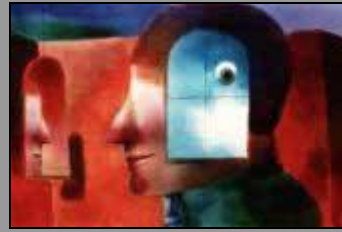


# Mindfulness-based Therapy and Research Interest Group (MTRIG)



mtrig@mindfulness.net.au

NEWSLETTER

8th July 2009

## AGENDA

### Meeting at the MiCBT Institute Hobart Tasmania Australia

(See details on last page)

*This meeting will include the following:*

#### Review of a research article

*Thanks to Annemarie Lambe for this article.*

“Mindfulness Groups for People with  
Psychosis”

By Paul Chadwick<sup>1</sup>, Katherine Newman  
Taylor and Nicola Abba<sup>2</sup>

<sup>1</sup> University of Southampton & Royal South Hants  
Hospital, Southampton, UK, <sup>2</sup> Royal South Hants  
Hospital, Southampton, UK.

Peer reviewed journal published in 2005 by  
*Behavioural and Cognitive Psychotherapy*,  
2005, 33, 351–359.

*It reports on preliminary clinical outcome  
data collected from a group of patients with a  
psychotic condition who undertook a  
modified version of MBSR in a Psychiatric  
hospital. One of the interesting aspects of  
the results is that mindfulness was shown to  
be appealing to a number of participants and  
did not pose any risk of worsening psychotic  
symptoms. This is reassuring given some  
previous studies recommended that  
mindfulness be used with caution in*

*psychotic patients. However, this is an  
uncontrolled study and the authors are  
accordingly cautious about the results and  
the conclusions that can be derived.*

#### Peer review session / Case discussion

Open to all attendees.

#### Proposed discussion topic

“The MiCBT Institute web site: current and  
future content”. This will include an online  
presentation of the web site, its advantages  
and future potential for e-learning.

#### APS PD points and meetings

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

## NEWS

### MiCBT Institute web site up and running!

The Institute now has a web site that is nicely designed and efficient, capable of offering e-learning when the course is ready. This will include lectures on streaming videos. The new web site has replaced the old "MiCBT web site", which was more informational than a working tool. This structure feels less cluttered, is simpler to navigate and has several additional features:

- Potential clients can now request a referral directly via the site. (NB. the current "request system" will change to a more direct route for client/referrer queries in the future. To ensure assurance of competency, only MiCBT practitioners accredited by the Institute will be directly contactable by clients and referrers via the forthcoming referral system.)
- News Announcements, featuring forthcoming conferences, newsletters, etc.
- A long-awaited section for clients, with basic information on MiCBT.
- An opportunity to join at no cost and login as a member. Everybody who has undertaken a MiCBT workshop or applied MiCBT course taught by Dr Bruno Cayoun in the past 8 years is welcome to join. Becoming a member of the Institute has several advantages. For example, once logged in, members can access discounts on mindfulness CDs and all online forms and questionnaires. They will also be notified about new client and therapist forms.

### MiCBT research at the University of Tasmania

A new research project will examine the effects of MiCBT on the experience of alcohol and other drug addictions. The study is in its early stage and is part of a Masters degree in Clinical Psychology undertaken by Kylie Wickham at the School of Psychology,

University of Tasmania, Australia. The research is supervised by Dr Bruno Cayoun.

Participants will be selected from an inpatient facility in Burnie (North West Tasmania) and randomly allocated to one of the following three groups: Treatment-as-usual (TAU), which will act as control, TAU + MiCBT, or MiCBT only. Follow-up sessions will also be carried out at 1, 3, and 6 month intervals. The study is planned to be completed at the end of 2011.

### Research measuring levels of mindfulness in poor diet

The North West Dietetic Service (North West Regional Hospital, Department of Health and Human Services, Burnie, TAS, Australia) is a rural acute service increasingly overwhelmed by referrals for weight management normally dealt within the community. Exacerbating factors influencing weight include wide spread low socio-economic status, decentralised population, poor dietary habits and limited physical activity, and lack of self awareness/mindfulness. These factors were considered in the development of the 'Appetite 4 Change' weight management program'.

