



# MU\* – Mindfulness Update

## SOUTHERN SYNERGY, MINDFULNESS PROGRAM

### SEPTEMBER 2016 NEWSLETTER†

#### Day of Mindfulness

OUR NEXT DAY OF MINDFULNESS will take place on **Saturday 24 September 10.00am – 3.00pm at the Abbotsford Convent (Community room)**. The day will be facilitated by Fran Shawyer together with a team of mindfulness practitioners from our MBCT professional training program. We have 18 people registered to attend already. If you would like to come along as well you would be very welcome. Please RSVP to: [southern.synergy@monash.edu](mailto:southern.synergy@monash.edu)

The cost is \$25 (\$10 health care card). Cash payment can be made at the door or you can pay online prior to the day via <http://ecommerce.med.monash.edu.au/product.asp?pid=685&cld=39>

If you are interested in attending but have not had prior experience with mindfulness, we encourage you to attend some weekly mindfulness sessions beforehand.

For your diary, the final Day of Mindfulness for 2016 will take place on 3 December.

#### MBCT – Clinical Program

DO YOU HAVE CLIENTS WITH RECURRENT MAJOR DEPRESSIVE DISORDER who might be interested in participating in a program to help reduce their risk of relapse? We are **ALWAYS** open for referrals for **FREE** clinical MBCT groups, 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/clinical-program.html> for further information and how to refer.

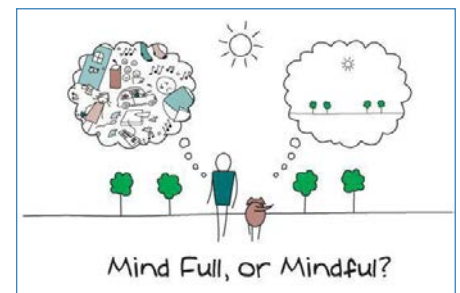
#### MBCT – Professional Training

“IT HAS BEEN A HIGHLIGHT OF MY WEEK”, “VERY RESTORATIVE”, “INVALUABLE”. With an average importance rating of 9/10, this was just some of the very positive feedback from the 12 trainees who recently completed the first of our two Level 1 training groups for 2016. Our second training group is due to start on 8 October at Dandenong Hospital. For further information about our

MBCT professional training program, see <http://www.med.monash.edu.au/scs/psychiatry/southern-synergy/mindfulness/mbct-prof-training-2016-2017.html>

#### Weekly Mindfulness Sessions

OUR FREE WEEKLY MINDFULNESS sessions are held each Wednesday from 2.30–3.00 pm, Sacred Space, Dandenong Hospital.



“It is so easy to look without seeing, listen without hearing, eat without tasting, miss the fragrance of the moist earth after a rain, even to touch others without knowing the feelings we are transmitting and receiving. In fact, we refer to these ever so common instances of missing what is here to be sensed or perceived, whether they involve our eyes, our ears, or our other senses, as being out of touch.”

– Jon Kabat-Zinn

#### PhD Project Profile: Mindfulness-integrated cognitive behaviour therapy as a trans-diagnostic group intervention

Mindfulness-based therapies are continuing to gain research attention and clinical application with a variety of different diagnoses. Mindfulness-integrated CBT (MiCBT) is a relatively new mindfulness intervention. It is used trans-diagnostically and has a rationale based on an information processing model in which participants learn to understand and manage thought processes rather than content. MiCBT teaches the co-emergence of thought and body sensation, and mindfulness skills focus on interoceptive awareness and non-reactivity. When body scanning competence is reached, exposure techniques are taught enabling people to develop equanimity towards aversive stimuli whether they be internally or externally generated.



**SARAH FRANCIS** is a PhD candidate, registered psychologist and highly experienced facilitator of MiCBT and she will be conducting a randomised controlled trial of group-based MiCBT. If the results are promising this will facilitate the uptake of MiCBT with application across a broad range of psychological disorders. Sarah will be starting to recruit participants in the next few weeks, who will receive the 8 week MiCBT program at no cost.

#### \* 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.*

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