



Compassionate Mental Health



# Compassionate Mental Health

Finding Sanctuary & Space

**27-29 Nov 2018 - Broughton Hall, Yorkshire, UK**

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

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

 @CompassionMH

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 #compassionmh





'Finding Sanctuary & Space' is our fifth 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?

Compassionate Mental Health is part of a growing worldwide movement calling for a more integrative approach to mental health - one that relies less on diagnosis and prescription drugs, and more on empowering the person and engaging their social networks. At the heart of the project is a belief that it is possible to begin to heal oneself and others through the power of community and connection.



We're bringing people together for three days of conversation and workshops. The theme of this Autumn's gathering is 'Finding Sanctuary & Space'. We'll explore less coercive, more compassionate ways to meet our own and other people's distress, and create safety in ourselves and the places we work.

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 illness, 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 Broughton Hall Estate in the Yorkshire Dales. 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



### Will Hall

American mental health advocate, counsellor, writer and teacher, recognised internationally as an innovator in the treatment and social response to psychosis



### Rufus May

Clinical Psychologist with an international reputation for training people in holistic and recovery based approaches to mental health problems



### 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



### Yasmin Philips

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



### Catherine Thorley

One of the first Helsinki qualified Open Dialogue trainers in the UK and a clinical lead for Peer Supported Open Dialogue at North East London Foundation Trust



### Amy Jebreel

Psychiatrist and clinical lead in the national ODESSI Open Dialogue trial, a keen proponent of trauma-informed care and integrative psychiatry



### Karen Taylor

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



### 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



### 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

## 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](http://www.compassionatementalhealth.co.uk/speakers)



### 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



### Dr Sangeet Bhullar

Founder of WISE KIDS, supporting young people in developing their resilience, self-awareness and mindfulness in digital and face-to-face environments



### Esther Van der Sande

Trauma Sensitive Yoga facilitator and trainer, counsellor, somatic psychotherapist and EDMR clinician



### 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

Andy, Karen, Claude and Sangeet are our Wellbeing Team for the gathering. Brigid and Jenny are the Organising Team. All will be on-site throughout the event for any support you need. Any of these workshops and group discussions may include distressing content being presented or discussed. Please put your own wellbeing first and take time out if you need it.



## Workshops

### Place to Be

Avalon - Tues 11.30 & 2.30, Weds 11.30, Thurs 11.30 & 2.30

In Avalon Broughton Hall Estate's brand new wellbeing centre. Enjoy the clear pool, hydromassage pool and thermal suites. Or explore the endless possibilities of 3,000 acres of stunning countryside that surround Broughton Hall.

### Trauma Sensitive Yoga

Esther van der Sande - Tues, Weds & Thurs 11.30

An introduction into the neurophysiology of stress and trauma. We'll look at how to create safety and stabilisation in ourselves to allow the processing of traumatic memories. A gentle introduction to trauma sensitive yoga practices that can lead to consolidation, integration and reconnection.

Workshops continued over...



## Workshops (continued)

### Living with Suicidal Feelings

Will Hall - Tues 2.30

How do we hold conversations where people can speak openly about suicidal feelings without fear of reaction? When we have these discussions, we learn that suicidal feelings are much more common than we realise. Many people live with suicidal feelings, and being able to talk about the urge to die, like being able to talk about any extreme distress, is the key to recovery. When we begin to listen we also discover something very surprising. Suicidal feelings are not the same as giving up on life. Suicidal feelings often express a powerful and overwhelming need for a different life.

### Psychosis as a Spiritual Process

Will Hall - Thurs 2.30

How can we access strength in states of madness, psychosis, and breakdown? This is an experiential workshop to help you work with yourself and others. Turn shame into personal empowerment, discover pathways through mania, paranoia, depression, bipolar, addiction, schizophrenia and suicidal feelings.

### Telling our Stories

Malcolm Stern - Tues 11.30, Weds 11.30, Thurs 11.30

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'

### Safe Spaces to Recover

Karen Taylor - Tues 2.30

Karen is passionate that recovery is for all, including mental health workers. Her work embraces a "nothing about us, without us" approach and she focuses on engaging with mental health services, family members and experts by experience, and challenging them to review their roles and embrace recovery for all. Karen has run recovery houses, recovery festivals and, with her husband Ron Coleman, has travelled the world spreading a message of hope that recovery is possible and should be expected. Karen also has a Diploma in Practical Spirituality and Wellness and is a trained spiritual companion.

