

Mindfulness-based Therapy and Research Interest Group (MTRIG)

NEWSLETTER



mtrig@mindfulness.net.au

10th December 2008

AGENDA

Meeting at the Psychology Annexe School of Psychology University of Tasmania

This meeting will include the following:

Review of a research article

“Everyday mindfulness and mindfulness meditation: Overlapping constructs or not?”

By Brian L. Thompson and Jennifer Waltz,
Department of Psychology, University of
Montana, Missoula, MT 59812, USA.

Published in *Personality and Individual Differences*, Vol. 43, 2007.

This article has been kindly forwarded by an MTRIG member. This article is particularly important for clinicians who implement mindfulness in the form of sitting meditation. It is unique in its first attempt to measure the different effects of mindfulness as a daily experience versus mindfulness as a meditative experience. There are also important limitations. One unrecognised limitation that could be worth discussing is the negative effect of greater self-awareness produced by mindfulness meditation on the participants' responses. It is well accepted that the more aware we are, the more likely we are to know and accept how unaware we are at a given time. Accordingly, in contrast

with the expectations of this study, the less the participants practised, the more likely they may be to have positively over-evaluated their mindfulness skills.

Peer review session / Case discussion

“The role of somatosensory feedback in Attention Deficit Hyperactivity Disorder: Three cases treated with Mindfulness-integrated CBT”. Due to the inability to present this multiple case study during the last meeting, Dr Bruno Cayoun will present it at this meeting. This was a paper presented on 23rd September at the 2008 Annual Conference of the Australian Psychological Society in Hobart.

If you coordinate your own MiCBT or MTRIG interest group, you can now access the presentation on the MiCBT web site at: <http://www.mindfulness.net.au/publications.html> (scroll down to the “Unpublished section and click on the title). This can assist in your case presentation if you are interested in this particular topic as a group.

Proposed discussion topic

The launch of the MiCBT Institute.

APS PD points and meetings

APS members who attend these meetings can claim **1.5 specialist (CCLIN) or generalist PD points**. You may also wish to be a contact person to create your own MTRIG meetings in your area.

NEWS

MiCBT Institute project: Now registered!

The MiCBT Institute is now registered. Sally Francis (Clinical Psychologist, Melbourne, VIC) will head the course curriculum project. John Mercer (Clinical & Health Psychologist, Launceston, TAS) has offered to assist. Both are qualified for this task. Sally and John attended several MiCBT courses, including the 8-week applied course and have Certificate 4 in Training and Assessment qualification.

The institute will become a Registered Training Organisation (Vocational Education and Training) as soon as the course curriculum is passed by the national qualification authority. The current competencies are still valid but they will be reviewed to match VET national standards.

Formal national accreditation in MiCBT will then be possible and a web-based referral service will be specifically constructed for accredited MiCBT practitioners. Please contact us if you are interested in formal accreditation.

New MiCBT introduction handout

Thanks to Dr Kathryn Elbourne (PhD), from the University of Sydney, you can now use a handout to introduce MiCBT to clients and referrers. The handout is posted on the Practice Tools page of the MiCBT web site

and downloadable free of charge. Kathryn is currently preparing client handouts for the entire MiCBT program, as structured and delivered in the MiCBT manual.

Opportunity for post-doctoral research in mindfulness

A message from Dr. Linda Carlson:

The Division of Psychosocial Oncology at the Faculty of Medicine, University of Calgary/ Alberta Cancer Board is seeking a PhD Scientist interested in postdoctoral training in Calgary, Alberta, Canada.

A dynamic and stimulating environment, the Division currently has a team of nationally and internationally recognised research scientists together with a core group of experienced research staff, engaged in cutting-edge psychosocial cancer research including mind/body interactions that affect psychological, physiological, and survival outcomes for people with cancer, distress screening and integrated symptom control and management. In addition, we recently recruited the first holder of the Enbridge Research Chair in Psychosocial Oncology, Dr. Linda Carlson, and Dr. Janine Giese-Davis, Associate Professor in the field of Cancer Survivorship, to lead the psychosocial oncology research program.

The postdoctoral position will focus on studies of mindfulness-based stress reduction and supportive expressive therapy in cancer patients, examining psychological and biological markers of therapeutic change, with Dr. Carlson. The applicant may also have an opportunity to work on a new cancer survivorship initiative and emotion coding studies with Dr. Giese-Davis.

The successful candidate will be a recent PhD graduate in Health Psychology or equivalent with a strong publication record, excellent academic credentials and minimum 3 years research experience. The individual should be motivated and enthusiastic towards research, capable of working independently with a minimum of supervision, have excellent oral and written communication skills as well as a high level

of proficiency in using MS Office Suite and SPSS.

