



# Compassionate

approaches to

# Mental Health

**18 Nov 2016 - Insole Court, Cardiff, UK**

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

**Key topics include:**

- > Compassion, mindfulness and Open Dialogue
- > How to exercise our inner strength to resource ourselves and others
- > Finding meaning in mental distress and psychosis
- > Breakdown as opportunity for breakthrough and growth
- > Enabling the shift to a whole person, democratic approach



# Compassionate approaches to Mental Health

Compassionate Approaches to Mental Health is a one day experiential event 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, managers, clinicians, policymakers and Third Sector staff, to introduce and discuss a range of therapeutic approaches that move beyond a medical model.

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

Together we'll explore emerging themes in mental health, including:

- > Compassion, mindfulness and Open Dialogue
- > How to exercise our inner strength to resource ourselves and others
- > Finding meaning in mental distress and psychosis
- > Breakdown as opportunity for breakthrough and growth
- > Enabling the shift to a whole person, democratic approach
- > Building equity and understanding between people delivering mental health services and those with lived experience
- > How we form authentic relationships, learn to listen deeply, and feel safe to share our difficulties
- > Creating safe healing spaces in our services and communities, for people to talk about suicidal thoughts
- > Compassion – towards self and others – is a skill that can be learned. Our experienced teachers will guide you in some basic practices, and share their personal stories of mental distress and recovery.

## Walk away with:

- > Inspiration about the possibility of recovery from listening to other people's stories
- > New ways to resource ourselves & others by building resilience and self compassion
- > Confidence to transform difficult emotions and calm our inner critic
- > Lessons in listening deeply and developing presence
- > Understanding the value of finding meaning and purpose in mental health crisis
- > Why compassion, trust and connection is so important for service improvement

## Why should you attend?

We'll be exchanging ideas, lessons learned and best practices with thought leaders and experts by experience. All involved are already influencing change in their field. There will be pauses during the day for reflection and feedback, and your participation is valued.

## What it isn't

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.

People need more than just medicine; and treatment should be about informed choice not coercion. Feeling connected, finding meaning in crisis, and sharing tools for stability are all vital for a whole person approach.

## What people say...

“We all experience problems with our mental health at points in our lives. What we often want most at those times is to be met with a compassionate response. Unfortunately that isn't always what happens in our mental health services. **Conferences like this are badly needed to explore why that is and to inspire change so that our services become places of compassion, comfort and hope in dark times.**”  
~Anne Cooke~ Consultant Clinical Psychologist

There needs to be better funding for mental health services in all settings, and there will be opportunities during the day to share ideas for the future. Our hope is that we can all move forward together into a more collaborative, compassionate chapter. As one of our Speakers, Elisabeth Svanholmer, says:

My truth is **A** truth, not **THE** truth  
I share my truth  
in the hope that you will find your truth  
and share it with me.  
Then maybe we can get excited  
about the things we have in common  
but more importantly  
we might learn something  
from our differences.  
My truth is that there is no truth  
just endless possibilities



## Speakers

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



### Jonny Benjamin

Award-winning mental health campaigner, film producer, public speaker, writer and vlogger, widely known for his 2014 social media campaign to #findMike



### Dr Florian Ruths

Consultant psychiatrist, mindfulness teacher and cognitive therapist, leading the Maudsley Mindfulness Service at the Maudsley Hospital in London for the last 10 years.



### Malcolm Stern

Director and co-founder of Alternatives - a world renowned platform for leading spiritual teachers and alternative thinking.



### 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.



### Dr Charlie Heriot-Maitland

Clinical psychologist, researcher and trainer at King's College London who integrates different therapeutic approaches, in particular compassion-focused therapy (CFT).



### Elaine Paton

Conceptual theatre director, performer and writer whose artistic practice constantly challenges the stigma and shame that still surrounds being mentally unwell.



### 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 both General Adult Psychiatry and Addictions in North Wales and Liverpool. Sue has a particular interest in patients who are traditionally hard to engage in services.



