

# MU\* – MINDFULNESS UPDATE

## SOUTHERN SYNERGY, MINDFULNESS PROGRAM

JUNE 2018 NEWSLETTER†

### Mindfulness with compassion group research program update



This PhD project was introduced in the December 2016 Newsletter. We are pleased to report that recruitment for this project has now been completed so it is timely to provide an update.

To recap, young people between the ages of 15-25 who were experiencing psychotic symptoms and attending mental health services at either Monash Health or Alfred Health were

invited to participate in a Mindfulness with Compassion group research program in the past year.

This group program was developed by Dr Tara Hickey (pictured), a clinical psychologist and PhD candidate at Southern Synergy, who has trained with the pioneers of mindfulness and compassion-based interventions in the US and Europe.

Tara developed the program to help young people mindfully pay attention to what they are experiencing and become their own best friend by making wise choices to care for themselves when they notice they are struggling. To find out more about the program theory and rationale see: Hickey, T., Nelson, & Meadows, G (2017). Application of a mindfulness and compassion-based approach to the at-risk mental state. *Clinical Psychologist (Special Edition on Compassion)* 21: 104-115.

Tara co-facilitated the groups with Ellen Kang, a Headspace clinician in Narre Warren. Thirty-one participants were recruited for the study with 18 receiving the intervention. Attendance was good at each of the groups (average number of sessions attended: 5) and the informal feedback was positive with only 2 participants dropping out of the program.

Tara is about to start another article for publication with a participant from the study. This article will describe the program and the participant's experience. She plans to publish further articles with her supervisors, Professors Graham Meadows and Barnaby Nelson, reporting the quantitative and qualitative results.

### Day of Mindfulness

OUR NEXT DAY OF MINDFULNESS is on **Saturday 11 August 10.00am – 3.00pm**, Abbotsford Convent (Convent Salon). The day will be facilitated by Lana Sciberras. If you would like to come along, please register your name by emailing us at [southern.synergy@monash.edu](mailto:southern.synergy@monash.edu) by Thursday 9 August. Cost: \$30 or \$10 health care card holders. Pay via: <https://shop.monash.edu/a-day-of-mindfulness-11-aug-2018.html> or by card on the day. The final day of mindfulness for 2018 is on 3 November.

### MBCT for recurrent depression

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

### MBCT professional training

Level 1 & 2 training is currently on hold while we concentrate on supporting the passage of advanced trainees through Level 3. We are hoping to reinstitute Level 1 training at least in 2019. Please email us if you wish to be advised of updates and we will add you to our mailing list.



*“When unattended, our thinking runs our lives without our even knowing it. Attended with mindful awareness, we have a chance not only to know ourselves better, and see what is on our minds, but also to hold our thoughts differently, with greater wisdom, so they no longer rule our lives”*

– Jon Kabat-Zinn

### 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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