

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

***Draft Conference Programme;***

***Day Two***

24<sup>th</sup> November 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. It is two one day events to accommodate a range of presentations and different peoples needs.

**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 – 10.45 Background to Developments in Spirituality, and Well-being in Mental Health**

Antony Shehan, CEO Leicester Parts NHS Trust

**10.45 - 11.30 Compassion ,Spirituality and Well-being**

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

**11.30 – 13.00 Workshops and Presentations (including refreshments)**

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| 1. Compassionate Mind                                                                                                                                                                              | <b>Paul Gilbert</b>                                                                                                               |
| 2. Running Mindfulness groups within Drugs and Alcohol Services                                                                                                                                    | <b>Vicky Lindsay</b>                                                                                                              |
| 3. Assessing Patients Spiritual Needs                                                                                                                                                              | <b>Sarah Egger<br/>Honorary Clinical Senior Lecturer,<br/>Department of Psychological Medicine,<br/>Imperial College, London.</b> |
| 4. Spirituality within Supervision                                                                                                                                                                 | <b>Sam Malins</b>                                                                                                                 |
| 5. A fresh approach to burn-out and compassion fatigue among NHS staff<br>This workshop will explore the conditions that lead to burn-out and compassion fatigue, and introduce the possibility of | <b>Maureen Cooper<br/>Founder-Director of<br/>Awareness in Action</b>                                                             |

working with training the mind in mindfulness, meditation and compassion as a means of addressing and transforming these conditions.

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| <b>6. How Spirituality is utilized as part of CPA in both adult and older adult services; implications for training</b> | <b>Helen Philpott/Abbie Littlewood / SaraJane Aris</b> |
| <b>7. Cultural Care within Mental Health</b>                                                                            | <b>Caron Gaw</b>                                       |
| <b>8. Regional Developments in Spirituality; (TBD)/ South West/ Birmingham/ Worcester/Bradford</b>                      |                                                        |

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| <b>13.00 -13.45</b>  | <b>Lunch and poster exhibition</b>                                                                                                                                                                                                                          |
| <b>13.45 - 14.30</b> | <b>Compassion Focused Therapy; Developments and Research</b><br>Professor Paul Gilbert, Professor of Clinical Psychology, Head of Derbyshire Research and Development Unit                                                                                  |
| <b>14.30 - 15.45</b> | <b>Workshops</b> (as above) including refreshments                                                                                                                                                                                                          |
| <b>15.45 – 16.15</b> | <b>National Developments in Spirituality within the Nursing Profession</b><br>Ian Hulatt, RCN Spirituality Lead                                                                                                                                             |
| <b>16.15- 16.45</b>  | <b>"Psychiatry and Spirituality - Opportunities and Challenges"</b><br>Sarah Egger Royal College of Psychiatrists, Honorary Senior Lecturer, Department of Psychological Medicine, Imperial College, London, Older Adult Mental Health, St Charles Hospital |
| <b>16.45 -17.30</b>  | <b>Plenary and Future Developments</b><br><b>Chair's Summary &amp; Close</b>                                                                                                                                                                                |