

Bridging Spirituality, Creativity, and Mental Health for Healing

7th May 2022, London



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In this practical one-day conference, we will discuss the different ways spirituality, creativity, and mental health for healing intersect. Spiritual practices can have a positive impact on mental health. Despite empirical evidence that spirituality can contribute positively on mental health, it remains still challenging to integrate these findings into clinical practice. Our delegates are invited to practise some of the techniques offered at our event.

In the UK, 1 out of 4 people will experience a mental health problem a year and approximately 1 out of 8 adults receive treatment for mental health issues, with medication being the most common option. The impact is that people losing their jobs due to mental health reasons - at a cost not only to themselves but to our whole economy. Many people find that the medication is ineffective or can't bear the side effects, and turn to spirituality as a complementary or alternative to mainstream treatment.

Alternative therapies range from down-to Earth techniques such as forest bathing and mindfulness practices to more esoteric such as energy work and reiki. The definition of spirituality is quite loose. Yoga comes from a spiritual practice, yet it is practiced as everything from a fitness routine to therapy for stress and trauma. The mindfulness that is practiced in the West is often disconnected from its Eastern and Buddhist roots. Prayer, chanting, and other spiritual practices have long predated the scientific era and are now being studied. Spiritual practices are a foundation in 12 Step support groups, which are still the most common recovery tools for addiction and substance abuse.

During this conference, we will learn, discuss, and consider topics such as spiritual practices in a scientific age, health benefits of dreams, benefits of social prescribing, mental health and spirituality coaching approaches and the benefits of nature in building and retrofitting resilience.

The conference is mental health care practitioners of all kinds (including psychologists, psychiatrists, clinicians, practitioners, counsellors and psychotherapists, community mental health nurses, occupational therapists, social workers, and primary and behavioural health care professionals, alternative care providers and more), researchers in the fields of neuroscience, psychology, mental health care, and anyone who is interested in the intersection of spirituality, creativity and mental health.

This conference would be suitable for all health professionals working at all levels in primary, secondary or community mental health services, such as psychologists, psychotherapists, counsellors, complementary practitioners, body-workers, holistic practitioners, healers & coaches, faith, pastoral, spirituality and carer professionals, researchers, philosophers, students and other professionals from related health and wellness disciplines.

- ✔ Health professionals working at all levels in primary, secondary or community mental health services
- ✔ Psychologists
- ✔ Psychiatrists
- ✔ General Practitioners
- ✔ Counsellors
- ✔ Complementary Practitioners
- ✔ Body-workers
- ✔ Holistic Practitioners
- ✔ Healers & Coaches
- ✔ Faith, pastoral, spirituality and carer professionals
- ✔ Educational Leaders
- ✔ Researchers
- ✔ Philosophers
- ✔ Academics
- ✔ Scientists
- ✔ Students
- ✔ Other professionals from related health and wellness disciplines

Registration space is limited to 80 delegates. We encourage guests to register asap!!

PROGRAMME -SUBJECT TO CHANGE-

09:00 - 09:30 Registration and Coffee

09:30 - 10:00 Chair's Opening Remarks - Alternatives to Talking Therapy

Dr. Audrey Tang,
Author, Speaker, Psychological Consultant Northampton, UK

10:00 - 10:30 Putting Spirituality at the heart of health and wellbeing

Isabel Clarke,
Consultant Clinical Psychologist

10:30 - 11:00 Conscious Architecture: The benefits of nature in building and retrofitting resilience

John Goldwyn,
CMLI Senior Vice President, Director of Planning + Landscape, London WATG - designing destinations UK

11:00 - 11:15 Morning Coffee Break and Networking

11:15 - 11:45 What is a Highly Sensitive Person and how do they contribute to collective spiritual health?

Boe Huntress,
Singer/songwriter and creative facilitator

11:45 - 12:15 Waking up to the Health Benefits of Dreams

Melinda Powell,
Co-Founder and Senior Advisor, DRI Author of The Hidden Lives of Dreams & Lucid Surrender: The Alchemy of the Soul in Lucid Dreaming DRI at CCPE

12:15 - 12:45 Nurturing my Self-Compassion

Dr Sarah Egger (MB,BS, FRCPsych) ,
Chair of the Janki foundation (a UK based charity that promotes spirituality in healthcare)

12:45 - 13:30 Lunch Break and Networking

13:30 - 14:00 Wellbeing in the Performing Arts

Dr Sok-ho Trinh,
Passionologist | Coach | Scientist | Performer, London, UK, London, UK

14:00 - 14:30 Social prescribing - the surprising benefits of volunteering on health

Louise Bates,
Volunteer and Community Action Manager

14:30 - 15:00 Mental health and spirituality – how working with clients using both understandings can bring about profound change

Donna-Marie Churchman,

Coaching professionals through mental and emotional blocks using psychological, spiritual and energetic understandings

- ✔ What do we see as spirituality? What do we see as mental health? And what is the bridge between the two?
- ✔ The self and the Self. How awareness of the Self can support the mental health of the self.
- ✔ Levels of consciousness – what is known about them and how can they impact mental and emotional wellbeing?
- ✔ Case studies of working with clients using psychological, spiritual and energetic understandings
- ✔ Why becoming consciously aware of the Self can help heal the self.

