

Mindfulness-based Therapy and Research Interest Group (MTRIG)

NEWSLETTER



mtrig@mindfulness.net.au

3rd October 2007

AGENDA

Meeting at the Psychology Annexe School of Psychology University of Tasmania

This meeting will include the following:

Review of a research article

“The psychological and neurophysiological concomitants of mindfulness forms of meditation”

Published in *Acta Neuropsychiatrica* (2007), by Belinda Ivanovski (Black Dog Institute, Sydney, Australia; School of Psychiatry, University of New South Wales, Sydney, Australia; and Gin S. Malhi (Academic Discipline of Psychological Medicine, Northern Clinical School, University of Sydney; Royal North Shore Hospital, Sydney, Australia).

This article provides a current and comprehensive review of the psychological and neurophysiological research pertaining to mindfulness meditation when used as a psychological intervention. In case you intend to contact Belinda (1st author), she is currently in India but can be contacted by email: b.ivanovski@gmail.com

Peer review session / Case discussion

Film screening of a real case: Child with Generalised Anxiety Disorder treated with MiCBT, presented by Bruno Cayoun. Note that this film will last just under **2 hours**, so we will **start the projection at 5:30pm**.

General note for case discussions: This is a multidisciplinary context so everyone is encouraged to present in future meetings, during which you are invited to discuss one of your cases treated with MiCBT, MBCT, MBSR, or mindfulness training per se. Constructive comments are welcome. You need to ensure the strict maintenance of confidentiality 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 Your contribution will be inspiring and appreciated.

Proposed discussion topic

The topic may revolve around the film screened on the day but it will be open to emerging interests from the group.

APS PD points and meetings

APS members who attend these meetings 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

MiCBT 8-week courses

Since last year, the feedback on the two comprehensive 8-week “applied” MiCBT courses conducted in Tasmania have been very encouraging. Clinicians have reported significant benefits both personally and professionally. Accordingly, this applied course will be offered in Tasmania, Victoria and New South Wales in the next 12 months and will be conducted by Bruno Cayoun. During the course, personal and professional implementation of skills will be trained while continually supervised by the facilitator. Course details and brochures will soon be posted on the MiCBT web site: www.mindfulness.net.au/workshops2007.html

Places are now available for each of the following courses. More information will soon be posted on the Workshops page of the MiCBT website. Meanwhile, you can contact the course coordinator in each state for basic information.

Launceston (TAS)

Dates: 8 Thursdays 21/02/08 to 10/04/08
Times: 12:00pm to 3:30pm
Coordinator in Launceston: David Hunnerup
Email: ltn-coordinator@mindfulness.net.au

Melbourne (VIC)

Dates: 8 Saturdays 19/04/08 to 14/06/08,
Times: 1:00pm to 5:00pm
Coordinator in Melbourne: Sally Francis
Email: mel-coordinator@mindfulness.net.au
Phone: 0409 669 688

Sydney (NSW)

Dates: 8 Saturdays 28/06/08 to 16/08/08,
Times: 1:00pm to 5:00pm
Coordinator in Sydney: Alice Shires
Email: syd-coordinator@mindfulness.net.au

Australian Psychological Society Annual Conference

The 42nd APS annual conference is entitled ‘*Psychology Making an Impact*’. It will be held in Brisbane, Queensland, from 25 to 29 September 2007, and include a **full-day MiCBT workshop** facilitated by Bruno Cayoun. This will be an **advanced workshop**, appropriate only for practitioners of mindfulness meditation already trained in MiCBT, MBCT, or MBSR. Other therapists, as well as ACT and DBT-trained therapists will first need training in MiCBT, MBCT or MBSR. The workshop is endorsed by the APS College of Clinical Psychologists and will provide **7 specialist PD points** for Clinical College members or **7 generalist PD points** for non-college members and members of other colleges.

