



Compassionate Mental Health



Compassionate Mental Health

Finding Meaning through Connection

4-5 Oct 2017 - fforest, Cardigan, Wales

A two day, experiential event designed to inform, inspire and empower people
living and working with mental distress

compassionatementalhealth.co.uk





Speakers

We've gathered influential speakers and facilitators who are passionate about changing the script around mental health, challenging stigma and raising expectations.



Daniel Fisher

Psychiatrist and Co-founder of the National Empowerment Center. Passionate about promoting alternatives to the medical model of distress



Beatrice Birch

Founder of Inner Fire, a year long residential programme for people experiencing mental distress and addictions to recover without meds



Malcolm Stern

Director and co-founder of Alternatives, a world renowned platform for visionary thinkers. He wants to transform stigma around suicide and help make mental health services safe, healing places



Rufus May

Clinical Psychologist with an international reputation for training people in holistic and recovery based approaches to mental health. Personal experience of psychosis and recovery powers his work



Elisabeth Svanholmer

Danish HearingVoices Network trainer and facilitator who uses her own experiences of living with voices and other unusual experiences to help others



Dr Sue Ruben

Consultant psychiatrist who has worked in General Adult Psychiatry and Addictions in North Wales and Liverpool. Sue is known for her humour and inclusive, open-hearted approach



Andy Bradley

International trainer and speaker on a mission to bring compassion into health and social care settings, and encourage the compassion captain in us all



Benna Waites

Joint Head of Psychology, Counselling & Arts Therapies, for Aneurin Bevan Health Board in South East Wales. Benna has a longstanding commitment to recovery based practice and compassionate care



Sarah Stone

Executive Director for Samaritans in Wales and former Deputy Commissioner for Older People in Wales. Sarah has a long history of championing the rights of vulnerable people and groups



Speakers

Sue Ruben, Andy Bradley and Claude Acker are our Wellbeing Team for the gathering. Brigid Bowen and Jenny Grewal are the Organising Team. All will be on-site throughout the event for any support you need.



Elinor Kapp

Storyteller and NHS psychiatrist and psychotherapist for over 50 years, Elinor uses stories as an agent of healing and restoration of mental and physical health



Claude Acker

Qi Gong and mindfulness teacher, dedicated to spreading mindfulness for all. Claude believes that physical practice can boost mental wellbeing and balance the mind. Taking care of our body is an important act of self-compassion



Brigid Bowen

Founder and curator of Compassionate Mental Health, Brigid is a freelance journalist, writer and editor with a special interest in health, education and wellbeing. Brigid's personal journey with psychosis and recovery led to her interest in compassionate, recovery-focused approaches to mental health, and is the driving force behind this event.



Event Information

Finding Meaning through Connection is our third gathering designed to inform, inspire and empower people living and working with mental distress

Who's it for?

Our aim is to bring together people and families with personal experience of mental distress, frontline staff, commissioners, managers, clinicians, GPs, policymakers and Third Sector staff, to discuss what works for people recovering from a mental health crisis.

We'll discuss a range of approaches that move beyond a medical model. Building on positive feedback from our events in November 2016 and March 2017, we'll go deeper into the issues to explore why finding meaning and purpose is so vital for recovery from trauma and mental distress.

Our premise is that a mental health crisis must become a meaningful turning point and catalyst for change. The idea that mental illness is for life and will require life long medication is reductionist, and doesn't give people hope that recovery is possible. However, we are not pro or anti medication and

Thank you to our sponsors

Our vision is to inspire people so that they can live well after a mental health crisis. Our sponsors share our ethos of a compassionate, recovery focused approach to mental health.

simply support informed choice rather than coercion.

This is a gathering and unconference, but there are key learning outcomes associated with moving towards a more co-productive, psychosocial approach to thinking about mental health and designing and delivering services.

This isn't an anti-psychiatry event, or one that proposes a right way to recovery, self management or service improvement. But - along with many other critical voices - we are calling for a radical shift in the way people understand and approach mental health issues.

