

Mindfulness-based Therapy and Research Interest Group (MTRIG)

NEWSLETTER



mtrig@mindfulness.net.au

10th February 2010

AGENDA

Meeting at the MiCBT Institute

(See details on last page)

Research Article

“Mindful Awareness, Mindsight, and Neural Integration”

By Dr Daniel J. Siegel



Dr Dan Siegel

Dr. Siegel is currently the executive director of the Mindsight Institute. He is on the clinical faculty at UCLA, where he serves as the Co-director of the Mindful Awareness Research Center and co-investigator at the Center for Culture, Brain, and Development.

Published in 2009 in peer reviewed journal:
The Humanistic Psychologist, 37: 137–158.

This conversational, easy to read article by one of the current leading authors in the area of brain science is truly refreshing. The author simply carries you on a journey, continuously referring to your daily reality and links the roles of mindfulness meditation in the context of interpersonal relatedness. Dr Siegel's model of interpersonal neurobiology is clearly articulated and practitioners of MiCBT will recognise several overlaps in concepts and rationales. Despite the highly personal and conversational style of the author, this article remains a significant resource for both researchers and clinicians.

Peer review session / Case discussion

Cases may be brought up by attendees as part of the proposed discussion topic (below).

Proposed discussion topic

Diana Taylor will present on Daniel Siegel's work on interpersonal neurobiology, as described in his books 'Mindful Brain' and 'Mindsight'. Anyone working with trauma, in particular, will be delighted to hear about the role of mindfulness training through Dan Siegel's model.

APS PD points and meetings

Members of the Australian Psychological Society who attend these meetings can claim **1.5 specialists or generalist PD point**, 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

MiCBT workshop at the Buddhist Summer School, Healesville VIC

An introductory MiCBT workshop was conducted by Dr Bruno Cayoun in early January 2010 at the 27th Annual Buddhist Summer School, Healesville, near Melbourne, Victoria. The audio recording of the workshop will soon be available. The

summer school is organised by the E-Vam Institute and headed by Traleg Rinpoche.

Comment by Dr Cayoun: *"In such a context, teaching the principles of mindfulness meditation, as traditionally taught, was a real delight. The participants were open minded and keen to learn about MiCBT. Traleg Rinpoche offered inspiring talks on the relevance of spirituality in religion. The atmosphere made place for integration of new concepts and response was very positive"*.

Traleg Rinpoche's talks will also be available on audio CD very soon. Please contact us and we will forward your requests to E-Vam Institute.

Mind and Its Potential conference

The Mind and Its Potential conference took place in Sydney on 2 and 3 December 2009. Once more, this year was a great success. The wisdom of His Holiness the Dalai Lama permeated through to the 2500 visitors. He reiterated the importance of continued research studies in Mindfulness. Pre- and post-conference workshops, including an introduction to MiCBT conducted by B. A. Cayoun, were attended by 200 to 350 people.



Photo: Franck Schmutz
His Holiness the Dalai Lama, Tenzin Gyatso,
Nobel Peace Prize Winner

MiCBT Research

Lyn Roubos, Psychologist in private practice in Cairns, QLD, Australia, is currently in Hobart studying the effects on MiCBT in group format on a range of disorders with a group of clients. The group is taking place on 8 consecutive Fridays at the Institute. Other research projects in MiCBT are taking place and new research ideas by various people are emerging.

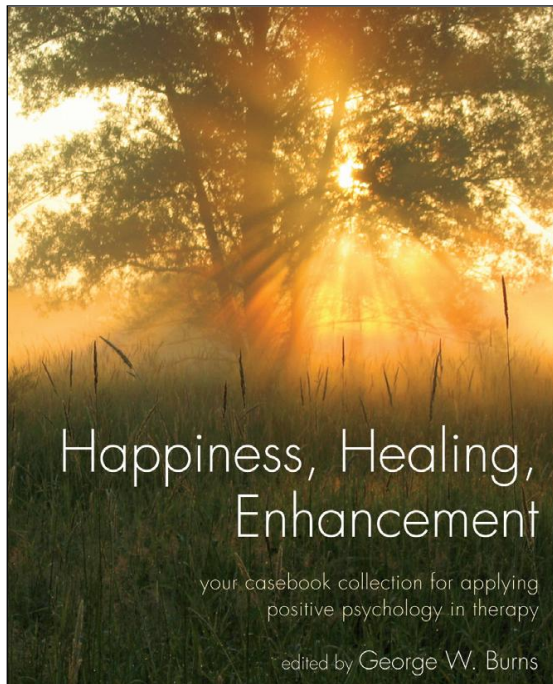
In case you would be interested in collecting similar data sets at pre, during and post-MiCBT intervention, the data currently collected are from the Depression Anxiety and Stress Scale (DASS-21), Satisfaction with Life Scale, Mindfulness-based Self Efficacy Scale, and the Short Progress Assessment (SPA). Please contact Dr Cayoun directly if you need more details.