Please contact Dr. Carlson (l.carlson@ucalgary.ca) or Olga Maciejewski (oltracyk@cancerboard.ab.ca) for more information or to apply for the position.

Feedback on the recent MiCBT course for professionals Atherton, North Queensland

A 2-day course in MiCBT was recently offered in the Tablelands, North Queensland. The course was coordinated by Psychologist Jenell Wilkie, Manager of the Drug and Alcohol Counselling Centre in Atherton. The course was multidisciplinary but mostly attended by practising Psychologists. It was well received and 20 out of 42 attendees expressed an interest in attending the 8-week applied course offered next year (spread out over 4 months). Below are short comments from four APS Learning Outcome forms:

1. *"A most enlightening and "motivating" workshop, thank you. I will work with this myself and be grateful for the chance to share with my clients."*
2. *"Lovely, respectful way of thinking about myself as a practitioner as well as my clients."*
3. *"Excellent workshop. I was quite a reluctant participant but was quickly engaged and want to know more. I will be participating in the 8-week course. Thank you for a great learning experience".*
4. *"One of the best presenters of mindfulness I have had the pleasure to be instructed by. Evidence-based, clear, succinct, and presented with integrity and loving kindness."*

MiCBT COURSES UPDATE

The MiCBT workshops and courses below will be facilitated by Dr Bruno Cayoun. For details, please see the Professional Workshops page on the MiCBT website: <http://www.mindfulness.net.au/workshops2009.html>

2008

December 4: The last MiCBT workshop for this year will be an inhouse 1-day introductory workshop for Centrelink in Newcastle, NSW.

2009

February (date TBC): A 2-day refresher course in MiCBT for the Depression Institute Australia, Fountainhead, Maleny, QLD, Australia.

February 26-27 & April 23-24: A 4-day intensive MiCBT course for the Hunter Institute of Mental Health, James Fletcher Hospital, Newcastle, NSW, Australia. The course will be divided into two 2-day sessions separated by a 2-month gap for personal and professional practice.

March 6-7: A 2-day advanced MiCBT workshop organised by the New Zealand Psychological Society at the marvellous Mana Retreat Centre, Coromandel, New Zealand (see Mana Retreat Centre web site: www.manaretreat.com).

April 6 to June 11: An 8-week applied MiCBT course at the Risdon Prison, Southern Tasmania, Australia. This will be the first formal mindfulness-based training ever offered at the Tasmanian prison. Thanks to the acting Programs Manager and Course Coordinator Jonathon Field, custodial, clinical and support Staff will improve self-care and learn to implement MiCBT with inmates.

May 16 to August 22: An 8-week applied MiCBT course for the Tablelands Drug & Alcohol Counselling Centre, Atherton, North QLD, Australia. Given the logistics for this course (long distance between Hobart and Atherton) the classes will take place fortnightly over 4 months.

September 3-4 & October 1-2: A second 4-day intensive MiCBT course for the Hunter Institute of Mental Health will be offered at the James Fletcher Hospital, Newcastle, NSW, Australia. As for the course in first semester, this course will be divided into two 2-day sessions but separated by only a 1-month gap for personal and professional practice.

September 8, 9, 10: A 3-day intensive introductory course (focusing on addictions) for the Centre for Experiential Training, Singapore.

September 12, 13, 14: A 3-day intensive introductory course centred on gambling addiction for the Hong Kong Shue Yan University and the Asian Professional Counselling Association.

A possible 8-week course in Adelaide needs to be confirmed and may take place in second semester of 2009. Please email your interest for such a course to info@mindfulness.net.au

Requests for more workshops in Australia, the UK and the USA are also being listed. Please forward your interest for a course to info@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: info@mindfulness.net.au. It may be possible for a MiCBT-accredited clinician in your area to conduct such a group.

SNAPSHOT

**David Hunnerup,
Mental Health Social Worker
The "Blue Door" Counselling Practice
Launceston Tasmania**



I am a mental health accredited member of the Australian Association of Social Workers [AASW] and have been an accredited counsellor, mediator and family therapist within nationally recognised N.G.O. counselling agencies – Relationships Australia, Anglicare, and Centacare.

I graduated with a Licentiate in Theology (LTh) in the late 1970s, using my training as a Uniting Church minister in Church-community related crisis, grief and relationship counselling. I gained further training in couples therapy with the (then) Marriage Guidance Council of South Australia in 1985 and graduated with a Bachelor of Social Work in 1994. I have also been a pre-marriage and relationship educator, and I am a marriage celebrant.

I completed postgraduate studies in family (law) mediation [GCFM] and trained in anger management and gambling addictions. My training and experience in counselling, therapy and mediation, particularly in humanist, existential and client-focussed traditions, span 25 years.