Our goal is to be part of this global call for better mental health services that people feel safe to use when they're in crisis. We hope to do this by building bridges and growing understanding that people need more than just pills. Feeling connected, finding meaning in crisis, and sharing tools for stability are all vital for a whole person approach.

Beautiful fforest in West Wales is our home for two days, where we'll create a feeling of community. Let's leave behind our professional and personal roles and labels so we can move forward together to create positive change.



Wednesday Programme

Our programme offers an exciting mix of plenary sessions and workshops, with plenty of opportunities for participation, reflection and networking.

- 7:20 - 8:00

Optional Qi Gong
Claude Acker
on Crog Lofts lawn
- 8:00 - 9:00

Breakfast in the barn
for people staying at fforest
in the Lodge Barn
- 9:00 - 9:30

Register / Meet & Greet
in the Project Barn

Plenary Sessions *in the Project Barn*

- 9:30 - 9:40

Welcome and Setting the Scene
Benna Waites and Malcolm Stern
- 9:40 - 10:10

Compassion Pods & Deep Listening
Andy Bradley and Malcolm Stern
- 10:10 - 10:40

Heartbeats of Hope: The Empowerment Way to recover your life
Daniel Fisher
- 10:40 - 11:10

Pause & Refresh
in the Project Barn

Experiential Workshops

| 11:10-1:10 | Choice of Experiential Workshops |
|------------|---|
| A | Telling our Stories Malcolm Stern |
| B | Introduction to Emotional CPR Daniel Fisher |
| C | Clay and Conversation about Inner Fire Beatrice Birch |

- 1:10 - 2:20

Eat & Enjoy
in the Lodge Barn

Plenary Sessions *in the Project Barn*

- 2:20 - 2:45

Group Gatherings
hosted conversations facilitated by
Malcolm Stern

Experiential Workshops

| 2:45-4:45 | Choice of Experiential Workshops |
|-----------|--|
| A | Compassion Circles with examples of implementation in the Aneurin Bevan University Health Board Andy Bradley and Benna Waites |
| B | Introduction to Emotional CPR Daniel Fisher |
| C | Clay and Conversation about Inner Fire Beatrice Birch |

- 4:45 - 5:15

Pause & Refresh
in the Project Barn

Plenary Sessions *in the Project Barn*

- 5:15 - 5:45

Group Gatherings
hosted conversations facilitated by
Malcolm Stern and Andy Bradley
- 5:45 - 6:00

Close of Day and summing up
Malcolm Stern and Benna Waites

Evening Programme

- 7:30

Evening Feast
in the Lodge Barn
- Stories Elinor Kapp and Music**
in the Big Hat Tipi



Thursday Programme

Please also keep an eye on the blackboards on the side of the Lodge for any updates. If you have any questions please find Jenny or Brigid or a member of the Wellbeing Team.

- 7:20 - 8:00

Optional Qi Gong
Claude Acker
on Crog Lofts lawn
- 8:00 - 9:00

Breakfast in the barn
for people staying at fforest
in the Lodge Barn

Plenary Sessions *in the Project Barn*

- 9:00 - 9:10

Welcome and introductions
Sarah Stone and Malcolm Stern
- 9:10 - 9:50

Towards a Wholesome Psychiatry- Exploring the New Story
Daniel Fisher
- 9:50 - 10:10

Warm Up, Wake Up
Claude Acker
- 10:10 - 10:50

Finding Meaning in Madness
Rufus May and Elisabeth Svanholmer
- 10:50 - 11:20

Pause & Refresh
in the Project Barn

Experiential Workshops

| 11:20-1:20 | Choice of Experiential Workshops |
|------------|--|
| A | Compassionate and Non-violent Communication Rufus May and Elisabeth Svanholmer |
| B | Telling Our Stories Malcolm Stern |
| C | Compassion Circles Andy Bradley |

- 1:20 - 2:30

Eat & Enjoy
in the Lodge Barn

Plenary Sessions *in the Project Barn*

- 2:30 - 3:15

Inner Fire - Recovering the Self through Community
Beatrice Birch
- 3:15 - 4:15

Compassion Collective
gathering insights from the two days
Malcolm Stern
- 4:15- 4:30

Concluding Reflections
Sarah Stone and Malcolm Stern
- 4:30 - 5:00

Refreshments for the Road
in the Project Barn

Feedback on our past events

“Succeeded in bringing together professionals, experts and everyday folk in a way where the reality of human experience was revealed, shared and honoured, and those who suffer were given tools that help.”

