

# Mindfulness based Therapy and Research Interest Group (MTRIG)

NEWSLETTER



[mtrig@mindfulness.net.au](mailto:mtrig@mindfulness.net.au)

7<sup>th</sup> February 2007

## 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 Trauma: Implications for Treatment”

Published in Journal of Rational-Emotive & Cognitive-Behavior Therapy (August 2006) by Victoria Follette<sup>1</sup>, Kathleen Palm<sup>2</sup> and Adria Pearson<sup>1</sup> (<sup>1</sup>University of Nevada, USA; Brown Medical School/Butler Hospital<sup>2</sup>).

*MCBT practitioners will relate well to this review article, which puts forward a rationale for the integration of mindfulness training in the treatment of trauma. It will be particularly meaningful if you are interested in the constructs underlying the practice of mindfulness from a Buddhist psychological framework and its relationship to the set of skills Western therapists have adopted in mindfulness-based models.*

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 MCBT, 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). Please email [mtrig@mindfulness.net.au](mailto:mtrig@mindfulness.net.au) if you are interested in presenting at a future meeting.

#### Proposed discussion topic

“In search of a different name for MCBT: A review of MTRIG members’ suggestions”.

#### Peer review session / Case discussion

Exceptionally, no case discussion has been organised for this meeting as the “Proposed discussion topic” (see below) is expected to take up much of the time.

#### APS PD points and meetings

APS members who attend can claim 1.5 professional development points. If you wish to be a contact person to create your own MTRIG meetings in your area, we can help!

## NEWS

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

A 1-day MCBT workshop is organised by the AACBT, Victorian branch, and scheduled for 19<sup>th</sup> March 2007 in Melbourne. An abstract and details about the workshop can be downloaded from the MCBT web site: [www.mindfulness.net.au/workshops2007](http://www.mindfulness.net.au/workshops2007). You can also download the AACBT flyer and booking information from the same page.

### First visit of Jon Kabat-Zinn in Australia

Jon Kabat-Zinn' November talks and workshops in Sydney and Melbourne were a big success. MTRIG members who attended commented very positively on the content of the talk as well as the turnout.

### MCBT intensive courses

A number of requests are emerging for longer, more comprehensive and more applied courses in MCBT. Two formats have been suggested: a week-long intensive and an 8-week "applied" course (your implementation of the skills while continually supervised). While the week-long course has not been trialled, the 8-week course has already shown very successful outcomes in Tasmania. If you are interested in either of these course formats, please contact [mtrig@mindfulness.net.au](mailto:mtrig@mindfulness.net.au)

### Repeat Information: Free professional reference on the MCBT web site

You can now have your contact details on the "Practitioners" page of the MCBT web site. This will facilitate referrals and networking for research and other purposes. The idea is to have a simple table format which will include your name, contact details,

and training and experience with mindfulness-based clinical work or research.

If you have taken training in MCBT 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 (MCBT training required).

### MCBT 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@mindfulness.net.au](mailto:bruno.cayoun@mindfulness.net.au)

### 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 14 February**.

### New Members / Correspondence Recipients of MTRIG

- Karen Baikie (Macquarie University & Private practice, VIC, Australia)
- Christine Burke (School Psychologist, Sydney, Australia)
- Shirley Fergusson (Clinical psychologist, Hamilton, New Zealand)
- Brian Johnston (Centre for Treatment of Anxiety & Depression, SA, Australia)
- Maura Kenny (Centre for Treatment of Anxiety & Depression, SA, Australia)

**Welcome!**

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## Meeting Date, Time and Place

**Date and Time:** Wednesday 07/02/07, 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. You can click on the following link to access the map:

[http://www.utas.edu.au/campus/Sandy\\_Bay\\_Map\\_Building\\_2006.PDF](http://www.utas.edu.au/campus/Sandy_Bay_Map_Building_2006.PDF)

