



Compassionate Mental Health

Coming Home to Ourselves 14-16 Nov 2022

Programme & Workshops

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

Mon 14 November

Optional early arrival from 2.00pm on Monday for residential guests. Take time to land at Coed Hills, relax and unwind. Nothing to do for arrival day, but relax and eat supper together at 6.30pm. Bring your warm clothes and boots, as there are lots of paths you can explore the 180 acres of woods and natural meadow land. Bring your swimming costumes if you want to enjoy Coed's wood-fired sauna, or sit around the fire pit and make new friends. If you are non-residential and would like to join us for arrival day, a quiet afternoon at Coed and supper, contact ask@compassionatementalhealth.co.uk

Tues 15 November

7.00 – 8.00 **Optional early morning meditation and mindful movement**
8.00 – 9.00 **Breakfast** for those staying at Coed Hills. If you are non-residential and want to come to the early morning session and stay for breakfast, don't forget to book in

Or come early, bring your own flask of tea and enjoy the beautiful woods and relaxing surroundings

Plenary Sessions

9.30 - 10.00 **Register / Meet & Greet for non-residential** *in the circular barn*
10.00 - 10.15 **Welcome and Setting the Scene** Sarah Stone, Malcolm Stern
10.15 - 10.30 **Compassion Pods & Deep Listening** Benna Waites
10.30 - 11.00 **Building Compassionate Communities** - Rex Haigh and Neil Palmer

11.30 - 11.45 **Pause & Refresh**

Experiential Workshops

11.45 - 1.30 **A. Telling our Stories** **Malcolm Stern** *in the bothy*

11.45 - 1.30 **B. Transforming Relationships with Open Dialogue** **Yasmin Ishaq, Cathy Thorley and Charmaine Harris** *in the Jacobean barn*

11.45 - 1.30 **C. Befriending Your Body** **Alex Cat** *upstairs in the circular barn*

1.30 - 2:30 **Eat & Enjoy** *in the circular barn*

Experiential Workshops

2.30 - 4.30 **D. Therapeutic Communities** **Rex Haigh and Neil Palmer** *in circular barn*

2.30 - 4.30 **E. Coming Home to Our Stories** **Horatio Clare and Femi Oyebode** *in the Jacobean Barn*

2.30 - 4.30 **F. Introducing The Bottega Project** **John Whitehead** *out about*

4.30 - 5.00 **Pause & Refresh**

Plenary Sessions

5.10 - 5.50 **Group Gatherings whole group** conversations & reflections facilitated by **Malcolm Stern**

5.50 - 6.00 **Close of Day and Summing up** **Sarah Stone**



Evening Programme

7.00 - 10.00 **Dinner and After Dinner Talk with Horatio Clare, Femi Oyebode, Sue Ruben and Tam Fow - followed by Community Be IN**

Wed 16 November Programme

- 7.00 – 8.00 **Optional early morning meditation and mindful movement**
- 8.00 - 9.00 **Breakfast** for those staying at Coed Hills.
If you are non-residential and want to come to the early morning session and stay for breakfast, don't forget to book in
- 9.00 - 9.30 **Register for new arrivals** *in the circular barn*

Plenary Sessions

- 9.30 - 9.45 **Welcome and introductions** Sarah Stone & Malcolm Stern
- 9.45 - 10.15 **Compassion Pods & Deep Listening** Benna Waites
- 10.15 – 10.45 **The Aesthetics of the Clinical Encounter** Femi Oyebode
- 10.45 – 11.15 **Pause & Refresh**

Experiential Workshops *Or free time to enjoy Coed*

- 11.15 - 1.15 **A. Telling our Stories** Malcolm Stern
- 11.15 - 1.15 **B. Befriending Your Body** Alex Cat
- 11.15 - 1.15 **C. Introducing The Bottega Project** John Whitehead
- 1.15- 2.15 **Eat & Enjoy**

Experiential Workshops *Or free time to enjoy Coed*

- 2.30 - 4.30 **D. Communities** Rex Haigh and Neil Palmer *in the circular barn*
- 2.30 - 4.30 **E. Transforming Relationships with Open Dialogue** Yasmin Ishaq, Cathy Thorley and Charmaine Harris *in the Jacobean barn*
- 2.30 - 4.30 **F. Introducing The Bottega Project** John Whitehead *out about*

Plenary Sessions *in the circular barn*

- 4.30 - 5.00 **Summing up and Saying Goodbye** Malcolm Stern and Sarah Stone

Workshops

Telling our Stories

Malcolm Stern - Tues 11.45 & Weds 11.15

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'*

Coming Home to Our Stories Horatio Clare and Femi Oyeboade Tues 2.30 & Tues After Dinner

Horatio will share his lived experience of psychosis, and how personalising one's diagnosis and treatment plan have worked for him and for others. He shares lessons learned from his psychosis, and key themes from his recent book *Heavy Light*. Horatio will ask the question: is there a cure for me or you? And how accepting yourself and your story can help you reclaim your future after psychosis. Femi will reflect on Horatio's work, and other memorable and important biographical works, and share how the power of story can reinspire practitioners, and why literature has had a such a profound impact on his own clinical practice and life

Therapeutic Communities Rex Haigh and Neil Palmer Tues 2.30 & Weds 2.30

Rex and Neil are both on the founding team of the Living Learning Experience Network, and for over 20 years, the LLEs have given an in depth experience for mental health professionals of a temporary therapeutic community, in order to encourage development of reflective practice, and group facilitation skills, in order to help grow emotionally intelligent practitioners who are skilled in relational care. Have an introduction into reflective practice for those aiming to provide therapeutic environments, and group facilitation skills. Understanding more about complex emotional dynamics accessible to all health workers, and grow appreciation of the use of relationships in all encounters. Welcome to all who want to find out more about TCs

Transforming Relationships with Open Dialogue Tues 11.45 & Weds 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 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.

Befriending Your Body - Alex Cat Tues 11.45 & Weds 11.15

Our bodies are remarkable, designed to help us learn, play, create & relate. Sometimes, however, having a body is difficult. Our experiences may include: not being able to sleep or relax; feeling too sleepy and lethargic; needing to control our appetites; needing to harm or

'leave' our body; feeling uncomfortable, distressed or ashamed of our bodies; feeling physically sick, weak or in pain; feeling that our bodies are unpredictable or out of control

This workshop will enable you to safely explore how and why your body does what it does and how to create change in your body. Alex will explore how you can use your breath to change how you feel, and how we can create safety in our bodies. Alex will explain the basics of the neurobiology of trauma, and how we can shift from fear and shame, into safety and compassion.

This is a trauma sensitive workshop, and participants will not be asked to share their trauma histories or to process their memories.

Introducing the Bottega Project - John Whitehead Tues 2.30 & Weds 11.15

John Whitehead is an artist, engineer, designer, maker, and systems thinker with an extraordinary track record, some of which you can see brought to life at Coed Hills. He's a true original - former circus owner and imagineer, dedicated to working with others to create a more ecological future, where everyone can thrive, and to transforming society at the city scale through joined-up thinking, daring imagination and practical ingenuity. John will also share a little of how trauma and mental illness has touched his own life, and why he thinks integrating the deep democracy of the Bottega project with dialogical and therapeutic approaches can offer a much needed practical alternative for communities.