



Compassionate Mental Health



# Compassionate Mental Health

Building Compassionate Communities

**30-31 March 2017 - Canada Lodge, Cardiff, UK**

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







## Speakers

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



### Dr Russell Razzaque

London based psychiatrist with twenty years experience in adult mental health, specialising in Open Dialogue and mindfulness



### Malcolm Stern

Director and co-founder of Alternatives, a world renowned platform for visionary thinkers. He is passionate about transforming stigma around suicide, and making mental health services safe, healing places



### Ron Coleman

International speaker and trainer influential the development of the UK HearingVoices Network - drawing on his own experiences to develop recovery focused services



### Dr Dina Glouberman

Psychologist, psychotherapist, writer and co-founder of Skyros Holistic Holidays. Dina's latest book recounts her journey through madness, hospitalisation and recovery, and how it has enriched her life and work



### 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



### Phil Borges

Social documentary photographer and filmmaker. His documentary CRAZYWISE explores alternative treatment approaches and psychological crisis as a positive transformative experience



### Dr Natalie Tobert

Medical anthropologist and expert on spiritual crisis. Natalie brings a fresh perspective to the mainstream global public health dialogue, and offers insight and tools for better engaging with patient's wellbeing



### Eileen M. Small, MSW

Research Project Director at the University of Massachusetts Medical School's Open Dialogue Team - working with the University of Jyväskylä, Finland, to prepare Open Dialogue for adaptation and implementation in the U.S. and worldwide



## Speakers



### Elaine Paton

Conceptual theatre director, performer and writer who challenges the stigma and shame that still surrounds being mentally unwell



### Benna Waites

Joint Head of Psychology, Counselling & Arts Therapies, for Aneurin Bevan Health Board, in South East Wales, passionate about facilitating compassionate care in the NHS



### 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



### Hoppi Wimbush

Hoppi is a journey facilitator, eco-therapist and co-founder of Lammas Ecovillage and Earth Centre in West Wales



### Vishvapani

Writer, broadcaster and mindfulness teacher, best known for his contributions to BBC Radio 4's Thought for the Day



### Debbie Salter & Yasmin Phillips

Support Worker, Debbie (left) and Community Mental Health Nurse, Yasmin, are the first two full time members of the UK's only NHS Open Dialogue team in the North East London Foundation Trust



### Liz Knight - Forage Fine Foods

Forager, wild food chef and educator - passionate about the power of food to bring people together and boost their wellbeing



### 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



### Marta Stothers

Trauma healer, poet and shaman, whose work spans two decades and four continents. Marta has experienced suicidal ideation since she was a teenager and has learned to transform and integrate difficult mind states

## 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.





## Thursday Programme

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

### Plenary Sessions

*in Canada Lodge upstairs*

- 8:30 - 9:00 **Optional early arrival & meditation**
- 9:00 - 9:30 **Register / Meet & Greet**
- 9:30 - 9:45 **Welcome and Setting the Scene**  
Benna Waites and Malcolm Stern
- 9:45 - 10:15 **Compassion Grounding and Centering**  
Rufus May and Elisabeth Swanholmer
- 10:15 - 10:45 **From Crisis to Community**  
Dr Dina Glouberman
- 10:45 - 11:00 **Pause & Refresh**  
*in Canada Lodge downstairs*

### Experiential Workshops

11:00-12:40 Choice of Experiential Workshops	
A	<b>Telling our Stories</b> Malcolm Stern <i>in Red Oak Creek Lounge</i>
B	<b>Crisis as Catalyst for Change</b> Dr Dina Glouberman <i>in Canada Lodge upstairs</i>
C	<b>Using the Voice Dialogue Approach</b> Rufus May and Elisabeth Swanholmer <i>in Red Oak Creek Conference Room</i>

### Plenary Sessions

*in Canada Lodge upstairs*

- 12:40 - 1:10 **Group Gatherings**  
hosted conversations facilitated by  
Malcolm Stern and Andy Bradley
- 1:10 - 2:10 **Eat & Enjoy**  
*in Canada Lodge downstairs*

### Experiential Workshops

2:10-3:40 Choice of Experiential Workshops	
A	<b>Telling our Stories</b> Malcolm Stern <i>in Red Oak Creek Lounge</i>
B	<b>Crisis as Catalyst for Change</b> Dr Dina Glouberman <i>in Canada Lodge upstairs</i>
C	<b>Using the Voice Dialogue Approach</b> Rufus May and Elisabeth Swanholmer <i>in Red Oak Creek Conference Room</i>

