I warmly commend the Mind and Soul Northern Conference. Most of us will have close friends or family who suffer from mental health issues at some time in our lives and some of us will be sufferers ourselves. Mind and Soul brings together Christian insight into human well-being and best clinical experience; together they offer hope for us all.

> The Right Reverend David James Bishop of Bradford

The Mind & Soul Northern Conference

EXPLORING CHRISTIANITY AND MENTAL HEALTH

Conference Overview

How we deal with our emotions and feelings is an increasingly popular topic. Yet things seem to be getting worse not better, with growing numbers of people suffering from depression and other forms of mental illness. People are looking to faith and spirituality for guidance and support - but is the church ready to respond?

Church leaders are often expected to deal with mental health problems among their congregations, some very severe. However, it can be years since they had any formal training and most feel out of their depth. This day is designed to give you an overview of the major themes as well as practical ideas of what to do. Sessions are delivered by recognised experts from church, counselling and mental health backgrounds.

This is also the first Northern Conference run by Mind & Soul - a growing national network of people interested in Christianity and Mental Health. We aim to provide excellent resources, facilitate local networks and offer a holistic response to emotional distress.

Date: Saturday 14th March 2009

Location: Abundant Life Conference Centre Wapping Rd Bradford West Yorkshire BD3 0EQ

"Mind and Soul is impressive... it helps link Christians together - to pray and support each other as well as pointing them towards useful resources. It builds on many years of Christian experience. I'm sure it will become established as an essential resource for churches and church leaders as well as for the wider Christian community."

Dr Chris Williams Past President of the British Association for Behavioural and Cognitive Psychotherapies.













Speaker Biographies The Agenda



Jonathan Clark has been an Approved Social Worker and Church Minister. He currently runs Premier Life, including the telephone and email support service - Premier Lifeline.



Revd Will Van Der Hart vicar of St Peter's Church, West Harrow. He has a passion to see people set free from emotional and mental health problems and churches that are equipped to do this.



Dr Rob Waller is a Consultant Psychiatrist working for NHS Lothian and is also trained in Cognitive Behavioural Therapy. He is excited about churches and the NHS working together in creative ways.



Shery Ashton set up 'Potential', ministering to families with children with special needs. Mum to Benjamin, aged 10, with Down Syndrome. Previously worked as an Occupational Therapist.



Prof John Wattis was a Consultant in Old Age Psychiatry from 1981-2005. He has an abiding interest in spirituality and mental health in older people.



Mel Meesam is a specialist mental health social worker based in Hull. She has worked for SEARCH, assisting faith groups and churches to engage with local communities, the NHS and local councils



Greta Randle is Chief Executive of the Association of Christian Counsellors, the leading UK body for training and accrediting Christians who counsel others



Stephen Matthew is a gifted Bible teacher who serves as part of the Abundant Life Ministries team. He is principal of their Leadership Academy and an Associate Pastor of the Church.



Amamda Stevenson has been caring for her husband who suffers with mental illness for six years . She is passionate to see carers overcome their grief and isolation from society and the Church.



Dr Rasjid Skinner a Consultant Clinical Psychologist in Bradford and Chairman of the Trust's Spirituality Committee. He trained in Durham and Belfast, and has undergone Jungian training analysis and is Visiting Professor in Clinical Psychology at University of Karachi.



Mike Bush worked as a Social Worker. He had lost his father to suicide and in 2000 became depressed – and then became a Christian. He is an advisor on suicide to the Government and Samaritans.



Arianna Walker is Executive Director of Mercy Ministries UK, a charity operating unique residential homes around the world for young women with life controlling issues.



Christine Chapman is passionate about improving the needs of older people through 'Splendour': an Age Inspiring Ministry actively working to champion spiritual, physical and emotional well-being.

