

Mindfulness-based Therapy and Research Interest Group (MTRIG)



mtrig@mindfulness.net.au

NEWSLETTER

6st May 2009

AGENDA

**Meeting at the Psychology Annexe
School of Psychology
University of Tasmania**
(See map on last page)

This meeting will include the following:

Review of a research article

“Regulation of the Neural Circuitry of Emotion by Compassion Meditation: Effects of Meditative Expertise”

By Antoine Lutz^{1*}, Julie Brefczynski-Lewis², Tom Johnstone³, Richard J. Davidson^{1*}

¹ University of Wisconsin, Madison, Wisconsin, United States of America, ² West Virginia University, Morgantown, West Virginia, United States of America, ³ University of Reading, Reading, United Kingdom.

Peer reviewed journal published in March 2008 by *PLoS ONE* 3(3): e1897. doi:10.1371/journal.pone.0001897

This article shows the first fMRI study showing that kindness and compassion can be learned through the regular practice of traditional Loving Kindness meditation, which is often used in conjunction with mindfulness meditation. This is a valuable resource for all

colleagues interested in the areas of neuroplasticity and the neuroanatomy of empathy.

Peer review session / Case discussion

Open to all attendees.

Proposed discussion topic

Existing research projects in MiCBT. Members interested in contributing to future research projects are encouraged to propose projects or formulate ideas.

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**. You may also wish to be a contact person to create your own MTRIG meetings in your area.

NEWS

MBPR research at the University of Washington

From Jenell Wilkie, Program Manager at the Tablelands Drug and Alcohol Counselling Centre



Jenell Wilkie and Prof. Alan Marlatt.

This is a unique opportunity for me as I am the first Australian to be invited to attend the Addictive Behaviours Research Centre, at the University of Washington (UW) and be trained in their Mindfulness Based Relapse Prevention (MBRP) program.

MBRP has yet to venture out of the UW, it is new and innovative, and research is increasing to support its efficacy. This invitation was partly based on my personal experience of mindfulness for over 20 years.

I have the opportunity to both attend and participate in Mindfulness Based research programs that involve delivering MBRP to individuals sufferings from Substance Use Disorders (SUDS) in a community setting, with the ultimate goal of evaluating the efficacy of this type of treatment compared with other treatments that are currently used to treat this type of disorders.

I also had the opportunity to attend a 'Housing First' project, which provides housing to homeless people with alcohol dependence. The project provides safe housing and other essential services to rebuild the lives of homeless alcoholics. It has proven to be great at breaking cycles of

homelessness, along with saving \$ millions through reductions in emergency, social and health costs.

It was initially controversial as they did not require individuals to give up alcohol. However over time, as their lives improved due to housing, social, medical and mental health needs being met, many individuals voluntarily are choosing to either cut back or give up alcohol. The project in Seattle is the first of its kind in America!

In addition I have the opportunity to attend several conferences on mindfulness whilst in the United States including Ronald Siegel's "The Power of Mindfulness In and Out of the Therapy Hour", "Awakening to Mindfulness – Buddhism & Psychology" where Steven Hayes (ACT) Alan Marlatt (MBRP) and Marsha Linehan (DBT) Jack Kornfield (Wise Heart), and Tara Brach (Radical Acceptance) are guest presenters.

Mindfulness is considered by many to be the next wave in thinking and therapy taking psychological interventions to another level!



Jenell Wilkie with the Addictive Behaviours Research Centre team

Jenell will be hosting and coordinating the first applied course in MiCBT from May 16 to August 22 at the Tablelands Drug & Alcohol Counselling Centre, Atherton, North QLD, Australia. The course is sponsored by the Australian Department of Health and Aging and will be conducted by Dr Bruno Cayoun.

SNAPSHOT

Sarah (Sally) Francis M.Psych., MA., BEd., Dip Psychodynamic Psychotherapy, Cert. IV in Training and Assessment.



interest.

My introduction to Buddhism was in my student days when I came across Herman Hesse's Sidhartha. It made a lasting impression on me but I did not feed this interest until much later when the Dalai Lama visited Australia and rekindled my

With my husband I attended a three day silent Calm Abiding retreat and I was fascinated by the experience. Since then I have read many books on Buddhism and attended many Buddhist teachings both here and in Nepal. I have trekked in the north west of Nepal to Lo Manthang in Mustang visiting some exquisite gompas and witnessing Buddhism being practiced in time honoured ways. I have completed a pilgrimage to Mount Kailas and witnessed extraordinary joy in truckloads of Tibetan village pilgrims visiting Toling for the purpose of repainting the gompa.

Five years ago I heard Bruno Cayoun deliver a talk to the Buddhism and Psychology Interest Group Conference at Deakin University and I was immediately impressed with this approach and its alignment to both Buddhist philosophy and a behaviourist approach.

In 2004 I attended a training program in MiCBT over consecutive weekends in Tasmania and began using the approach with some of the clients I was seeing while on placement (I became a very mature age student when I returned to University to get my Masters in Psychology after careers in teaching and human resources and consulting).

