

Mindfulness Based Therapy

*Mindfulness Based Group Interventions:
Mindfulness Based Stress Reduction and Mindfulness Based Cognitive Therapy*

Introductory Workshop

21—23 April 2010 North West Tasmania

Presenters

*Dr Maura Kenny, CTAD, Adelaide, South Australia
and
Timothea Goddard, Openground, Sydney*

The Three Day Introductory Workshop

Mindfulness Based Stress Reduction Therapy (MBSR) and Mindfulness Based Cognitive Therapy (MBCT) are evidence based interventions that combine mindfulness meditation practices with cognitive therapy techniques. Research suggests that these approaches can be helpful to patients with a range of emotional and physical problems, including recurrent depression.

The three day Introductory Workshop involves 24 hours immersion in the theory, research and practices of MBSR/MBCT. It is aimed at clinicians with some knowledge and experience of cognitive therapy, and with a serious interest in bringing MBSR and MBCT into their lives and work. It includes a blend of didactic, experiential and small group work. Specific themes and areas of focus include:

- A seamless cultivation of mindfulness through the workshop through both formal and informal practices.
- An overview of the development of MBSR and MBCT, and the theory underpinning these approaches, and a review of the research supporting the clinical value of MBSR and MBCT.
- Mindful approaches to the experience and expression of pain and distress within both ourselves and those with whom we work.
- Experiencing sufficient mindfulness meditation practice and self inquiry to understand the importance of being a practitioner before starting to work with mindfulness as a clinician.

It is clear, with this approach, that MBCT/MBCT therapists must have a commitment to their own mindfulness practice and that it makes personal sense in order to convincingly embody and teach it in their clinical work. This workshop offers an opportunity to test these waters in a safe and gently educative way.

It will be facilitated by two highly experienced mindfulness practitioners (see biographies below)

- When:** 21—23rd April 2010
Where: Bayviews Restaurant,
Marine Terrace, Burnie, Tasmania.
Cost: \$500.00
Registration: Please complete attached Registration form.
PD points: Determined by each professional discipline group.

Presenters Biographies

Dr Maura Kenny, CTAD, Adelaide, South Australia

Based at the Centre for the Treatment of Anxiety & Depression (CTAD), CNAHS, Adelaide, South Australia, Maura specialises in CBT and Mindfulness-based Cognitive Therapy in the area of Affective and Anxiety disorders. She has extensive experience of running CBT training programs for psychiatry trainees, GPs and Mental Health Teams, and supervises Psychiatry Trainees and Clinical Psychology Masters students in CBT.

Through CTAD, Maura runs MBCT clinical programs for recurrent Major Depression. She also coordinates a number of research projects in the area of MBCT in treatment resistant depression and for workplace stress, and has recently published on MBCT's efficacy in treatment resistant depression.

Maura also has a strong interest in training and supervision of MBCT, and has established Mindful Self Care Programs for health professionals through which MBCT courses are provided for personal and professional development. She has led and/or organised a number of residential training intensives in Mindfulness-based approaches locally, interstate and overseas. She is an honorary Senior Lecturer at Monash University, and provides an annual 4 day training in MBCT with Prof Graham Meadows, leading to a School Certificate in MBCT from Monash. She is the developer and coordinator of a South Australian state wide MBCT training and supervision program for health professionals to facilitate the delivery of high quality MBCT courses in public and private health settings. Maura has been commissioned by the Open University Press to write a book on Training in MBCT.

Current Research Projects:

- 3 year follow-up on MBCT for Treatment Resistant Depression (in press Behav & Cog Psychotherapy)
- Effects of MBCT on anxiety scores in depressed patients post –course and 3 year follow up (collaboration with ANU Dept of Psychology)
- MBCT added to Treatment as Usual for delayed return to work patients after work-acquired injury (RCT in partnership with Dept of Premier and Cabinet)
- MBCT for workplace stress in Health Professionals
- MBCT's effect on Heart Rate Variability in depressed patients – PhD project in collaboration with the Cardiology Dept, The Queen Elizabeth Hospital

Timothea Goddard, Openground, Sydney

Timothea has trained in MBSR with the Centre for Mindfulness (CFM) , UMass, USA and is accredited by the CFM, having taught MBSR since 2004. Timothea has worked in private practice for 20 years as a psychotherapist, educator and workplace trainer, having trained in humanistic, psychodynamic and body-based psychotherapy as well as MBCT and MiCBT. She established a Graduate Diploma of Psychotherapy program in Sydney and Melbourne and for 10 years was involved in the training, supervision and mentoring of psychotherapists with the Somatic Psychotherapy Institute of Australia. Since 2007, she has been offering MBSR training and supervision for health professionals, including psychologists, social workers, psychiatrists, nurses, psychotherapists and counselors. She has worked as an assistant teacher with Dr Maura Kenny and Dr Mark Williams in the MBCT Teacher Development Retreat, 2009. Timothea also works with organizations to design and implement coaching and mindfulness based programs for stress development, leadership and facilitation. She is a long time student of yoga, Aikido and meditation and practices in the insight tradition. She is the Director of Openground – an Australia-wide network of clinicians and teachers offering MBSR and related programs. She is involved in ongoing research projects in co-operation Masters and PhD students in Australian universities on the impact on the MBSR program on anxiety, depression, empathy and self compassion.

Registration

Name: _____

Organisation/unit: _____

Position: _____

Mailing Address: _____

Email Address: _____

Phone Number: _____

To register a place in the workshop please complete and return this form to:

Ali Maginness

Rural Clinical School

Fax: 03 6431 5670

Email: Ali.Maginness@utas.edu.au

by Friday 19 March 2010

Limited places available

Payment of invoice (which will be sent to you) will secure a place in the workshop.

For more information please email ali.maginness@utas.edu.au or phone (03) 6430 4550