### A Compassionate Approaches to Voices

Rufus May - Weds 11.30

Members of the Bradford HearingVoices group will share stories of their lives living with voices. This will include ways they have found to improve their relationships with their voices, for example using dialoguing approaches and compromises. We'll also consider ways to view aggressive voices, that are more understanding and compassionate than just seeing them as the enemy.

### Compassion Circles

Andy Bradley and Benna Waites - Tues & Thurs 11.30

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.

### In the Body of Your Voice

Chloe Goodchild - Tues & Thurs 2.30

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".

### Transforming Relationships with Open Dialogue

Cathy Thorley, Yasmin Phillips, Amy Jebreel - Thurs 2.30

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, and discover how we can reshape a social response to psychosis and emotional crisis. Open Dialogue was developed in Western Lapland in Finland over the last 25-30 years. It has attracted widespread international attention. Results consistently show that it reduces hospitalisation, the use of medication, and results in less crisis recurrence compared with other approaches. Cathy, Yasmin and Amy are involved in the first NHS pilot of Open Dialogue in the UK, and will introduce key principles and how it differs to "treatment as usual". Will Hall, as both peer and Open Dialogue trainer, joins the plenary and will describe how it is gaining growing support across the world.



## Tuesday 27 November Programme

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

**Monday Arrival from 5.00pm.** Please Register in the Hall on arrival. **\*Arrival Supper 7.30pm** in the Hall (Green Drawing Room, Hall). \*Pre-booked **OR** for people staying at Broughton Hall Estate only.

7:00 - 7:30 **Optional Meditation**  
Claude Acker in Sanctuary, Avalon

7:30 - 8:00 **Optional Qi Gong**  
Claude Acker outside (weather permitting)

8:00 - 9:00 **Breakfast**  
for people staying at the Estate  
in the Dining Room (Hall)

9:00 - 9:30 **Register / Meet & Greet**  
in Sanctuary, Avalon

### Plenary Sessions

in Sanctuary, Avalon

9:30 - 9:45 **Welcome and Setting the Scene**  
Sarah Stone

9:45 - 10:15 **Compassion Pods & Deep Listening**  
Andy Bradley

10:15 - 10:30 **Surviving Love & Loss**  
Malcolm Stern

10:30 - 11:00 **Trauma and Embodiment**  
Esther van der Sande

11:00 - 11:30 **Pause & Refresh**  
in Avalon

### Experiential Workshops

#### 11:30-1:30 Choice of Experiential Workshops

A **Telling our Stories (Eden)**  
Malcolm Stern

B **Trauma Sensitive Yoga (Avalon, Nest)**  
Esther van der Sande

C **Compassion Circles (Sanctuary)**  
Andy Bradley and Benna Waites

D **Place to Be**  
Rest & Relax in Avalon Wellbeing Centre

1:30 - 2:30 **Eat & Enjoy**  
in the Green Drawing Room (Hall)

### Experiential Workshops

#### 2:30-4:30 Choice of Experiential Workshops

E **Living with Suicidal Feelings (Eden)**  
Will Hall

F **Safe Places to Recover (Sanctuary)**  
Karen Taylor

G **In the Body of the Voice (The Nest)**  
Chloe Goodchild

H **Place to Be**  
Rest & Relax in Avalon Wellbeing Centre

4:30 - 5:00 **Pause & Refresh**  
in Avalon

### Plenary Sessions

in Sanctuary, Avalon

5:00 - 5:30 **Group Gatherings**  
hosted conversations facilitated by  
Malcolm Stern

5:30 - 5:45 **Close of Day and summing up**  
Sarah Stone

### Evening Programme

7:15 - 8:15 **\*Dinner (Green Drawing Room, Hall)**  
**\*Pre-booked OR** for people staying at  
Broughton Hall Estate only

8:45 **Reflect, Meditate and Let Go (The Nest)** Optional Sound Bath with  
Paris Ackrill