The multidisciplinary program (Dietician, Social Worker, Physiotherapist) commenced in April 2007 to facilitate understanding and practice of developing a healthy lifestyle. More specifically, to enhance self-management by encouraging mindfulness based coping, realistic goal setting, healthy eating and physical activity. Participants are recruited via referrals to the 4 week program.

The goal in 2009 for Clinical Dietician and Researcher Nicole Micallef is to expand the existing pre and post evaluation of the 'Appetite 4 Change' program by looking specifically at changes in mindfulness (as measured by the *Mindfulness-based Self Efficacy Scale*), general mental health and specific issues of depression and anxiety using a stress scale. Nicole plans on incorporating a wait-list control design to determine if people have a stable baseline which will help determine if the changes in the forementioned factors are due to the

program. She is also hoping that information gained from long term follow up (post program, 1, 3, 6 and 12 months) may help identify factors contributing to relapse and help create a strategy to put program participants back on track.

Contact: [Nicole.Micallef@dhhs.tas.gov.au](mailto:Nicole.Micallef@dhhs.tas.gov.au)

### **New MiCBT client handout**

Dr Elbourne (University of Sydney) and Dr Bruno Cayoun (MiCBT Institute & University of Tasmania) have produced another client handout for the purpose of helping clients overcome common difficulties encountered during mindfulness training, as described in the MiCBT manual. The two and half-page document is written in “plain English” and is titled “Dealing with Difficulties in Mindfulness Training”. This will also be of assistance to clients in consolidating the main concepts explained by their therapist. The handout is now posted on the new MiCBT web site and is freely available to everyone who has undertaken any training in MiCBT taught by Dr Cayoun over the last 8 years. You will need to register and then login as a member before downloading this and other forms (In menu: “Treatment→ MiCBT Practice Tools”).

### **Completion of the 8-week MiCBT course at Risdon Prison**

Thanks to Manager of Programs and Reintegration Jonathon Fields, the 8-week MiCBT course for professionals (clinical and support Staff) has recently taken place at the Tasmanian high security prison. The enthusiasm of participants who completed the course was inspiring and four of them have expressed interest in co-facilitating a MiCBT group for incarcerated women at the women’s prison in 2010. However, this project is still at the conceptualisation stage. Should it happen, it would be the first reintegration program of its kind delivered in an Australian prison.

## **SNAPSHOT**

**Michael Anderson**  
Psychologist and  
Mindfulness Teacher



I have had an interest in meditation since the early 80s. At this time I had a significant anger issue and was looking for ways in which I could manage what was becoming a very destructive pattern. It has predominantly been the personal benefit to my way of being that has motivated me to practice, although over time the benefit to others has become an increasing motivation. In the early years I was influenced by yoga and Hindu based teachings and fumbled along on my own for many years. In 1987 I did a health behaviour change project at university and did meditation as the behaviour I wanted to commit to. Since that time I have practiced regularly.

Buddhism became an increasing influence on my meditation practice and in 1990 I participated in some training with a teacher in the Theravada tradition, Ajahn Jagaro. I participated in a number of retreats and over the years have had exposure to Zen and Tibetan Buddhism.

In 1995 I participated in a course run by Peter and Penny Fenner which merged the Buddhist teachings into Western Psychology. At this time I started to entertain doing a Masters Degree in Buddhist Psychology. In 1997 I travelled to the USA to interview Buddhist psychologists, counsellors and psychiatrists in the use of Buddhist practices in their therapeutic work. This masters thesis is still incomplete. In large part because the process of interviewing these people provided me with such significant learnings that my motivation to dissect the interviews was low.

My private practice was established in 1995 and I was increasingly working in the area of pain management. I came across Jon Kabat-

Zinn's work and used that as my model in working with clients with chronic pain. I was also working at this time as an organisational consultant. I was integrating mindfulness into leadership training programs with varying degrees of success. The limiting factor was "How could something so simple be able to provide me, as a leader any value". To this response I developed a model of presenting mindfulness that made it more complex and hence wrote the self published book "Mindfulness Practice".

