

## Mindfulness-Based Cognitive Therapy (MBCT)

### Peer Supervision Group

#### General purpose

Commenced in 2011, the purpose of this group is to provide a reflective peer supervision support for mental health professionals who have completed training in MBCT and are facilitating groups in the community. The focus of the group is on MBCT group practices, processes and issues and the application of mindfulness theory and philosophy.

#### Activities

Activities may include:

- Discussion of clinical issues arising from practice
- Review of research articles and books
- Case presentations
- Open discussion of topical issues
- Review of videotaped session material
- Discussion of practical and administrative issues in running an MBCT group in private practice
- Opportunity to practice leading meditations
- Promotion of conferences and upcoming events relevant to the practice of mindfulness and training opportunities in this area
- Feedback from workshops/seminars

Examples of topics discussed:

- For whom is MBCT best suited?
- The pre-group interview
- Promoting adherence to MBCT
- Encouraging maintenance of practice
- The role of relaxation in mindfulness and MBCT
- Mindfulness in acute settings
- Mindfulness and suicide
- Booster groups

#### Cost

Free of charge

#### Venue

Southern Synergy  
Monash Health – Adult Mental Health  
Meeting room 5  
ART (Administration, Research & Training) Building  
126 – 128 Cleeland St  
Dandenong Vic 3175

## Day/Time

First Wednesday of the month, 4:30pm – 6:00pm

## Dates for 2016 MBCT Peer Supervision

Wed 2 March

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Wed 6 April

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Wed 4 May

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Wed 1 June

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Wed 6 July

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Wed 3 August

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Wed 7 September

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Wed 5 October

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Wed 2 November

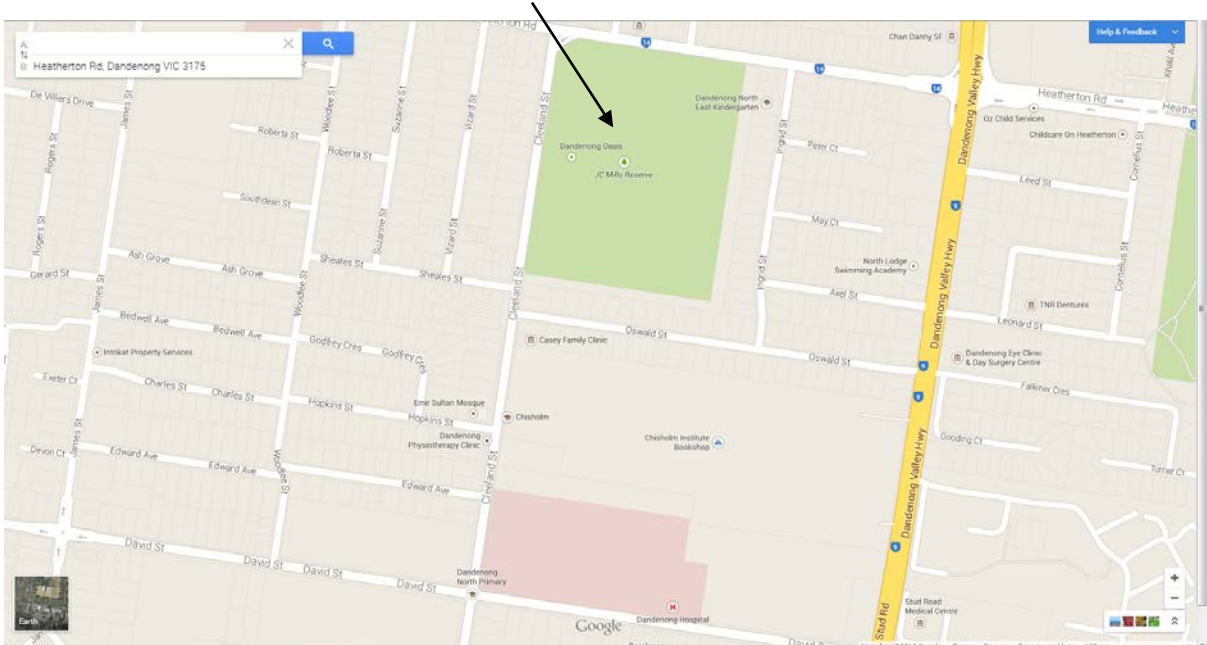
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Wed 7 December

Directions for Dandenong ART (Administration, Research & Training) Building.  
Adult Mental Health

**Address:** 126-128 Cleeland Street, Dandenong

**Parking** is best at Dandenong Oasis Sports Centre (free) Walk towards David St, or paid parking is available at the Hospital, of course there is off street parking usually a two hour maximum.



This is what the external of the **ART building** looks like. You will be entering into the left hand side of this building.



Please call Fran Shawyer on 0400 665 676 on arrival.