Southern Tasmania, where she works mostly with women and children.

Contact: [isfryncapt@yahoo.com.au](mailto:isfryncapt@yahoo.com.au)

- **Tess Huffam:** My professional background is nursing. I am a Credentialed Diabetes Educator, Clinical Nurse at Atherton Hospital, Atherton, North Queensland, Australia. I attended the applied (8-session) MiCBT program for health professionals conducted by Bruno in Atherton during a 4-month period in 2009. I am both professionally and personally interested in mindfulness. I practice daily and use mindfulness concepts regularly with clients. Time is prohibitive to conduct 1:1 MiCBT training; however I am planning to co-facilitate a MiCBT group program for consumers. I am certain it would be a very useful health promotion activity to run MiCBT group programs on a regular basis from the Atherton Primary Health Centre. With support of colleagues, especially Jill Maybir,

we are actively seeking funding to get MiCBT group programs off the ground. Contact: [Therese.Huffam@health.qld.gov.au](mailto:Therese.Huffam@health.qld.gov.au)

***All welcome to the MTRIG!  
(and MiCBT Institute)***

## SNAPSHOT

**Bronwyn Moth, (PETESC)**  
Clinical Psychologist &  
Senior Psychologist, Corrections  
Christchurch, New Zealand

I was born in Dunedin, New Zealand, and initially trained as an Outdoor Education Instructor, but after working in America in the area of adventure based therapy over several years, I returned to New Zealand to retrain as a Psychologist. I completed further study in Psychology and finally post graduate training in Clinical Psychology in 1996. I have worked with youth (13-20 yrs) ever since. I currently work in the area of Corrections Psychology and in private practice. My main client group are youth who have committed crime. These young people generally have numerous needs as well as mental health issues and I find CBT and MiCBT models and skills to be very useful in their treatment. I also train and supervise and work with mental health issues in male and female adolescents. I am a registered Clinical Psychologist with the New Zealand Psychological Society, a member of the New Zealand College of Clinical Psychologist and a Senior Psychologist with the Department of Corrections, New Zealand.

My interest in Eastern philosophy and mindfulness techniques originated when I started training in Seido Karate, some 16 years ago. Since this time I have practiced simple meditation and more recently in my practice as a Psychologist, I have found that many of my clients use a range of unhelpful strategies to avoid distressing and gain pleasant body sensations and that these strategies have often resulted in legal consequences. Further, I found that the skills

of CBT went some way to addressing these issues, and yet left areas untouched. Thus, some time ago I began searching for a model that integrated my knowledge and training of CBT with the philosophy and strategies of Eastern ways.

In early 2009, I had the opportunity to attend a three day intermediate/ advanced training facilitated by Bruno Cayoun, who developed Mindfulness-integrated Cognitive Behaviour Therapy and thus far, this model and programme have provided the best consistent synthesis of Eastern and Western methodologies. Subsequent to the training, I took myself through the programme and then applied/ trialled the model with two clients, both of whom improved dramatically and both of whom reported their experience of the treatment as extremely empowering and beneficial. As a result of this, I have been trying to facilitate a way that I can complete the full 8 week training programme, however flying to Australia weekly for sessions is prohibitive. With this in mind, I have been advocating with the committee of the Christchurch branch of the New Zealand College of Clinical Psychology in an effort to bring Dr Cayoun back to New Zealand for further training.

In terms of research interests, I am interested in making mindfulness skills and in fact the entire MiCBT programme "sexy" for youth offenders in order to get/ increase their investment in acquiring such skills. Also I am interested in the role of animal assisted therapy and the impact of the philosophy of Eastern martial arts on the development of prosocial values.

On a personal front, I am in a relationship and my partner has two cool kids who are 15 and nearly 12 years old. We live on a wee farm and have 17 alpaca, five pet kune piglets, four sheep, two dogs, one pet chicken, one miniature horse and a cat. I have recently returned to train at karate and have a love of outdoors and biking.

Contact: [Bronwyn.Moth@corrections.govt.nz](mailto:Bronwyn.Moth@corrections.govt.nz)

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## MiCBT COURSES UPDATE

The remaining **2010 MiCBT workshops and courses** are listed below. Most will be facilitated by Dr Bruno Cayoun; some will be co-facilitated by Psychologists Sally Francis and Alice Shires. For details, please see the Training page on the MiCBT Institute website:

[www.mindfulness.net.au/training-2010](http://www.mindfulness.net.au/training-2010)

<b>21-22 May 2010</b> BRISBANE-QLD <i>in-house workshop</i>	MiCBT for Chronic Pain for clinical team of Royal Brisbane's Pain Centre and Women's Hospital
<b>28 May 2010</b> GEELONG-VIC	Introduction to Mindfulness-CBT for School Psychologists, Geelong Conference Centre
<b>19 June 2010</b> ADELAIDE-SA  14 specialist points	<a href="#">Introduction to Mindfulness-CBT for Crises Intervention and Relapse Prevention</a>
<b>26 June 2010</b> AUCKLAND-NZ  14 specialist points	<a href="#">Introduction to Mindfulness-CBT for Crises Intervention and Relapse Prevention</a>
<b>5-9 Jul 2010</b> SYDNEY-NSW	<a href="#">Mindfulness, Insight and Change: Integrating Mindfulness training and Cognitive Behaviour Therapy for Emotional Well-being.</a> <b>(5-day retreat)</b> <b>Places are limited</b>
<b>10 Jul 2010</b> HOBART-TAS  14 specialist points	<a href="#">Expertise in the Integration of Mindfulness and CBT</a> <b>Places are limited</b>
<b>24 Jul-11 Sep 2010</b> BRISBANE-QLD  32 specialist points	<a href="#">Applied Supervised MiCBT Course for Professionals</a>
<b>18 Sep-6 Nov 2010</b> HOBART-TAS  32 specialist points	<a href="#">Applied Supervised MiCBT Course for Professionals</a> <b>Places are limited</b>
<b>23 Oct 2010</b> Canberra-ACT  14 specialist points	Introduction to Mindfulness CBT for Crises Intervention and Relapse Prevention
<b>5-7 Nov 2010</b> Christchurch, New Zealand	3-day workshop: Introduction to Mindfulness CBT for Crises Intervention and Relapse Prevention

### MiCBT groups for clients

If you are interested in having a client group conducted in your service, either as a pilot trial or as part of your clinical program and/or professional training program, please contact: [admin@mindfulness.net.au](mailto:admin@mindfulness.net.au). It may be possible for a MiCBT-accredited clinician in your area to conduct such a group.

## MTRIG Meeting

MTRIG meetings in Southern Tasmania are held at the MiCBT Institute building and start with a short mindfulness meditation practice.

### Meeting date, time and place

**Date:** Wednesday 14/04/10

**Time:** 6:00 to 7:30pm

**Place:** MiCBT Institute Building (Top floor)  
277 Macquarie St, Hobart, TAS, Australia

### June Meeting on

Wednesday 02/06/10

## FREE 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 (courtesy of Dr Janeil Hall) and all are welcome to attend.



Although brief practice instructions are given at the start of practice, 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 practice skills and feel supported.