

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



mtrig@mindfulness.net.au

NEWSLETTER

5<sup>th</sup> December 2007

## AGENDA

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

*This meeting will include the following:*

#### Review of a research article

“PTSD symptoms, substance use, and Vipassana meditation among incarcerated individuals”

Published in *Journal of Traumatic Stress*, Vol. 20 (June 2007), by T. L. Simpson, D. Kaysen (VA Dept of Psychiatry and Behavioral Sciences, University of Washington, Seattle, WA), S. Bowen, L. M. MacPherson, N. Chawla, (Department of Psychology, University of Washington, Seattle, WA), A. Blume (Dept of Psychology, University of North Carolina at Charlotte, Charlotte, NC), G. A. Marlatt, (Department of Psychology, University of Washington, Seattle, WA), and M. Larimer (Dept of Psychiatry and Behavioral Sciences, and Dept of Psychology, University of Washington, Seattle, WA).

*This article further illustrates the remarkable effects of mindfulness meditation (taught in the Vipassana tradition and MiCBT) in addressing substance abuse and addiction. It also shows that mindfulness meditation alone delivered in a short (10-day) intensive format is insufficient to address conditions as severe as PTSD and reinforces the idea of integrating mindfulness and CBT.*

#### Peer review session / Case discussion

A case presentation of an 8 year old child diagnosed with Generalised Anxiety Disorder, Obsessive Compulsive Disorder and Oppositional Defiant Disorder, treated with MiCBT will be provided by Paula Benz.

**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](mailto:mtrig@mindfulness.net.au) Your contribution will be inspiring and appreciated.

## Proposed discussion topic

A topic proposed by David Adair is the applications of mindfulness meditation in schools and/or prisons.

## 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

## Feedback on the recent Mind & Its Potential Conference by Beth Phelan, Conference Manager

Dear Bruno,

Thank you so much for your contribution to the Mind & Its Potential Conference 2007. Your case study presentation was highly valued by those attending the conference (and by the conference organisers!). I think it is really inspiring for everyone to hear other people's "success" stories. I also appreciate your support in promoting the conference. Please see below some comments from the feedback sheets. And there are many more where these came from!!!

"The best conference I have ever attended; a life changing event." Dr Robyn Huttermeister, Coorparoo, Qld

"Exceptionally valuable on a personal and macro level."

"Excellent, stimulating, thought-provoking speakers."

"Very strong; excellent mix of science and practice, warmth, intelligence and humility."

"An amazing blend of intellectual and experiential content. Many beautiful minds sharing beautiful thoughts."

"I was interested before the conference in mindfulness, and am now convinced and inspired ready to take it back and start practising to be more mindful in my own life and in my work."

"Wonderfully interesting and stimulating, and surprisingly moving."

"It was an amazing two days. An enlightening, empowering and a renewal experience."

We will be sending you a CD with some photos from the conference in the next few weeks. You can also view some conference photos on our photographer's website <http://brendanread.com/mind/> [...]

## New schedule for the Hobart mindfulness group practice

The day and frequency of the group practice has changed. In Hobart (Tasmania), you now have the opportunity to attend a **weekly** mindfulness meditation group practice on **Thursday evenings**. This replaces the usual monthly group which had been taking place on 2<sup>nd</sup> Wednesday of the month for the last two years. Thanks to the generosity of Dr Janeil Hall, there is no fee for attending and everyone is welcome to attend. Note that although this is not a therapy group, well-functioning clients and past clients are very welcome. If you are interested in attending, do not hesitate to take the opportunity to join in when convenient; this is an open group so you are not expected to commit weekly.

## New professional mindfulness interest group in Adelaide

The interest group is currently coordinated Michelle Martin, Clinical Psychologist at the Pain Management Unit, Royal Adelaide Hospital  
Phone: (08) 8222 2378 (Wednesdays, Thursdays), Reception: (08) 8222 5403  
Email: [Michelle.Martin@health.sa.gov.au](mailto:Michelle.Martin@health.sa.gov.au)

Please email Michelle for more information.

## Dutch and Portuguese versions of the Mindfulness-based Self Efficacy Scale (MSES)

The Mindfulness-based Self Efficacy Scale (Cayoun & Freestun, 2004) has recently been translated into Portuguese by the research team of Professor José Pinto Gouveia (Faculty of Psychology and Head of the Cognitive-Behaviour Therapy Research Centre of the University of Coimbra (Portugal). He is also the Director of the Behavior Therapy Unit at the Psychiatric Clinic of Coimbra University Hospital. Professor Gouveia will provide psychometric data collected by various PhD students. The MSES has been translated into Portuguese using stringent research protocols to preserve the integrity of the tool. The MSES has also been translated into Dutch by M. F. van Vreeswijk. If you are interested in a (free) copy of these versions, please write to the principal author. ([bruno.cayoun@mindfulness.net.au](mailto:bruno.cayoun@mindfulness.net.au)).