“A beacon for sanity and genuine healing.”

“Amazing event. Loved the structure and flow of the programme. Great speakers and mix of delegates. Loved the feast. Loved the safe environment.”

“It’s been a rare opportunity to be among people with genuine compassion and depth of understanding and to feel so safe that it felt possible to take all my masks off. This is especially difficult for those of us who, by virtue of stigma, find it impossible to be open about our experiences.”

Photography and filming policy

There will be discreet photography and filming taking place during the event which we will use for public information and publicity purposes. Please let us know at registration if you do not consent to be filmed or photographed.



Workshops

Telling our Stories - Malcolm Stern

Malcolm holds a safe, non-judgemental space where individuals can speak their own truths aloud. The power of giving voice and being witness to situations we've survived touches a place of profound and shared authenticity for the whole group.

"I don't really understand what went on in that room - in which most of us had not met before, and from which we emerged with a sense of camaraderie, and having communed on a deeper level - but I knew that we had touched upon some archetypal experiences that resonated with all of us and graced us with a sense of intimately shared humanity."

~past participant in 'Telling our Stories'

Introduction to Emotional CPR - Daniel Fisher

eCPR can teach us how to support and empower someone through an emotional crisis by three steps:

C = Connect with Compassion and Concern to open up Communication

P = emPower to experience Passion, Purpose, and Power

R = Revitalise one's life in community through re-establishing equilibrium and connecting or reconnecting to Relationships, Routines and Roles

eCPR is based on principles shared by a number of support approaches: trauma-informed care, counselling after disasters, peer support to avoid continuing emotional despair, emotional intelligence and suicide prevention. It was developed with input from a diverse group of recognised leaders from across the U.S., who themselves have learned how to recover and grow from emotional crises.

"It was one of the most profound experiences I have ever had. This is the kind of work I want to be doing to build community. It is a transformative process."

~past participant in eCPR training

Compassion Circles with examples of implementation in the Aneurin Bevan University Health Board - Andy Bradley and Benna Waites

Compassion Circles can help create a richer, shared, human, community experience. Circles can shift teams, organisations and communities by increasing self-care, team cohesion and appreciation, and by connecting people with their deeper core values together. By creating a space for contemplation, structured listening, heartfelt curiosity and authentic appreciation, they ask and answer two questions: What is preventing the flow of compassion? What will enable the flow of compassion?

Circles can help us learn to release Compassion into the community, moving from delivering transactions to Growing Relationships where everyone matters.

Clay and Conversation about Inner Fire

- Beatrice Birch

Beatrice is a leading practitioner of Hauschka Artistic Therapy and has applied knowledge from 30 years of world-wide, professional practice in prisons, inner cities, residential facilities and her own private practice. Join Beatrice for clay modelling and to hear about Inner Fire - the proactive healing community she founded in America where 'seekers' come to recover from debilitating and traumatic life challenges without the use of psychotropic medications.

"We seek deep and lasting healing through an intensive programme that first stabilises a person in crisis, gradually replaces medication with holistic healing practices, addresses the core issues precipitating pain and then develops skills for growing beyond these issues and becoming an enthusiastic and vital member of their community... Working with clay re-activates enthusiasm and inner power to undertake action and is used for re-enforcing the sense of personal boundaries."

Compassionate and Non-violent Communication - Rufus May and Elisabeth Svanholmer

Nonviolent Communication (NVC) is a way of understanding and communicating to bring about more compassion and understanding. Developed by psychologist, Marshall Rosenberg, NVC focuses on people's underlying feelings and the needs behind their words and actions.

