DRAFT CONFERENCE PROGRAMME

Wednesday 12th July 2017:

1.30 pm Registration with tea and coffee in the Horton Dining Room

2.30 pm Welcome from Chief Executive / Chairman

2.45 pm Opening Presentation : Chris Cook and Colin Jay

Chris Cook and Colin Jay will be setting the scene for the conference by exploring what we mean by the terms ‘recovery’ and ‘spirituality’ and how we might view the relationship between the two. Definitions of recovery and spirituality often overlap significantly and address common concerns of meaning and purpose, relationship and human values. Do we need both - or are they both attempts to return to a valuing of the human being within the framework of contemporary mental health service delivery? Chris will draw on his involvement in work done both by the Spirituality Special Interest Group of the Royal College of Psychiatrists and by the Project for Spirituality, Theology and Health within the University of Durham, to attempt to define the ground and explain why these are important words for people who use mental health services and for those who support them. Colin will illustrate this with examples from fourteen years of mental health chaplaincy and from his experiences running a course on ‘Spirituality and Recovery’ at ARCH, the Durham Recovery College, to show the impact of these words for service users and ARCH students.

3.45 pm Delegate presentations / workshops

4.30 pm Tea break

5.00 pm Opportunity to sample one of a variety of ‘spiritual activities’ – e.g. Tai Chi, Mindfulness, Sound therapy, Choral evensong (at Durham Cathedral)

6.00 pm Bar open

6.30 pm Dinner (optional for residential delegates)
Thursday 13th July 2017:

9.30 am  Recovery: Recognising and Applying the Essential Ingredients for Personal Wellbeing : Alison Brabban

In recent years there has been a shift away from a traditional focus on clinical recovery within mental health services. Instead of concentrating solely on removing symptoms the ambition of services should be to promote personal recovery and to support people to have a life worth living. This talk aims to provide an overview of the values of personal recovery and to consider links with spirituality. Alison will also talk about what is being done locally to shift the culture of Tees, Esk and Wear Valleys Trust to make it a truly recovery focused organisation.

10.30 am  Stories from Experts by Experience

11.00 am  Coffee

11.30 am  Recovery, Personhood and the Search for the Soul : Andrew Powell

The prevalence of mental disorder in recent years has soared. Why is this happening? Is the human condition, with its inevitable stresses and strains, being unduly pathologised? Is the society in which we live so lacking in compassion, trust, goodwill and opportunity that many people feel despair?

Psychiatry aims to relieve suffering and restore health. Yet in the provision of mental healthcare today, how often do our patients really feel understood and helped to explore what for them is deeply meaningful and rewarding in life? Personhood, so important for recovery, is liable to get left outside the door. No matter how difficult the circumstances or how great the anguish, the soul - the touchstone of each person’s values and aspirations - is there to call upon to help enable breakdown to become breakthrough.

12.30 pm  Story from Expert by Experience

12.45 pm  Lunch

1.45 pm  Presentation : Hearing the Voice project

2.45 pm  Story from Expert by Experience

3.00 pm  Tea break
3.30 pm  A Matter of Faith? The role of belief in the experiences of people living with severe mental health challenges : John Swinton

The recovery model indicates that recovery has to do with finding meaning and enabling a positive sense of who we are in the world even in the midst of the challenges that mental health issues bring to us. This presentation will draw on an ongoing phenomenological study looking at the lived experience of Christians living with schizophrenia, bipolar disorder and depression. It will explore some of the creative tensions between a biomedical understanding of mental health challenges and the ways in which people experience them. In so doing the presentation will offer some fresh insights into the role of spirituality and faith in living well with severe mental health challenges.

4.30 pm  Panel Q&A session

6.00 pm  Bar open

6.30 pm  Conference Dinner (optional) - After dinner speaker : Paul Walker

Friday 14th July 2017:

9.30 am  The Importance of Social Safeness in Cultures that Support Good Practice : Angela Kennedy

Angela will explore how a culture of compassion can impact on good practice in mental health care.

Compassion and Kindness in Mindfulness Practice : Jo Cromarty

Mindfulness is a particular way of paying attention to the present moment. When we’re tuned in to the present moment, the mind is less likely to get caught up in unhelpful patterns of thinking and feeling. Mindfulness helps us become more aware of our thoughts and emotions and relate to them in a different way. We learn skills that can help us to:
- become more focussed and steady
- feel less overwhelmed
- respond more wisely to difficulties and stress.

Mindfulness can also help us learn to be kinder to ourselves and more accepting of how things are.

10.45 am  Coffee

11.15 am  Delegate presentations / workshops
12.00 noon  Intelligent Kindness : Penelope Campling and John Ballatt

Penny and John will discuss some of the ideas in their book *Intelligent Kindness*, in the context of the conference themes.

They will suggest that the capacity for compassion and effectiveness in individual practitioners is dependent on the quality of the ‘relational system’ in which they work.

The encounter with another in distress involves, at its centre, the capacity to accept and manage anxiety. Practice that does justice to the ‘whole person’ including their ‘recovery’ must involve facing that anxiety and distress. There are many factors in our current health and social care system that work against such openness and press towards objectification and a narrow view of the other, whether ‘patient’ or ‘colleague’.

