

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

NEWSLETTER



mtrig@mindfulness.net.au

7<sup>th</sup> October 2009

## AGENDA

### Meeting at the MiCBT Institute Hobart Tasmania Australia

(See details on last page)

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

#### Review of a research article

*Thanks to Chrissie Burke for this article.*

“Mindfulness-Based Approaches with Children and Adolescents: A Preliminary Review of Current Research in an Emergent Field”

By Christine Burke

Centre for Mindfulness Research and Practice (CMRP), Department of Psychology, University of Wales, Bangor, Gwynedd LL57 2UW, UK.

Peer reviewed journal published in 2005 by *Journal of Child and Family Studies*, DOI 10.1007/s10826-009-9282-x

*This review article provides a preliminary review of the current research in mindfulness-based approaches for children and adolescents, focusing on MBSR and MBCT models. One of our interests in this review is its focus on two approaches that which place the regular practice of mindfulness meditation at the core of the intervention. Please note that Chrissie published this article when she was involved with the Centre for Mindfulness Research and*

*Practice, Department of Psychology, University of Wales in the UK. She has since returned to Australia, her country of origin and can be contacted about her article at: [burkec@optusnet.com.au](mailto:burkec@optusnet.com.au)*

#### Peer review session / Case discussion

Clare Voss and Geoff Divall will discuss the overall results and observations made after conducting 4 MiCBT groups for carers of people with disabilities and other severe impairments.

#### Proposed discussion topic

Bruno Cayoun will discuss his experience of teaching MiCBT in Hong Kong, and the potential for MiCBT to be implemented in Chinese (Cantonese).

#### 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.

client groups. It is likely that more training will be provided in the near future.

## NEWS

### Reminder: joining the MiCBT Institute

If you attended a MiCBT workshop or applied course in the past 8 years, as taught by B. A. Cayoun, you are invited to join the MiCBT Institute at no cost. Becoming a member of the Institute has several advantages. For example, once logged in, members can access discounts on mindfulness CDs and all online forms and questionnaires. They will also be notified about new client and therapist forms. Just login in as a member and enter the details of your workshop or applied course.

### Completion of the 8-week MiCBT course in North Queensland

The standard 8-week applied MiCBT course was conducted by Dr Bruno Cayoun over a 4-month period in Atherton (Tablelands, North Queensland), given the distance and other logistics. It was completed by 22 clinicians. Thanks to Jenell Wilkie, Psychologist at the Atherton Drug and Alcohol Counselling Service, who organised funding and management for the course.

The feedback from participants received by the MiCBT Institute was excellent overall and many have started running their own MiCBT program. Following the course, two registered Psychologists who attended the course decided to undertake postgraduate research in MiCBT next year.

### Completion of two consecutive MiCBT workshops in Hong Kong

A 3-day and a 2-day MiCBT workshop were conducted by Dr Cayoun in September. Both focused on the relevance and application of MiCBT for addictive disorders, especially pathological gambling. Both groups expressed much satisfaction and strong interest for the use of MiCBT in their varied



Participants in Workshop 1, Hong Kong Shue Yan University



Betty Lam, Master of Ceremony and Bruno Cayoun

The first was organised by Professor Catherine Sun, President of the Asian Professional Counselling Association and Head, Department of Counselling and Psychology, Hong Kong Shue Yan University, assisted by her colleagues at the University.



Co-organisers from the Asian Professional Counselling Association

The second workshop was organised by Elda Chan, Supervisor at the Even Centre, Tung Wah Group of Hospitals, Hong Kong.

Problem gambling is at epidemic proportions in Hong Kong. Macao is Asia's Las Vegas, a gambling heaven for Hong Kong gamblers only 1-hour away by ferry. There, the local mob can lend easy cash to desperate souls on a losing streak and demands double the



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money they lent in return, which, of course, the losing gambler cannot pay. This results in dramatic coercion procedures, such as scare campaigns with family members who end-up being held co-responsible and accept to pay the gambler's debt in instalments, sometimes over many years. MiCBT will be an additional tool to help counsellors address the multifactorial nature of problem gambling.



Group 1 practising mindfulness of breath

### Completion of the 4-day MiCBT workshop in Newcastle (NSW)

A 4-day comprehensive workshop was recently delivered by Bruno Cayoun at the Hunter Institute of Mental Health, Newcastle, Australia. The organisers wanted a hybrid training structure, a compromise between a

2-day MiCBT workshop and the standard 8-week applied course. This consisted of 2-day contact training, a month of personal practice, and another set of 2-day contact training.

Participants' feedbacks were very good but a number mentioned that they would prefer weekly or fortnightly training sessions. The need for organisers to take logistics into account is important but so is the efficacy of training structure...food for thought.

