

A Quarterly Newsletter[†]

Meditation Sessions

Wednesday Staff ART
Mindfulness Sessions (SAMS).

These are open meditation sessions for Staff. Held at Dandenong Hospital they are open to any Monash Health staff.

Some familiarity with Mindfulness Meditation can be helpful in maintaining personal equilibrium and in supporting an empathic approach to clients and patients. Mindfulness training also is important in some specific psychological interventions including Dialectical Behaviour Therapy (DBT), Acceptance and Commitment Therapy (ACT) and Mindfulness-Based Interventions such as Mindfulness Based Cognitive Therapy (MBCT).

From 19th March, sessions will run every week other than during holiday periods; one of the Synergy Mindfulness Group will provide support and facilitation for staff wanting to spend about 45 minutes taking part in a range of Meditation Practices.

Sessions will run on a Wednesday from 2:30-3:15pm in the Dandenong ART (Administration & Research Training) Building. The room location will be kept updated and posted on the Southern Synergy website <http://www.med.monash.edu.au/spppm/research/southernsynergy/mindfulness/>

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

Mindfulness Based Cognitive Therapy (MBCT) – Clinical Program

These are 8-week 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.

Start-dates of 2014 groups scheduled to date are as follows, all groups 7pm – 9pm:

Group 2014–1 starts Wednesday 11 June, with assessments during May.
Group 2014–2 starts Monday 18th August, with assessments during July.

Referrals for both of these groups are now open. While MBCT groups are to be taken by 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 March 2014, referrals to the 2014-1 group would be particularly suitable for people who are in treatment for an acute episode of depression currently beginning to respond, referrals for the 2014-2 group could be taken for people who are in a major depressive episode. 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.

[†]Editorial contact Dr Fran Shawyer at: frances.shawyer@monash.edu

Royal Institute of Australia

Panel Discussion 'Mindfulness: finding calm in the chaos'.

Professor Graham Meadows took part in a 3 way discussion with Author Steven Batchelor and Adelaide Based Psychiatrist, Dr Maura Kenny. This was hosted in Adelaide and online by the Royal Institute of Australia. This event was very well attended in person and on-line. If you are interested the full edited videos of the session are available on YouTube and you can find this by following the Synergy Program Website: <http://www.med.monash.edu.au/spppm/research/southernsynergy/mindfulness/>

Publications from the DARE Project

The DARE project was the 4 year NHMRC funded research into effectiveness of Mindfulness Based Cognitive Therapy. The protocol paper on this has been in print for some time, the first results paper of this is now in press with the Australian New Zealand Journal of Psychiatry. Both Manuscripts can be accessed on the Southern Synergy website also through the Mindfulness Program location.



mu – seal script. Source
Wikimedia Commons.