

Mindfulness-based Therapy and Research Interest Group (MTRIG)



mtrig@mindfulness.net.au

NEWSLETTER

2nd April 2008

AGENDA

Meeting at the Psychology Annexe School of Psychology University of Tasmania

This meeting will include the following:

Review of a research article

“The Advantages of the Mindful Therapist”

By Sheryle May¹ and Analise O’Donovan²
(Bravehearts Inc Brisbane¹; School of
Psychology, Griffith University, Queensland,
Australia²). Published in *Psychotherapy in
Australia*, Vol. 13, August 2007,

This article was chosen because it shows long-awaited data on therapists’ benefits, especially job satisfaction, associated with their levels of mindfulness. However, the results must be considered in the light of several limitations, the most important of which may be the sampling method and lack of control for who actually practised mindfulness meditation, who used other methods such as TM rather than mindfulness, and how regular and recent was the therapists’ practice. Despite these limitations, and the fact that this study only shows relationships, not causes, it provides an excellent platform for future studies with tighter control of extraneous variables. This would be a very welcomed contribution to the fields of both mindfulness research and therapist work performance.

Peer review session / Case discussion

A case presentation of a 12 year-old boy diagnosed with ADHD currently treated with MiCBT will be provided by Bruno Cayoun. Portions of the filmed session will be shown.

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 a mindfulness-based therapy 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 greatly appreciated.**

Proposed discussion topic

The relationship between levels of interoception (ability to feel body sensations) and hyperactive symptoms in ADHD.

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

Repeated Information

MiCBT Institute

Given the rapid increase in requests worldwide for training in MiCBT, there is a need for a formal body to provide training more widely and official endorsement of competencies. You are all very welcome to email your views and comments on this project to mtrig@mindfulness.net.au. Please mention whether you would be interested in being involved in the institute in some capacity.

MiCBT courses in 2008

One-day and two-day introductory workshops in MiCBT will be conducted by Bruno Cayoun in various Australian states. The level is beginner to intermediate and no experience of mindfulness assumed:

- **Hunter Institute of Mental Health**, James Fletcher Hospital, Newcastle, NSW on 5 June.
- **Queensland Counsellors Association**, Venue to be announced, Brisbane, QLD on 19 July.
- **Tablelands Drug & Alcohol Counselling Centre**, Unit 7, Reddan Lane, Atherton, Tablelands, North QLD, on 23-24 August (pending federal funding from Dept of Health & Aging).

The **applied 8-week MiCBT course** conducted by Bruno Cayoun is currently running in Launceston, in Tasmania. During this type of course, personal and professional implementation of skills are

taught and continually supervised by the facilitator. Application for APS endorsement to the Colleges of Clinical, Health, Counselling and Educational Psychologists has been submitted for all courses. Applied course and short workshop details and brochures can be viewed on the MiCBT web site:

www.mindfulness.net.au/workshops2008.html

The applied 8-week MiCBT course will soon be offered in other states:

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
Phone: 0409 669 688
(Please register as soon as possible)

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

Brisbane (QLD)

Dates: 8 Saturdays 30/08/08 to 25/10/08
Times: 12:00pm to 3:30pm
Coordinator in Brisbane: Astrid deRuiter
Email: bris-coordinator@mindfulness.net.au

MiCBT courses in 2009

MiCBT workshops are likely to be offered in Europe in 2009. If you live in the UK, Germany, Switzerland or the Netherlands and would like to take part in the coordination of a 1-day or 2-day workshop, please contact Bruno Cayoun directly: bruno.cayoun@mindfulness.net.au

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.

SNAPSHOT

Henry Whitfield, MSc (CBT)

Mindfulness Training Ltd.
Bedford Chambers

The Piazza, Covent Garden, London WC2E 8HA

Email: henry@tir.org.uk

Website: <http://www.tir.org.uk>



My career as a counsellor has run along two main tracks: one as a trauma specialist working in the context of Victim Support (a national charity for victims of crime), the other as a trainer of therapists. For around five years I have worked

with crime victims and supervised other counsellors in trauma counselling for crime victims in Lambeth. This has included severe domestic violence, rape, attempted murders, witnessed murders, gun crime, aggravated burglary to name just a few. In this setting we used Traumatic Incident Reduction (TIR) a great deal, as well as many other methods. TIR has much in common with Trauma-focused CBT and EMDR in that it has a similar focus on the use of imaginal exposure for the systematic assimilation of unassimilated traumatic memories, changing 'implicit' unprocessed memory into adaptive contextualised memory. As in trauma-focused CBT, TIR also has a focus on the repetitive recounting of the trauma. A poignant difference however, is that TIR is done within a particularly non-evaluative environment using procedures designed to encourage detached observation of the client's inner 'on-line' experience, moment to moment. This is also done using exercises designed to enhance the client's ability to control her focus of attention, undividedly, at will. I often describe TIR as a mindful form of imaginal exposure for trauma.