## NEW MTRIG MEMBERS

- **Mandy Lam** is a Year 4 student, doing a major in Counselling & Psychology at Hong Kong Shue Yan University. She is currently undertaking a counselling internship at a primary school. Mandy just completed a 3-day MiCBT workshop with Dr Bruno Cayoun on 12-14 September in Hong Kong. Contact: [lammmandy@gmail.com](mailto:lammmandy@gmail.com)

- **Johanna Jen** is a counsellor in private practice, specialising in pre-marital, marital as well as mental health counselling. Johanna has a Masters in Social Science and is also a field instructor at the Department of Social Work and Social Administration, University of Hong Kong, supervising Masters' students doing their placement practicum. Her past training in mindfulness includes retreats at Dharma Drum Mountain Retreat Center in New York, at Thich Nhat Hanh's New Plum Village Centre in Hong Kong, mediation training through the Hong Kong Insight Meditation Society, as well as a recent MiCBT workshop on addressing gambling addiction. Johanna accepts referrals. Email: [jenjoh@gmail.com](mailto:jenjoh@gmail.com)

- **Anne Cheng** is a Clinical Psychologist who graduated at McGill University, Montreal, Canada. Anne works at a Debt Family Counselling Centre in Hong Kong which belongs to Tung Wah Group of Hospitals. She provides a psychological service to clients who suffer from Compulsive Buying Disorder (addiction to shopping) and compulsive debting. She is interested in MiCBT research as she is learning to employ

a comprehensive treatment which includes mindfulness and CBT to address this disorder more effectively. Anne just attended the 3-days MiCBT workshop (12-14 Sept.) at Hong Kong Shue Yan University.

"I am a Buddhist and have spent years studying Zen Buddhism in Canada. My Honours thesis in psychology was about mindfulness. That is the reason I am greatly interested in your research findings, and find your theoretical framework is amazing and inspiring indeed. Thanks a lot for that".  
Contact: [mca\\_chen@hotmail.com](mailto:mca_chen@hotmail.com)

- **Joseph Tam** is a Doctoral student in Psychology in Hong Kong. "I have attended a 3-day workshop by Dr. Bruno Cayoun in Hong Kong and was much inspired from the workshop. I would like to know more and keep updated information and research about MiCBT".  
Contact: [tamyatsun@yahoo.com.hk](mailto:tamyatsun@yahoo.com.hk)

- **Betty Lam** is a Counsellor in private practice in Hong Kong. Betty was the Madam Master of Ceremony for the recent MiCBT Workshop jointly-organized by the Asian Professional Counselling Association, Methodist Centre and Praying Hearts Counselling Centre. She obtained her Master's Degree in Counselling from the University of New England, Australia, in 2006. She also completed a 2-year Professional Counselling Course for individuals, couples and families using the Satir Transformational Systemic Therapy at the Hong Kong Satir Center for Human Development.  
Contact: [bettykclam@gmail.com](mailto:bettykclam@gmail.com)

- **Cat Chung** is a teacher in the Department of Social Work & Social Administration at the University of Hong Kong, where she provides clinical training to social worker students at Bachelor and Master levels. "I would like to further enhance my understanding of MiCBT through more practice and reading".  
Contact: [catchung@hkucc.hku.hk](mailto:catchung@hkucc.hku.hk)

- **Luke Yates** is half way through a PhD in the school of mathematics and physics, University of Tasmania, in Australia. His research is in theoretical physics, developing

new mathematical tools inspired by unsolvable problems in quantum field theory. Luke is the author of a new book, "Compassionate Living", which has no direct connection with his research, but arose out of some profound 'out-of mind' experiences that occurred over a period a few months.

"I am interested in transformation of the way we are in the world both individually and collectively. Motivated not just by the extent of suffering but also by sheer beauty of what is possible. I feel less and less interested in scientific enquiry (at least the kind that I have known) and increasingly more interested in what can be 'known' from within before a thought has even occurred. Not because scientific thought is of no value but because a different kind of 'knowing' is so deeply needed in the world. From this knowing let us then make scientific enquiry or other".  
Contact: [Luke.Yates@utas.edu.au](mailto:Luke.Yates@utas.edu.au)

