

the agenda

8:45 **Registration**

9:30 **Welcome with Dr Rob Waller**

9:35 **Introduction**

9:45 **Worship with Paul Rigby of Hitchin Christian Centre**

10:00 **Perfection with Revd Will van der Hart**

As Christians we have an image of the ideal perfect person, lost in the Fall. Ever since, we have strived to regain and achieve perfection to prove ourselves to God, others and ourselves. What is the Biblical teaching on perfection and how does this relate to our understanding of Mental Health?

11:00 **Coffee Break**

11:30 **Stress with Dr Kate Middleton**

Whoever you are, and whatever you are trying to pack into your life, stress is likely to be an issue you face regularly. It affects us all. But stress is also linked to many serious physical and emotional health problems - so what do you do if you are only too aware of how big an issue stress is in your life?

12:30 **Lunch Break**

13:45 **Speak Mercy - Interview with Arianna Walker**

Introducing Mercy Ministries UK who exist to provide opportunities for women to experience God's unconditional love, forgiveness and life-transforming power.

14:15 **Worry with Jonathan Clark**

Jesus told us not to worry yet worry is endemic even amongst Christians. Worry is often used to create a sense of certainty and control, but the illusion is only temporary and even more worries are generated. What are the factors behind worry? How should we deal with uncertainty? And where does trust and faith fit into the equation?

15:15 **Coffee Break**

15:45 **Guilt with Dr Rob Waller**

Many people are paralysed with guilt. Guilt robs you of freedom, peace and joy. It can make you feel unacceptable or isolated. Jesus' forgiveness is the ultimate remedy for guilt, but even for those who believe, guilty feelings can still present a lingering problem. This talk aims to differentiate between our true guilt, for which forgiveness is needed, and false guilt, for which a psychological approach will help.

16:45 **Closing comments and prayer with Jonathan Clark**

17:00 **Finish**

Saturday 11th October 2014, 9:30am – 5pm

St Mary's, Wyndham Place, York Street, London W1H 1PQ

Early bird: £25 (before 1st September)

Standard ticket: £30

Service users, carers and unwaged: £20

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exploring christianity and mental health

Perfection
Stress
Worry
& Guilt

Keynote speakers:
Revd Will van der Hart,
Dr Kate Middleton,
Jonathan Clark &
Dr Rob Waller

The Premier Mind & Soul Conference 2014

emotions
11.10.14

9:30am – 5pm

St Mary's

Wyndham Place

York Street

London W1H 1PQ

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The Premier Mind & Soul Conference 2014

Saturday 11th October 2014, 9:30am – 5pm

St Mary's, Wyndham Place, York Street, London W1H 1PQ

This conference will help you to understand the rightful role of emotions in your life and the lives of others, as well as equip you with the tools you need to manage negative emotions.

Come and discover practical ways in which you can take care of your emotional wellbeing.

For mental health workers, counsellors, pastoral workers, church leaders, service users, carers and anyone interested in a Christian response to mental health.

How to get there

St Mary's is situated on Wyndham Place, between York Street and Crawford Street, W1H 1PQ. A short walking distance from Baker Street, Marylebone and Edgware Road tube stations and Marylebone mainline Station. It is also well served by buses.

 @mindandsouluk  'Mind and Soul'

the speakers



Revd Will van der Hart

Pastoral Chaplain at Holy Trinity Brompton. His interest in emotional health is wide ranging, reflecting his broad experience in a variety of pastoral contexts. He has written a number of books and speaks regularly on this topic. @vicarwill



Dr Kate Middleton

Kate Middleton (no, not that one!) is a psychologist with a medical background, and a passion for applying psychology and faith to real life, helping people reach their full potential and truly live 'life to the full'. She has written several books. @communic8ion



Arianna Walker

Arianna Walker, Executive Director of Mercy Ministries UK is passionate about seeing people from all walks of life overcome brokenness and adversity to reach their God given potential. Drawing on years of pastoral leadership experience, she uses practical examples to educate, equip and empower Christians to rise up and reach out. @AriannaWalker



Jonathan Clark

Jonathan Clark is Director for Premier Lifeline: the National Christian Helpline. Formerly a Mental Health Social Worker and Pastor. A broadcaster and speaker on a range of subjects including healing and mental health. @jonathanc Clark



Dr Rob Waller

Rob Waller is a Consultant Psychiatrist working for the NHS in Scotland. He wants to see a church that understands mental illness, and a health service that values how the church can help. He has spoken widely on this topic and written a number of books including The Guilt Book. @robwaller

