

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



**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.

## The Agenda

0845	Registration Starts	
0930	Welcome and Introduction	
0945	<b>Keynote 1: Spirituality and Mental Health</b>	Dr Rob Waller
1015	<b>Keynote 2: Emotionally Healthy Church</b>	Revd Will Van Der Hart
1100	Break and Coffee	
1130	<b>Parallel Sessions 1</b>	
	A: Five things to do in a Pastoral Crisis	Revd Will Van Der Hart
	B: Can Christians take Antidepressants?	Dr Rob Waller
	C: Caring for the Carers	Shery Ashton & Amanda Stevenson
1245	Lunch and Networking Time	
1345	<b>Interviews</b>	Mike Bush & Jonathan Clark
1415	<b>Parallel Sessions 2</b>	
	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	<b>Keynote 3: Interviews</b>	Stephen Matthew & Arianna Walker
1630	<b>Question and Answer</b>	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



