

MU* – Mindfulness Update

Southern Synergy, Mindfulness Program

March 2016 Newsletter†

Weekly Mindfulness Sessions

THE BENEFITS OF MINDFULNESS are well-established in improving mental and physical health and enhancing one's ability to manage stress. You may wish to check out the 2-min animation at <https://vimeo.com/152432001> to see how this might happen. If you are curious to find out what it is like to actually practice mindfulness, you would be very welcome to come along to our FREE weekly mindfulness sessions each Wednesday from 2.30–3.00pm, Sacred Space, Dandenong Hospital. Sessions include a variety of practices such as mindful movement, sitting meditations and compassion practices. Sessions are open to all.

Day of Mindfulness

OUR NEXT DAY OF MINDFULNESS will take place on Saturday 7 May at the Abbotsford Convent (Community room). The day will be facilitated by Lana Sciberras.

Other dates for Saturdays in 2016 have been set for: 24 September; 3 December.

Our Days of Mindfulness run from 10.00am to 3.00pm. The cost is \$25 (\$10 health care card) with payment online at: <http://ecommerce.med.monash.edu.au/product.asp?pid=681&cId=39&c=164533>

Please bring your receipt on the day. If you are interested in coming along but have

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.

not had prior experience with mindfulness, we encourage you to attend some weekly mindfulness sessions beforehand.

Mindfulness-based cognitive therapy (MBCT) for recurrent depression: A 'best buy' for healthcare?

COST-EFFECTIVENESS ANALYSIS compares the costs and health effects of an intervention to see if it provides value for money. Results from our large randomised controlled trial of MBCT (the DARE project), accepted for publication this month by the *Australian and New Zealand Journal of Psychiatry*, show that MBCT is highly cost-effective.

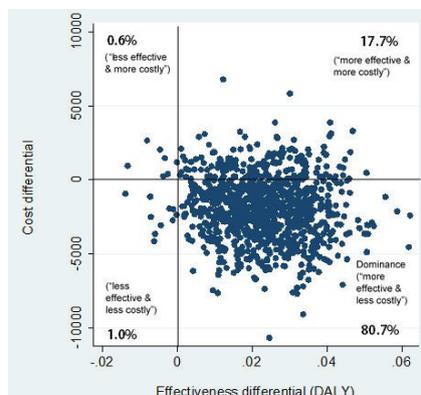


Figure 1. DARE cost utility for implementing MBCT in mental health services compared to control.

As shown in Figure 1, our confidence estimates show good evidence of "dominance" for MBCT. This important health economic outcome means that, if MBCT were to be implemented in mental health services, there is a high likelihood that it would result in reduced costs to the service and demonstrable health gains.

MBCT – Clinical Program

WE ARE ALWAYS open for referrals for FREE clinical MBCT groups in 2016, held

“When you are taking a shower, check and see if you are in the shower. You may already be in a meeting at work. Maybe the whole meeting is in the shower with you” – Jon Kabat-Zinn

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.

MBCT – Professional Training

APPLICATIONS ARE ABOUT TO OPEN for Level 1 training, which will commence from 11 July 2016. Depending on uptake, we hope to run 4 Level 1 groups this year. We expect the next Level 2 training to take place in March 2017. 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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