## MiCBT courses in four states

Following the recent 1-day MiCBT workshop at the APS conference in Brisbane, there have been numerous requests for training in Queensland. Accordingly, the applied 8-week MiCBT course already offered in **Launceston**, **Melbourne** and **Sydney** in 2008 will also be offered in **Brisbane** from August to October and will be conducted by Bruno Cayoun. During this type of course, personal and professional implementation of skills are trained while continually supervised by the facilitator.

Course details and brochures have been posted on the MiCBT web site (The brochure for the Brisbane course will be posted soon): [www.mindfulness.net.au/workshops2007.html](http://www.mindfulness.net.au/workshops2007.html)

Places are now available for each of the following courses. You can contact the course coordinator in each state for information.

### Launceston (TAS)

Dates: 8 Thursdays 21/02/08 to 17/04/08  
Times: 12:00pm to 3:30pm  
Coordinator in Launceston: David Hunnerup

Email: [ltn-coordinator@mindfulness.net.au](mailto:ltn-coordinator@mindfulness.net.au)

### Melbourne (VIC)

Dates: 8 Saturdays 19/04/08 to 14/06/08,  
Times: 12:00pm to 3:30pm  
Coordinator in Melbourne: Sally Francis  
Email: [mel-coordinator@mindfulness.net.au](mailto:mel-coordinator@mindfulness.net.au)  
Phone: 0409 669 688

### Sydney (NSW)

Dates: 8 Sundays 29/06/08 to 16/08/08,  
Times: 12:00pm to 3:30pm  
Coordinator in Sydney: Alice Shires  
Email: [syd-coordinator@mindfulness.net.au](mailto:syd-coordinator@mindfulness.net.au)

### Brisbane (QLD)

Dates and times TBA: 8 Saturdays, August to October ([mtrig@mindfulness.net.au](mailto:mtrig@mindfulness.net.au)).

## Only a few places left for the MiCBT 1-day workshops for General Practitioners

The Royal Australian College of General



THE ROYAL AUSTRALIAN  
COLLEGE OF  
GENERAL PRACTITIONERS

Practitioners has accredited a 1-day MiCBT workshop to provide GPs with level 2 mental health CPD points. There are currently 18 GPs registered and places are limited. Enrol as soon as possible if you are a GP and this course is of interest to you. The workshop will take place on 8<sup>th</sup> December 2007 at the Tasmanian Faculty of the RACGP, in Hobart, Tasmania. See the MiCBT website for more information:

[www.mindfulness.net.au/workshops2007.html](http://www.mindfulness.net.au/workshops2007.html)

## 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](mailto:mtrig@mindfulness.net.au). It may be possible for a MiCBT-trained practitioner in your area to conduct such a group.

# SNAPSHOT

## Sue Dykes

Clinical Psychologist, Auckland,  
New Zealand



I trained as a Clinical Psychologist in the early '80s, I was well-schooled as a Scientist-Practitioner. This model involves a discerning eye for the evaluation of research, and the aspiration to use only those methods shown to work. My Masters degree was a science one, and I was, and continue to be, fascinated by the physiology and anatomy of the body, especially the brain.

My "heart" was always strongly in my work, if covertly. Early on I was cautioned by one of my Clinical Psychology teachers to remember that (although I had grown up in the Presbyterian faith) I was to remember that I was now a Clinical Psychologist, and "not the hospital Chaplain." His message was clear; I was to remain objective, change-focused, and there was certainly no place for "love" in my role!

Over subsequent years I worked in New Zealand and Nova Scotia, Canada, in both community and hospital settings. I worked in the first Auckland crisis/community treatment team (as an alternative to acute hospital admission) and later in a community mental health centre (Henderson House) where I worked with post-natal depression, psychosis, PTSD, personality disorders, and I enjoyed supervising a number of Clinical Psychology students over the years.

Fortunately, Marcia Linehan synthesized these same tensions, and developed Dialectical Behaviour Therapy (DBT) in the '90s. Her work with people diagnosed with Borderline Personality Disorder, (whose self-loathing and fractured early attachments require a Therapist to be above all, steady, loving, and as fully themselves as they can possibly be), has been revolutionary for me in validating what I had always known to be true. We are all

fundamentally the same, we all wish to be happy and free of suffering. We all need compassion and love to thrive and heal, and acceptance of what IS is required before change can occur.

Linehan has brought together and synthesized her own strict trainings in Clinical Psychology, the Catholic faith (although this is rarely mentioned) and Zen Buddhism. DBT has brought the concepts of non-judgmental acceptance, radical genuineness, and the fundamental importance of mindfulness in healing and change to the ears and eyes of (sometimes) hardened western mental health practitioners. In addition, this form of therapy has been repeatedly proven to stop self-harming and suicidal behaviours, helping people learn to live their lives with less suffering, and to live with their pain in different ways.

