



THE MENTAL HEALTH SERVICES CONFERENCE INC.
OF AUSTRALIA AND NEW ZEALAND

PO Box 192, Balmain, NSW, Australia, 2041
Phone: +61 2 9810 8700
Fax: +61 2 9810 8733
E-mail: info@themhs.org
Web Site: www.themhs.org

TUESDAY 30 AUGUST 2012 – PRE-CONFERENCE WORKSHOP

Pre-conference Workshop—Full day Mindfulness and Mental Health

This workshop will introduce the theory and practice of Mindfulness. Participants will learn how mindfulness can work in developing self-reflective skills and in the treatment of a wide range of mental health disorders. The program will involve experiential practice, teaching and discussion. The teaching content will include: setting up a personal practice; formal versus informal practice; the foundation of self-reflective practice; clinical definitions, modes of action; individual versus group approaches; counter indications; mindfulness as a stand alone intervention, and as part of DBT, MBCT and ACT.

This workshop is for managers, team leaders, clinicians, advocates and anyone who cares about the development of high quality mental health services and organisations.

Workshop leader:

Ivan Milton (Ven Thupten Lekshe) is a clinical psychologist with wide ranging experience in psychiatry, tertiary education and private practice. With a longstanding interest in Buddhist meditation, Ivan has developed special expertise in the use of mindfulness practice in mental health treatment. Ivan has been a Tibetan Buddhist for many years and was ordained a monk in 2000. Ivan continues to run a private practice as a clinical psychologist from his home base in Melbourne.