

# MU\* – MINDFULNESS UPDATE

## SOUTHERN SYNERGY, MINDFULNESS PROGRAM

MARCH 2018 NEWSLETTER†

### Compassion-focused therapy (CFT) for psychosis workshop

CFT is a psychotherapy framework developed by Paul Gilbert that integrates elements of cognitive behaviour therapy with current understanding of how the mind works (e.g., from biological evolution, developmental psychology and neuroscience) to address mental health problems and improve wellbeing. Southern Synergy hosted a two-day workshop with Drs Eleanor Longden & Charlie Heriot-Maitland on 19-20 March 2018 at the Abbotsford Convent, which focused on how CFT might be helpful for people living with



psychosis. Although there is some way to go before this work could be considered an evidence-based treatment, it is potentially paradigm shifting for how psychotic symptoms might be understood. The workshop was well-attended by 48 people and feedback was very positive with an average satisfaction rating of 8.9/10. As the organisers, we were also pleased to receive satisfaction rating for administration of 8.8/10.

### Day of Mindfulness

OUR NEXT DAY OF MINDFULNESS is on **Saturday 12 May 10.00am – 3.00pm**, Abbotsford Convent (Convent Salon). To register, please email [southern.synergy@monash.edu](mailto:southern.synergy@monash.edu) by Thursday 10 May. Cost: \$30 or \$10 health care card holders. Pay via: <https://shop.monash.edu/a-day-of-mindfulness-12-may-2018.html> or by card on the day.

Unsolicited feedback from a February attendee: "I attended the mindfulness day on Saturday which was amazing as always! It's such a great day. I'm looking forward to the next one already :)".

*"We are a species that has evolved to thrive on kindness and compassion"* – Paul Gilbert

### MBCT professional training

Level 1 & 2 training is currently on hold. If you are interested in Level 1 training, please email us. We will let you know if we will be running any groups mid-2018. See <https://www.monash.edu/medicine/scs/psychiatry/research/southern-synergy/mindfulness/mbct-prof-training> for program details.

### Break the cycle of recurrent depression

Mindfulness-based cognitive therapy (MBCT) combines mindfulness meditation practices with the tools of cognitive therapy to break the cycle of recurrent depression. We are now accepting referrals for the MBCT 2018 clinical program. For further information and how to refer see <https://www.monash.edu/medicine/scs/psychiatry/research/southern-synergy/mindfulness/clinical-program>.

### International Conference on Mindfulness (ICM) 2018: Science from Within

Abstracts from three Southern Synergy team members have been accepted as oral presentations at the ICM in Amsterdam in July 10-13.

**Professor Graham Meadows** will be presenting on: "Scaling up delivery of mindfulness-based cognitive therapy – an application of agent-based simulation modelling to inform strategic health services planning."

**Dr Fran Shawyer's** topic is "In a large pragmatic trial of mindfulness-based cognitive therapy (MBCT), neuroticism mediated the relationship between mindfulness and depression".

**Student Sally Francis** will be presenting some of her PhD work in a talk entitled, "Effectiveness of Mindfulness-integrated cognitive behaviour therapy for reducing symptoms in patients with common mental health conditions: some preliminary findings from a randomised controlled trial."

### Weekly mindfulness

Please join us for our free weekly mindfulness sessions each Wednesday from 2.30-3.00pm in the Sacred Space, Dandenong Hospital.



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