

**National Spirituality, Well-being and Mental Health Conference;
A Two Day Event**

**Wednesday, 13th October and Wednesday 24th November 2010
Draft Conference Programme;
Day One
13th October 2010**

Purpose of the day:

Following our first successful national Spirituality Recovery and Psychosis Conference in 2007 we are holding a second National Spirituality, Wellbeing and Mental Health Conference in order to share key developments, learning and good practice both nationally and internationally for all staff, trainers, supervisors and managers across statutory and voluntary services working in areas related to mental health. It is also an opportunity for cross networking.

09.00 -9.30 Complimentary Therapy Session for Early Arrivals?

09.30 – 10.00 Registration & refreshments

10.00 - 10.15 CEO/Chair's Welcome/Introduction to the day

Mike Shewan, CEO, Derbyshire Mental Health services NHS Trust

10.15 – 11.00 Background to Developments in Spirituality, and Well-being in Mental Health Antony Shehan, CEO Leicester Parts NHS Trust

11.00 - 11.30 Stand By Me' Recent developments in the National Spirituality Projects

Professor Peter Gilbert, Professor of Social Work and Spirituality, Staffordshire University, National Forums Project Lead, and Visiting Professor (Spirituality) Birmingham and Solihull Mental Health Foundation Trust and the University of Worcester

11.30 – 13.00 Workshops and Presentations (including refreshments?)

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| 1. Compassionate Mind Training | Paul Gilbert |
| 2. Spirituality, Psychosis and Recovery | Isabel Clarke |
| 3. Spiritual Assessment/Developments within psychiatry | |
| 4. "Mindfulness and substance misuse" | Vicky Lindsay |
| 5. Belief in Recovery; exploring spirituality in Mental Health "Belief in Recovery" | David Bowler |

Content will reflect the aims and aspirations (and progress) of a 2 year project, part funded by the SHA, looking

at increasing staff skill and confidence in working with spirituality within recovery.

6. **Stress and developing Well-being
A fresh approach to burn-out and
compassion fatigue among NHS staff**
This workshop will explore the conditions that lead to burn-out and compassion fatigue and introduce the possibility of working with training the mind in mindfulness, meditation and compassion as a means of addressing and transforming these conditions
7. **How Spirituality is utilized as part of
CPA in both adult and older adult
services; implications for training**
8. **Cultural Care within Mental Health**
9. **Regional Developments in
Spirituality;
East Midlands
West Midlands
South West;; Installing HOPE in
engaging with service users and staff**

Maureen Cooper

**Helen Philpott/Abbie
Littlewood / SaraJane Aris**

**Caron Gaw
Annessa Rebar**
Modern Matron, Adults of
Working Age Bristol (Avon &
Wiltshire
Partnership)
Complementary Therapist
Have been working in Mental
health for 18 years in various
settings, applied complementary
therapy to community and in-
patient settings, currently
attempting to integrate
complementary therapies as a
regular choice of treatment on
the in-patient wards.

Brent Peplau
Charge nurse, in-patient acute
ward, Bristol (Avon & Wiltshire
Partnership)
Specialist interest in spirituality

Michael Bellfield (Avon &
Wiltshire Partnership) Chaplain,
Bristol Works within hospital and
community settings.

Workshop: A workshop looking at the use of the HOPE tool to help understand spirituality. This tool has been deemed to be useful in helping engage both staff and service users in conversation with what may be a difficult subject to talk about and explore.

Staff have found reflecting on this subject and themselves enables them to help others with this.

The workshop will also cover other areas where reflection and space have been a positive experience such as in the use of complementary therapy in the hospital setting.

13.00 -13.45
13.45 - 14.30

Lunch and poster exhibition
Compassion Focused Therapy; Developments and Research

Professor Paul Gilbert, Professor of Clinical Psychology,
Head of Derbyshire Research and Development Unit

14.30 - 15.45
15.45 – 16.15

Workshops (as above) Take refreshments
' Spirituality and Mental Health - the National Scene'
Arthur Hawes

16.15 -17.00

Plenary and Future Developments
Chair's Summary & Close