



MU* – Mindfulness Update

SOUTHERN SYNERGY, MINDFULNESS PROGRAM

MARCH 2017 NEWSLETTER[†]

Mindfulness-based Cognitive Therapy (MBCT) Clinical Program

REFERRALS ARE NOW BEING ACCEPTED for our next clinical MBCT group which will run over 8 weeks from

**Thursday 11 May –
Thursday 29 June,
6.30pm – 8.30pm,
Seminar room 1,**

Dandenong Hospital,

with assessments during April. MBCT combines mindfulness meditation with cognitive therapy to help break the cycle of recurrent depression. The group will be facilitated by Professor Graham Meadows and Dr Fran Shawyer.



While MBCT groups are to be taken by people who are in remission from major depressive episodes at the time the group starts, during March we can take referrals of people who are in treatment for an acute episode of depression and currently beginning to respond. Up until the end of April, we can take referrals of people who have had episodes in the past and are now recovered.

Information on how to refer is available at: <http://www.med.monash.edu.au/assets/docs/scs/psychiatry/2016mbct-info-referral-form.pdf> or call 9902 9696 for further information.

Weekly Mindfulness Sessions

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

“Wisdom grows in quiet places.”

– Austin O'Malley

Mindfulness and Acceptance Publications: 2016-2017

CHECK OUT our research team's latest mindfulness and acceptance publications:

1. Meadows, G., Shawyer, F. (2017). Mindfulness-based cognitive therapy delays depressive relapse across demographic subgroups. (Invited commentary). *Evidence-Based Mental Health*, 20(1): e5.
2. Shawyer, F., Farhall, J., Thomas, N., Hayes, S.C., Gallop, R., Copolov, D., Castle, D. (2017). Acceptance and commitment therapy for psychosis: randomised controlled trial. *British Journal of Psychiatry*, 210: 140-148.
3. Shawyer, F., Enticott, J.C., Ozmen, M., Inder, B. Meadows, G.N. (2016). Mindfulness-based cognitive therapy for recurrent major depression: A 'best buy' for health care? *Australian & New Zealand Journal of Psychiatry*, 50: 1001-1013.
4. Kearns, N.P., Shawyer, F., Brooker, J.E., Graham, A.L., Enticott, J.E., Martin, P.R., Meadows, G.N. (2016). Does rumination mediate the relationship between mindfulness and depressive relapse? *Psychology and Psychotherapy: Theory, Research and Practice*, 89: 33-49.
5. Meadows, G. and Shawyer, F. (2016). Mindfulness- and Meditation-based healthcare approach implications for prevention, detection and treatment in cardiology. In M.E. Alvarenga & Byrne, D. (Eds). *Handbook of Psychocardiology* (pp. 1023-1041). Singapore: Springer Science+ Business Media Singapore.
6. Lao, S., Kissane, D., Meadows, G. (2016). Cognitive effects of MBSR/MBCT: a systematic review of neuropsychological outcomes. *Consciousness and Cognition*, 45: 109-123.
7. Advocat, J., Enticott, J., Vandenberg, B., Hased, G., Hester, J. Russell, G. (2016). The effects of a mindfulness-based lifestyle program for adults with Parkinson's disease: a mixed methods, wait list controlled randomised control study. *BMC Neurology*, 16: 166.

Day of Mindfulness

OUR NEXT DAY OF MINDFULNESS will take place on Saturday 6 May, 10.00am–3.00pm at the Abbotsford Convent. If you would like to come along, please register your name with us by emailing southern.synergy@monash.edu by Thursday 4 May. Cost: \$25 or \$10 health care card holders. Pay via: <http://ecommerce.med.monash.edu.au/product.asp?pid=809&cid=39> or by card on the day.

* 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*.

MBCT – Professional Training

WE HAVE 13 ENROLMENTS including four Monash Health staff for our forthcoming MBCT Level 2 professional training retreat which will take place from 23-26 March at the Maitripa Centre, Healesville. No further rounds of training are planned until 2018.

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WEBSITE:

www.med.monash.edu/spppm/research/southernsynergy/mindfulness