

MINDFULNESS-INTEGRATED COGNITIVE BEHAVIOUR THERAPY (MiCBT)

Information for referring Health Practitioners

Is your patient struggling with anxiety, depression, stress, trauma, anger, pain or psychological issues? You may like to refer them to a research project about using a mindfulness-based therapy.

ABOUT MiCBT

MiCBT is a skills training program integrating specific meditation techniques with aspects of CBT. It involves groups of about 10-15 people attending one 2-hour session per week for 8 weeks with a requirement for daily mindfulness practice.

The program teaches how to use mindfulness skills to notice and detach from unhelpful thoughts and how to manage emotional reactivity. There is no cost to patients.

THE MiCBT FACILITATOR

Sarah Francis is an experienced registered psychologist trained in MiCBT who has been working with this approach for over 6 years. She has researched the efficacy of MiCBT in a pilot study in her private practice.

THE MiCBT RESEARCHERS

Principal researcher

Dr Frances Shawyer
BBSc(Hons), PhD, MAPS, MCCLP

Co-researcher

Dr Bruno Cayoun
D Psych(Clin), MAPS

Student researcher

Sarah Francis
MPsych, MA, BEd, MAPS

WHAT IS INVOLVED FOR PATIENTS?

Following initial assessment participants are randomised to one of two treatment conditions.

The treatment group will participate in an 8 week MiCBT program and complete assessment questionnaires on three occasions over around 9 months.

The control group will receive their usual treatment, complete assessment questionnaires on three occasions over 9 months, then have the opportunity to participate in the MiCBT program at the end of the trial.

Participants will receive a \$20 gift voucher on completion of the final assessment.

INCLUSION CRITERIA

- Aged 18-75 years
- Fluent in english
- K10 score \geq 20

EXCLUSION CRITERIA

- Current psychotic symptoms
- Current borderline or antisocial personality disorder
- Current significant eating disorder
- Current alcohol/drug dependency
- \geq than 20mg diazepam equivalent/day
- Pervasive development delay
- Organic mental disorder



REFERRING PATIENTS

If you have a patient who you think is eligible and interested in participating, please provide them with the research information brochure or the following contact details:

Sarah Francis
M 0409 669 688
E sefra@student.monash.edu

This is a PhD research project conducted through the Department of Psychiatry, Faculty of Medicine, Nursing and Health Sciences at Monash University. Approval to conduct the project has been granted by the Monash University Human Research Ethics Committee.

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Randomised controlled trial of MiCBT referral information

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REFERRING HEALTH PRACTITIONER (GP OR PSYCHIATRIST)

Referrer Name:

Address:

State:

Postcode:

Telephone:

Mobile:

Email:

PATIENT DETAILS

Patient Name:

Date of Birth: / /

Address:

State:

Postcode:

Telephone:

Mobile:

Email:

Presenting problem:

K10 Score:

Please email this form to:
melbournemindfulness.melbourne@gmail.com

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