

# Mindfulness-based Therapy and Research Interest Group (MTRIG)

NEWSLETTER



mtrig@mindfulness.net.au

9<sup>th</sup> December 2009

## AGENDA

### Meeting at the MiCBT Institute Hobart Tasmania Australia

(See details on last page)

*Following a short mindfulness meditation practice,  
this meeting will include the following:*

#### Review of a research article

*Thanks to the MTRIG member who sent this article.*

“The underlying anatomical correlates of long-term meditation: Larger hippocampal and frontal volumes of gray matter”

By Eileen Luders<sup>a</sup>, Arthur W. Toga<sup>a,□</sup>,  
Natasha Lepore<sup>a</sup>, Christian Gaser<sup>b</sup>

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Peer reviewed journal published in 2009 by *NeuroImage* 45, 672–678,

*This article provides further evidence that mindfulness meditation leads to neuroplasticity. The structural changes in parts of the brain associated with regulation of emotion also reminds us of the long term advantages of teaching clients to meditate, rather than using principles and philosophical*

*elements of mindfulness embedded within a narrative-behavioural approach.*

#### Proposed discussion topic

The video footage of a fascinating interview with a client of Trevor Reeve (Burnie, Tasmania, Australia) who undertook the MiCBT program will be screened to illustrate the effects of MiCBT on a client's family.

#### Peer review session / Case discussion

The impact that clients who use mindfulness meditation have on their direct family/social environment.

#### APS PD points and meetings

Members of the Australian Psychological Society who attend these meetings can claim **1.5 specialist (CCLIN, CCOUN, CCOM) or generalist PD points**, depending on the nature of content. You may also wish to be a contact person to create your own MTRIG meetings in your area.

## NEWS

### Sleeve and new look for mindfulness CDs

Both *Stage 1* and *Stage 2: Advanced Training* mindfulness meditation CDs used in MiCBT have a new-look CD sleeve. People ordering CDs will now receive them in their sleeve at no additional cost. CD sleeves include: CD content, implementation protocol, short bio of the author and recommendations for practitioners. This innovation will help provide a rough practice guide for your clients and add to your professional presentation (see website).

### Change to the MTRIG Newsletter

The MTRIG newsletter will soon become the MiCBT Institute newsletter. This change is in line with the growing number of professionals who undertake training in MiCBT. Institute members are people who have undertaken a course or workshop in MiCBT. Currently, these members need to register with MTRIG as well as the Institute, making the process unnecessarily complicated. The switch will simplify their access to the newsletter and articles.

## MiCBT COURSES UPDATE

The remaining 2009 and planned 2010 MiCBT workshops and courses facilitated by Dr Bruno Cayoun are listed below. For details, please see the Training page on the MiCBT Institute website: [www.mindfulness.net.au](http://www.mindfulness.net.au)

**October 9 to D:** An 8-week applied MiCBT course is currently being conducted for the Salvation Army's Bridge Program, Hobart, Australia, to inform and up-skill Alcohol and Other Drug counsellors in the use of MiCBT in their daily work.

**December 4:** A half-day introductory post-conference workshop at the "Mind and its Potential" International Conference, Sydney Convention & Exhibition Centre, Sydney. The conference topics will centre on the

brain and its plasticity. We were told recently that 204 participants were already enrolled and the room will allow for few more places.

### 2010

**January 10:** 3 short workshops will be conducted as part of the 27th Annual Buddhist Summer School, organised by the E-Vam Institute, Maitripa Centre, Healesville, near Melbourne, VIC, Australia.

**February 13 to May 8:** An 8-week applied MiCBT course will be conducted at Northcote Town Hall, VIC Australia. This comprehensive course will be co-facilitated by Bruno Cayoun and Sally Francis.

**February 27 to May 15:** An 8-week applied MiCBT course will be conducted at the School of Psychology, University of New South Wales, NSW Australia. This comprehensive course will be co-facilitated by Bruno Cayoun and Alice Shires.

**March 27:** A 1-day MiCBT introductory workshop at the Lakeside Rooms, Robina, on the Gold Coast, Australia. The aim of this introductory workshop is to introduce the principles of mindfulness meditation and their sophisticated integration with CBT.

**June 19:** A 1-day MiCBT introductory workshop in Adelaide, SA, Australia. The aim of this introductory workshop is to introduce the principles of mindfulness meditation and their sophisticated integration with CBT.

**July 10:** A 1-day advanced MiCBT workshop at the MiCBT Institute, Hobart, TAS, Australia. The aim of this advanced workshop is to further the skills of MiCBT practitioners.

