

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 London 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. St Mary's is a five minute walk from any of Marylebone, Baker Street or Edgware Road tube stations.

Speaker Biographies

Jonathan Clark



Jonathan has a wealth of experience, as an Approved Social Worker, Church Minister and in Christian community work. He is currently Manager of Premier Lifeline and has a specialism in helping those who are suicidal or are involved in self-harm.

Dr Rob Waller



A Consultant Psychiatrist working for NHS Lothian in Scotland. His special interests are complex anxiety disorders and the mental health of young adults. He is also qualified in Cognitive Behavioural Therapy and Adult Education.

Revd Will Van Der Hart



A Vicar at St Peter's Church, West Harrow. Will has a passion for seeing people set free from emotional and mental health problems, and has spoken widely on this topic. His special interest is in seeing emotionally healthy churches that are better equipped to share the love of Jesus.

Sarah Saunders



An Occupational Therapist who works for the NHS in Leeds. Her other passions are youth work and the Brazilian Football Team [and indeed anything from Brazil...]. She is particularly involved in coordinating the Leeds and Bradford Discussion Group.

Arianna Walker



Executive Director of Mercy Ministries UK - a Christian charity operating unique residential homes around the world for young women aged 16-28 dealing with issues such as eating disorders, self-harming, depression and the emotional effects of abuse in all its forms.

Greta Randle



Chief Executive of the Association of Christian Counsellors - meaning that she guides and oversees everything that happens in ACC but also has to get involved in much detailed work connected with the key issues.

Dr Jack Graham



The Voice of PowerPoint Ministries. His passion is to lead men and women from all walks of life into a more intimate and life-changing relationship with Jesus Christ. Pastor Graham has led the 26,000-plus member congregation at Prestonwood Baptist Church in Plano, Texas since 1989, and is the author of several books.

Date:
Friday Oct 3rd 2008

Location
St Mary's Church
London

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

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"Mind and Soul is a great resource for Christian Counsellors and their clients. It has a strong emphasis on building the local church and connecting people of different backgrounds."

Dr Paul Hebblethwaite
Vice Chairman of the
Board of the Association
of Christian Counsellors

Mind & Soul Conference

0930	Coffee and Registration	
1015	Welcome and Introduction	Chair Jonathan Clark Dr Rob Waller
1030	Keynote 1: Spirituality and Mental Health	
1115	Break and Coffee	
1130	Parallel Sessions 1	
	A: Five things to do in a Pastoral Crisis	Revd Will Van Der Hart
	B: Are Antidepressants OK for Christians	Dr Rob Waller
	C: How do Mental Health Services Work	Sarah Saunders
1230	Keynote 2: Emotionally Healthy Church	Revd Will Van Der Hart
1315	Lunch and Networking Time	
1415	Parallel Sessions 2	
	A: Cut and Starved - A Christian Response to Eating Disorders and Self-Harm	Arianna Walker
	B: Christian Counselling	Greta Randle
	C: Working in the Mental Health Service	Dr Rob Waller
1515	Keynote 3: Emotionally Healthy Leadership	Dr Jack Graham
1600	Conclusion and blessing	Jonathan Clark
1615	Close	

Please register and supply an email address to be kept informed.

Mind & Soul Conference Booking Form

Delegate/Booking Contact

Title: (Rev/Dr/Mr/Mrs/Miss/other) _____

First Name: _____

Surname: _____

Church/Organisation: _____

Role: _____

Address: _____

Town: _____

County: _____

Postcode: _____

Tel Day:* _____

Tel Eve/Weekends:* _____

Email:* _____

Mobility or other special requirements: _____

*Only complete if you are happy to be contacted in this way.

Please confirm which sessions from each of the parallel sessions you / your delegates would like to attend:

1130 Parallel Session 1

- A: Five things to do in a Pastoral Crisis No of delegates _____
 B: Are Antidepressants OK for Christians No of delegates _____
 C: How do Mental Health Services Work No of delegates _____

1415 Parallel Session 2

- A: Cut and Starved - A Christian Response to Eating Disorders and Self-Harm No of delegates _____
 B: Christian Counselling No of delegates _____
 C: Working in the Mental Health Service No of delegates _____

Please complete payment information overleaf

PLEASE RETURN TO: Mind & Soul Conference,
Premier, PO Box 13000, London SW1P 4XP

Payment Details

Please book me _____ places at The Mind & Soul Conference on Friday Oct 3rd 2008 at St Mary's Church, London

Ticket Type	Cost	Qty	Total
Standard Booking	£17.50		
Early Bird Bookings (before end of September)	£15.00		
Mental Health Service Users and Carers	£10.00		
Total £			

All prices include VAT and are non-refundable

A limited number of bursaries are available for those in financial need
Refreshments only - lunch not included - local venues recommended - or bring packed lunch