I embraced this compassionate and firmly loving, yet demanding form of therapy, working in a Residential DBT therapy programme, Segar House, in Auckland, for the past 7 years. Sadly, the residential component has recently closed due to "lack of funding." I have added to this from Jon Kabat-Zinn's Mindfulness-Based Stress Reduction work, Bruno Cayoun's Mindfulness-integrated CBT, readings from Thich Nhat Hanh, Bante Gunaratana, Tara Brach, Jack Kornfield, Sharon Salzberg, Saki Santorelli, Stephen Levine, and more recently Kirsten Neff and Gilbert and Procter's work on Self-Compassion and Compassionate Mind Training,....anything I can get my hands on! I have learned from clients and colleagues, my parents, my friends, my husband, who is a hyper-energetic neuro-scientist to my calm and contemplative nature (!) and also through being the mother of twins, who are now 16 (!!).

I have been sustained in my reading, my excitement and integration of these teachings, by the effects of my own growing mindfulness meditation practice. We have been lucky to have New Zealander Jim Carmody, a Psychologist in the Mindfulness-Based Stress Reduction Programme in Massachusetts with Kabat-Zinn and others.

Since 2000, he has combined teaching MBSR with his visits to his family in New Zealand. I took part in one of these workshops in 2000, and subsequently on two week-long Retreats for health professionals.

Falteringly, with patience and determination, with many, many set-backs, I have progressed to a point where I can now say I have an established practice. This has also been helped by starting to meet weekly in 2003 with a small group, and being taught together by a monk, Tenzin Chosang, from the Mahayanan Buddhist tradition. This helps me embody what it is I am so passionate about teaching others. It makes a subtle but enormous difference in my life.

Amongst other things, I have discovered a better way of being in the presence of immense pain and suffering. In our field of work, as Russ Harris has said, sometimes "you are present, even if your client is not," in a particular moment. I have an increased capacity to bear emotions, my own and others'. This is described in a quote from Bill and Susan Morgan: "The strong, tender heart of compassion that emerges from self-empathy is better prepared for holding another in its care." I believe the practice of mindfulness, and with it the embracing of the values of the 4 brahma viharas: love, compassion, sympathetic joy and equanimity, can offer much to training and seasoned therapists alike in terms of enriching our work and our lives, significantly counteracting the effects of vicarious traumatisation, cynicism, dissociation and burn-out, to which we are prone.

In our programme we teach clients to use the breath as a place of refuge within their scarred and "war-torn bodies", we introduce the possibility that they may begin to learn, and therefore re-train their brains to allow some self-compassion and control of their emotions and responses, and foster connectedness with themselves and with others.

To conclude, I am inspired by the bringing together of Buddhist and Western Psychologies, with the incorporation of aspects of spiritual practices common to many ancient world religions. I am

encouraged watching the slow but steady building of scientific evidence of neuroplasticity, of the capacity of the mind to change the brain, through mindfulness practices. For me, these developing ideas seem to bring my own various trainings together. I am committed to this not being "just another fad", knowing the only person I have control over to help affect this, is myself, and the only time I have is now.

At the end of this year I am leaving my present job to start in private practice. My intention is to devote my time more fully to the teaching and fostering of mindfulness within the therapeutic framework. Over time I would like to help develop/support the teaching of these practices to students training in Psychology and other fields of health. I am also interested in exploring the possibilities for assisting women struggling not only to accept and attune (as described by Daniel Siegel) with themselves, but also with their babies. In 2006 with the help of Philippa Thomas and Melanie Lindsay (who has now returned to Christchurch), I established, and with Jodie Main and Ingo Lambrecht I continue to co-ordinate, a monthly meeting in Auckland of the MAMBH, Mindfulness and Mind-Body Health interest group. We are flourishing and new members are always welcome. I intend to do what I can to help nurture the community of mindfulness/health practitioners, which is notable to me for its qualities of generosity, gentleness, and commitment to the well-being not only of ourselves, but also our fellow beings. The people I meet and read in relation to mindfulness, while not "perfect," of course, counter the growth of cynicism and hopelessness that could so easily overtake me in this field. My e-mail address is [suzed42@hotmail.com](mailto:suzed42@hotmail.com) and I would like to conclude by offering a poem by Rumi:

There are two kinds of intelligence: One acquired, as a child in school memorizes facts and concepts from books and from what the teacher says, collecting information from the traditional sciences as well as from the new sciences.

With such intelligence you rise in the world. You get ranked ahead or behind others in regard to your competence in

retaining information. You stroll with this intelligence in and out of fields of knowledge, getting always more marks on your preserving tablets.