As a trainer of therapists, I began organising workshops in TIR in 2003. Since then, our training organisation has expanded to include Mindfulness-based Cognitive Therapy (MBCT), and Acceptance and

Commitment Therapy (ACT). We recently started offering a training integrating the three approaches, in the form of a diploma in Mindfulness-based Cognitive-behavioural therapies incorporating the three approaches. My organisation (Mindfulness Training Ltd.) is committed to offering cutting edge training programmes in mindfulness-oriented therapies. This is an on-going project that continues to develop, as is the research and development of methods for operationalising mindfulness in more and more specific contexts and situations.



Since my early teens I always had a strong interest in human potential and the subject of enhancing it. It was developing this interest that led to my working in mental health. The first formal text I remember reading on the human mind was a book on 'Auto-hypnosis' that I bought from an 'alternative' bookshop aged 14. Before I was out of my teens I came across the concept of 'mindfulness', or what I experienced as disentanglement from one's mental phenomena through focused awareness. Over the years I came across the concept of mindfulness in a range of schools. These included Gendlin's Focusing, Gestalt, Buddhist Philosophy and Gerbode's Metapsychology/Traumatic Incident Reduction.

Coming from this mindful perspective I then went on to study Rational Emotive and Cognitive Behavioural Therapy. I always had a liking for scientific thinking and critical analysis, an area which my CBT and evaluation of research studies allowed me to develop. My time studying CBT also made me realise how much I enjoyed theoretical research, analysis and integration.

Whilst I greatly value my education in REBT and CBT (particularly the theory behind them), I always retained a strong leaning toward experiential and mindful strategies for enabling a client's intimate detachment from his/her 'private events' or psychological problems. I was therefore excited to hear of the research and interest in mindfulness-based, 'third wave CBT' therapies.

Studying Mindfulness research it became clear that the academic community was interested in integrating mindfulness more intimately with cognitive behavioural theory and the bespoke case-formulations administered in CBT. Being an enthusiast of both Mindfulness and the process of theoretical and practical integration of therapies, I could not resist the challenge of integrating the two. The first paper I wrote on such an integration, illustrated new methods for applying mindful observation to specific case-formulations as per REBT, including a method for disentangling clients from specific demands or 'musts' with which they identify too closely.

My current area of focus relates more to Acceptance and Commitment Therapy (ACT), and the development of coherent methods for integrating mindfulness therapies, elegantly. In this vein I hope to contribute to the third wave in cognitive behavioural tradition by developing more and more ways of applying mindfulness. I believe that in doing so, it is likely that we will be able to help a wider range of client populations to a greater extent than was previously achieved.

Recent publications

- Whitfield (2006) Towards case-specific applications of mindfulness-based cognitive-behavioural therapies: A Mindfulness-Based Rational Emotive Behaviour Therapy - Counselling Psychology Quarterly June; Vol 19(2): 205–217. Routledge. (available at www.tir.org.uk)
- Whitfield (2007) The Metapsychology schema coaching approach: Mapping the gap between mental and physical. AMI/TIRA Newsletter. 2nd Quarter. Vol. IV, No. 2, April. TIR Press.
- Whitfield (2008) Traumatic Incident Reduction: Operationalising Rogerian theory in Brief therapy practice. Chapter 4 in Tudor, K. (2008) Brief Person-Centred Therapy. Sage.
- Whitfield (2008) Traumatic Incident Reduction in Action: Overcoming the Effects of an Aggravated Burglary. Chapter 9 in Tudor, K. (2008) Brief Person-Centred Therapy. Sage.

NEW MTRIG MEMBERS

- **Randi Norby** is completing a Masters Degree in Science and Nursing at the University of Minnesota, USA. He will be a Clinical Nurse Specialist in Psychiatric Mental Health Nursing for Children and Adolescents/ and Adults in mid-2008. Randi is currently employed by the Child and Adolescent Behavioural Health Services in the State of Minnesota, where he currently works exclusively with the Child and Adolescent program, which treats ages 6-18 years in an inpatient, locked setting. Where DBT was too complex for some of the adolescent clients he is hoping to generate interest in mindfulness for younger clients to assist in their recovery. Randi accepts referrals.

- **Robin Yeganeh** is a Clinical Psychologist at the Cognitive Behavior Therapy & Mindfulness Center, San Ramon, CA, USA, where he treats adults, adolescents and children. He has integrated CBT and Mindfulness in part based on MBSR, MBCT, and his own concepts. He started research on Mindfulness based CBT for PTSD at the San Diego VA before starting a practice in Northern California. Although he has a background in anxiety disorders research and treatment he is predominantly a practitioner. Robin welcomes referrals and can be contacted at: dr@cbthealth.com

- **Stefan Bayer** holds a graduate degree in education (Diploma in Education Science) from Münster University, Germany. He is now in his third of a three years training in Cognitive Behaviour Therapy for children and adolescents at the Academy for Psychotherapy for Children and Adolescents in Osnabrück, Germany. Stefan will start his own practice in May 2008. His expertise is in the treatment of children, many of whom are diagnosed with ADHD and anxiety disorders. He has just recently begun to implement the MiCBT protocol for children and is looking forward to the results. Stefan has received training in Self-Relationship Psychotherapy with Stephen Gilligan, who integrates aikido principles and mindfulness exercises in the Milton Erickson approach of hypnotherapy. Stefan is a Zen-practitioner who practises

sitting meditation daily. He is very excited about the idea of integrating mindfulness in the field of Cognitive Behaviour Therapy.