New books

The great book **"A Practical Guide to Applying Positive Psychology in Therapy"** by George Burns was released by Wiley Publication in the US and has just been released in Australia.

George is a member of the MTRIG and would like to pass the news on to MTRIG members who may wish to take advantage of the introductory 20% offer.

Comments from the Editor: *"I believe this edited book, with contributions by esteemed and experienced colleagues, fills a unique gap in the positive psychology literature. My request to contributors was that they provide the sound research, show a clinical case application, and give replicable steps for other therapists to follow. In doing so, I believe the work bridges the gap that often exists between research and clinical applications."*



Drawing together some of the world's best researchers, writers, and practitioners in applied positive psychotherapy, this casebook collection translates solid science into sound and clear clinical interventions. This latest companion to George Burns' successful Healing Stories books is structured around nine therapeutic objectives that include: orienting to happiness, instilling hope, utilising resources, moving beyond depression, building mindfulness and acceptance, and transcending trauma and pain.

Based on real case examples, each chapter provides practical therapeutic guidelines, experiences, and examples. The book showcases therapeutic applications that are brief, effective, empowering, and joyful, and allows you to step inside the thinking, planning, and processing of skilled practitioners as they decide on, structure, and offer a range of positive psychology interventions.

About the Editor

George W. Burns is an internationally recognised clinical psychologist, author, and therapist trainer. He is Director of the Milton H. Erickson Institute of Western Australia and The Hypnotherapy Centre of Western

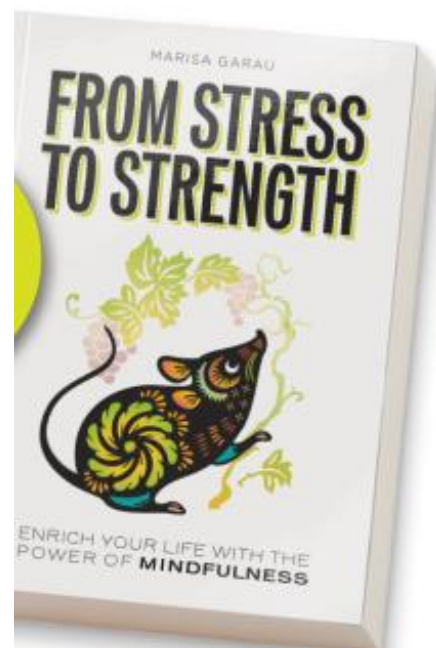
Australia. He has lectured around the world and is an adjunct senior lecturer at Edith Cowan University, Perth, Australia. He has published several books, including *101 Healing Stories*, *101 Healing Stories for Kids and Teens*, and *Healing with Stories* (all from Wiley). 978-0-470-29115-3 • Paperback 304 pages.

Save 20%

~~\$45.00~~ ~~\$36.00 US~~ • ~~\$72.95~~ ~~\$58.36 AUS~~

To order in Australia, please call Wiley Australian Distribution Centre, 1800 777 474, PO Box 3065 Stafford BC, Qld, 4053 Australia

A very useful book for clients is “**From Stress to Strength: Enrich Your Life by the Power of Mindfulness**” by Marisa Garau in New Zealand.



Marisa's personal experience of mindfulness training can inspire many clients. Her engaging style is unencumbered by jargon as she describes the relevance of mindfulness in daily life. Also very reasonably priced, it may be worth mentioning to some clients. Reviews can be found here:

www.aboutmindfulness.com/reviews.html

REMINDER:**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.

NEW MTRIG MEMBERS

- **Elda Chan** works for the Even Centre, Tung Wah Group of Hospitals (Hong Kong, China), where she is Supervisor of a team specialised in the treatment of gambling addiction, and couple and family therapy. Elda is also a PhD Candidate at the University of Melbourne, Australia, where she is investigating family functioning and family impacts of problem gambling. She hopes to complete her research project by 2012. Elda attended a 2-day workshop on Mindfulness-integrated CBT (by Bruno Cayoun), a half day workshop on mindfulness by a local trainer (Hong Kong), and a 5-day training on Body-mind-spirit approach (Hong Kong University). She is interested in further formal training and supervision.

Contact: csdeven@tungwah.org.hk

- **Bronwyn Moth** is a registered Clinical Psychologist with the New Zealand Psychological Society and a member of the New Zealand College of Clinical Psychologists. Bronwyn is a Senior Psychologist currently working in the area of Corrections Psychology for the Community Probation Psychological Service and in private practice in Christchurch, New Zealand. Her main client group are youth who have committed crime. These young people generally have numerous needs as well as mental health issues and Bronwyn finds CBT and MiCBT models and skills to be very useful in their treatment. She also trains and supervises, and works with mental health issues in adolescents.