15:00 - 15:15 Afternoon Coffee Break and Networking

15:15 - 15:45 Wellbeing from the inside out – Eating for better mental and physical health

Alessandra Bester,

Owner of No-no The Functional Food Company

15:45 - 16:15 Chinese Calligraphy Enhanced Therapy

Juan Du,

UKCP Accredited Psychotherapist & Mindfulness teacher

16:15 - 17:00 Moving & Being Moved - Trauma-Informed Yoga The intersection of Science, Mental Health & Spirituality - Workshop

No yoga experience or equipment is necessary for this workshop. Just an interest in integrating the body in therapy. Seated variations given. All welcome

Lorna Evans

Founder of The Mind Movement. UKCP Accredited Psychotherapist & Trauma-Informed Yoga Teacher

17:00 - 17:15 Panel Discussion and Chair's Closing Remarks

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How to book If you would like assistance registering your place, please contact us on **+44 (0)208 144 2944** and we will be happy to assist. If you are awaiting funding, no problem, you can request us to hold your place today to ensure you do not miss out. Prefer to pay by invoice? You can select this payment method, once you're through to the registration page.

<https://www.forumsandevents.co.uk/bridging-spirituality-creativity-and-mental-health-for-healing>

Dr Mr Mrs Ms Other (Please Circle)	Delegate Rates (please tick the box as applicable) <small>Please note early bird rate will be deducted automatically - THE DEADLINE IS: 31.03.2022</small>	Organisationally-funded <input type="checkbox"/>	£165.00 <input type="checkbox"/>
		Self-funded <input type="checkbox"/>	£145.00 <input type="checkbox"/>
		Registration Charity/Student Sector <input type="checkbox"/>	£125.00 <input type="checkbox"/>
First Name		Surname	
Job Title			
Organisation			
Address			
		Postcode	
Email		Tel	
Please specify any special dietary or access requirements			

Workshop <i>I would like to attend</i>	Moving & Being Moved - Trauma-Informed Yoga The intersection of Science, Mental Health Spirituality
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Please invoice Requesting an invoice and signing this form will secure your place at the conference. All invoices must be paid in full before the event. **See booking condition 6.**

Pay by Debit/Credit Card Please debit my: <input type="checkbox"/> Visa Card <input type="checkbox"/> MasterCard <input type="checkbox"/>	PLEASE COMPLETE (Billing address of Payment Card if different to the address above)
Card Number <input type="text"/>	Address 1 <input type="text"/>
Valid from <input type="text"/> Exp date <input type="text"/>	Address 2 <input type="text"/>
CVC Code <input type="text"/> <small>(3 digits on the back of the card)</small>	Town <input type="text"/> Postcode <input type="text"/>
Name on card <input type="text"/>	Country <input type="text"/>
Signature <input type="text"/>	If you have authorisation from your trust/department to attend this event and require an invoice, please provide the correct billing address or shared services address (including the relevant payable codes) and a purchase order number. We are unable to process any bookings without this information. We are unable to send out invoices to home addresses.

Booking conditions

Forums and Events Ltd (the „Company“) accepts bookings under the following conditions:

- Bookings are accepted through our website by registering and providing the information needed and processing a credit card or bank transfer payment.
- Bookings are also accepted by fax or email by filling up the booking form together with full payment sent to Forums and Events Ltd. A confirmation of the booking will then be issued.
- Returning the signed registration form or making a payment through the website constitutes a firm booking.
- Bookings may be made over the telephone. In such case bookings will be confirmed only after receiving full payment.
- All payments including credit card, must be in the currency advertised.
- The Company reserves the right to cancel a booking if payment is not made 6 weeks prior to the conference taking place. Any outstanding payment becomes the responsibility of the signatory made on the reservation form.
- Payment for any booking made within 6 weeks of the conference will still be due to the Company irrespective of whether the delegate attends.
- All correspondence will be sent to participants at the address specified on the booking form or over the telephone (this address will also appear on the official Participants list given out at the event).
- Should you be unable to attend, a substitute delegate may be able to attend. This must be received in writing one week prior to the conference.
- The Company reserves the right to change the conference speakers in case of illness or other conditions beyond its control.
- The Company does not accept responsibility for loss or damage to delegates own property and/or personal effects whilst at the conference. The Company does not accept any liability for loss or damage to personal effects caused by events beyond its control including (but without limitation) fire, flood, strikes, civil disturbances or for consequential loss or damage of any kind whatsoever.
- Speakers agreed at time of print.

Cancellation of booking

- Written confirmation received 6 weeks prior to the conference will be accepted and a refund of 90% of the booking charge will be made. After this date, no refunds can be given. Verbal cancellations will not be accepted.
- If written cancellation is not received 6 weeks prior to the conference full payment will still be due irrespective of whether the delegate attends the conference.