- 3:40 - 4:00 **Pause & Refresh**  
*in Canada Lodge downstairs*

### Plenary Sessions

*in Canada Lodge upstairs*

- 4:00 - 4:20 **Growing Community, Cultivating Ourselves**  
Hoppi Wimbush
- 4:20 - 4:50 **Group Gatherings**  
hosted conversations facilitated by  
Malcolm Stern and Andy Bradley
- 4:50 - 5:00 **Close of Day Programme and summing up**  
Benna Waites

### Evening Programme

*in Canada Lodge*

- 6:00 - 7:00 **Wild & Well Feast (downstairs)**  
Forage Fine Foods
- 7:00 - 8:45 **Documentary Film Screening 'CrazyWise' (upstairs)**  
introduced by Director Phil Borges



## Friday Programme

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

### Plenary Sessions

*in Canada Lodge upstairs*

- 8:30 - 9:00 **Optional meditation**  
Vishvapani
- 9:00 - 9:10 **Welcome and introductions**  
Sarah Stone
- 9:10 - 10:00 **Talk, Round Table discussion and Q & A on issues raised by 'CrazyWise' documentary film**  
Phil Borges
- 10:00 - 10:30 **Words, words, I am sick and tired of Words: Show me**  
Ron Coleman
- 10:30 - 11:00 **Group Gatherings**  
hosted conversations facilitated by  
Malcolm Stern and Andy Bradley
- 11:00 - 11:30 **Pause & Refresh**  
*in Canada Lodge downstairs*

### Experiential Workshops

11:30-1:00 Choice of Experiential Workshops	
A	<b>Participatory Workshop - Re-evaluating Consciousness and Mental Wellbeing</b> Dr Natalie Tobert <i>in Red Oak Creek Conference Room</i>
B	<b>Introduction to Mindfulness and Sharing Mindfulness</b> Vishvapani <i>in Red Oak Creek Lounge</i>
C	<b>Crisis and Community</b> Ron Coleman <i>in Canada Lodge upstairs</i>

- 1:00 - 2:00 **Eat & Enjoy**  
*in Canada Lodge downstairs*

### Plenary Sessions

*in Canada Lodge upstairs*

- 2:00 - 2:30 **Extracts from 'Moment(o)s of Leaving'** - a site specific, multi media production, at the former Whitchurch Mental Hospital, Cardiff  
Elaine Paton
- 2:30 - 3:00 **Recovering our Stories** - stories from experts by experience on staying well and thriving after a mental health crisis, with  
Dr Dina Glouberman
- 3:00 - 3:20 **On Being Broken**  
Marta Stothers
- 3:20 - 3:50 **Pause & Refresh**  
*in Canada Lodge downstairs*
- 3:50 - 4:50 **Towards a Mindful Mental Health Service** - Introduction to Open Dialogue, and reflections on implementation in England and the US  
Dr Russell Razzaque, Eileen M. Small, Deborah Salter and Yasmin Phillips

- 4:50 - 5:00 **Thought for the Day**  
Vishvapani

- 5:00 - 5:30 **Concluding Reflections and Sharings**  
Malcolm Stern, Sarah Stone and Benna Waites



## Venue and Contact Information

### Venue

**Canada Lodge and Lake, Heol Pant-y-Gored,  
Creigiau, Cardiff CF15 9NF 029 2089 2090**

**Canada Lodge and Lake is set in a beautiful 30 acre site of secluded grounds and woodland, 7 miles outside Cardiff and 10 minutes from the M4.**

see [compassionatementalhealth.co.uk/venue](http://compassionatementalhealth.co.uk/venue)

The conference is taking place in Canada Lodge and adjacent Red Oak Creek Cabin, with access for participants to the beautiful lake, woodland, and grounds. On-site accommodation is available either in shared, bunkhouse accommodation at Red Oak Creek Cabin, or in private Lakeside Log Cabins. Please speak to the conference team about these.



### Accessibility

Canada Lodge has wheelchair ramp access and lifts available between floors. Red Oak Creek Cabin requires manual lifting for wheelchair access. The path between the two buildings is uneven and steep, and a transport buggy is available for people with walking or mobility needs. The grounds have sloping grass areas, a level boardwalk and gravel paths.



### Conference Contact

Brigid Bowen, [ask@compassionatementalhealth.co.uk](mailto:ask@compassionatementalhealth.co.uk), 07711 051 241. Brigid and the Well-being team will be on-site from Wednesday night to the end of the event.

“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 ~