1.00 pm  Lunch & depart
Dr John Ballatt

John Ballatt offers consultancy to individuals, teams and organisations, mainly in health and social care, often in challenging circumstances. He is the Director of the Openings Consultancy and a Partner in the multi-disciplinary People in Systems consultancy. He lectures widely on what cultivates and sustains healthy organisational cultures that support staff in giving their best to patients. He is co-author, with Penelope Campling, ‘Intelligent Kindness: reforming the culture of healthcare’ (RCPsych 2011).

Before his move to independent work, John’s career spanned 30 years in the voluntary, Local Government and NHS sectors. He began work in therapeutic communities, before moving on to train, and then manage social workers, to manage and, for a short time, commission NHS services, with a final six year stint as an Executive Director of a large NHS Trust, with responsibilities for service management and trust-wide Strategic Organisational Change.

Dr Alison Brabban

Alison works as the Clinical Lead for Recovery within Tees, Esk and Wear Valleys NHS Trust. She is a clinical psychologist by profession and has a special interest in working with people who experience psychosis – a group that until recently were not given much hope of recovery. Alison also works as an Expert Advisor to the Adult Mental Health programme at NHS England, advising on psychological therapies, recovery and outcomes.
Dr Penny Campling:

Penny Campling is a medical psychotherapist. She was consultant and clinical director of Francis Dixon Lodge, the personality disorder service in Leicester for 20 years before retiring from the NHS in 2011. Her interest in groups and passion for therapeutic communities has led on to an interest in healthcare institutions and how they can be organised in a way that brings out the best in all involved. She writes a blog for the BMJ on healthcare culture and has co-edited two books in the past: *Therapeutic communities: Past, present and future* and *From Toxic Institutions to Therapeutic Environments*. Her most recent book is *Intelligent Kindness: reforming the culture of healthcare* which she wrote with her husband, John Ballatt.

Professor Chris Cook

Chris Cook is Professor of Spirituality, Theology & Health in the Department of Theology & Religion at Durham University, an Honorary Minor Canon of Durham Cathedral, and an Honorary Consultant Psychiatrist with Tees, Esk & Wear Valleys NHS Foundation Trust. He is author and editor of various books and papers on spirituality and mental health, including most recently *Spirituality and Narrative in Psychiatric Practice* (Eds Cook, Powell & Sims, RCPsych Press 2016).
**Jo Cromarty**

Jo Cromarty is the Team Manager of the T EWV Mindfulness Team which delivers Mindfulness Based Cognitive Therapy courses to Service-Users, Carers and TEWV staff throughout the Trust geography. Jo has worked as an Occupational Therapist in mental health for more than 20 years and has been teaching mindfulness for 5 years. In this practical workshop she will be exploring what mindfulness is and how compassion and kindness are important attitudes to cultivate in becoming more mindful.

**Reverend Colin Jay**

Rev'd Colin Jay has been an Anglican Priest for 25 years and has worked full time within mental health services for the last fourteen of these. He is currently Head of Chaplaincy with Tees, Esk and Wear Valleys NHS Foundation Trust. His interest in mental health goes back much further and for many years, as a parish priest, he was a trustee of Mind and chair of the Northern Mind Regional Forum. Colin is also a Mindfulness teacher and, in his spare time, a keen brass bandsman, fell walker and jogger (though not all at the same time).
Dr Angela Kennedy

Dr Angela Kennedy has been a Psychologist in the NHS for 24 years and is a trauma therapist working in Tees, Esk and Wear Valleys NHS Foundation Trust. She is currently service lead for a specialist psychological therapies team working with people who experience enduring psychotic symptoms. She is actively creating systems for services to be ‘Trauma-Informed’ and is Project Lead for compassion focused management and culture in TEWV. Angela is on the board of the European Society for Trauma and Dissociation and is the psychological therapies lead for the North of England Clinical Network (NHS England).

Dr Andrew Powell

Andrew read natural sciences at Cambridge. After postgraduate studies in general medicine and psychiatry, he specialised at the Maudsley Hospital, London, in psychoanalytic and group-analytic therapies, subsequently holding consultant and academic posts in London and Oxford. Andrew’s widening interests led to further training in psychodrama, spiritual healing and transpersonal psychology.

Andrew is Founding Chair of the Spirituality and Psychiatry Special Interest Group of the Royal College of Psychiatrists, UK. His papers on spirituality and mental health can be downloaded from the publications archive at the College website www.rcpsych.ac.uk/spirit. He is co-author with Dr Bisong Guo of ‘Listen to your Body – the Wisdom of the Dao’ (University of Hawaii Press 2001) and co-editor of ‘Spirituality and Psychiatry’ (RCPsych Publications, 2009) and ‘Spirituality and Narrative in Psychiatric Practice: Stories of Mind and Soul’ (RCPsych Publications, 2016).
John Swinton is Professor in Practical Theology and Pastoral Care in the School of Divinity, Religious Studies and Philosophy at the University of Aberdeen. He is the author of a number of monographs including *Becoming Friends of Time: Disability, Timefullness, and Gentle Discipleship* (Baylor Academic Press 2016), *Dementia: Living in the memories of God* (Eerdmans 2014), *Raging With Compassion: Theological responses to the Problem of Evil* (Eerdmans 2006), *Spirituality in Mental Health Care: Rediscovering a “Forgotten “Dimension* (Jessica Kingsley Publishers 2001). He is the Director of Aberdeen University’s Centre for Spirituality, Health and Disability (http://www.abdn.ac.uk/sdhp/centre-for-spirituality-health-and-disability-182.php)