



Compassionate Mental Health



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Beyond Trauma - finding Solid Ground

25-26 April 2018 - Brecon Beacons, Wales, UK

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

compassionatementalhealth.co.uk

#CompassionMH





'Beyond Trauma - finding Solid Ground' is our fourth gathering designed to inform, inspire and empower people living and working with mental distress

Who's it for?

The event is for anyone curious about a compassionate approach to mental health. We bring together people and families with personal experience, front-line staff, commissioners, managers, clinicians, GPs, policymakers and Third Sector staff, to explore what works for people recovering from a mental health crisis

What's it about?

It's part of our ongoing bid to change the conversation around mental health, and encourage more compassionate ways of moving beyond labels that frame distress as disorders for life.

We're bringing inspiring speakers and facilitators for two days of conversation and workshops. The theme of this Spring's gathering is 'Beyond Trauma - Finding Solid Ground', and we'll be focusing on how to build a compassionate, safe mental health service that people want to use when they're in crisis.

We'll draw on themes of meaning, connection and community - the things we know make a difference to people experiencing distress. And join calls for a trauma informed mental health service that takes account of people's stories and social contexts.

Our key message remains that a mental health crisis can become a meaningful turning point and catalyst for change. Along with many other critical voices - we are calling for a radical shift in the way we understand mental health, changing the script, challenging stigma and raising expectations.

This is a gathering and unconference, but there are key learning outcomes associated with mental health transformation, moving towards a more co-productive, psychosocial approach and creating a new narrative.

Each gathering has been held in a stunning venue that is therapeutic in its own way. This time it's beautiful Buckland Hall near Crickhowell. Lets leave behind our professional and personal roles and labels, build community and connection, and move forward together to create positive change.



Speakers

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



Darren McGarvey

Social commentator and hip hop artist from Glasgow, better known by his stage name Loki, he writes powerfully about trauma, addiction and recovery



Chloe Goodchild

International singer, author, educator and director of The Naked Voice Foundation - empowering people to discover their authentic inner voice to uncover and transform difficult feelings



Dr Joseph H. Berke

Pioneer of the medication free therapeutic community who has dedicated his life to working alongside people some thought had no hope of recovery, providing safe spaces to grow through trauma



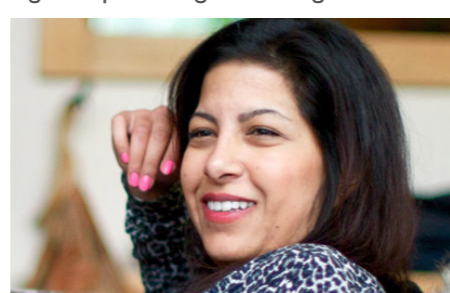
Dr Dina Glouberman

Psychologist, psychotherapist, writer and co-founder of Skyros Holistic Holidays, pioneering community-oriented holistic holidays worldwide



Dr Russell Razzaque

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



Yasmin Philips

Community Mental Health Nurse in the North East London Foundation Trust - the first full time psychiatric nurse using an Open Dialogue approach



Dr Dawn Edge

Leading academic with a global perspective, passionate about tackling health inequalities and developing culturally-appropriate psychological approaches for under-served communities



Ron Coleman

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



Karen Taylor

Trained psychiatric nurse and Director of Working to Recovery, providing innovative mental health training internationally and pioneers of recovery communities

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.



Speakers

You can see full bios of all speakers with at www.compassionatementalhealth.co.uk/speakers



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



Dr Charlie Heriot-Maitland

Clinical psychologist, researcher, and trainer who integrates different therapeutic approaches, in particular Compassion-Focused Therapy (CFT)



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



Clare Jasmine Beloved

Artist, poet and creative connector, Clare Jasmine Beloved is the founder of Big Love Sista, bringing communities together to experience the healing powers of creativity and connection



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



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



Claude Acker

Qi Gong and mindfulness teacher, dedicated to spreading mindfulness for all. 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 and writer whose personal journey with psychosis and recovery is the driving force behind this event.

Wellbeing Team

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.



Wednesday 25 April 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
in the Rose Garden
- 8:00 - 9:00 **Breakfast**
for people staying at Buckland Hall
in the Dining Room
- 9:00 - 9:30 **Register / Meet & Greet**
in the Library

Plenary Sessions *in the Grand Hall*

- 9:30 - 9:40 **Welcome and Setting the Scene**
Sarah Stone and Malcolm Stern
- 9:40 - 9:50 **Beyond Trauma - finding Solid Ground**
Brigid Bowen
- 9:50 - 10:20 **Compassion Pods & Deep Listening**
Andy Bradley
- 10:20 - 10:50 **Love, Madness and Transformation**
Dina Glouberman
- 10:50 - 11:20 **Pause & Refresh**
in the Library