NVC is especially useful where there is conflict, and asks us to think about challenging situations in terms of four aspects: 1. The facts about the situation; 2. What we feel; 3. What we need or value that lies behind our feeling and 4. What requests we might make of ourselves or others.

In this workshop Rufus and Elisabeth will look at how we can use these principles in relationships we care about, including how we can translate blaming thoughts or statements into something we can be more compassionate about.



Venue Information

Venue

fforest farm, Cwmplysgog, Cilgerran,

SA43 2TB 01239 623633

info@coldatnight.co.uk

fforest farm is set in 200 acres by the river Teifi gorge, next to the Teifi marshes nature reserve, minutes from the town of Cardigan and from the beautiful undiscovered beaches and coves of the West Wales coast.

see compassionatementalhealth.co.uk/venue

The conference takes place across the site (see map over) with access for participants to the beautiful grounds and facilities.



Parking & Accessibility

Please use the lower car park at the entrance to fforest and walk up to the site. People with mobility difficulties can drive up to the farmyard (see map on back page). The site has steep and uneven surfaces and steps. **It is essential to contact us before the event to let us know if you have any accessibility needs.**

Accommodation

On-site Accommodation at fforest

Most of the accommodation is custom designed and built by fforest, combining ethically sourced materials, period pieces and local craft to create relaxed, comfortable and inspiring spaces.

Domes - Sleeps 2 in 1 King size bed (plus 2 single futon beds) £250 for whole dome for 2 nights (3 and 4 Oct)

Kata Cabin - shared (single sex) - Sleeps 5 in single beds £45 per person per night

Campshack - shared (single sex) - Sleeps 8 in single beds (2 pods of 4 each) £35 per person per night

Bell Tent - shared (single sex) - Sleeps 5 in single beds £35 per person per night

You'll need to bring your **own towels and bedding** for the single beds. The bathroom is a short stroll through a meadow so you might want to bring **flip flops and a dressing gown**.

Includes Breakfast in the Barn - A simple breakfast of homemade jam and granola, along with locally sourced bread and milk. Fresh fruit, Welsh butter and free range eggs join the tea and coffee to ensure you're fuelled for the day.

Off-site Accommodation

Please ask the Conference Team and see:

compassionatementalhealth.co.uk/venue-accomodation

Facilities

Hot Showers

In the cedar wood shower blocks - shower with a view

Vanity Shack

Mirrors, hair dryers and ironing facilities

Cedar Barrel Sauna

The smell of the cedar, the deep heat of the steam and the woodland setting will refresh your mind and nourish the spirit. Great for winding down after an inspiring day

