



Compassionate Mental Health



Compassionate Mental Health

Changing the Script

11 Nov 2019 - Hereford, UK

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

compassionatementalhealth.co.uk

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'Changing the Script' is part of a series of gatherings 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 a range of alternative approaches.

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, supporting and engaging 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, connection, self care and solidarity.

We're bringing people together for a day of conversation and workshops. The theme of this Autumn's gathering is 'Changing the Script'.

Our key message remains that a mental health crisis can become a meaningful turning point and catalyst for change. We believe a culture of compassion and collaboration must replace over medicalisation, coercion and restraint.

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 service transformation, moving towards a more co-productive, psychosocial approach.

Each gathering has been held in a venue that is therapeutic in its own way. This time we're delighted to be at The Left Bank Village in the heart of the historic cathedral city of Hereford in a stunning riverside setting. Let's leave behind our professional and personal roles and labels, build community and connection, and move forward together to create positive change.



Programme

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

Arrival / Optional Early Arrival

- 9:00 - 9:45 **Mindful Movement** with Alex Cat
in the Bridge Room
- 9:30 - 10:00 **Register / Meet & Greet**
Middle Floor

Plenary Sessions

Middle Floor

- 10:00 - 10:10 **Welcome and Setting the Scene**
Benna Waites
- 10:10 - 10:40 **Compassion Pods & Deep Listening**
Andy Bradley
- 10:40 - 11:10 **Making the Case for Change**
Robert Whitaker
- 11:10 - 11:30 **Pause & Refresh**

Experiential Workshops

11:30-1:10 Choice of Experiential Workshops

- A **Understanding the Principles and Practice of Open Dialogue**
Yasmin Ishaq
Gallery Space, Koffie Pot upstairs
- B **Introduction to Sensorimotor Psychotherapy**
Margaret Jordan *Bridge Room*
- C **Bad Me? Working Compassionately & Creatively with Feelings of Toxicity**
Rai Waddingham
Gallery 2 - De Koffie Pot upstairs

Taking Space optional free time *ideas include Mindful Labyrinth Walk in the Park, writing/reading in the Quiet Room or relax in De Koffie Pot*

- 1:10 - 2:00 **Eat & Enjoy**
Middle Floor

Plenary Sessions

Middle Floor

- 2:00 - 2:30 **Exploring Alternatives**
Robert Whitaker
- 2:30 - 3:00 **Jamie's Farm**
Ruth Young

Experiential Workshops

3:00-4:45 Choice of Experiential Workshops

- A **Understanding the Principles and Practice of Open Dialogue**
Yasmin Ishaq & Rai Waddingham
Gallery Space, De Koffie Pot upstairs
- B **Introduction to Sensorimotor Psychotherapy**
Margaret Jordan *Middle Floor*
- C **Introduction to Trauma Sensitive Yoga**
Alex Cat *Bridge Room*

Taking Space optional free time *ideas include Mindful Labyrinth Walk in the Park, writing/reading in the Quiet Room or relax in De Koffie Pot*

- 4.45- 5:00 **Pause & Refresh**

Plenary Sessions

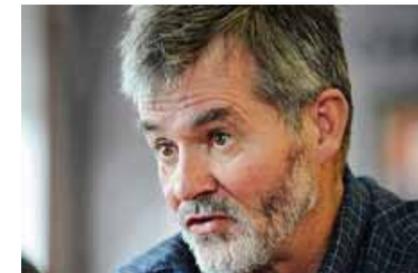
Middle Floor

- 5:00 - 5:30 **Group Gatherings** gathering insights from the day with Benna Waites
- 5:30 - 5:50 **Compassion Pods** facilitated by Andy Bradley
- 5:50 - 6:00 **Close the Day and Summing Up**
Benna Waites



Speakers

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



Robert Whitaker

Journalist, author and founder of mad-in-america.com an online magazine, podcast and education platform that aims to be a catalyst for rethinking psychiatry



Yasmin Ishaq

Social worker/psychotherapist and Open Dialogue lead for NHS Kent working with the whole family/network, rather than just the individual



Rai Waddingham

International mental health trainer specialising in psychosis, trauma and dissociation, Rai works creatively with people who hear voices and have unusual beliefs