0845 Registration Starts 0930 Welcome and Introduction 0945 Keynote 1: Spirituality and Mental Health Dr Rob Waller Revd Will Van Der Hart 1015 Keynote 2: Emotionally Healthy Church 1100 Break and Coffee 1130 Parallel Sessions 1 A: Five things to do in a Pastoral Crisis Revd Will Van Der Hart B: Can Christians take Antidepressants? Dr Rob Waller Shery Ashton & Amanda Stevenson C:Caring for the Carers 1245 Lunch and Networking Time 1345 Interviews Mike Bush & Jonathan Clark 1415 Parallel Sessions 2 A: Spirituality in the NHS Rob Waller, Rasjid Skinner & Mel Meesam B: What is Christian Counselling? Greta Randle C:Older People's Faith & Mental Health John Wattis & Christine Chapman 1530 Break and Coffee 1600 Keynote 3: Interviews Stephen Matthew & Arianna Walker 1630 Question and Answer Panel 1700 Conclusion and Blessing Jonathan Clark

We have included plenty of time to talk to other delegates. There will also be a number of stands.

Who should attend?

Mental Health Professionals, Christian Ministers, Church Leaders, Pastoral Workers, Christian Counsellors, Mental Health Service Users and Carers, and those interested in Christianity and Mental Health.

What will I learn from the Event?

This Conference will help you understand where emotional distress comes from, see how it relates to a person's faith and learn how to offer practical help. Keynote Talks given by experts will explore the main themes. A choice of Workshop Sessions allow smaller groups to learn practical skills and develop ideas.

Bookings

Standard Booking £17.50 inc VAT each Early Bird Bookings £15.00 (before end of February) inc VAT each Mental Health Service Users and Carers £10.00 inc VAT each A limited number of tickets will be available on the door

Refreshments and lunch will be available to purchase on the day - or bring a packed lunch

Please post completed booking form and cheques to: Mind & Soul Conference, Premier, PO Box 13000, London SW1P 4XP

Please make cheques payable to Premier Christian Radio

The Venue

Abundant Life Conference Centre, Wapping Road, Bradford, West Yorkshire. BD3 0EQ



Mind & Soul Northern Conference Booking Form

Payment Details

Delegate/Booking Contact

Title: (Rev/Dr/Mr/Mrs/Miss/other)		Please book me places at The Mind & Soul Northern Conference on Saturday 14th March 2009 at the			
First Name:		 Abundant Life Conference Centre, V Bradford, West Yorkshire, BD3 0EQ 	Vapping Roa	ld,	
Surname:					
Organisation:		Ticket Type	Cost	Qty	Total
		Standard Booking	£17.50		
Role:		Early Bird Bookings (before end of February)	£15.00		
Address:		Mental Health Service Users and Carers	£10.00		
		_		Total £	
Town:		All prices include VAT and are non-refundable			
County:		Refreshments and lunch will be available to purchase on the day - or bring a packed lunch			
Postcode:		A limited number of tickets will be available on the door			
Tel Day:*		_ I enclose a Cheque made paya	ble to Premi	er Christia	an Radio
Tel Eve/Weekends:*		 Please debit my Credit/Debit card, please tick and complete 			
Email:*		□Visa □MasterCard □Delta □Switch/Maestro			
Mobility or other special requirements:		(Credit card bookings subject to a f	21.00 booking	fee)	
		Card Number:			
*Only complete if you are happy to be contacted in this way.		Expiry Date: Switch/Maestro Cards Only			
Please confirm which sessions from each of the		Valid From:	Issue No:		
parallel sessions you/your delegates would like to attend:					
1130 Parallel Session 1		Security Code: Last 3 digits on the signature strip of your card			
A: Five things to do in a Pastoral Crisis	No of delegates				
B: Can Christians take Antidepressants?	No of delegates	Signature:	Da	ate:	
C: Caring for the Carers	No of delegates				
1415 Parallel Session 2		Terms & Conditions: All bookings are no			
A: Spirituality in the NHS No of delegates		circumstances the programme as advertised may be subject to change. Mind and Soul and Premier Christian Radio holds names and addresses on			
B: What is Christian Counselling?	No of delegates	computer for the purpose of keeping its sup	computer for the purpose of keeping its supporters up to date with its m		s ministry
C: Older People's Faith & Mental Health	No of delegates	and other issues of Christian concern. If you do not wish to receive fur mailings, please tick the box. □		iurtner	

PLEASE RETURN TO:

Mind & Soul Conference, Premier, PO Box 13000, London SW1P 4XP



Mind & Soul Conference, Premier, PO Box 13000, London SW1P 4XP Tel: 020 7316 1300 Fax: 020 7233 6706 Email: mindandsoul@premier.org.uk www.mindandsoul.info www.premier.org.uk