

September 2014 Newsletter[†]

MBCT Clinical Program

We are NOW inviting referrals for our clinical Mindfulness-based cognitive therapy (MBCT) program commencing **Monday 27 October 2014**. The program is designed to teach mindfulness and other skills to people who have had recurrent depression to prevent relapse.

The program is **FREE** to Monash Health patients or residents in the Monash Health catchment. Participation in MBCT involves attending an individual assessment session followed by participation in an 8-week group. High level evidence, including our recent DARE study mentioned below, shows that MBCT can lead to appreciable reduction in experience of depression.

Clinical group details

Facilitators: Professor Graham Meadows and Max Fraser

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, we can take referrals of people who are still either presently depressed but responding to treatment or in partial remission. We also can take referrals of people who have had episodes in the past and are now recovered. Referral information is attached and also available from Southern.Synergy@monash.edu

Weekly Mindfulness Sessions

Everyone is welcome to attend our weekly mindfulness sessions, now 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 of charge and open to anyone interested in taking part in a variety of gentle meditation practices.



“Mindfulness is simply being aware of what is happening right now without wishing it were different; enjoying the pleasant without holding on when it changes (which it will); being with the unpleasant without fearing it will always be this way (which it won’t).” – James Baraz”

Mindfulness research: DARE results now out!

Results from our large randomised controlled trial of MBCT (the DARE project) were published last month in the *Australian & New Zealand Journal of Psychiatry*, 48: 743-755. This is not an open access journal however in terms of the journal's copyright policy the accepted version of the manuscript can be made available by us and this can be found at:

http://www.med.monash.edu.au/spppm/research/southernsynergy/download/manuscript_meadows_v2.pdf

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A Day of Mindfulness

The team at Southern Synergy warmly invite you to attend a day of mindfulness practice on **Saturday 27 September 10.00am – 3.00pm** at the delightful **Abbotsford Convent** (Community Room, Convent Building).

This day is particularly suitable for those who have completed an MBCT or Occupational Mindfulness course or are otherwise familiar with mindfulness-based meditation.

RSVP: southern.synergy@monash.edu.

Bill Spawton will be facilitating the day and the cost is \$25 (\$10 health care card) with payment via <http://ecommerce.med.monash.edu.au/product.asp?pid=500&cld=2> Print your receipt and bring it with you on the day.

MBCT - Professional Training

Following the completion of Levels 1 and 2 earlier this year, we have several clinicians now undertaking or about to undertake their Level 3 MBCT professional training, including two Monash Health staff. Interest in future training courses is strong. 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.



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.