

MU* – Mindfulness Update

Southern Synergy, Mindfulness Program

September 2015 Newsletter†

MBCT – Professional Training

The teaching and learning has been fabulous. Beautiful location, comfortable rooms, amazing food & environment...

During August, 14 trainees completed their Level 2 Mindfulness-Based Cognitive Therapy (MBCT) training, including 4 from Monash Health. This involves intensive training in the instruction of MBCT over a four-day residential retreat. As illustrated by the above quote, feedback was very positive, with the average course evaluation rating 6.5/7. At this stage, the next round of Level 1-2 training is planned to take place in 2017. In 2016, we will be focusing on providing Level 3 training (supervised practice) to those who completed Level 2 training in 2014 or 2015. For further information about our MBCT professional training program, please visit www.med.monash.edu/scs/psychiatry/southern-synergy/mindfulness/mbct.html

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 www.med.monash.edu/scs/psychiatry/southern-synergy/mindfulness for further information and how to refer.

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.

PhD Project Profile: Does brief training in mindfulness improve the brain?

ALTHOUGH MBCT is effective in reducing depressive relapse, it is not known whether this occurs through improved attention or other brain functions. So-An Lao (pictured), a Southern Synergy PhD student, is examining whether attention, memory, perception and higher brain functions related to planning and decision making are improved after MBCT training. Results will soon be available from this study and it will help us better understand how mindfulness works. If mindfulness is found to improve certain brain functions then in future, it might be possible to use mindfulness to treat other disorders related to attention and memory.



Day of Mindfulness

NEARLY 30 PEOPLE have already registered to attend our next Day of Mindfulness on **Saturday 26 September 10.00am – 3.00pm** at the **Abbotsford Convent** (Salon, Covent Building). The day will be facilitated by Bill Spawton, one of our very experienced MBCT training faculty members.

If you would like to come along, we recommend you enrol as soon as possible as we will be capping numbers at 40. The cost is \$25 (\$10 health care card).

Please RSVP to: southern.synergy@monash.edu and payment is made via <http://ecommerce.med.monash.edu.au/product.asp?pid=584&cld=39>

Bring your receipt on the day.



“The more things go ‘our way’ for a while, the more we can believe that this is the way it is supposed to be. And when things don’t go ‘our way,’ which sooner or later they will not, we can get angry, disappointed, depressed, devastated, forgetting that it was never ‘supposed to be’ any one way at all”

Jon Kabat-Zinn

If you have not had prior experience with mindfulness, we encourage you to attend some weekly mindfulness sessions beforehand (see below).

Weekly Mindfulness Sessions

YOU 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.

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