

MEDIA RELEASE

NEWS FROM THE UNIVERSITY OF TASMANIA

DATE: MONDAY 19 APRIL 2010

ATTENTION: Chiefs of Staff, News Directors



Mindfulness for Tasmanian health professionals

Tasmanian health professionals have expressed an interest in learning more about mindfulness-based therapy to help treat stress, anxiety and depression.

More than 100 health practitioners have registered to attend a series of lectures and workshops in Burnie this week on the practice of mindfulness as a treatment approach.

This an initiative of the Rural Clinical School's Visiting Research Fellow Program, run annually to enhance the research opportunities for health professionals on the North West Coast.

“The concept of mindfulness derives from eastern meditation practices, and it has been described as learning to pay attention in a particular way to help cope with a range of physical and emotional complaints,” said lecture and workshop presenter Dr Maura Kenny.

“Research has found that this treatment approach is effective in helping people learn ways to manage difficult problems such as chronic pain and depression, and to achieve an improved quality of life.”

Dr Kenny is a specialist psychiatrist in Mindfulness-based training, with the Centre for the Treatment of Anxiety & Depression in Adelaide, South Australia. She has extensive experience in running training programs for psychiatry trainees, general practitioners and mental health professionals.

Dr Kenny will be joined by Timothea Goddard to run a three-day introductory workshop on mindfulness based group interventions for mental health professionals in the northwest.

Timothea is a psychologist from Sydney and Director of Openground; both have undertaken extensive training in mindfulness therapy in both the UK and USA.

“Through the workshops and the lectures will be talking to health professionals about how to integrate research into their work, and their own self care,” Dr Kenny said.

“The mental and emotional health of our health professionals is an area that rarely gains attention until a serious problem interferes with a person’s ability to work.”

Participants from across Tasmania will be able to take part in Dr Kenny’s presentation through video links to Launceston, Hobart and several remote health sites.

Information Released by:

UTAS Communications and Media, University of Tasmania

Phone: 6226 8519 Mobile: 0418 510 121

Email: Media.Office@utas.edu.au