I have used MiCBT with a number of clients including those with long standing depressive disorders with quite remarkable results. In 2007 I ran an 8-week group training for 9 patients of the Community Health Centre where I was on placement – all had a diagnosis of clinical depression with more than one episode. All 9 completed the program and showed improvement in their mindfulness scores and reported positively in a qualitative evaluation of the usefulness of the program.

Last year I was privileged to be able to assist Bruno in co-ordinating a MiCBT training course for professionals in which I also participated. I am now the convener of the Melbourne MiCBT Interest Group which meets fortnightly.

I enjoyed conducting my research into the measurement of mindfulness and the relationship between mindfulness and well-being. Results indicated that the Mindfulness-based Efficacy Scale (MSES; Cayoun & Freestun, 2003) correlated well with three other mindfulness measures and that higher mindfulness scores are associated with higher well-being scores. Additionally results indicated that contemplative practices (meditation and/or yoga) are associated with higher mindfulness and well-being scores.

I am excited that the MiCBT Institute is now formed and that this approach to therapy can continue to be disseminated in Australia and further afield. I was delighted to accept an invitation from Bruno to head up the MiCBT Course Accreditation Project working with John Mercer whose experience in this area will be invaluable. The MiCBT course will be the first of its kind in Australia and NZ, i.e., an integration of mindfulness and CBT accredited by a national qualification authority.

This year I also look forward to growing my psychology practice in Carlton, Melbourne.

Sally accepts referrals and is contactable by email: sallyefrancis@bigpond.com

NEW MTRIG MEMBERS

- **Purendra Pande** is a student in Psychology in Kathmandu, Nepal. Purendra greatly benefited from attending a 10-day Vipassana course in Kathmandu and is keen to learn its integration with CBT.

- **Alan Ferry** is a Psychology student at the University of Tasmania and a Counsellor for the Salvation Army in South Tasmania. Alan implements MiCBT at work with clients who present with alcohol use disorder and unmanaged anger. He is currently receiving clinical supervision with Dr Bruno Cayoun to improve clinical efficacy. Alan has experienced very positive changes in both his personal and professional life. Alan's email: aferry@postoffice.utas.edu.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.

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 Professional Workshops page on the MiCBT website: <http://www.mindfulness.net.au/workshops2009.html>

2009

April 30 to June 18: An 8-week applied MiCBT course at the Risdon Prison, Southern Tasmania, Australia. This will be the first formal mindfulness-based training ever offered at the Tasmanian prison. Thanks to the acting Programs Manager and Course Coordinator Jonathon Field, custodial, clinical and support Staff will improve self-care and learn to implement MiCBT with inmates.

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.

August 29-30: A 2-day MiCBT workshop in Adelaide, Balyana Centre, 46 Strathcona Ave Clapham. This will be the first MiCBT workshop in Adelaide. The aim of the workshop is to introduce and demonstrate effective skills to facilitate the treatment of acute and chronic conditions using specific principles of mindfulness meditation and their sophisticated integration with CBT.

September 3-4 & October 1-2: A second 4-day intensive MiCBT course 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.

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

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

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.

MTRIG Meeting

Meeting date, time and place

Date: Wednesday 06/05/09

Time: 6:00 to 7:30pm

Place: Psychology Annexe

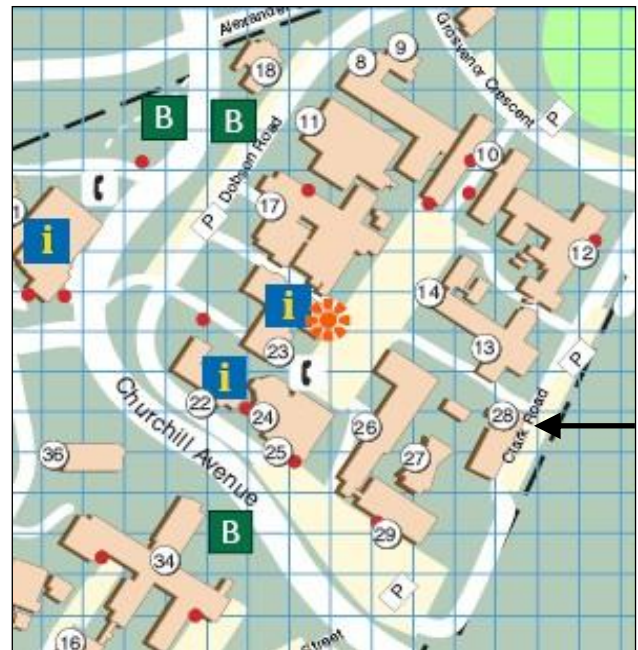
University of Tasmania – Hobart, Tasmania

How to get to the Psychology Annexe:

The Psychology Annexe is located above the new Psychology Research Centre building http://www.utas.edu.au/campus/Sandy_Bay_Building_Map.pdf

See also map below

Psychology Annexe at the University of Tasmania



Next Meeting: **Wednesday 01/07/09**

It is planned to host the July meeting on the premise of the MiCBT Institute, 277 Macquarie Street, Hobart, TAS, Australia.