Margaret Jordan

Clinical Social Worker, Psychotherapist, Counselling psychologist and Complex Trauma specialist with over 30 years experience in the NHS, statutory and voluntary sector treating children & adults



Alexandra Cat

International trauma sensitive yoga teacher and trainer, supporting recovery from inter-relational abuse/neglect



Ruth Young

Head of Farm at Jamie's Farm and former teacher and Vice Principal - helping young people to thrive through farming, family and therapy



Andy Bradley

International trainer and speaker on a mission to bring compassion and kindness 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, passionate about facilitating compassionate care in the NHS



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



Speakers



Mirabai Swingler

Founder of the Only Us Campaign, mental health, disability rights & peer support specialist. Spiritual Crisis Network member and activist



Katy Bergson

Yoga teacher and Occupational Therapist, especially interested in where the two things meet - working with individuals to develop resilience using OT and yoga. Katy loves sound work, surfing and nature

“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 ~

Organising and Wellbeing Team

Mirabai Swingler, Katy Bergson and Margaret Jordan are our Wellbeing Team for the gathering. Brigid, Jenny and Michelle are the Organising Team. All are on-site throughout the day 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 - you are welcome to take time out if you need it. We have a quiet room in the Gallery Space above the Koffie Pot. Please don't hesitate to make yourself known to the Wellbeing Team if you feel overwhelmed at any point, or need support.



Compassionate Mental Health

About Us

Compassionate Mental Health is a Community Interest Company (number 11938822) working with people across the UK and internationally, who have experienced difficulties with their mental health; their families and support networks; those who work within the field of mental health, and the wider public.

We promote compassionate approaches to mental health, and aim to be part of radically changing the conversation around mental illness.

We run a series of gatherings that showcase a range of

compassionate approaches to mental health and wellbeing. These provide accessible opportunities for people to have transformational learning experiences, and model an environment of safety and community for people to step back from their lives and recover a sense of purpose and wellness.

We also offer training, communication, publications, influencing and research activities to support people to rediscover meaning in their lives and recover a sense of hope for their future.

Directors: Brigid Bowen, Sir Stephen O'Brien and Dr Sang-eet Bhullar (company number 11938822)



Workshops

Mindful Movement

(optional early arrival) Alex Cat

A gentle 45 minute Trauma Sensitive Yoga class. Explore how adapting shapes and simple movements can change sensations in the body. In this session, all options to move, feel and choose will be offered as genuine invitations. There will be no physical adjustment. Participants will not be told what they should or should not be feeling. Alex (the facilitator) will be practicing alongside you. Every level of physical ability is 100% welcome. No special clothes are needed. No prior yoga experience is needed. You are welcome to bring your own mat, cushion, blanket - whatever will support your comfort wish.

Introduction to Trauma Sensitive Yoga

Alex Cat

“Just inhabiting my own skin is a major step forward....My not being able to get into my own skin was something that I did early on just to survive.”

~ Trauma Sensitive Yoga student

Since 2003 The Trauma Centre in Massachusetts has been offering a very particular form of yoga to a variety of complex trauma survivors, including war veterans, sexual assault survivors, at-risk youth and survivors of chronic childhood abuse and neglect. The practice is called Trauma Sensitive Yoga. In this introductory workshop participants will explore the neurobiology of trauma, particularly in relation to safety and threat. Trauma reactions are seen as an understandable response to life events, and there will be a chance to explore some survival mechanisms, including interoception, dissociation, hypovigilance and hypervigilance. There will also be an experiential session of Trauma Sensitive Yoga (see above for more information on this).

Understanding the Principles and Practice of Open Dialogue

Yasmin Ishaq and Rai Waddingham

Open Dialogue combines a way of understanding mental distress, a therapeutic practice and a way of organising mental health and social care. The approach is systemic at heart, working with the per-

son and those who are most important to them. Its commitment to dialogue, valuing different perspectives, continuity and transparency has inspired passionate support from service users, family members, clinicians and managers alike. Open Dialogue 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 with the best documented outcomes in the Western World.

