

MU* – Mindfulness Update

Southern Synergy, Mindfulness Program

June 2016 Newsletter†

MBCT – Professional Training

IN THEORY AT LEAST, applications have now closed for our Level 1 MBCT Professional training for 2016: we received enough applications to conduct two groups. However, because applications and inquiries are continuing to trickle in, we will keep a waiting list for a third group which will go ahead should we achieve sufficient numbers.

The two groups are both fully subscribed with a total of 26 trainees, including 3 staff members from Monash Health. They will commence 11 July (Doncaster) and 8 October (Dandenong Hospital).

The next Level 2 training is scheduled to take place in March 2017, subject to enrolments. For further information about our MBCT professional training program, please visit <http://www.med.monash.edu.au/scs/psychiatry/southern-synergy/mindfulness/>

MBCT – Clinical Program

WE ARE **ALWAYS** open for 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. See <http://www.med.monash.edu.au/scs/psychiatry/southern-synergy/mindfulness/> for further information and how to refer.

Weekly Mindfulness Sessions

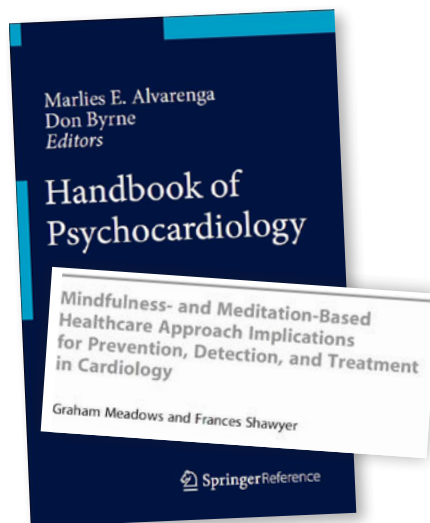
OUR WEEKLY MINDFULNESS sessions are held each Wednesday from 2.30-3.00pm, Sacred Space, Dandenong Hospital. Sessions free and are open to all.

Mindfulness in cardiology

HOT OFF THE PRESS from Southern Synergy is a chapter reviewing mindfulness in cardiology. This chapter has just been published in the *Handbook of Psychocardiology*. One of the editors, Marlies Alvarenga, is a consultant clinical

psychologist with MonashHeart as well as an adjunct senior lecturer with Monash University.

Our chapter opens with an inspiring story of a meeting between an American physician and a Tibetan Buddhist practitioner where mindful awareness was instrumental in resolving a cardiac diagnosis. We then provide a general introduction to mindfulness before considering the role of mindfulness and meditation in cardiology - not only for people with, or at risk of, cardiovascular disease, but also for the clinical practitioners who provide the care.



Day of Mindfulness

OUR MOST RECENT DAY OF MINDFULNESS took place on Saturday 7 May at the Abbotsford Convent, facilitated by Lana Sciberras. Over 20 people came along and feedback was very positive.

* 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*.



"In Asian languages, the word for 'mind' and the word for 'heart' are same. So if you're not hearing mindfulness in some deep way as heartfulness, you're not really understanding it. Compassion and kindness towards oneself are intrinsically woven into it. You could think of mindfulness as wise and affectionate attention."

– Jon Kabat-Zinn

One attendee emailed:

"I just wanted to thank you for another fantastic day at the Abbotsford Convent on the 7th May. I find these days are an important (and essential) means of re-engaging with mindfulness behavior and are a glorious oasis in a busy life. I also want to thank the excellent presenters"

– Lynne.

For your diary, other dates for Saturdays in 2016 have been set for: 24 September; 3 December. We look forward to seeing you there.

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