



MU* – Mindfulness Update

SOUTHERN SYNERGY, MINDFULNESS PROGRAM

DECEMBER 2016 NEWSLETTER†

Days of Mindfulness 2017

OUR FIRST DAY OF MINDFULNESS for 2017, to be led by Bill Spawton, will be held on Saturday 28 January (10am – 3pm) at the Abbotsford convent (Salon). If you would like to come along, please register your name with us by emailing southern.synergy@monash.edu. The cost is \$25 or \$10 health care card holders. Either pay online at: <http://ecommerce.med.monash.edu.au/product.asp?pld=792&cid=39> and bring along your receipt, or pay by card on the day. For your diary, the other Day of Mindfulness dates scheduled for 2017 are: **May 6; July 29; October 28.**

Break the cycle of recurrent depression

MINDFULNESS-BASED COGNITIVE THERAPY (MBCT) combines the practice mindfulness meditation with the tools of cognitive therapy to help break the cycle of recurrent depression. To make a referral to our MBCT clinical program see <http://www.med.monash.edu.au/scs/psychiatry/southern-synergy/mindfulness/clinical-program.html>.

MBCT – Professional Training

OUR LEVEL 1 MBCT TRAINING GROUPS have now been completed for 2016 and we are gearing up for our Level 2 retreat which will be held in March 2017. At this stage, no further rounds of training are planned until 2018.

Weekly Mindfulness Sessions

WEDNESDAYS 2.30 – 3.00 PM, Sacred Space, Dandenong Hospital.

Even the briefest moment of silence is both a way of coming into the present and a way of moving on.
– Jon Kabat-Zinn

Mindfulness-based clinical trial opportunities

REFERRALS ARE NOW BEING ACCEPTED for two randomised controlled trials of mindfulness-based group therapies, run as PhD projects. These are described below:

MiCBT – Mindfulness-integrated CBT

What is MiCBT?

MiCBT teaches mindfulness skills integrated with CBT to develop awareness of thought processes, body sensations and emotional reactions to treat a range of psychological problems. Groups of about 15 people attend a 2-hour session each week for 8 weeks and they practice mindfulness each day.

Who is this trial for?

People struggling with anxiety, depression, stress, trauma, anger, pain or attentional issues. Inclusion criteria include: aged 18-75 years; fluent in English; Kessler 10 score \geq 20.

Who is the facilitator?

PhD candidate Sarah Francis is an experienced registered psychologist who has been delivering MiCBT for over 7 years.



What is involved for participants?

Those allocated randomly to the treatment group will participate in MiCBT and complete 3 assessments over 9 months. Those in the control group will receive their usual treatment, complete the 3 assessments then be invited to participate in MiCBT at the end of the trial.

How do I make a referral?

Email: sefra3@student.monash.edu

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Mindfulness with compassion

What is Mindfulness with Compassion?

Mindfulness with compassion is a group program that helps develop awareness in the present moment and learn how to become our own best friend when we are struggling by making wise choices in caring for ourselves. The program involves a 90-minute class per week for 8 weeks.

Who is this trial for?

Youth aged between 15–25 years, with subclinical or brief psychotic symptoms or have a first-degree family member with a psychotic diagnosis, are eligible for the program. Exclusion criteria include psychosis or schizophrenia, alcohol or substance misuse disorder.

Who is the facilitator?

PhD candidate Tara Hickey is a clinical psychologist who has trained with pioneers of mindfulness and compassion based approaches in the US and Europe. She uses these skills regularly in her clinical practice.



What is involved for participants?

Participants will be randomised to the program or treatment as usual. However, all participants will have a chance to attend the group over time. The research involves completing assessments before and after the program.

How do I make a referral?

Email: tara.hickey@monash.edu

* 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.*