Experiential Workshops

11:20-1:10 Choice of Experiential Workshops	
A	Telling our Stories Malcolm Stern
B	Creative Approaches to Psychosis Ron Coleman and Karen Taylor
C	Imagework for Turning Points Dina Glouberman
D	Juicy, Courageous Creativity Clare Jasmine Beloved
E	Compassion Circles Andy Bradley and Benna Waites

- 1:10 - 2:10 **Eat & Enjoy**
in the Dining Room
- Plenary Sessions**
in the Grand Hall
- 2:10 - 2:50 **Towards Communities of Recovery**
Ron Coleman and Karen Taylor

Experiential Workshops

2:50-4:40 Choice of Experiential Workshops	
F	In the Body of Your Voice Chloe Goodchild
G	Imagework for Turning Points Dina Glouberman
H	Safe Spaces for Suffering & Joy Dr Joseph H. Berke
I	Compassion Circles Andy Bradley and Benna Waites

- 4:40 - 5:10 **Pause & Refresh**
in the Library

Plenary Sessions *in the Grand Hall*

- 5:10 - 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 Sarah Stone

Evening Programme *in the Dining Room*

- 7:30 - 10:30 ***Dinner with Darren McGarvey**
Social commentator, hip hop artist and author of Poverty Safari speaks about stress, trauma and recovery
***Pre-booked OR** for people staying at Buckland Hall only



Thursday 26 April Programme

Please also keep an eye on the noticeboard in the Hall for any updates. If you have any questions please just ask Jenny, Brigid or a member of the Wellbeing Team.

- 7:20 - 8:00 **Optional Qi Gong**
Claude Acker
in the Rose Garden
- 8:00 - 9:00 **Breakfast**
for people staying at Buckland Hall
in the Dining Room

Plenary Sessions *in the Grand Hall*

- 9:00 - 9:15 **Welcome and introductions**
Benna Waites and Malcolm Stern
- 9:15 - 9:45 **Compassion Pods**
Andy Bradley
- 9:45 - 10:15 **Rights, Risk and Freedom**
Joseph Berke *in conversation with* Malcolm Stern
- 10:15 - 10:40 **Pause & Refresh**
in the Library

Experiential Workshops

10:40-12:30 Choice of Experiential Workshops	
A	In the Body of Your Voice Chloe Goodchild
B	Creative Approaches to Psychosis Ron Coleman and Karen Taylor
C	Safe Spaces for Suffering & Joy Dr Joseph H. Berke
D	Juicy, Courageous Creativity Clare Jasmine Beloved
E	Telling our Stories Malcolm Stern
F	Why are you cast down, o my soul? Dawn Edge

- 12:30 - 1:30 **Eat & Enjoy**
in the Dining Room

- 1:30 - 2:00 **Mindful Walking**
Claude Acker
in the Rhododendron Walk

Plenary Sessions *in the Grand Hall*

- 2:00 - 3:30 **Whole Group Introduction to Open Dialogue**
Russell Razzaque and Yasmin Philips
- Open Dialogue is a compassionate approach that involves working with families and social networks, rather than just the individual. It equips staff of all disciplines with the tools to effect change at deeper levels. It was developed in Western Lapland in Finland over the last 25-30 years with the best documented outcomes in the Western World. Russell and Yasmin are involved in the first NHS pilot of Open Dialogue in the UK, and will introduce the key principles and how it differs to “treatment as usual”.
- 3:30 - 3:45 **Pause & Refresh**
in the Library
- 3:45 - 4:00 **From Rage to Responsibility?**
Darren McGarvey
- 4:00 - 5:30 **Compassion Collective & Close of Day**
gathering insights from the two days facilitated by the hosting team





Workshops

Telling our Stories

Malcolm Stern - Weds 11.20 & Thurs 10.40

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'

Creative Approaches to Psychosis

Ron Coleman and Karen Taylor - Weds 11.20 & Thurs 10.40

Explore and use of a number of tools to help you engage better and more effectively with people who are experiencing psychosis - including voice dialogue, externalization techniques, re-membering strategies, developing formulations and coping strategies. We'll focus on a person centred and narrative approach to recovery action and planning.

Compassion Circles - with examples of implementation in Aneurin Bevan University Health Board - Weds 11.20 & 2.50

Andy Bradley and Benna Waites

Compassion 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 release Compassion into the community, moving from delivering transactions to Growing Relationships where everyone matters.

Imagework for Turning Points

Dina Glouberman - Weds 11.20 & 2.50

There is a spiritual tradition that views crisis as the soul waking up to guide us. At these moments we can learn to listen to the whispering of the heart and soul and take a positive path to transformation. Looking at a crises suggested by participants, we'll try out some powerful imagery tools that can help move from crisis, to turning point, to new beginning. Imagework can be used as self-help or in therapy to speak from the heart and soul, tune into the inner child, transform relationships, choose options at a crossroad or vision the future. It's a profound way to think creatively, even inspirationally, at moments when words fail us.