Big Hat Tipi / Fire Pit / Pavilion / Vegetable Garden

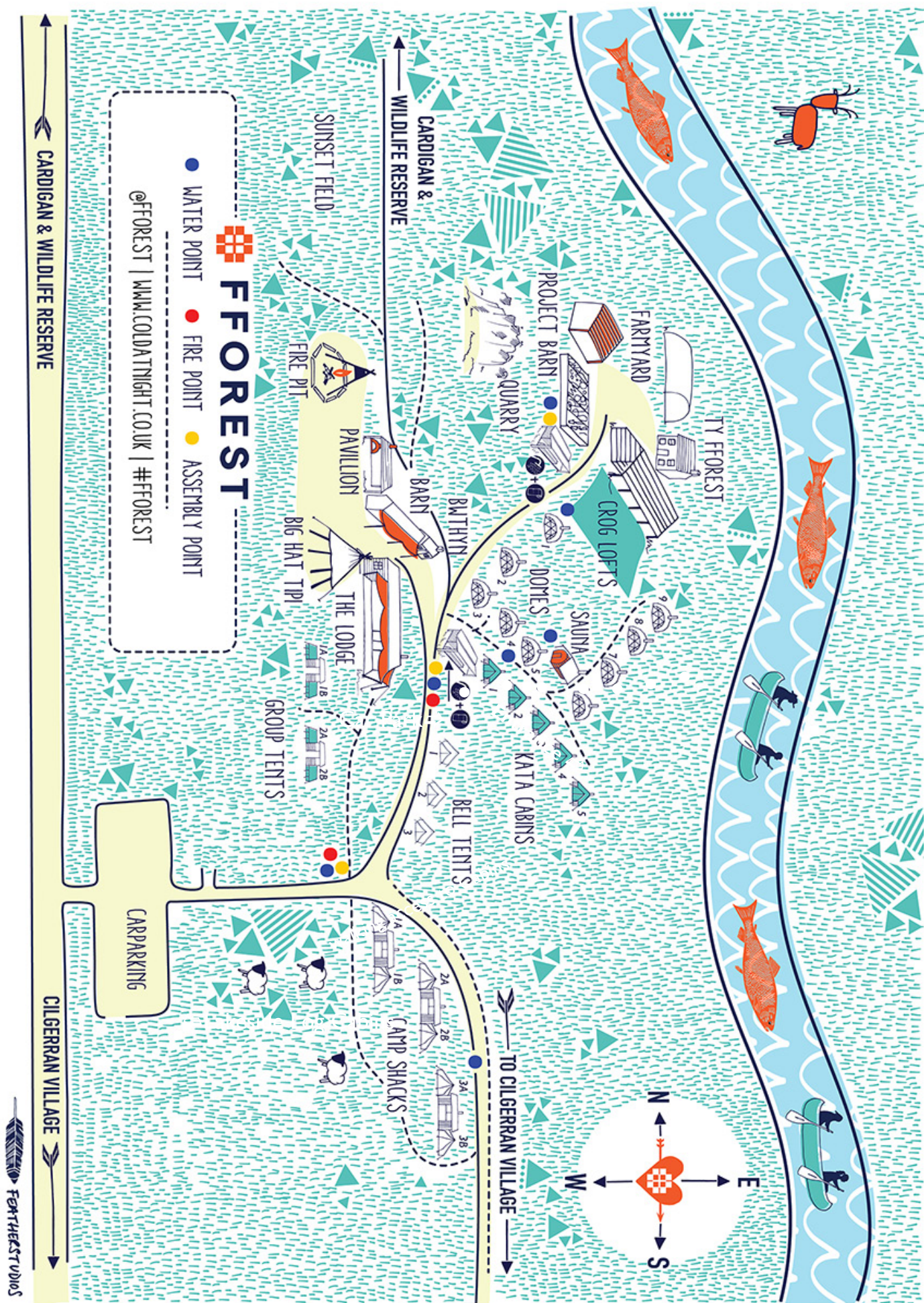
Spaces to relax and for nurturing ideas and creativity

Y Bwthyn - On-site, traditional pub, and the oldest building on the farm. A beautiful, candlelit, old stone cottage with inglenook fireplace. Y Bwthyn will be open for local ales, ciders and other drinks on Wednesday evening. Please drink mindfully and be aware of others.

Grounds - Between fforest and the adjacent wildlife reserve are 500 acres of land connecting fforest to the local town of Cardigan through the woods, reed beds and along the upper reaches of the Teifi estuary. Feel free to explore on the footpaths, boardwalks, running loops and river gorge.

The Teifi marsh wildlife reserve is a pristine natural environment formerly part of the fforest estate and now home to some of Wales's best wildlife. The Visitor Centre, a short walk through the woods from fforest, gives fantastic information about the lands and their history.

"There's 'Them' and there's 'Us'. We are well, happy and safe. They are mentally ill and dangerous. Is this really true? Or is the uncomfortable truth that there's a continuum, a scale along which we all slide back and forth during our lives. When we separate ourselves we hurt those labelled as sick, ill, even mad, but we also hurt ourselves..." ~ Only Us Campaign ~



Conference Contacts

Brigid Bowen and Jenny Grewal ask@compassionatementalhealth.co.uk, 07711 051 241. Brigid, Jenny and the Wellbeing Team will be on-site throughout the event.