



Southern Synergy Mindfulness Program

September 2021 Newsletter



Update on the ICM Asia Pacific 2022 in Melbourne

We are progressing our preparations for the International Conference on Mindfulness Asia Pacific (ICM-AP) 2022 taking place in Melbourne from 15 - 18 November 2022.

The event will be a hybrid of online and face-to-face attendance, with the option to move fully online if required by COVID restrictions. To enable maximum flexibility for either scenario, we have engaged the software company Cvent to provide a Virtual Attendee Hub platform.

The next ICM Asia Pacific Conference will be held in Hong Kong in 2024.

[Register your interest](#)



ICM 2021 in Denmark

The 4th European ICM, held 5 – 9 July 2021, was hosted by the Danish Centre for Mindfulness at Aarhus University.

With a central theme of 'Diversity and equality - leaving no one behind', this fully online event comprised of 12 keynotes, 130 research presentations, 8 workshops, 2 panel debates, and 20 hours of guided mindfulness practice (including a 12-hour day of practice, each hour guided by a different teacher from around the world).

With many interesting presentations, the topic of how mindfulness might help us meet the complex crises of

the 21st century: “Social Mindfulness” – which is socially-engaged mindfulness for social change - appears to be an emerging area in the field.

For an interesting UK-based discussion paper click [read more](#).

[Read more](#)



Weekly Mindfulness Session

Our weekly mindfulness sessions have returned to an online format. Please join us each week on Wednesday's from 2.30 - 3.00pm using the same zoom link weekly.

Or go to monash.zoom.us/join and enter meeting ID: 853 737 4390 and password: 77258332.

[Join session](#)



Day of Mindfulness

Our final Day of Mindfulness for 2021 will be facilitated by Professor Graham Meadows and Dr Fran Shawyer. Details are as follows:

Date: Saturday 13 November 2021

Time: 10am - 3pm

Location: Abbotsford Convent (or Zoom pending Covid)

Cost: Health Care Card (HCC) holders: \$10; Standard: \$35; Standard + donation: \$50.

We have three free “pay-it-forward” places available for HCC holders, which was generously offered from one of our regular attendees in lieu of a refund. Email southern.synergy@monash.edu for one of these places.

Beyond this donation, if paying the full fee ever becomes a barrier to attending, please let us know as we would not wish to exclude anyone on this basis.

[Register](#)



PhD Research Program

Congratulations to our recent PhD graduate Dr Sarah Francis with her thesis entitled “Advancing the empirical evidence for, and theoretical understanding of, Mindfulness-integrated Cognitive Behaviour Therapy (MiCBT) as a transdiagnostic intervention for mental health conditions”.

Sarah was conferred the award Doctor of Philosophy in May and was supervised by Dr Frances Shawyer, Professor Graham Meadows, and Dr Bruno Cayoun.



Welcome to new PhD student in the mindfulness area, Andrew Boxer, who commenced his PhD research in April 2021.

Andrew Boxer is a newly registered psychologist, former naturopath, and student of Tibetan Buddhism.

Andrew hopes to integrate the benefits of Buddhism with established western psychological clinical interventions as his research career progresses. Andrew's research is being supervised by Dr Frances Shawyer, Professor Graham Meadows, and Dr Ian Coghlan.



"There is a huge amount of freedom that comes to you when you take nothing personally."

— Don Miguel Ruiz.

Partner acknowledgement

This eNewsletter was produced in partnership with Monash Health.

For any enquiries, please email Dr Frances Shawyer at frances.shawyer@monash.edu



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