In 1997 I was interested in bringing other psychologists together so I initiated the process to develop the Australian Psychology Society Buddhism and Psychology Interest Group. I sat as National Convenor for this group for 9 years. I recall the first meeting and the joy of many who participated as they felt that this was "coming out of the closet" for them. Many people felt that integrated Buddhism would have been too much for the establishment to handle. Amazing how far Buddhism's influence has come. I never in my wildest dreams imagined that we would now see what we currently see with the mindfulness movement.

I have now participated in training in DBT, ACT and MBCT training. I facilitated an MBCT 8 week program last year in Geelong and was reminded of the simplicity and power of the mindfulness program through the collective shifts of the participants. Since 2003 I have been running training in Mindfulness based therapies to psychologists and other health professionals. I find great satisfaction in this work as I feel that I am contributing to the broader dissemination of mindfulness to a larger group than I could do on my own. This program is run over 12 months as I have a strong conviction (or attachment) that mindfulness therapists should work from a well established and informed personal practice.

In more recent years while continuing mindfulness practice, I have continued to explore the breadth of the teachings of Buddhism. Western science has a long history of reductionism that is reducing broad ideas into smaller discrete concepts. Remember relaxation. This was western

sciences early take on meditation, which we can now recognise as only a small element of the contribution possible from meditation practice. So I continue to explore Zen and Dzogchen teachings for their rich wisdom. I recently travelled to France to study Non dual therapy, which simply put recognises that there is a conditioned experience and an unconditioned experience. The unconditioned experience is said to be the ultimate medicine which may be the next wave in psychology, but for me it has become a very fulfilling process that I am grateful to have the opportunity to explore both personally and professionally. The great attraction of mindfulness and Buddhism more generally has been at this personal and professional interface which I think is more real for me than the separation of personal and professional. So I look forward to the continued rich dialogue that this group and the many others provide in this area.

*Michael accepts referrals and provides supervision in mindfulness training for therapists. Contact: [michaela1@live.com.au](mailto:michaela1@live.com.au)*

## NEW MTRIG MEMBERS

- **Aspasia losifidis** is an Intake Counsellor for Veterans and Veterans Families Counselling Service (VVCS), Department of Veterans' Affairs in Sydney, Australia. She recently participated in a 4 day MiCBT workshop run by Dr Bruno Cayoun in Maleny, QLD, and started implementing the method with some VVCS clients.

Contact: [Aspasia.losifidis@dva.gov.au](mailto:Aspasia.losifidis@dva.gov.au)

- **Nicole Micallef** Is a Clinical Dietician (B.Bio.Med.Sci(Hons), G.Dip Dietetics) at the North West Regional Hospital, Department of Health and Human Services in Burnie, Tasmania, Australia. She is actively involved in clinical research specifically looking at mindfulness of overweight/obese patients involved in a multidisciplinary group weight management program 'Appetite 4 Change'. Nicole is hoping to do a formal training in MiCBT this year. Nicole accepts referrals only for dietetic related issues. Details: [Nicole.Micallef@dhhs.tas.gov.au](mailto:Nicole.Micallef@dhhs.tas.gov.au)

- **Jonathon Field** has training background in Social Work and is the current Manager of Programs and Reintegration for the Tasmania Prison Service in Australia. This role requires the identification of a range of intervention and support services for inmates. Jonathon has previously undertaken MiCBT training with Dr Bruno Cayoun. In addition Jonathon and his team will introduce MiCBT into the prison service. This will start with the implementation of the applied 8-week course, facilitated by Dr Cayoun from 30 April to 18 June 2009. Contact: [Jonathon.Field@justice.tas.gov.au](mailto:Jonathon.Field@justice.tas.gov.au)

- **Dermot McNevin** has recently obtained his Diploma in Psychotherapy in Dublin, Ireland. He is currently engaged in the follow-on degree in Psychotherapy (accredited as an honours degree by Middlesex University in the UK, and is approved by the Irish Association of Counsellors and Psychotherapists). Dermot works also in private practice just outside Dublin, where he works with an integrative approach. He has a strong interest in Mindfulness and has kept a daily mindfulness practise for over five years. Contact: [dermotmcnevin@gmail.com](mailto:dermotmcnevin@gmail.com)