### Dr Tom Stockmann

Psychiatrist and Training Mentor of Peer-supported Open Dialogue (POD). Tom is a member of the innovative NELFT Dialogue First team, which provides UK-wide Open Dialogue-inspired care.





## Speakers



### Dr Chris Salway

Consultant Psychiatrist, and visiting psychiatrist at a drug and alcohol rehabilitation unit. Chris is currently undertaking NHS Peer Open Dialogue (POD) training to help develop a POD project in South Somerset.



### Nadine Denneth

Founder and Director of N.ableD - Nadine is passionate about waking people up to the ways we can help ourselves stay well. She supported her father in his journey with bipolar and dementia, and is now using that experience to empower others.



### 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.



## Conference Information

### Venue

#### Insole Court, Fairwater Road, Cardiff CF5 2LN

Stunning Grade II Listed mansion in the heart of the city. Insole Court is considered one of Cardiff's finest hidden gems. Its extensive grounds and recently renovated stable yard make this one of the most magical event venues in Wales.

**Just 15 minutes off the M4 and easy access by public transport**, see [compassionatementalhealth.co.uk/venue](http://compassionatementalhealth.co.uk/venue)

**Accessibility** - Insole Court has seven designated disabled parking bays located within the car park. The site is largely flat with paved routes throughout.



“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* ~

### Sponsorship, exhibition and networking

Our vision is to inspire people that they can live well after a mental health crisis. We’re looking for partners to sponsor the event, so those living with mental health issues who can’t afford the ticket price can come for free. We can’t do that without your help. If your organisation shares our ethos of a compassionate, recovery focused approach to mental health, then please email [ask@compassionatementalhealth.co.uk](mailto:ask@compassionatementalhealth.co.uk) to find out more about sponsorship opportunities.



# Programme

Our programme offers an exciting mix of plenary sessions and workshops, with plenty of opportunities for participation, reflection and networking. The below schedule may be subject to change.

## Plenary Sessions

- 8:30 **Optional early arrival & meditation**
- 9:00 **Register / Meet & Greet**
- 9:15 **Welcome and Introductions**  
Sarah Stone - Director of Samaritans in Wales
- 9:20 **Slaying our Dragons with Compassion**  
Malcolm Stern
- 9:35 **Journey of Hope and Recovery**  
Johnny Benjamin
- 10:00 **Finding Meaning in Crisis**  
Rufus May and Elisabeth Swanholmer
- 10:30 **Group Gathering**  
Hosted Conversations facilitated by Malcolm Stern followed by opportunity to feedback
- 11:10 **Pause & Refresh**
- 11:30 **On Being Human**  
Dr Florian Ruths

## Experiential Workshops

- | 11:45 <b>Choice of Experiential Workshops</b> |  |
|---|--|
| A   | <b>Telling our Stories</b><br>Malcolm Stern  |
| B   | <b>Introduction to Compassion Focused Therapy</b><br>Dr Charlie Heriot-Maitland                                      |
| C   | <b>Introduction to Open Dialogue</b><br>Chris Salway, Joanne Tudball and Tom Stockmann                               |
| D   | <b>Introduction to voice dialogue and connecting with the body's resources</b><br>Rufus May and Elisabeth Swanholmer |
| 1:00  | <b>Eat &amp; Enjoy</b>   |

## Plenary Session

- 2:00 **A Creative Response to Suicide**  
Elaine Paton
- 2:15 **The Science of Compassion**  
Dr Charlie Heriot-Maitland

## Experiential Workshops

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|--|--|
| E  | <b>Telling Our Stories</b><br>Malcolm Stern  |
| F  | <b>Introduction to Compassion Focused Therapy</b><br>Dr Charlie Heriot-Maitland                                      |
| G  | <b>Introduction to Open Dialogue</b><br>Chris Salway, Joanne Tudball and Tom Stockmann                               |
| H  | <b>Introduction to voice dialogue and connecting with the body's resources</b><br>Rufus May and Elisabeth Swanholmer |
| I  | <b>Introduction to Mindfulness</b><br>Dr Florian Ruths   |