- I enclose a Cheque made payable to Premier Christian Radio
 Please invoice to the address overleaf
 Please debit my Credit/Debit card, please tick and complete
 Visa MasterCard Delta Switch/Maestro
 (Credit card bookings subject to a £1.00 booking fee)

Card Number:

Expiry Date:

Switch/Maestro Cards Only

Valid From:

Issue No:

Security Code:

Last 3 digits on the signature strip of your card

Signature:

Date:

Terms & Conditions: All bookings are non-refundable, due to unforeseen circumstances the programme as advertised may be subject to change. Mind and Soul and Premier Christian Radio holds names and addresses on computer for the purpose of keeping its supporters up to date with its ministry and other issues of Christian concern. If you do not wish to receive further mailings, please tick the box.



Mind & Soul

EXPLORING CHRISTIANITY AND MENTAL HEALTH

A Premier Resource

PLEASE RETURN TO: Mind & Soul Conference,
Premier, PO Box 13000, London SW1P 4XP

Who should attend?

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 September) inc VAT each

Mental Health Service Users and Carers £10.00 inc VAT each

Refreshments only - lunch not included - local venues recommended - or bring 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



The Location:

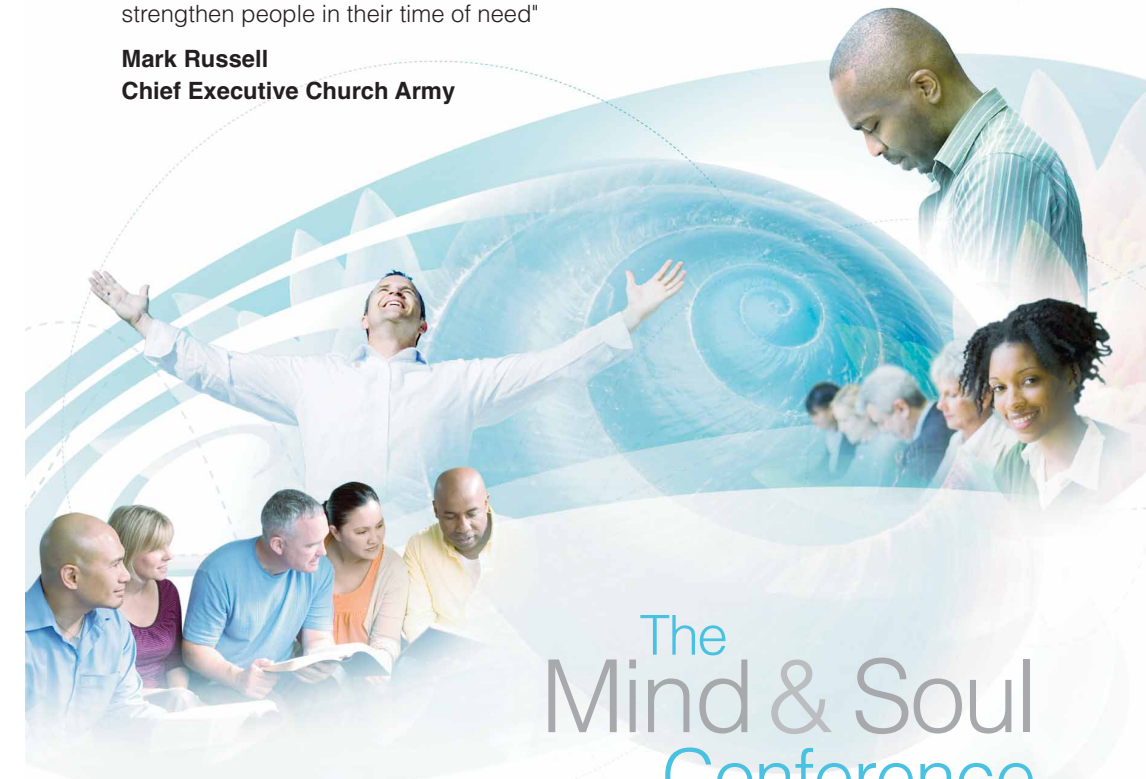
St Mary's
York Street
London
W1H 1EA

By Underground:

Marylebone, Baker Street or
Edgware Road tube stations - 5 mins away

"Mind and Soul is a terrific resource to help Christians and Churches support people who suffer from mental health issues. People are often stigmatised who suffer in this way, and I totally endorse their passionate desire to help people see that faith in Christ can help heal and strengthen people in their time of need"

Mark Russell
Chief Executive Church Army



The
Mind & Soul
Conference

EXPLORING CHRISTIANITY
AND MENTAL HEALTH

Friday October 3rd 2008
St Mary's Church, London



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