

Mindfulness-Based Cognitive Therapy (MBCT)

Peer Supervision Group

2018

General purpose

Commenced in 2011, the purpose of this group is to provide a reflective peer supervision support for mental health professionals who have completed training in MBCT and are facilitating groups in the community. The focus of the group is on MBCT group practices, processes and issues and the application of mindfulness theory and philosophy.

Activities

Activities may include:

- Discussion of clinical issues arising from practice
- Review of research articles and books
- Case presentations
- Open discussion of topical issues
- Review of videotaped session material
- Discussion of practical and administrative issues in running an MBCT group in private practice
- Opportunity to practice leading meditations
- Promotion of conferences and upcoming events relevant to the practice of mindfulness and training opportunities in this area
- Feedback from workshops/seminars

Examples of topics discussed:

- For whom is MBCT best suited?
- The pre-group interview
- Promoting adherence to MBCT
- Encouraging maintenance of practice
- The role of relaxation in mindfulness and MBCT
- Mindfulness in acute settings
- Mindfulness and suicide
- Booster groups

Cost

Free of charge

Venue

Southern Synergy
Monash Health – Adult Mental Health
Meeting room 5
ART (Administration, Research & Training) Building
126 – 128 Cleeland St
Dandenong Vic 3175

Day/Time

First Wednesday of the month, 4:30pm – 6:00pm

Dates for 2018 MBCT Peer Supervision

Wed 3 January

Wed 7 February

Wed 7 March

Wed 4 April

Wed 2 May

Wed 6 June

Wed 4 July

Wed 1 August

Wed 5 September

Wed 3 October

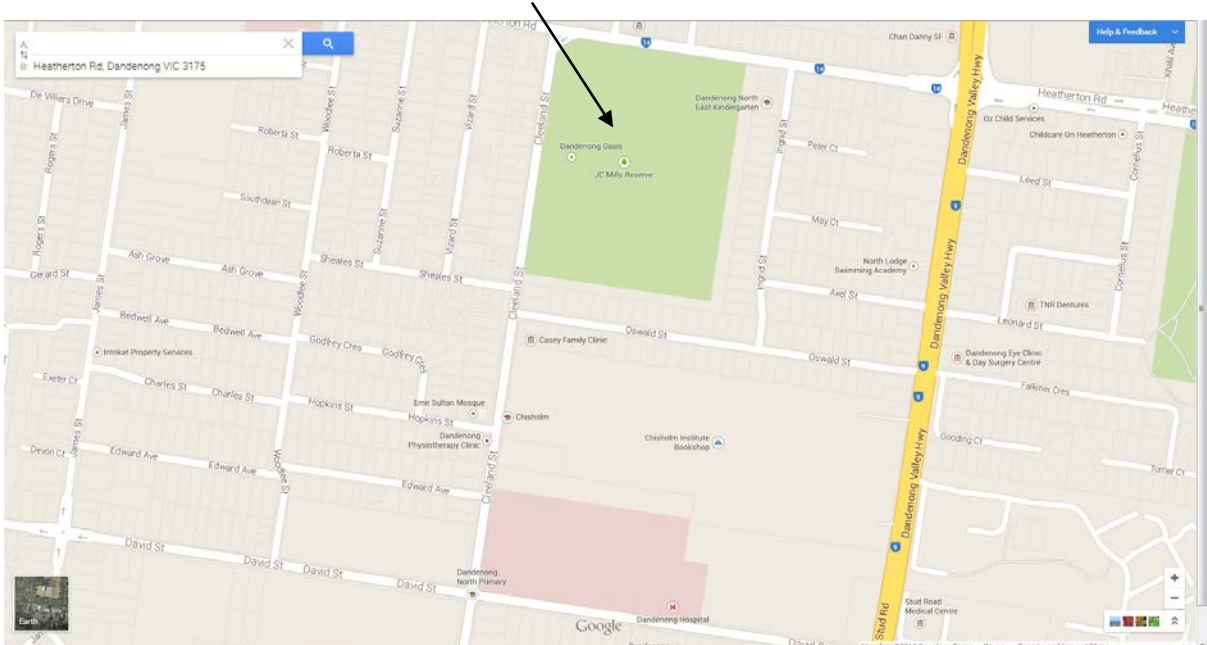
Wed 7 November

Wed 5 December

Directions for Dandenong ART (Administration, Research & Training) Building.
Adult Mental Health

Address: 126-128 Cleeland Street, Dandenong

Parking is best at Dandenong Oasis Sports Centre (free) Walk towards David St, or paid parking is available at the Hospital, of course there is off street parking usually a two hour maximum.



This is what the external of the **ART building** looks like. You will be entering into the left hand side of this building.



Please call Fran Shawyer on 0400 665 676 on arrival.