Since 2006, I have shifted my orientation to focus more strongly on mental health counselling, specialising in anger management. I work with substance and non-substance addiction issues, and many higher prevalence psychopathologies.

As well as participating in a local Mindfulness interest group in Launceston, I look forward to the possibilities of further training and research in, and promotion of, mindfulness.

Training in MiCBT (2008) has given me a strong paradigm to work with mental health issues. I realised its value through self-practice (and through the surprising personal

experience of quick and effective pain relief). The benefits to my clients of MiCBT have been clear. Release from anger, aggression, anxiety, trauma and physical/mental pain has been no less than extraordinary.

David takes referrals and is a Medicare registered Allied Health Professional under the 'Better Outcomes' program. He can be contacted at: www.thebluedoor.com.au

NEW MTRIG MEMBERS

Dr Bruce Stevens (PhD) is a clinical and forensic psychologist, Principal of Canberra Clinical and Forensic Psychology. Bruce teaches in the clinical program at both ANU and UC. He has research position at CSU and is an Associate Professor at Sydney College of Divinity, but mostly (about 4/5) private practice. Bruce writes practice oriented books, the latest being "Crossfire" (on cross examination) with Australian Academic Press 2008. He came to Mindfulness from the Acceptance and Commitment Therapy perspective and his interest is in treating low functioning personality disorders both BL and antisocial (psychopathy). Bruce's already very busy clinical practice doesn't allow for more referrals at present. Bruce's email is: bruce@drbruceastevens.com.au and his web address: www.drbruceastevens.com.au

Narmi Thillainathan is currently doing his internship for Psychologist Registration in NSW, Australia. He is also a Rehabilitation Consultant for an Occupational Rehabilitation Provider (mainly in Workers Compensation). His role involves Vocational Counselling, mediation, EAP counselling and CBT for conditions such as depression, GAD, trauma, and chronic pain.

Dr Aileen Pigeon (PhD) is Assistant Professor (Senior Lecturer in Psychology) at the Faculty of Humanities & Social Sciences at Bond University, Gold Coast QLD, Australia. Her main professional activity is the coordination of Psychology subjects across the undergraduate, postgraduate and Clinical Master programs. She is currently supervising 10 postgraduate students who

are involved in research on the topic of Mindfulness. Aileen and her students are intending to publish some of the findings next year. She also runs a private Psychology practice in Brisbane, where her focus is on families and children, adults experiencing anxiety and depression and couple therapy. Aileen uses Mindfulness-based therapy in her practice with clients who report good outcomes and many benefits. She accepts referrals. Email: apidgeon@staff.bond.edu.au

Therese Landers is working with inpatients with treatment-resistant schizophrenia, incorporating both individual and group mindfulness sessions, at the Baille Henderson Hospital, Toowoomba, QLD, Australia. She is also undertaking a Masters in Clinical Psychology and researching mindfulness and the therapeutic alliance at the University of Southern QLD, in Toowoomba. She has an interest in the role of mindfulness in the therapeutic alliance. Therese can be contacted at: landers@usq.edu.au

Margaret Davoren is a counsellor in private practice, using CBT and Solution Focused Brief Therapy in Maleny, QLD, Australia. In early 2000, Margaret worked as a nurse counsellor in Damascus (Alcohol & Prescription Unit) in an inner city hospital. She has a B.Nursing and Master of Counselling (QUT) Brisbane and is presently completing a Grad Dip in Psychology. Margaret also attended IPT training seminars. In October this year, she attended a 3 day MiCBT workshop and would like to gain further knowledge in this area. Margaret will be able to accept referrals in the new year when her new rooms are organised. Email: margaretdavoren@bigpond.com

Linda Elliott is a psychologist in private practice, working with adults and adolescents. She joined Annemarie Lambe in her practice in March this year and together they have run MiCBT groups for GPs and clients. Linda and Annemarie are currently running a MiCBT group for carers of people with severe mental illness, which is proving to be very successful. Earlier this year Linda attended Bruno's 8-week training course in Sydney. *"It was a wonderful opportunity to consolidate my knowledge of*

the program and to meet a lovely bunch of likeminded people". Her practice is based in Mona Vale on Sydney's Northern Beaches. Linda is happy to receive referrals. Email: lindaelliott66@gmail.com or linda@northpsych.com.au

All welcome to the MTRIG!

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.



MTRIG Meeting

Meeting Date, Time and Place

Date: Wednesday 10/12/08

Time: 6:00 to 7:30pm

Place: Psychology Annex
University of Tasmania – Hobart, TAS

How to get to the Psychology Annexe:

The Psychology Annexe is located above the new Psychology Research Centre building (still called "Information Technology")

http://www.utas.edu.au/campus/Sandy_Bay_Building_Map.pdf

Next Meeting: **Wednesday 04/02/09**