

MU* – Mindfulness Update

Southern Synergy, Mindfulness Program

December 2015 Newsletter†

Day of Mindfulness

21 PEOPLE attended our recent Day of Mindfulness on Saturday 6 December at the Abbotsford Convent. For both new and regular practitioners of mindfulness, these day-long “retreats” are valuable to help deepen, sustain and further integrate mindfulness into everyday life. The day was facilitated by Graham Meadows and Fran Shawyer and included a variety of meditation, movement and compassion practices.

Dates for Saturdays in 2016 have been tentatively set for: 7 May; 24 September; 3 December.

Our Days of Mindfulness run from 10.00am to 3.00pm. The cost is \$25 (\$10 health care card).

If you are interested in coming along to one of these days but have not had prior experience with mindfulness, we encourage you to attend some weekly mindfulness sessions beforehand (see below).

Weekly Mindfulness Sessions

ATTENDANCE at our weekly mindfulness sessions has been steadily increasing this year with an average of 9 people attending each week during the last quarter. Please join us on Wednesdays from 2.30-3.00pm at the Sacred Space at Dandenong Hospital. They are **FREE** and open to anyone interested in taking part in a variety of gentle movement and meditation practices, including staff, patients and visitors.

mu – seal script

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



Source: Wikimedia Commons.



“We take care of the future best by taking care of the present now”

Jon Kabat-Zinn

PhD Project Profile: Mindfulness-based compassion for ELMHS youth

COMPASSION CAN PROVIDE US with the courage to face and wisely respond to the difficulties in life. The cultivation of compassion is a key underlying mechanism in mindfulness-based interventions. Dr Tara Hickey, clinical psychologist, mindfulness teacher and a Southern Synergy PhD candidate, is developing a mindfulness-based compassion program for youth experiencing sub-threshold psychotic symptoms, anxiety and depression. The program will be piloted in the Early Life Mental health Service (ELMHS) in 2016. If results are promising, then the program will warrant further investigation to test the feasibility of offering the program as part of standard treatment.



MBCT – Clinical Program

WE ARE **NOW** accepting referrals for FREE clinical MBCT groups in 2016, held at Dandenong Hospital and available to Monash Health patients and residents in the Monash Health catchment. 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. See <http://www.med.monash.edu.au/scs/psychiatry/southern-synergy/mindfulness/> for further information and how to refer.

MBCT - Professional Training

WE HAVE BEEN GETTING a number of inquiries about our MBCT professional training program with nearly 40 people now on our mailing list. Although we had not planned to run the next training program until 2017, due to this demand we are now looking at offering some Level 1 training groups in 2016. If you are interested in taking part in Level 1 MBCT professional training next year, please contact us and we'll put you on our mailing list.

For further information about our MBCT professional training program, please visit <http://www.med.monash.edu.au/scs/psychiatry/southern-synergy/mindfulness/mbct.html>.

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