Introduction to Sensorimotor

Psychotherapy

Margaret Jordan

Margaret Jordan has specialised in the treatment of psychological trauma for the past thirty years. She founded and ran a trauma centre for people addicted to drug and alcohol, and currently runs a trauma centre for complex post traumatic stress. In this workshop she will introduce simple, body-oriented interventions for tracking, naming, and safely exploring trauma-related activation. You will learn effective, accessible interventions for working with disruptive behavioral patterns, disturbed cognitive and emotional processing, and a fragmented sense of self. Sensorimotor Psychotherapy can be easily and effectively integrated into psychodynamic, cognitive-behavioral, and EMDR-focused treatments.

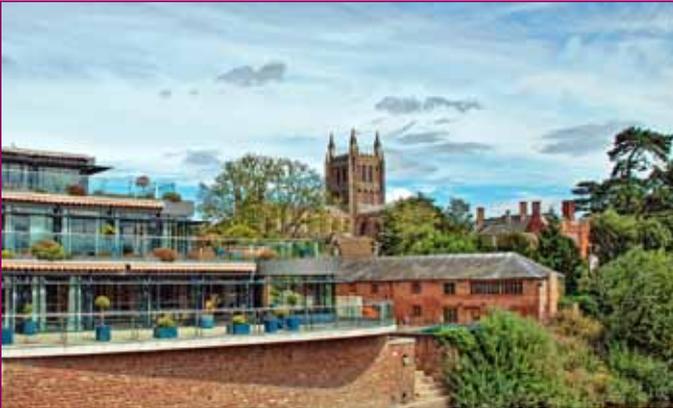
Bad Me? Working Compassionately & Creatively with Feelings of Toxicity

Rai Waddingham

Many people struggle with feelings of shame, self-doubt and a felt-sense of being 'wrong' or 'bad'. At times, these feelings can be so intense that we may worry that our presence in the world is harmful to others. Such experiences are often left unspoken, unexplored and dismissed as delusions or obsessions. This workshop, using Rai's lived experience as a starting point, explores some different ways we come to understand, learn from and work with these feelings. It asks how we may become more compassionate and curious towards those experiences that we naturally shy away from.



Venue Information



Venue

**The Left Bank Village, Bridge Street, Hereford,
HR4 9DG**

Each gathering has been held in a venue that is therapeutic in its own way, and The Left Bank Village is no exception. Located in the heart of the historic cathedral city of Hereford, Left Bank is in a stunning riverside setting. It combines the vibrancy and atmosphere of a cafe quarter with calm, relaxed spaces for focused conversations and activities.

If you like you can also bring yoga mats, cushions, and blankets if you want to join the movement and yoga sessions.

Taking Space optional free time

Please put your own wellbeing first - you are welcome to take time out if you need it. We have a Quiet Room for reading/writing or quiet time. Other ideas include relaxing in De Koffie Pot cafe or a Mindful Labyrinth Walk in the Park.

The Hereford labyrinth on Bishop's Meadows is a replica of the Mappa Mundi labyrinth. The Mappa Mundi, at Hereford Cathedral, is a medieval map of the known world (mappa mundi in Latin), dating from c. 1300. It is the largest medieval map known to exist. Although the Cretan Labyrinth, depicted in the Mappa Mundi, was built to trap the Minotaur, labyrinths have also been symbolic of pilgrimage and used for contemplation and quieting the mind.



Arrival

Arrive from 9.30am to register on the *Middle Floor*.

You can join Alex Cat for optional, Mindful Movement in the *Bridge Room* from 9.00 to 9.45. Please remind the Welcome Desk of any dietary or access requirements and photography permissions when you register.

Getting to Left Bank Village

Left Bank is located in the centre of Hereford right on the banks of the River Wye and just a stone's throw away from beautiful Hereford Cathedral. Whilst there is no car parking on-site at the Left Bank it is just a short 2 minute walk from the Wye Street Car Park which costs £6.00 for 24 hours

Buddy Up to get here - you can use our Facebook Group to meet others to travel with:

www.facebook.com/groups/CMHcommunity/

Accessibility

Fully accessible to wheelchair users with lifts to each level. Wheelchair accessible toilets. Assistance dogs welcome. Induction Hearing Loop. Please let us know in advance if you have any specific access requirements.

Photography and filming policy

There may be discreet photography and filming taking place during the event 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 07711 051 241
ask@compassionatementalhealth.co.uk