Juicy, Courageous Creativity

Clare Jasmine Beloved - Weds 11.20 & Thurs 10.40

With a radical, irreverent, but gentle approach, Clare carries creativity, paint, glitter, poetry and storytelling into prisons, schools, secure units, dole queues and doctors surgeries. "We are seeking the juice and we are the juice." Clare recovered from a difficult breakdown, and has spent the last five years collecting life size self-portraits of hundreds of people as a way to witness and celebrate their stories. She invites you to be inspired and have the chance to make colourful marks on paper to express your own story. Expect a warm, welcome, gentle space full of music, magic and colour.

In the Body of Your Voice - Finding Solid Ground through Sound

Chloe Goodchild - Weds 2.50 & Thurs 10.40

Chloe will introduce sound and self-inquiry practices rooted in meditative energy movement. She'll explore how our emotional expression can be a 'musical homeopathy' to help restore, heal, and reconnect the disconnected or forgotten voices of our past narrative, with the authentic voice of our present life. As we start to open up and embody this vast field of aliveness, with it comes the acknowledgement that every trauma, every moment of suffering that we have endured, or battled with, was an essential and integral moment in the evolution and realisation of what Chloe calls our "naked voice".

Safe Spaces for Suffering & Joy

Dr Joseph H. Berke - Weds 2.50 & Thurs 10.40

Conversations with Joe Berke about the Arbours Crisis Centre he co-founded in the early 70s, influenced by his work with RD Laing at the Kingsley Hall Experiment. This workshop will discuss how therapeutic communities can provide a non-institutional alternative to psychiatric treatment, where the autonomy and unique potential of each individual is respected. The aim is to work with people as individuals, rather than their diagnoses, and provide a psychic, emotional and spiritual retreat where a person can safely explore their suffering and joy.

Why are you cast down, o my soul?

Intersections of ethnicity, gender, depression and spirituality **Dawn Edge** - Thurs 10.40

Understanding intersectionality can help reduce health inequalities and influence policy and practice. We'll look at the ways inequalities are constructed and maintained and think about how to create a future approach to mental health that benefits everyone. We'll explore how "one-size-fits-all" cannot meet the needs of diverse populations - and how service users, families and community members can find meaning in their own experiences, and help co create future services that are safe to use.



Venue Information

Venue

Buckland Hall, Bwlch, Brecon Beacons, Powys, Wales LD3 7JJ +44 (0)1874 730330

www.bucklandhall.co.uk

One hour from Cardiff and the M4 Severn Bridge, two hours from Birmingham, under 3 hours from London. Set within the magnificent Brecon Beacons National Park, Buckland Hall is a Victorian mansion in 60 acres of beautiful grounds overlooking the River Usk.

Getting here

compassionatelymentalhealth.co.uk/getting-to-buckland-hall

Buddy Up - use our Facebook Group to buddy up and share www.facebook.com/groups/CMHcommunity/

Accommodation

On-site Accommodation at Buckland Hall

Buckland Hall has 29 bedrooms on the first and second floors all with en-suite bathrooms. Most have beautiful views of the gardens, the River Usk and the stunning peaks of the Brecon Beacons. One twin room has an accessible en-suite bathroom.

Single occupancy room £95 per person /per night
King-size bed with en-suite. Includes breakfast and three-course evening meal

Shared twin room £65 per person /per night
Single Bed in shared twin room with en-suite. Includes breakfast and three-course evening meal

Shared dorm room (single sex) **£45** per person /per night
Single bed or mattress in 5 Bed Dormitory with en-suite. Includes breakfast and three-course evening meal

Off-site Accommodation

See our list of local accommodation online at compassionatelymentalhealth.co.uk/venue



Parking & Accessibility

There is a level car park next to the mansion with generally smooth tarmac. There are three steps to the front door and a permanent ramp to garden entrance. Ground floor is level with wide doorways and wheelchair accessible toilet. Lift to first floor and portable loop system.
Full info at compassionatelymentalhealth.co.uk/venue

Facilities

A truly restorative setting

The gathering has exclusive use of Buckland Hall and its beautiful grounds, with access for participants to all facilities.

Buckland is the ideal setting for us - a truly restorative venue with roaring fires and river walks. Large meeting and breakout rooms, a library, several lounges, yoga & meditation room and games rooms, mean there's plenty of room to spend time building community and connection. The landscaped gardens are perfect for quiet time and reflection among the lakes, arbo-retum and sweeping lawns reaching down through meadows to the river.

Eat & Enjoy

Buckland has a fantastic reputation for its wholesome and nurturing food. Meals are exclusively vegetarian and vegan, using local and organic produce and served home-style to give a welcoming, relaxed feel.



"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 ~



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.

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.