## Wednesday 28 November 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.

- 7:00 - 7:30 **Optional Meditation**  
Claude Acker in Sanctuary, Avalon
- 7:30 - 8:00 **Optional Qi Gong**  
Claude Acker outside (weather permitting)
- 8:00 - 9:00 **Breakfast**  
for people staying at the Estate  
in the Dining Room (Hall)
- [9.00 - 9:30 New Arrivals **Register**]  
in Sanctuary, Avalon

### Plenary Sessions

in Sanctuary, Avalon

- 9:30 - 9:45 **Welcome and Setting the Scene**  
Sarah Stone
- 9:45 - 10:15 **Compassion Pods & Deep Listening**  
Andy Bradley
- 10:15 - 10:30 **Thriving after Trauma**  
Esther van der Sande
- 10:30 - 11:00 **From Big Psychiatry to Big Community**  
Karen Taylor
- 11:00 - 11:30 **Pause & Refresh**  
in Avalon

### Experiential Workshops

11:30-1:30 Choice of Experiential Workshops	
A	<b>Telling our Stories (Eden)</b> Malcolm Stern
B	<b>Trauma Sensitive Yoga (Avalon, Nest)</b> Esther van der Sande
C	<b>A Compassionate Approach to Voices (Sanctuary)</b> Rufus May & members of the Bradford Hearing Voices Group
D	<b>Place to Be</b> Rest & Relax in Avalon Wellbeing Centre

- 1:30 - 2:30 **Eat & Enjoy**  
in the Green Drawing Room (Hall)

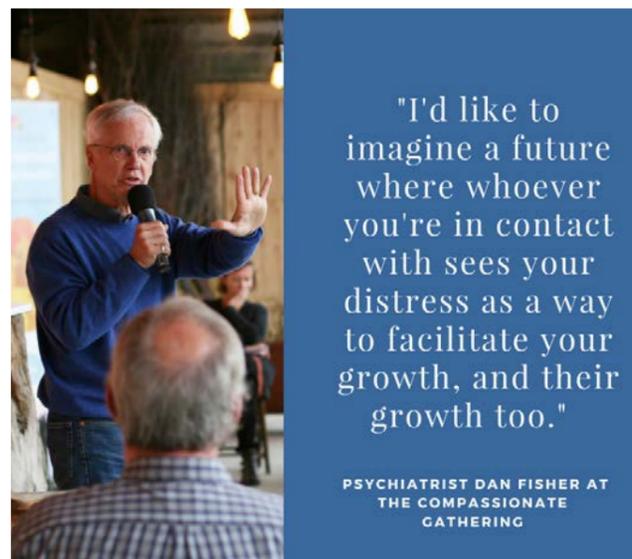
### Plenary Sessions

in Sanctuary, Avalon

- 2:30 - 3:45 **Whole Group Introduction to Open Dialogue**  
Cathy Thorley, Yasmin Phillips and Amy Jebreel, with Will Hall
- 3:45 - 4:00 **Pause & Refresh**  
in Avalon
- 4:00 - 5:15 **Group Gatherings**  
hosted conversations facilitated by Malcolm Stern
- 5:15 - 5:30 **Close of Day and summing up**  
Benna Waites

### Evening Programme

- 7:00 - 8:00 **\*Dinner (Green Drawing Room, Hall)**  
\*Pre-booked **OR** for people staying at Broughton Hall Estate only
- 8:30 - 9:50 **'Kusama - Infinity' Documentary**  
in Sanctuary, Avalon



## Thursday 29 November 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.

- 7:00 - 7:30 **Optional Meditation**  
Claude Acker in Sanctuary, Avalon
- 7:30 - 8:00 **Optional Qi Gong**  
Claude Acker outside (weather permitting)
- 8:00 - 9:00 **Breakfast**  
for people staying at the Estate  
in the Dining Room (Hall)
- [9.00 - 9:30 New Arrivals **Register**]  
in Sanctuary, Avalon

### Plenary Sessions

in Sanctuary, Avalon

- 9:30 - 9:45 **Welcome and Setting the Scene**  
Benna Waites
- 9:45 - 10:15 **Compassion Pods & Deep Listening**  
Andy Bradley
- 10:15 - 10:30 **Finding Sanctuary & Space**  
Brigid Bowen
- 10:30 - 11:15 **Working on the Edge**  
Will Hall
- 11:15 - 11:30 **Pause & Refresh**  
in Avalon