Contact: Bronwyn.Moth@corrections.govt.nz

- **Lyn Roubos** Lyn works as a psychologist in Cairns, Far North Queensland. She has closed her private practice temporarily to undertake further training in MiCBT in

Hobart, Tasmania for 3 months. She is currently working towards completion of her Masters in Clinical Psychology. The research project involves the delivery of a 10 week MiCBT course and looks at the efficacy of this therapy program for a mixed difficulty group. It also hopes to begin to explore the relationship between the amount of mindfulness training and the degree of individual improvement. Lyn returns to Cairns in April to continue in private practice and to return to a part-time position with QLD Health. Contact: lyn.roubos@gmail.com

All welcome to the MTRIG!

SNAPSHOT

Kathleen Helgason
Counsellor

St. Andrews, Manitoba, Canada



Twenty years ago, I began work as a prisoner advocate and counsellor following a degree in sociology and political science. Since childhood, I

had always empathized with those who were disadvantaged and oppressed. I was committed to social justice and also believed that people could be freed from their own emotional suffering. So, at the age of 22, I entered our prison system in hopes of 'making the world a better place.' However, it was my own emotional suffering which served as a catalyst in my professional and personal journey towards mindfulness.

Despite the cognitive behavioural skills I had developed through my work, I struggled with my own anxiety and anger. I found that rational emotive behavioural strategies were no match for the intense feelings I sometimes experienced. During this period of my life, I sought help in the 12-step program, Al-anon. It was in this support group that I was first exposed to the notion that "a Power greater than ourselves could restore us to sanity." Finding inner peace in the midst of chaos became my quest. The

daily passages of my “One Day at a Time” book helped me through five turbulent years. Following this, I was introduced to the book “A Path with Heart” by Jack Kornfield. My interest and study of Buddhism grew as did my yoga practice. My work with prisoners reflected my holistic philosophy and, over the years, I was able to introduce drama and yoga into the provincial and federal prison system. However, after several failed attempts to plan a Vipassana meditation retreat at the prison where I’m currently employed, I realized that my work environment was no longer conducive to my professional and personal goals.

Although I was intrigued by the concept of mindfulness, I had avoided meditation as a practice, preferring the physicality of Vinyasa Yoga. That was about to change. As I searched the internet for training in mindfulness therapy, I came across the contact information for Dr. Bruno Cayoun. To my surprise, Bruno responded to my e-mail (all the way from Tasmania)! He was not only able to advise me in MiCBT training, he was also willing to supervise me via the magic of modern technology! It has been 18 months since I began my daily meditation practice and my formal training in MiCBT.

My supervision sessions have challenged and inspired me in the most rewarding way. This experience has truly enriched my life and has strengthened my commitment to my innermost truth. In June, I intend to leave my position in correctional programs in order to pursue my interest in mindfulness therapy, and other related opportunities. I believe that my own meditation practice has led to greater clarity, confidence and focus. Thanks to Bruno’s guidance and knowledge, I look forward to sharing my mindfulness skills with others. Contact: maplecliff16@shaw.ca

MiCBT COURSES UPDATE

The **2010 MiCBT workshops and courses** are listed below. Most will be facilitated by Dr Bruno Cayoun, some will be co-facilitated by Psychologists Sally Francis and Alice Shires.

For details, please see the Training page on the MiCBT Institute website:

www.mindfulness.net.au/training-2010/

10 Jan 2010 HEALESVILLE VIC	27th Buddhist Summer School E-Vam Institute
1-2-3 Feb SINGAPORE	Addressing Gambling Addiction with Mindfulness integrated CBT
13 Feb-8 May 2010 MELBOURNE VIC	Applied Supervised MiCBT Course for Professionals
27 Feb-15 May 2010 SYDNEY NSW	Applied Supervised MiCBT Course for Professionals
27 Mar 2010 GOLD COAST QLD	Introduction to Mindfulness-CBT for Crises Intervention and Relapse Prevention
28 Mar 2010 GOLD COAST QLD	Mindfulness and Pain
19 June 2010 ADELAIDE SA	Introduction to Mindfulness-CBT for Crises Intervention and Relapse Prevention
10 Jul 2010 HOBART TAS	Expertise in the Integration of Mindfulness and CBT
24 Jul-11 Sep 2010 BRISBANE QLD	Applied Supervised MiCBT Course for Professionals
17 Sep - 5 Nov 2010 HOBART TAS	Applied Supervised MiCBT Course for Professionals
23 Oct 2010 Canberra ACT	Introduction to Mindfulness CBT for Crises Intervention and Relapse Prevention
End Nov 2010 (TBC) Christchurch, New Zealand	3-day workshop: Introduction to Mindfulness CBT for Crises Intervention and Relapse Prevention

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. It may be possible for a MiCBT-accredited clinician in your area to conduct such a group.

MTRIG Meeting

MTRIG meetings in Southern Tasmania are held at the MiCBT Institute building and start with a short mindfulness meditation practice.

Meeting date, time and place

Date: Wednesday 10/02/10

Time: 6:00 to 7:30pm

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

April Meeting:
Wednesday 07/04/10

FREE MINDFULNESS MEDITATION GROUP

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 we 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.