

Mindfulness and CBT

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Mindfulness is the current fashionable addition to the therapeutic toolkit, but it has been effective for thousands of years. It is an essential part of several research-based approaches, including Acceptance and Commitment Therapy, Dialectical Behaviour Therapy, Mindfulness-Based Stress Reduction, and Mindfulness-Based Cognitive-Behavioural Therapy. This is a hands-on interactive workshop in which two experienced therapists with many years of Buddhist practice will have a conversation with their audience to show how mindfulness and other Buddhist practices can enhance many standard CBT techniques. We will explore both the obvious and subtle differences between the two approaches, as well as the similarities and points of synthesis. A theoretical understanding of mindfulness will be covered, in addition to giving an opportunity for experiencing its effects.

Normal within themselves: Axis II symptoms in first year psychology students

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This project aimed to determine how personality disorders are represented in first year psychology students. Four hundred and twenty students (84 males, 335 females, 1 unknown) with a mean age of 22.3 years participated. Students were recruited via the university online research administration program, which directed them to an electronic survey. The survey included the International Personality Disorder Examination Questionnaire (IPDEQ; Loranger, Janca & Sartorius, 1997); Neuroticism, Extraversion, and Openness Personality Inventory (NEO PI-R; Costa & McCrae, 1992); Narcissism, Aloofness, Confidence and Empathy (NACE; Munro, 1999); Self Assessment Inventory (SAI; Munro, Bore & Powis, 2008); Ego Identity Process Questionnaire (EIPQ; Balistreri, Busch-Rossnagel & Geisinger, 1995); and the State Adult Attachment Measure (SAAM; Gillath, Hart, Noffle & Stockdale, 2009). Consistent with the literature, the student population demonstrated a higher prevalence of psychiatric symptoms compared to the normal population. Collectively, participants identified most strongly with an odd or eccentric cluster of traits. This finding fits the turbulence of the “who am I?” exploration period of emerging adulthood and also applies to mature-age individuals experiencing career or relationship crises. The finding also raises implications for university counsellors and mental health professionals to assess and treat individuals failing the screen for ‘psychosis risk syndrome’ (American Psychiatric Association, 2010).

The effect of sports on language functions

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The role of the cerebellum in movement, coordination and language processing has been well documented. This study investigated if exercising behaviour (mediated by the cerebellum) is related to participants' reading abilities. Sixty undergraduates (50 female and 10 male) aged between 17 and 65 years took part in various reading and spelling tasks. Information collected included the level and maintenance of physical exercise a participant undertook over time. Results showed no significant difference between the exercise and no-exercise groups for reading, spelling, irregular word reading and reading of phonologically-regular-pseudowords. Participants who exercised more strenuously did not demonstrate higher reading and spelling accuracies than those who did mild or no exercise. Furthermore, those who maintained the weekly exercise routine over a longer period of time did not have higher reading and spelling accuracies than those who maintained the exercise routine over a shorter period of time. The attributes of the participants used might explain the current findings.

Ageing and facial expression mimicry: Implications for social cognition

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The mimicry of facial expressions is thought to facilitate social interaction, including interpersonal rapport, empathy and emotion recognition. Since older adults experience difficulty with some aspects of empathy and emotion recognition, potential age-related differences in facial expression mimicry were assessed. In Study 1, electromyography (EMG) of the corrugator (i.e., brow) muscle region was used to compare