### Experiential Workshops

11:30-1:30 Choice of Experiential Workshops	
A	<b>Telling our Stories (Eden)</b> Malcolm Stern
B	<b>Trauma Sensitive Yoga (Avalon, Nest)</b> Esther van der Sande
C	<b>Compassion Circles (Sanctuary)</b> Andy Bradley and Benna Waites
D	<b>Place to Be</b> Rest & Relax in Avalon Wellbeing Centre

- 1:30 - 2:30 **Eat & Enjoy**  
in the Green Drawing Room (Hall)

### Experiential Workshops

2:30-4:30 Choice of Experiential Workshops	
E	<b>Psychosis as a Spiritual Process</b> Will Hall (Eden)
F	<b>In the Body of our Voice (Avalon, Nest)</b> Chloe Goodchild
G	<b>Transforming Relationships with Open Dialogue (Avalon, Sanctuary)</b> Cathy Thorley, Yasmin Phillips and Amy Jebreel
H	<b>Place to Be</b> Rest & Relax in Avalon Wellbeing Centre

### Plenary Session

in Sanctuary, Avalon

- 4:30 - 5:15 **Compassion Collective**  
gathering insights from the three days, facilitated by Malcolm Stern
- 5:15 - 5:30 **Close of Day and summing up**  
Benna Waites

### Conference Contacts

Brigid Bowen and Jenny Grewal are the Organising Team. Contact them on ask@compassionatemental-health.co.uk, 07711 051 241.

Andy Bradley, Karen Taylor, Claude Acker and Sangeet Bhullar are our Wellbeing Team for the gathering.

Brigid, Jenny and the Wellbeing Team will be on-site throughout the gathering.



## Venue Information

### Venue

**The Broughton Hall Estate, Skipton, Yorkshire, BD23 3AE +44 (0) 1756 799 608**

[www.broughtonhall.co.uk](http://www.broughtonhall.co.uk)

**An hour from Leeds and Manchester, 1.5 hours from Liverpool and Sheffield, 2 hours from Newcastle, 2.5 hours from Birmingham. Set in 3000 acres of the stunning Yorkshire Dales, with four unique meeting and retreat spaces to nourish and inspire.**

#### Getting here

[compassionatementalhealth.co.uk/getting-to-broughton-hall](http://compassionatementalhealth.co.uk/getting-to-broughton-hall)

**Buddy Up** - use our Facebook Group to buddy up and share [www.facebook.com/groups/CMHcommunity/](https://www.facebook.com/groups/CMHcommunity/)



### Arrival & Parking

**Monday** arrival from 5.00pm, register in the Hall. **Tues/Weds/Thursday** arrival, register in Avalon 9.00-9.30am. Parking at the Hall. You will be welcomed by Jenny or Emily - please remind them of any dietary, or access requirements and photography permissions when you register. See site-map at [compassionatementalhealth.co.uk/venue](http://compassionatementalhealth.co.uk/venue)

### Accommodation

#### On-site Accommodation at Broughton Hall

Broughton Hall and Estate has with a mix of double rooms, twin rooms and dorms in the Hall, and Estate Cottages within a 5-10 minute drive of the Hall. Each cottage is self-contained with between 3 to 6 bedrooms, lounge, kitchen and bathroom.

**Luxury double room in Hall (en-suite) £195** per person / per night. Includes breakfast and three-course evening meal

**Shared twin room £80** per person /per night  
Includes breakfast and three-course evening meal

**Shared dorm room (single sex) £55** per person /per night  
Includes breakfast and three-course evening meal

**Camper Vans and motorhomes £30** per person /per night  
Includes parking on the estate, breakfast and three-course evening meal

#### Off-site Accommodation

See our list of local accommodation online at [compassionatementalhealth.co.uk/venue](http://compassionatementalhealth.co.uk/venue)



