# MINI-SYMPOSIUM

## PREVENTING RELAPSE IN RECURRENT DEPRESSION

Friday 13 January, 2017
Aula Radboud University, Comeniuslaan 2, Nijmegen

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<tr>
<td>10:30</td>
<td>Thesis defense Marloes Huijbers (Radboudumc): &quot;Meditation or medication? Preventing relapse in recurrent depression&quot; Academiezaal</td>
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<td>± 12:00 – 13:15</td>
<td>Reception and lunch – Anton van Duinkerkenzaal</td>
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<td>13:30</td>
<td>Start mini-symposium: Senaatszaal</td>
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<td>13:30 – 14:00</td>
<td>Prof. Dr. Claudi Bockting (Utrecht University and University of Groningen): State of the art and beyond in relapse prevention</td>
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<td>14:00 – 14:30</td>
<td>Prof. Dr. Philip Spinhoven (Leiden University): Mindfulness and Personality Traits</td>
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<td>14:30 - 15:00</td>
<td>Break</td>
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<td>15:00 – 15:30</td>
<td>Prof. Dr. Johannes Michalak (University of Witten/Herdecke, DE): Depression, mindfulness and embodiment</td>
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<td>15:30 – 16:00</td>
<td>Dr. Catherine Crane (Oxford University, UK): Prevention of Depression with MBCT: The Staying Well After Depression Trial</td>
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Participation is free of charge, but we ask you to register via marloesgaatpromoveren@gmail.com. There is a maximum of 90 participants.

For more information see www.radboudcentrumvoormindfulness.nl
Programme details:

Prof. Dr. Claudi Bockting (Utrecht University and University of Groningen)
State of the art and beyond in relapse prevention

Depression is a major public health problem, producing substantial decrements in health and well-being. In this talk the evidence for psychological interventions focused on relapse prevention will be discussed. Attention will be paid to the merit of specific psychological interventions for depression in terms of endurance of effects after stopping this treatment. In addition, several effective sequential brief self help and psychotherapeutic relapse prevention strategies as applied after remission will be discussed. Moreover, indications will be given what type of preventive treatment can be best given to whom. Finally, future innovative developments will be discussed.


About the speaker: Claudi Bockting is currently working at the department of Clinical Psychology of Utrecht University and University of Groningen with a research focus on mood disorders and their course, aetiology and response to psychological interventions. Bockting also works as a clinical psychologist.

Prof. Dr. Philip Spinhoven (Leiden University)
Mindfulness and Personality Traits

Using data from the MOMENT study, the association of mindfulness with Big Five personality traits was examined, as well as whether changes in mindfulness following MBCT are predictive of long-term changes in personality traits. Cross-sectional analyses showed that the mindfulness facets of acting with awareness, non-judging and non-reactivity were related to facets of neuroticism, while the mindfulness facets of observing and describing to facets of openness to experience. Longitudinal analyses showed that in particular improvements in the facets of describing and acting with awareness following MBCT predicted lower levels of neuroticism and higher levels of extraversion after 15 months. MBCT could be a viable transdiagnostic intervention to directly target one of the most important risk factors for onset and maintenance of recurrent depression and other mental disorders, i.e. neuroticism.

About the speaker: Philip Spinhoven is professor of clinical psychology at Leiden University. His research is directed at depressive, anxiety and personality disorders. His overarching aim is to conduct translational research in which basis knowledge about determinants of these disorders is translated into evidence-based transdiagnostic preventive and curative interventions.

Prof. Dr. Johannes Michalak (University of Witten/Herdecke, DE)
Depression, mindfulness and embodiment

Under the term ‘embodiment,’ basic research in psychology and related fields has proposed a complex reciprocal relationship between the body and the way in which cognitive and emotional information is processed. During the past decades a large number of empirical studies have consistently shown that bodily postures and movements affect psychological processes. Moreover, first studies have investigated the role of the body in dysfunctional psychological
processes in depressive disorders. These findings coincide with the centuries-old wisdom of various spiritual traditions that mindfulness of the body and specific body posture affect the state of mind of individuals and are important foundations for meditative and contemplative practice. This presentation will focus on studies on the role of the body and mindful body awareness in dysfunctional states of mind in depression. Moreover, effects of mindfulness-based cognitive therapy, an approach to prevent relapse in depression, on movement patterns will be presented.

About the speaker: Johannes Michalak is Professor for Clinical Psychology and Psychotherapy at the Witten/Herdecke University (Germany). His main research interests are Mindfulness-based Cognitive Therapy and embodiment in psychological disorders.

Dr. Catherine Crane (Oxford University, UK)
Prevention of Depression with MBCT: The Staying Well After Depression Trial

The Staying Well After Depression Trial (Williams et al., 2014) is one of the few trials to date which has compared MBCT to an active psychological control intervention in the prevention of depressive relapse. This talk will describe the Staying Well After Depression trial methods and outcomes and explore the associations between formal and informal mindfulness home practice and outcome in those participants randomised to MBCT. Findings will be discussed in the context of ongoing systematic reviews and meta-analyses of the impact of MBCT on prevention of depressive relapse and the role of home mindfulness practice in supporting positive outcomes from mindfulness based interventions.


About the speaker: Catherine Crane is working as a senior post-doctoral research psychologist in the Department of Psychiatry. She is working on a variety of projects including collaboration with researchers at the Avon Longitudinal Study of Parents and Children, University of Bristol and the multi-centre RCT “Staying Well after Depression.” Dr Crane’s research interests include mindfulness based treatment approaches, suicide, self-regulation and autobiographical memory.