

MU* – MINDFULNESS UPDATE

SOUTHERN SYNERGY, MINDFULNESS PROGRAM

DECEMBER 2017 NEWSLETTER†

Special “Pop up” mindfulness sessions held during mental health week

THE BENEFITS OF MINDFULNESS are well-established for improving mental and physical health and better managing stress. Since 2014, Southern Synergy team members have been facilitating mindfulness sessions every **Wednesday from 2.30-3.00pm** in the Sacred Space at Dandenong Hospital.

For the first time during this year's Mental Health Week (8-14 Oct), an additional six “pop-up” sessions were added across four Monash Health sites, including Monash Medical Centre, Dandenong Hospital, Endeavour Hills and the Kingston Centre. A total of 32 people attended the sessions which involved a variety of practices including mindful movement, body scanning, sitting meditations and some poetry readings. We hope to make this an annual event but in the meantime, you are warmly welcome to find a bit of breathing space for yourself (literally) at our weekly mindfulness sessions.

Break the cycle of recurrent depression

MINDFULNESS-BASED COGNITIVE THERAPY (MBCT) combines the practice of mindfulness meditation 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>.

Day of Mindfulness

OUR NEXT DAY OF MINDFULNESS is on **Saturday 24 February 10.00am – 3.00pm**, Abbotsford Convent (Convent Salon). To register, please email southern.synergy@monash.edu by Thursday 22 February. Cost: \$30 or \$10 health care card holders (note there is a small fee increase). Pay via: <https://shop.monash.edu/a-day-of-mindfulness-24-feb-2018.html> or by card on the day.

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 next year in mid-2018. See <https://www.monash.edu/medicine/scs/psychiatry/research/southern-synergy/mindfulness/mbct-prof-training-2016-2017> for program details.

“Meditation is not about trying to get anywhere else. It is about allowing yourself to be exactly where you are and as you are, and the world to be exactly as it is in this moment.”

– Jon Kabat-Zinn

The science of meditation – an international update

PROFESSOR GRAHAM MEADOWS AND DR FRAN SHAWYER gave an invited talk on Oct 21 at a local Monthly Mindfulness Group, bringing together themes from recent ‘Mindfulness’ conferences held in Italy and England. Around 30 people attended and there was lively discussion around models of mindfulness and the potential challenges of practice.

REMINDER! Compassion-focused therapy (CFT) for psychosis workshop

SOUTHERN SYNERGY IS HOSTING A TWO-DAY WORKSHOP with Drs Eleanor Longden & Charlie Heriot-Maitland; **19-20 March 2018, Abbotsford Convent**.

Eleanor is a research psychologist with lived experience of psychosis who has lectured internationally as well as at TED and WHO events (e.g., see https://www.ted.com/talks/eleanor_longden_the_voices_in_my_head).



Charlie is a clinical psychologist, researcher and trainer at King's College London. He is researching the application of CFT for people experiencing distress in relation to psychosis.



This workshop is a special opportunity for mental health professionals to gain a strong foundation in CFT and its application to psychosis. Places are strictly limited to the first 60 registrations so we encourage you to register early if you wish to attend. Cost:

- Standard fee: \$695 (by 1/3/2018)
- Early bird fee: \$650 (by 31/1/2018)
- HCC: \$550.00 (by 31/1/2018).

For further details and to register, see: [CFTforpsychosisworkshop](https://www.monash.edu/medicine/scs/psychiatry/research/southern-synergy/mindfulness/cftforpsychosisworkshop)

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