

June 2014 Newsletter[†]

Staff ART Mindfulness Sessions (SAMS)

Our weekly mindfulness meditation sessions for Monash Health staff commenced 19 March 2014 and we have been receiving encouraging feedback. The initial time of 45mins has been reduced to 30mins to enable staff to more easily attend. The sessions run every Wednesday, now from 2:30-3:00pm.

The sessions are open to any Monash Health staff interested in taking part in a variety of gentle meditation practices - none of which involve art for anyone who has found the title confusing! The "ART" in the title of course refers to its location in the Dandenong ART (Administration, Research & Training) Building. The room location is posted on the Southern Synergy website (see address below) and also provided in this newsletter to the end of September. The sessions are facilitated by one of the Synergy Mindfulness Group, all experienced practitioners.

Why might it be helpful to come along? The benefits of mindfulness are well-established in improving mental and physical health and enhancing one's ability to manage the stressors in daily life. Some familiarity with mindfulness meditation can be helpful in maintaining personal equilibrium and in supporting an empathic approach to clients and patients. If you feel that you are too busy to come along, this weekly session is definitely for you!

Mindfulness Based Cognitive Therapy (MBCT) – Clinical Program

Our clinical program involves 8-week MBCT courses for patients who have had multiple Major Depressive Episodes (MDEs). High level evidence shows that this can lead to appreciable reduction in experience or relapse and recurrence of MDEs. Referrals for our forthcoming clinical group are now open. The details are:

Clinical group details

When: Monday evenings

Dates: 27 October – 15 December

Time: 6.30pm – 8.30pm

Venue: Seminar room 1, Dandenong Hospital

Cost: No charge

Individual assessments: will take place from September.

While MBCT groups are for people who are in remission from major depressive episodes at the time the group starts, we can take referrals of people who are still either presently depressed or in partial remission. As of June 2014, referrals to the group would be particularly suitable for people who are in treatment for an acute episode of depression currently beginning to respond.

We also can take referrals of people who have had episodes in the past and are now recovered. The referral information on this will be attached with the circulation of this newsletter and is also available on request from Southern.Synergy@monash.edu.

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* The Japanese and Korean term 'mu' or Chinese 'wu' meaning "not have; without" is a key word in Buddhism.

MBCT - Professional Training Program

After a period of review, our restructured MBCT professional training program recommenced this year with three training levels. Level 1 involves participation in an 8-week course that is a variation of the MBCT therapy group. Level 2 provides clinicians with intensive training in the instruction of MBCT in a four-day residential retreat. Level 3 provides opportunity for supervised practice.

Demand for the training has been strong. In the first half of 2014, we had 38 enrolments for Level 1 training, including 9 Monash Health staff. This necessitated three groups running in parallel throughout February-March. Thirty-five participants completed the course. Of these, 19 recently completed the Level 2 training, including 3 Monash Health staff, which was held in Healesville from May 29 – June 1. Course ratings were high and feedback from this course very positive: e.g., *the course far surpassed any expectations regarding what I've learned and experienced; A wonderful learning and enriching experience, both personally and professionally.*

If you would like to be on our mailing list for future professional training courses please email southern.synergy@monash.edu Please visit the Southern Synergy website if you are interested in finding out more about our training.



Staff ART Mindfulness Sessions (SAMS) details

Time: 2.30 - 3.00pm each week
Venue: Dandenong ART (Administration, Research & Training) Building

Wed Jul 2 Meeting Room 1

Wed Jul 9 Meeting Room 6

Wed Jul 16 Meeting Room 1

Wed Jul 23 Meeting Room 4

Wed Jul 30 Meeting Room 6

Wed Aug 6 Meeting Room 6

Wed Aug 13 Meeting Room 1

Wed Aug 20 Meeting Room 1

Wed Aug 27 Meeting Room 1

Wed Sep 3 Meeting Room 6

Wed Sep 10 Meeting Room 6

Wed Sep 17 Meeting Room 2

Wed Sep 24 Meeting Room 1