There is another kind of tablet, one already completed and preserved inside you. A spring overflowing its springbox. A freshness in the centre of the chest. This other intelligence does not turn yellow or stagnate. It's fluid, and it doesn't move from outside to inside through the conduits of plumbing-learning.

This second knowing is a fountainhead from within you, moving out.

RUMI

"Two Kinds of Intelligence"

*Sue will be accepting referrals in 2008, especially for supervision of Practitioners applying Mindfulness in their lives and/or work. She can be contacted on 021 040 7676*

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## NEW MTRIG MEMBERS

- **Bryce Hay** is a drug and alcohol counsellor, currently working with the Salvation Army at their main residential rehabilitation site in NZ (Auckland's Bridge facility). He is currently completing a Bachelor of Alcohol and Drug Study locally. Bryce has been following the Buddhist path for 8 years, completed 3 ten-day retreats and meditated regularly for 2-3 years. His main interest is in integrating mindfulness with drug and alcohol counselling in a way that will be meaningful for clients. Bryce cannot accept referrals under the terms of his current contract.

- **Marijke Batenburg** has been a Clinical Psychologist for 22 years in private practice in Auckland, New Zealand. In the last four years, she has run approximately 2 MBCT courses a year. She appreciates this work and has endless energy for it and accepts referrals.

- **Karin Hermans** is a Child Psychiatrist from Curacao, in the Netherlands Antilles Islands in the Caribbean. Karin is interested in a training of mindfulness for kids with ADHD.

- **Maja Horvat** came from the Netherlands a little over a year ago. She currently works at ACCES Services Inc., as a Manager for Tortute and Trauma Services for refugees in Brisbane. She uses mindfulness training for some of these clients. Maja was trained in MBCT in the Netherlands. She will be able to receive referrals when she is fully registered as a psychologist in Queensland. She is also planning to enrol in a Clinical Masters (or PhD) course after she obtains her Australian residency. She would like to undertake research in Mindfulness and hopes to be contacted by any potential research supervisor in Brisbane. Maja's email is: [horvatmaja@hotmail.com](mailto:horvatmaja@hotmail.com)

- **Mark Thorpe** works as a Clinical Psychologist and psychotherapist for the Community Mental Health, BOPDHB, and in private practice in Tauranga, New Zealand. His primary interest in mindfulness is to enhance the quality of his own life and assist in the treatment of clients diagnosed with personality disorders. He has done a variety of mediation techniques starting with TA in 1977, in Grahamstown, South Africa.

- **Hai-Ching Huang** is a postgraduate psychology student in the department of clinical psychology, Fu Jen Catholic University, Taipei County, Taiwan. His major interest concerning mindfulness is Vipassana meditation. He has attended two 10-day courses at the Vipassana Centre of Taiwan. Recently, he has recently developed an interest to explore the efficacy of mindfulness meditation on habit reversal in a formal research context. Hai-Ching practises mindfulness meditation in the Vipassana tradition one hour daily.

- **Robyn Douglass** is a Clinical Psychologist who has been interested in the area of mindfulness for many years together with PNI research. Currently she doing locum work at Perspective Psychology in the Newcastle area, where the bulk of referrals are from doctors under Medicare. She enjoys Health Psychology work. She is a member of the Board of Clinical Psychologists.

- **Venerable Jampa Ludrup** is a British-born Mahayana Buddhist monk trained in the Tibetan tradition. Prior to his ordination, Ven Ludrup was a science teacher in the UK and remains committed to the scientific enquiry of mind and matter. He has also a particular interest for Feng Shui and is providing advice internationally.

- **Venerable Sangye Khadro** (Kathleen McDonald) has been an American-born Mahayana Buddhist nun since 1974 and spent many years as a resident teacher in Singapore. Ven Khadro is one of the most experienced and engaging teachers of Buddhist meditation. Her book *How to meditate* has been a standard meditation manual for almost twenty years.

**Welcome to MTRIG!**

## **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 and all are welcome to attend. 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 skills. There is a very good rationale for this written by Dr Chris Walsh:

[www.mindfulness.org.au/MINDFULNESS%20iNSTRUCTORS.htm](http://www.mindfulness.org.au/MINDFULNESS%20iNSTRUCTORS.htm)



## Meeting Date, Time and Place

**Date:** Wednesday 05/12/07

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

**Place:** Psychology Annex  
University of Tasmania – Hobart, TAS

How to get to the Psychology Annex

The Psychology Annexe is located above the new Psychology Research Centre building (ex-Information Technology Building).  
[http://www.utas.edu.au/campus/Sandy\\_Bay\\_Building\\_Map.pdf](http://www.utas.edu.au/campus/Sandy_Bay_Building_Map.pdf)