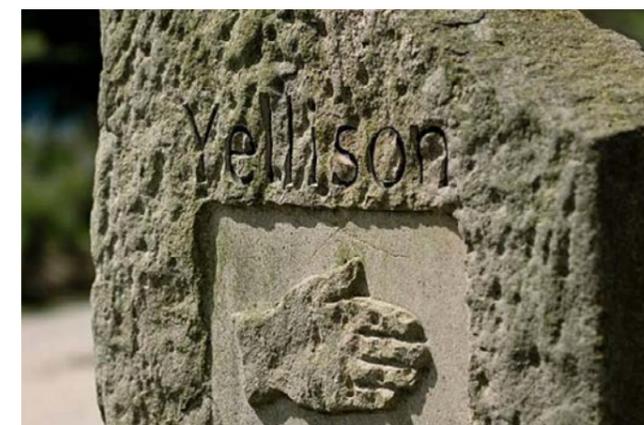
### Facilities

#### A truly restorative setting

The gathering has exclusive use of Broughton Hall Estate and its beautiful grounds, with access for participants to all facilities, including state of the art well-being centre, Avalon. Incorporating two cantilever yoga studios, a Clear Pool, Hydro-Massage Pool and Thermal Suite, hydrotherapy, meditation pods, relaxation room and library, steam and sauna, and therapy rooms. Full access to Avalon is included, with the option of buying additional therapies. If well-being in nature is more for you, then don't forget to bring your boots to take to the dales or explore the gardens and surrounding parkland, including wild-swimming pool. Or simply sit and enjoy the magical setting.

#### Eat & Enjoy

The gatherings have a fantastic reputation for wholesome and nurturing food. Meals are exclusively vegetarian and vegan, using local and organic produce and served buffet-style to give a welcoming, relaxed feel.



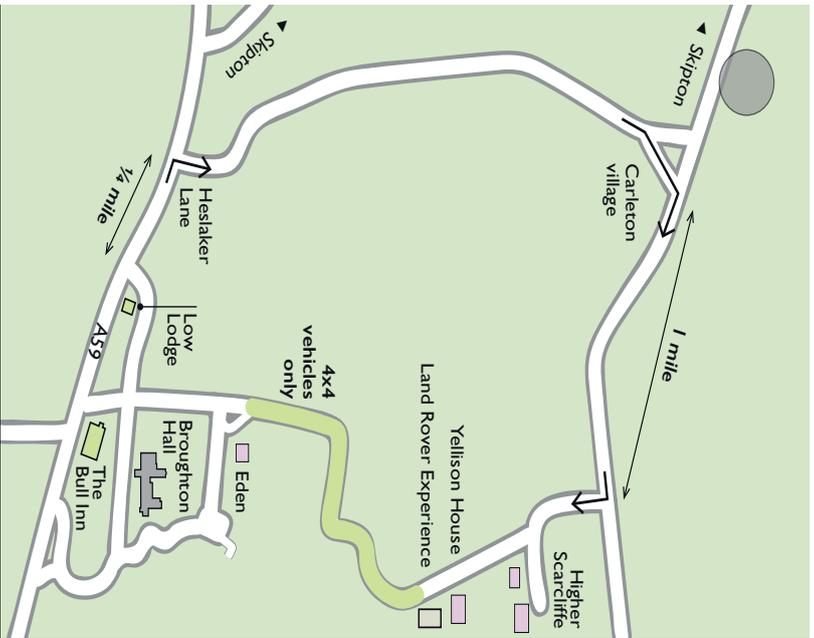
“There’s ‘Them’ and there’s ‘Us’. We are well, happy and safe. They are mentally ill and dangerous. Is this really true? Or is the uncomfortable truth that there’s a continuum, a scale along which we all slide back and forth during our lives. When we separate ourselves we hurt those labelled as sick,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

### Photography and filming policy

There may 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

### Contact

Brigid Bowen [ask@compassionatementalhealth.co.uk](mailto:ask@compassionatementalhealth.co.uk)  
07711 051 241



Access by 4x4 vehicles only:  
 Land Rover Experience  
 Yellison House  
 Higher Scarcliffe



Yellison House  
 Higher Scarcliffe  
 Land Rover Experience  
 via Heslaker Lane  
 and Carleton village  
 Turn next right 1/4 mile  
 See inset above

Car