3.45 **Pause & Refresh**

## Plenary Sessions

- 4:05 **Waking up to the reality of living well**  
Nadine Denneth
- 4:20 **Dr Sue Ruben in conversation with Malcolm Stern**
- 4:35 **Open Dialogue and Case for Compassionate Psychiatry**  
Chris Salway, Joanne Tudball and Tom Stockmann
- 4:50 **Concluding Reflections & Sharings** - chaired by Sarah Stone - Director of Samaritans in Wales
- 5:25-5:30 **Goodbye & Thanks** Sarah Stone

# Compassionate approaches to Mental Health

Friday 18 November 2016, Insole Court, Fairwater Road, Cardiff CF5 2LN

To make a booking	Rates	Early Bird book by 28 Oct 2016	Standard Rate
<b>Email</b> ask@compassionatementalhealth.co.uk	Delegate rate	<input type="checkbox"/> £120	<input type="checkbox"/> £150
<b>Online</b> compassionatementalhealth.co.uk/register	Mental Health Nurses, Social Workers, Small Charities and Individuals* <small>*with personal experience – either of living with mental distress or supporting someone who does</small>	<input type="checkbox"/>	£80
<b>Post</b> Compassionate Mental Health, 56 Palace Road, Llandaff, Cardiff CF5 2AH	Students	<input type="checkbox"/>	£55
<b>Phone Enquiries (not bookings)</b> 07711 051 241	†Gofal Sponsored Tickets (see below)	<input type="checkbox"/>	£35
	††Exhibitor Rate (see below)	<input type="checkbox"/>	£300

††**Exhibitor Rate** - Organisations can take a stand giving them one ticket to the full day's programme, plus lunch and refreshments. Stands are limited so interested partners are advised to book as soon as possible.

†**Gofal Sponsored Tickets** - Generous support from sponsors **Gofal** have made it possible for us to offer a limited amount of tickets at £35. If you have personal experience – either of living with a mental distress or supporting someone who does – **and couldn't otherwise afford to come**, then please tell us on a separate sheet why you'd like to apply for one of these tickets and what you hope to gain from the event. People who would most benefit are those already committed to being active partners in managing their own health.



**Generous support from sponsors Legal & General** has made it possible to offer affordable tickets for Students, Mental Health Nurses, Social Workers, Small Charities and individuals with personal experience - either of living with mental distress or supporting someone who does.

Participant Details		
Title	First Name	Surname
Job Title		Tel
Organisation		
Email		
We'd like to keep in touch by email. <b>Please tick this box if you are happy to receive emails from us</b> <input type="checkbox"/>		
Address		
		Postcode
Booking Contact		
If you are booking on behalf of someone else, please provide your contact details here		
Title	First Name	Surname
Job Title		Tel
Email		
Payment Details - please select which		
<input type="checkbox"/> <b>Invoice</b> - Please complete all details below		
Invoice for the attention of:		
Purchase Order Number (if applicable)		
Address		
Postcode		Tel
Email		
<input type="checkbox"/> <b>BACS</b> - A bank payment has been made for £ on date		
payable to: Brigid Bowen Sort Code 53-70-30 Account number 7510 9220		

## Terms and Conditions

### Conference Fees

All prices include the conference and workshop sessions, lunch and refreshments. Fees do not include participant accommodation and travel and the conference is not responsible for arranging these.

### Payments

Payments must be received before 18 November 2016. If payment is not received by this time, participants will be required to make payment in cash on the day of the conference.

### Cancellation refund policy

Registrations cancelled more than 45 days before the event will be refunded 80% of the registration fees.

Registrations cancelled less than 45 but more than 30 days before the event will be refunded 50% of the registration fees.

Registrations cancelled less than 30 days before the event will not be eligible for a refund.

Compassionate Mental Health reserves the right to cancel the event due to events outside its control (e.g. illness of speakers). Every effort will be made to give participants as much notice as possible, although this may not always be possible in some circumstances.