- **Ernest Schall** was a Psychologist employed by the South Australian Police before moving to Tasmania, Australia, in 2008, and working at Risdon Prison, a high security correctional facility. Initially trained in Family Therapy and CBT, Ernest has been a practicing therapist for 16 years. He has recently trained in MiCBT with Dr. Bruno Cayoun. Ernest is commencing private practice at Macquarie Psychology, located within the MiCBT Institute offices at 277 Macquarie Street, Hobart, along with Dr. Cayoun. Referrals are currently being accepted on (03) 6224 8448. Email contact: [eschall@bigpond.com](mailto:eschall@bigpond.com)

- **Diana Taylor** is a retired Mental Health Lecturer (University of Western Sydney) and Mental Health Nurse with 30 years experience in the area. Her clinical experience is in community mental health and psychiatric hospital settings; and her education experience is in hospitals and universities. Diana has some experience with Vipassana and other Buddhist meditation techniques. She has been attending the

MTRIG Thursday night mindfulness group in North Hobart and is keen to be acquainted with what others are doing in their applications of mindfulness in mental health. Contact: [diablostaylor@hotmail.com](mailto:diablostaylor@hotmail.com)

***All welcome to the MTRIG!***

## MiCBT COURSES UPDATE

The **remaining 2009 MiCBT workshops and courses** are listed below. They will be facilitated by Dr Bruno Cayoun. For details, please see the Training page on the MiCBT Institute website:

**May 16 to August 22:** An 8-week applied MiCBT course for the Tablelands Drug & Alcohol Counselling Centre, Atherton, North QLD, Australia. Given the logistics for this course (long distance between Hobart and Atherton) the classes will take place fortnightly over 4 months. The course Coordinator is Jenell Wilkie.

**September 3-4 & October 1-2:** A second 4-day intensive MiCBT course this year for the Hunter Institute of Mental Health will be offered at the James Fletcher Hospital, Newcastle, NSW, Australia. As for the course in first semester, this course will be divided into two 2-day sessions but separated by only a 1-month gap for personal and professional practice.

**September 8, 9, 10:** A 3-day intensive introductory course (focusing on addictions) for the Centre for Experiential Training, Singapore.

**September 12, 13, 14:** A 3-day intensive introductory course centred on gambling addiction for the Hong Kong Shue Yan University and the Asian Professional Counselling Association.

**October 9 to November 27:** An 8-week applied MiCBT course will be conducted for the Salvation Army's Bridge Program,

Hobart, TAS, Australia. This is to inform and up-skill Alcohol and Other Drug counsellors in the use of MiCBT in their daily work, especially with amphetamine users. However, the course is open to external participants. Contact Debra Rees by phone: 03 6278 8140 or (mob) 0429 386 074 or email: [Debra.Rees@aus.salvationarmy.org](mailto:Debra.Rees@aus.salvationarmy.org)

**November 1:** A 1-day MiCBT introductory workshop at the University of New South Wales, Sydney. The aim of this introductory workshop is to introduce the principles of mindfulness meditation and their sophisticated integration with CBT.

**November 2:** A 1-day advanced MiCBT workshop at the University of New South Wales, Sydney. The aim of this advanced workshop is to further the skills of MiCBT practitioners.

**December 4:** A half-day introductory post-conference workshop at the "Mind and its Potential" International Conference, Sydney Convention & Exhibition Centre, Sydney. The conference topics will center on the brain and its plasticity.

## 2010

8-week courses may take place in Hobart Adelaide, Brisbane and Sydney in 2010. Please email your interest ASAP for such a course (or shorter workshops) [info@mindfulness.net.au](mailto:info@mindfulness.net.au)

## 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: [info@mindfulness.net.au](mailto:info@mindfulness.net.au). It may be possible for a MiCBT-accredited clinician in your area to conduct such a group.

## MTRIG Meeting

From this date, MTRIG meetings in Southern Tasmania will be held at the MiCBT Institute building and will start with a short mindfulness meditation practice.

### Meeting date, time and place

**Date:** Wednesday 08/07/09

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

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

**October Meeting:** [Wednesday 07/10/09](#)

## 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.