

December 2014 Newsletter[†]

MBCT - Professional Training

APPLICATIONS ARE NOW OPEN for our 2015 Mindfulness-Based Cognitive Therapy (MBCT) Professional Training program. This program has been developed and refined over many years and feedback from past trainees has been extremely positive. A limited number of heavily discounted places are available to eligible Monash Health staff who are self-funded: 75% off the full fee. There are three levels of training:

Level 1

Level 1 training involves participation in an 8-week course that is a variation of the MBCT therapy group adapted for the training situation plus attendance at a 6 hour Day of Mindful Practice. The Level 1 course is designed for all health care clinicians from relevant disciplines (e.g., psychologists, psychiatrists, social workers, nurses) who wish to undertake this course for personal development, to increase their professional knowledge of MBCT in order to make more informed referrals, or as a first step in completing their training to become an MBCT instructor. In 2015 we will be running three MBCT groups in parallel from mid-April – late May/early June and the Day of Mindful Practice will take place on 1 August.

Level 2

Level 2 training is intended to provide clinicians with intensive training in the instruction of MBCT in four-day residential Instructor Development Retreat. This will be held on 10-13 September 2015 at the Maitripa Centre, Healesville.

Level 3

Level 3 training provides trainees with the opportunity to consolidate their training through individual supervision.

Applications for Level 1 training close Sunday 1 February. For more information including fees see <http://www.med.monash.edu.au/southern-synergy/mindfulness/mbct.html>



“We’re so busy watching out for what’s just ahead of us that we don’t take time to enjoy where we are.” — Bill Watterson

Day of Mindfulness

YOU ARE WARMLY INVITED to attend our next day of mindfulness practice on **Saturday 13 September 10.00am – 3.00pm** at the delightful **Abbotsford Convent** (Community Room, Convent Building). The day will be facilitated by Lana Sciberras.

The cost is \$25 (\$10 health care card). RSVP: southern.synergy@monash.edu and payment is made via <http://ecommerce.med.monash.edu.au/product.asp?pid=515&cid=39> Bring your receipt on the day.

If you would like to attend but have not had prior experience with mindfulness, we encourage you to attend a weekly mindfulness session beforehand.

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Weekly Mindfulness Sessions

EVERYONE IS WELCOME to attend our weekly mindfulness sessions, held in the Sacred Space at Dandenong Hospital (near the main foyer on Level 2). The sessions run every Wednesday, from 2:30-3:00pm. They are **FREE** and open to anyone interested in taking part in a variety of gentle movement and meditation practices.

MBCT – Clinical Program

SOUTHERN SYNERGY PROVIDES FREE MBCT to Monash Health patients and residents in the Monash Health catchment. High level evidence shows that MBCT can lead to appreciable reduction in experience of depression. We are **NOW** accepting referrals for clinical MBCT groups in 2015, held at Dandenong Hospital. Participation in MBCT involves attending an individual assessment session followed by an 8-week group. While MBCT groups are for people who are in remission or recovery from depression, we can also see and assess patients who are currently depressed then put them on a recall list. We then will get in touch with them after about 3 months and see if they are ready to take part in a group. See <http://www.med.monash.edu.au/southern-synergy/mindfulness/> for further information and how to refer.

mu – seal script. Source Wikimedia Commons.



* The Japanese and Korean term ‘mu’ or Chinese ‘wu’ meaning “not have; without” is a key word in Buddhism.