

# Mindfulness based Therapy and Research Interest Group (MTRIG)

NEWSLETTER



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4<sup>th</sup> April 2007

## AGENDA

### Meeting at the Psychology Annexe School of Psychology University of Tasmania

*This meeting will include the following:*

#### Review of a research article

##### **Treatment-resistant depressed patients show a good response to Mindfulness-based Cognitive Therapy**

Published in Behaviour Research and Therapy (April 2006) by Maura Kenny<sup>1</sup> and J. Mark G. Williams<sup>2</sup> (<sup>1</sup>The Adelaide Clinic Consulting Suites, Australia; <sup>2</sup>University of Oxford, UK).

*Despite the push for the use of evidence-based treatments in Australia, there remains some insecurity among clinicians in using a mindfulness-based approach for clients with chronic depression, even though they may not respond to usual treatments. Thanks to Maura Kenny and Mark Williams, the excellent results shown in this study will help reassure clinicians who intend to use MBCT.*

#### Peer review session / Case discussion

Film screening of a real case with Acute Stress Disorder, Alcohol Abuse and Depression treated with MiCBT, presented by Bruno Cayoun.

**Note:** This is a multidisciplinary context so anyone is welcome 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. 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 case discussion practices). If you are interested in presenting at a future meeting, please email [mtrig@mindfulness.net.au](mailto:mtrig@mindfulness.net.au).

#### Proposed discussion topic

The topic will revolve around the footage. Given the past interest in trauma, the topic may focus on the how the processes of MiCBT affect trauma.

#### 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

## Change from MCBT to MiCBT

That's it folks! The name of the approach usually known as Mindfulness-based Cognitive Behaviour Therapy (MCBT) has changed to Mindfulness-integrated Cognitive Behaviour Therapy (MiCBT). The letters communicating the need, process and results of such a change will be posted on the web site very soon. Thanks to Prof Mark Williams for his guidance and input, and to all of you who participated in the search for a suitable name. It was a remarkable example of group effort and creativity. Since the purpose was to avoid further confusion between MCBT and MBCT, please use MiCBT instead of MCBT from now on. All pages of the MiCBT website are currently being updated.

## MiCBT workshop organised by the Australian Association for Cognitive Behaviour Therapy (AACBT)

Based on participant feedback, the 1-day MiCBT workshop hosted by the AACBT (Victoria) on 19<sup>th</sup> March in Melbourne was a great success. There was a mix of beginners and experienced practitioners. Several of the 50 participants decided to begin their own practice and start implementing the model in their work. Others intend to research it as part of their thesis.

## MiCBT intensive course

A comprehensive 8-week MiCBT "applied" course (personal and professional implementation of skills while continually supervised) will be offered in July and August this year. 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 25/08/07, 1:00pm to 4:30pm). Course details will be posted on the MiCBT web site soon. Places are limited. If you are interested in this course, please contact [mtrig@mindfulness.net.au](mailto:mtrig@mindfulness.net.au)

## Calls for research collaboration

Sally Francis, from Swinburne University (VIC), is completing a Masters in Counselling Psychology which involves mindfulness research. She is studying the constituents of mindfulness and would greatly benefit from your help in filling out her web-based questionnaire. She needs 300 respondents. If you would like to donate a little of your time, you can access the online survey at: <http://opinio.online.swin.edu.au/s?s=wellbeing> You can also contact Sally at: [sally.e.francis@bigpond.com.au](mailto:sally.e.francis@bigpond.com.au)

Fiona Pavlakis, from University of Sydney is completing a PhD in Psychology which involves mindfulness research. She is currently trying to source a group of experienced mindfulness meditators (10 years plus in the Vipassana technique) who may be able to volunteer some time to do some simple cognitive/attentional tasks online once a day for one week. Each activity will take 5 minutes per day. You can contact Fiona at: [fionap@agsm.edu.au](mailto:fionap@agsm.edu.au) or [fpav7124@mail.usyd.edu.au](mailto:fpav7124@mail.usyd.edu.au)

## Repeat information: Free professional reference on the MiCBT web site

You can now have your contact details on the "Practitioners and Referrals" page of the MiCBT web site. This will facilitate client referrals and networking for research and other purposes. The idea is to have a simple database which includes your name, contact details, and training experience with mindfulness-based clinical work or research.

If you have taken training in MiCBT you can also have your own page. You can see 2 page examples by clicking on Bruno Cayoun or Alice Shires on the Workshops page of the site. If you are interested in appearing on the Practitioners page, please send us the information mentioned above to [mtrig@mindfulness.net.au](mailto:mtrig@mindfulness.net.au) Please mention whether you would be interested in a free personal page (MiCBT training required).

## A Mindfulness Institute?

A number of professionals and academics are currently considering the idea of forming an association, institute, centre or the like, which would be involved in the delivery and research of mindfulness-based therapies, as well as the training and supervision of professionals; including a nation-wide panel of experts from various disciplines and mindfulness orientations. If you have any views, ideas, criticism or encouragement for such an idea, please send your comments to [mtrig@mindfulness.net.au](mailto:mtrig@mindfulness.net.au). Your support would be greatly appreciated.

## Mindfulness meditation group



Monthly practice groups are taking place every 2<sup>nd</sup> 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 11 April 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](mailto:bruno.cayoun@utas.edu.au)

## New Members / Correspondence Recipients of MTRIG

- Moira Nicholls, Dept of Education TAS, Australia
- Astrid de Ruiter, QLD, Australia
- George W Burns, Edith Cowan University (WA) and Milton H Erickson Institute of Western Australia
- Sandra Mackintosh, Dept of Justice, TAS, Australia
- Ingo Lambrecht, Buchanan Rehabilitation Centre, Auckland, New-Zealand
- John Julian, Monash University and Southern Health, VIC Australia
- Ellen Digre, Royal Melbourne Institute of Technology, VIC, Australia

*Welcome!*



## Meeting Date, Time and Place

**Date and Time:** Wednesday 04/04/07, 6:00-7:30pm

**Place:** Psychology Annexe, School of Psychology, University of Tasmania

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](http://www.utas.edu.au/campus/Sandy_Bay_Map_Building_2006.PDF)