- **Kristiina Jacobs** trained as a Clinical Psychologist and is in private practice at 4/188 Pacific Highway, North Sydney, in Australia. "I have been doing meditation for a long time, since the 70s, on and off, doing a retreat every time I am on holiday; so I have done many intensive courses. In the past few years I have finally established a daily practice which has brought me great joy. I completed the MiCBT training last June at UNSW. I have lately begun to increase my use of MiCBT in my private practice, especially after witnessing its powerful effects on the carer groups run with Anne-Marie Lambe and Linda Elliot". Kristiina accepts referrals. She is a Medicare provider and a full member of the APS. Contact: Tel: 02-9953-5307, Fax: 02-9908-8510 Mobile: 0413-189-339, Email: [kristiina@iinet.net.au](mailto:kristiina@iinet.net.au)

- **Peggy Lui** is a Doctoral student in Clinical Psychology in Hong Kong and Director of Gifted Link, a Psychology service for children and parents, where the programs offered are tailored to the child's own age and ability. Peggy attended one of the recent MiCBT workshops in Hong Kong and decided to take on the task of translating MiCBT therapist forms into Chinese (Cantonese) and she plans to translate the mindfulness audio CDs from Bruno Cayoun into Cantonese as well. The Diary of Reactive

Habits (Cayoun, 2004) is ready for use in Cantonese. Peggy will benefit from the help of several colleagues, who volunteered to help with back-translation and validation. Peggy accepts referrals. Contact: 10C Cameron Plaza, 23-25A Cameron Road, TsimShaTsui, Hong Kong, Tel: +852 2330-0260, Mobile: +852 6906-4906, Fax: +852 3904-7718

Email: [peggylui@giftedlink.com](mailto:peggylui@giftedlink.com)

- **Elsa Lau** attended the MiCBT Workshop conducted in Hong Kong, "an Aussie to be". "I am looking forward to join more courses in Australia before using the model on real clients. Meanwhile, I will try to initiate more practice between us in Hong Kong..." Contact: [elau111@gmail.com](mailto:elau111@gmail.com)

- **Shehzi Yusaf** is a Clinical Psychologist in Sydney, Australia. She has much interest in working with Muslim clients and was panellist at the 2007 Happiness and Its Causes Conference in Sydney, featuring His Holiness the Dalai Lama. She has 20 years experience in working with adults, adolescents, children and families both in the public and private sector. Her special interest is in complex cases of depression and anxiety disorders, and Islamic psychology. Shehzi has worked overseas, mainly in Pakistan. Her extensive experience and interest in the assessment and treatment of Post Traumatic Stress Disorder in children and adults, took her to Pakistan to train psychologists and non-psychologists in trauma for the earthquake victims. She also is the Convenor of a new APS interest group, the Psychology from an Islamic Perspective Interest Group (PIPIG), which is a bi-monthly Peer Supervision Group for Psychologists working with Muslim clients. Contact details: Mobile 0412651472.

Emails: [shehzi@optusnet.com.au](mailto:shehzi@optusnet.com.au)

and [Shehzi.Yusaf@swahs.health.nsw.gov.au](mailto:Shehzi.Yusaf@swahs.health.nsw.gov.au)

***All welcome to the MTRIG!***

## MiCBT COURSES UPDATE

The **remaining 2009 MiCBT workshops and courses** are listed below. They will be facilitated by Dr Bruno Cayoun. For details, please see the Training page on the MiCBT Institute website:

[www.mindfulness.net.au/training-2009/](http://www.mindfulness.net.au/training-2009/)

**October 9 to November 27:** An 8-week applied MiCBT course will be conducted for the Salvation Army's Bridge Program, Hobart, TAS, Australia. This is to inform and up-skill Alcohol and Other Drug counsellors in the use of MiCBT in their daily work, especially with amphetamine users. However, the course is open to external participants. Contact Debra Rees by phone: 03 6278 8140 or (mob) 0429 386 074 or email: [Debra.Rees@aus.salvationarmy.org](mailto:Debra.Rees@aus.salvationarmy.org)

**October 31:** A 1-day MiCBT introductory workshop at the University of New South Wales, Sydney. The aim of this introductory workshop is to introduce the principles of mindfulness meditation and their sophisticated integration with CBT.

**November 1:** A 1-day advanced MiCBT workshop at the University of New South Wales, Sydney. The aim of this advanced workshop is to further the skills of MiCBT practitioners.

**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.

### 2010

One 8-week course will take place in Melbourne (co-facilitated by Bruno Cayoun and Sally Francis) and another in Sydney. Shorter workshops will be offered in Australia (on the Gold Coast, Melbourne and Adelaide), in Singapore and in New Zealand. Dates and venues will soon be confirmed and posted on the MiCBT Institute website soon. Please email your interest ASAP [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 a MiCBT-accredited clinician in your area to conduct such a group.

### MTRIG Meeting

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

#### Meeting date, time and place

**Date:** Wednesday 07/10/09

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

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

#### December Meeting:

Wednesday 09/12/09

## 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.