Opportunity for MTRIG members

It has been confirmed that as an MTRIG member, you will be entitled to a 10% discount on the full registration fee, including all workshops, for the international conference “Mind and its Potential” on 3 and 4 November 2007, Masonic Centre, Sydney, Australia. **Just mention this when you call to register (Tel: +61 2 9021 8810)**. The conference will focus on mindfulness meditation and its various applications in clinical and non-clinical contexts. Between 400 and 600 people are expected to attend. You can download the brochure from the MiCBT website:



www.mindfulness.net.au/conferences2007.html

SNAPSHOT

Alice Shires

Clinical Psychologist, Director of the Psychology Clinic, University of New South Wales (UNSW), Sydney, Australia



I have worked as a Social Worker and later as a Clinical Psychologist both in the UK and Australia, where I worked with a wide range of services including child sexual abuse services, severe mental health, trauma, pain and sexual health services.

I currently direct the UNSW Psychology Clinic where I am involved in the supervision of therapeutic and professional work undertaken by postgraduate students during their clinical psychology training. I have also been involved in teaching Cognitive Behavioural Therapy and Supervision skills for several years.

In the last few years, I have developed a keen interest in Mindfulness and its integration into CBT as a response to increasing frustration and awareness of the limitations of standard CBT. After attending ACT training with Stephen Hayes and some MiCBT training with Bruno Cayoun, I went to set up some training courses given by Bruno Cayoun for both students and supervisors at UNSW. These training workshops also provided data for some research on the effects of MiCBT training on clinicians.

Since the start of 2007 I have been hosting a Mindfulness interest group for clinicians interested in the application of Mindfulness in psychological therapy. It is open to clinicians with the same interest. For details, visit: www.mindfulness.net.au/interestgroups.html

I would very much like to see mindfulness-based therapies established within evidence based psychological therapies as well as establishing some accreditation process to support high standards.

New Members / Correspondence Recipients of MTRIG

The new members' sections will is now expanded to provide basic information of members, including titles.

- **Pamela Lovell**, Strategic Intent, TAS, Australia. The focus of Pamela's work is counselling and MBSR in organizations.

- **Dr Emma Varnecke**, School of Medicine, University of Tasmania. Emma is a General Practitioner and Senior Lecturer in the Discipline of General Practice at University of Tasmania in Australia. Her private practice involves the use of solution orientated hypnotherapy and MiCBT. She is currently accepting referrals.

- **Dr John Owen**, NHS, Bolton Primary Care Trust, Greater Manchester, UK. John is a Clinical Psychologist who works in a primary care psychological therapy department. The department accepts referrals from health professionals (mainly general practitioners, but also some referrals from psychiatrists). His work is mainly 1-1 CBT but also some group CBT (for anger-related problems). His main area of interest is interventions for anger.

- **Paula Benz**, Centacare Tasmania, Australia. Paula has a social work background and works as a counsellor with the family relationship team at Centacare. Whilst Paula works with some adults, the majority of her clients are children.

- **Vicki Carroll**, School of Medicine, University of Tasmania, Australia. Vicki is currently completing her Honours degree in Pathological Sciences, examining the differences between the sporadic and inherited forms of Alzheimer's disease. While she enjoys Neurobiology very much, she believes that "consciousness is more than some irritated nervous tissue and would like to expand her research (PhD) into the realms of consciousness and mindfulness and their positive influences on health.

Welcome to MTRIG!

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: mtrig@mindfulness.net.au



It may be possible for a MiCBT-trained practitioner in your area to conduct such a group.

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 (large 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 and all are welcome to attend. The next group will be on **Wednesday 10 October 2007**.

Therapists who implement a mindfulness-based therapy are particularly encouraged to attend these monthly practice groups to keep in touch with their own skills. There is a very good rationale for this written by Dr Chris Walsh:

www.mindfulness.org.au/MINDFULNESS%20iNSTRUCTORS.htm



Meeting Date, Time and Place

Date: Wednesday 03/10/07

Time: **5:30 to 7:30pm** (Note that due to the screening of the 2-hour long video, the meeting will start exceptionally at 5:30pm instead of 6:00pm.)

Place: Psychology Annex
University of Tasmania – Hobart, TAS

How to get to the Psychology Annex

The Psychology Annexe is located above Information Technology Resources building. http://www.utas.edu.au/campus/Sandy_Bay_Building_Map.pdf