

MU* – Mindfulness Update

Southern Synergy, Mindfulness Program

June 2015 Newsletter†

MBCT – Professional Training

THIRTY-FIVE TRAINEES HAVE SUCCESSFULLY completed the first part of their Level 1 training in MBCT, including 11 from Monash Health. This involved participation in an 8-week MBCT course adapted for the training situation. The average “importance” rating for the course given by participants was 8.8/10. To complete Level 1, trainees will be attending a 6 hour Day of Mindful practice in early August.

We are now also starting to receive applications for the Level 2 training, which takes place at the end of August in Healesville. Level 2 training is intended to provide clinicians with intensive training in the instruction of MBCT in four-day residential Instructor Development Retreat.

For more information see www.med.monash.edu/scs/psychiatry/southern-synergy/mindfulness/mbct.html

If you are interested in undertaking the MBCT professional training next year, we encourage you to email us to be placed on our mailing list (see editorial contact below). Training for 2016 will take place subject to demand.

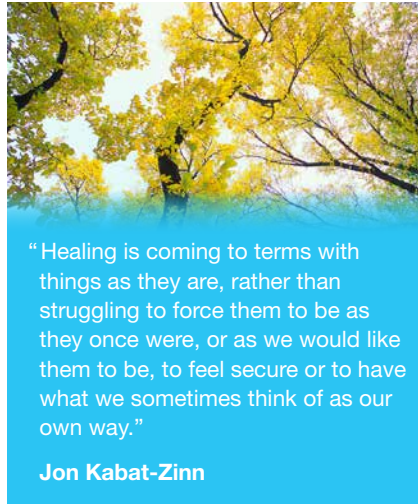
Conference presentation

Last month, Graham Meadows presented a poster entitled, “Mindfulness based cognitive therapy and the role of psychiatry” at the recent RANZCP Congress in Brisbane. Please email us if you would like a pdf copy of the poster (see editorial contact below).

Day of Mindfulness

WE HAD GREAT TURNOUT for our recent Day of Mindfulness on 30 May, with 22 people attending.

We invite you to attend our next Day of Mindfulness on **Saturday 26 September 10.00 am – 3.00 pm** at the **Abbotsford**



“Healing is coming to terms with things as they are, rather than struggling to force them to be as they once were, or as we would like them to be, to feel secure or to have what we sometimes think of as our own way.”

Jon Kabat-Zinn

Convent (Salon, Covent Building). The day will be facilitated by Bill Spawton.

This is a wonderful opportunity to refresh and deepen your practice as you are led through a variety of movement, lying and sitting practices in a supportive group setting.

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?plD=584&clD=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 some weekly mindfulness sessions beforehand (see below).

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. 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 will then 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/scs/psychiatry/southern-synergy/mindfulness> for further information and how to refer.

Weekly Mindfulness Sessions

YOUR ARE WARMLY 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, 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.](https://commons.wikimedia.org/wiki/File:Mu_seal_script.svg)



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