**July 24 to September 11:** An 8-week supervised applied MiCBT course will be conducted in Brisbane, QLD Australia.

Three-day workshops in Newcastle (NSW, Australia), Christchurch (New Zealand) Singapore and Hong Kong are being planned and need to be confirmed. If you have an interest for these please forward your queries to: [admin@mindfulness.net.au](mailto:admin@mindfulness.net.au)

### MiCBT groups for clients

If you are interested in having a client group conducted in your service, either as a pilot trial or as part of your clinical program and/or professional training program, please contact: [admin@mindfulness.net.au](mailto:admin@mindfulness.net.au). It may be possible for an MiCBT-accredited clinician in your area to conduct such a group.

## SNAPSHOT

### Ernest Schall Psychologist and Family Therapist



Working as a Police Psychologist with the South Australian Police, I found the work exciting, enjoyable and challenging. For example, on one busy day, it moved from suddenly leaving a morning of psychological

assessments to attend the site of an armed siege to work with negotiators, then holding workshops with Officers in the afternoon. While I was happy to make it the primary focus of my life, I began to see that my balance between work and the rest of my life was somewhat out of kilter. My partner and I decided to find a new balance, moved to Tasmania, and began building a house in bushland outside of Hobart.

My journey towards Hobart has been a gradual approach over many years. After a childhood in America and New Zealand, I worked in London and the Middle East before making Australia my home. As a mature age student, I began university studies in South Australia. After graduation and two further years of training in family therapy, I worked as a Family Therapist, and later as a Counsellor with problem gamblers. Following further study, I was registered as a Psychologist, working with people with developmental disabilities, prisoners, and the South Australian Police. While in Adelaide, I also worked as a casual lecturer in the

University of South Australia's Honours and Masters Psychology (Forensic) programs. My previous research is on the effects of anxiety, depression, and illusion of control on Problem Gambling. Along with several other psychologists, I co-authored "The development of CBT Programmes for Anger: the role of interventions to promote perspective-taking skills" (Day, Howells, Mohr, Schall & Gerace, Behavioural & Cognitive Psychotherapy; May 2008, Vol.36 Issue 3, p299-312, 14p).

My practice of mindfulness meditation has also been a slow journey from the outside in. Starting with Martial Arts, then yoga, Tai Chi and Chi Gung I slowly moved towards sitting meditation.

Arriving in Hobart, I took a short term contract working with prisoners, mainly in the high needs unit in the Maximum Security area of Risdon Prison. At Risdon I attended an 8 week Mindfulness (MiCBT) group for treatment staff, run by Dr. Bruno Cayoun. I was impressed by the simple, practical, and profound way his approach melded sound cognitive behavioural theory with insight focused meditation. I began to use this approach with four prisoners whose difficulties with Borderline Personality Disorder and co-morbid conditions had led to such emotional volatility that they had been unable to engage in therapy. Three of the four men responded well to MiCBT, and were for the first time able to undertake focused sessions which directly addressed the problem behaviour which had led to their imprisonment. Near the end of the MiCBT group, Dr. Cayoun invited me to join him at Macquarie Psychology in private practice, and the timing seemed perfect.

I owe a great deal to people who have helped me in my work. Along with the valuable teaching I received from Bruno, I have benefited from the example of many teachers over my career. Sonny Ooi, Heather Hayes, Catherine Sanders, Narelle McKenzie, Quentin Black, Andrew Day and Doug Knuckey have all been the right people at the right time to teach me important lessons.

Hobart is a beautiful place, and I look forward to continuing my work here with families, couples and individuals for many years to come.

Ernest Schall is currently seeing clients and accepts referrals at Macquarie Psychology, 277 Macquarie Street, Hobart, TAS.

## FREE MINDFULNESS MEDITATION GROUPS

A weekly practice group is taking place every on Thursday in Hobart, Tasmania (Australia), at the Newdegate Street Health Centre, from 6:15 to 7:00pm (last room, top floor). The address is: 107 Newdegate Street, but use the Mellifont Street (side) entrance. Attendees arrive from 6:00pm. It is free (courtesy of Dr Janeil Hall) and all are welcome to attend. Although brief practice instructions are given at the start of practice, note that this is not a therapy group or



teaching group and everyone attending is assumed to have had some prior training or exposure to mindfulness meditation. Therapists who implement a mindfulness-based therapy are particularly encouraged to attend these weekly practice groups to keep in touch with their own practice skills and feel supported.

\*\*\*Trevor Reeve is coordinating a weekly meditation group in Burnie, TAS. It is held at The Salvation Army, Oakleigh House, 24 View Road Burnie, 6.00pm to 7.00pm. on Wednesdays. There will be limited guidance throughout the meditation. Participants must have a level of knowledge/practice to allow them to meditate for 45 minutes in silence.

## MTRIG Meeting

### Meeting date, time and place

**Date:** Wednesday 09/12/09

**Time:** 6:00 to 7:30pm

**Place:** MiCBT Institute Building (Top floor)  
277 Macquarie St, Hobart, TAS, Australia

### February 2010 Meeting:

Wednesday 03/02/10