- **Lorraine Langsford** is a nurse and a Psychologist in private practice on the Gold Coast, Queensland, Australia. Her main interest is in chronic illness and grief, although she sees clients with general conditions. Lorraine has also completed a psycho-oncology degree at Melbourne University. She has been attempting to apply MiCBT for some time. She particularly likes its application to various populations of clients with chronic illness.

- **Monica Kruger** is a South African trained Clinical Psychologist. Her main professional activity is working in a Health Hydro on a game farm near Pretoria and Johannesburg, where she offers brief psychotherapy. Monica has been involved in the field of complimentary health and has been integrating a combination of approaches. Offering stress management, she stumbled upon Jon Kabat-Zinn's mindfulness meditation some years ago. More recently, Monica has become aware of Dan Siegel's interest in the field and has also listened to a presentation by Ellen Langer. She is interested in MiCBT and eager to learn more.

- **Anna Margrét Skúladóttir** is an Icelandic postgraduate Psychology student at the University of Aarhus, Denmark. She will complete her current research project on the topic of brain activity in PTSD for another year, following which she plans to return to Iceland to practice as a clinical psychologist. Anna Margrét has been practising mindfulness meditation and yoga for about 12 years. She is keen to integrate mindfulness and CBT in her clinical practice when she returns to Iceland.

- **David Hunnerup** is a counselling Social Worker, registered as a mental health counsellor, who works from the Blue Door counselling practice in Launceston Tasmania. He is currently using MiCBT with clients and looks forward to embracing it further as key paradigm in his practice. David takes referrals (www.thebluedoor.com.au).

- **Monique Belfer** is a Psychologist who works as a Mental Health Support Worker with Anglicare Tasmania in Hobart, Australia. Monique is not accepting referrals at this stage.

- **Jim Moorey** is a Clinical Psychologist working in a psychiatry out-patient department at Manchester Royal Infirmary, Rawnsley Building, Oxford Road, Manchester, UK. He takes referrals mainly from secondary care Psychiatry and some referrals from primary care when GPs refer directly to the Department of Clinical Psychology, based there at the hospital. Jim is currently unable to take direct referrals.

- **Joe Klein** is a Substance Abuse Counsellor who provides individual and group counselling for children, teens and their families through a community mental health clinic in rural Southwest Virginia, the New River Valley (NRV) Community Services, Blacksburg, Virginia, USA. He offers school-based prevention and clinical intervention services for youth at risk for substance abuse, including coordination of a Student Assistance Program for students expelled from school for drugs, and provides crisis and bereavement response services to schools and institutions around the NRV. Joe also assists in the annual 6-day Teen Meditation Retreats for youths aged 14-19 held each July in Stuart, Virginia and each Dec/Jan in Santa Cruz, Ca. He is also co-teacher of weekend mindfulness retreats for Counsellors and students of Counselling hosted by the Counsellor Education Department at Radford University. Joe is not accepting referrals at this time.

- **Lory Coimbra** is a Clinical Social Worker in private practice located in Toronto, Ontario, Canada. His practice focuses on individual and couples therapy in both English and Portuguese given the very large Portuguese community in Southern Ontario. Lory teaches mindfulness in individual and group therapy. He is currently accepting referrals (LCoimbra@southlakeregional.org).

All welcome to the MTRIG!

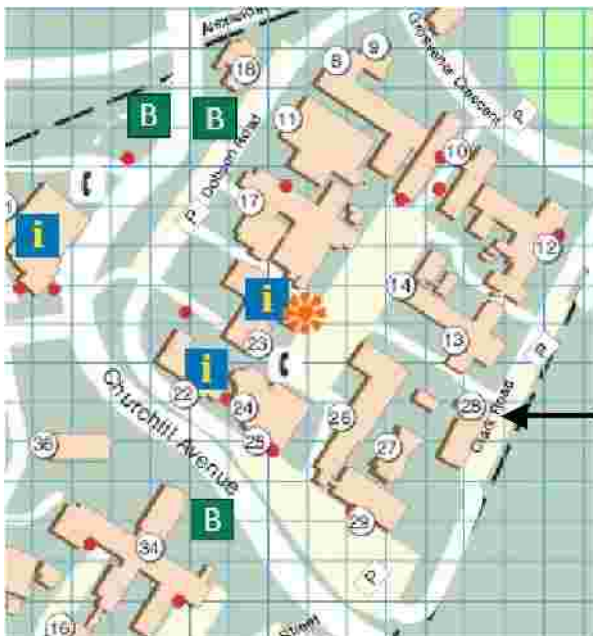
MINDFULNESS MEDITATION GROUP

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.



Meeting Date, Time and Place

Date: Wednesday 02/04/08

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