

Mon 26th June Programme

Optional early arrival from 5.00pm check in on Monday for residential guests. Why not set aside some time to arrive earlier and enjoy the surrounding beauty of Llangollen, including the nearby [Pontcysylte Aqueduct](#)

Relax and eat supper together at 7.30pm. Weather depending, bring warm clothes and boots, as there are lots of paths you can explore through the woodlands and surrounds of Trevor Hall.

All of the programme is optional, so please please put your own wellbeing first - you are welcome to take time out if you need it, and we also have a wellbeing team on hand should you need some support.

Tuesday 27th June Programme

Our programme offers an exciting mix of plenary sessions and workshops, with plenty of opportunities for participation, reflection and networking. Workshop locations will be updated as we have a sense of final numbers

7:30 - 8.00 Optional meditation session

8:00 - 9:00 Breakfast for people staying onsite. If you are non-residential and want to come to the early morning session and stay for breakfast, email ask@compassionatementalhealth.co.uk to book in, with breakfast as the subject. Or come early, bring your own flask of tea and enjoy the beautiful woods and relaxing surroundings

9:00 - 9:30 Register / Meet & Greet

Plenary Sessions

9.30 - 9.45 **Welcome and Setting the Scene** Benna Waites

9:45 - 10:30 **Co-initiating** Martin Kalungu-Banda

10.30 - 11.00 **Compassion Pods & Deep Listening** Benna Waites

11-00 - 11.30 Pause & Refresh

11.30 - 1.30 Experiential Workshops

A **Creating therapeutic communities** - Rex Haigh, Neelam Khawani-Connett, Anando Chatterji

B **Transforming Relationships with Open Dialogue** - Chris Salway and Andrea Zwicknagl

C. **Introducing the Bottega Project** - John Whitehead

1:30 - 2:30 **Eat & Enjoy**

2.30 - 4.30

Whole Group Session: Calming the fear driven brain*

What if there is a non-invasive, harm free, simple way to help people regulate their nervous systems, calm fear and hyper-arousal in order to restore a sense of safety in their bodies.

Although it has been around for over 30 years, Neurofeedback (also known as EEG biofeedback) is experiencing a resurgence of interest and research, thanks to an increased understanding that adverse childhood experiences and how trauma at any age can sometimes lead to mental health challenges.

Two leading neurofeedback practitioners and researchers will make the case for why we need to reorient thinking about what's possible for people who experience emotional dysregulation, including people who have been diagnosed with a "personality disorder" diagnosis.

Sebern Fisher, Author of *Calming the fear-driven brain*, will introduce how Neurofeedback can ease fear and reactivity in traumatised patients. She will also share powerful elements of her own psychiatric story and recovery, and how neurofeedback and mindfulness helped. Sebern can talk about how neurofeedback can be used alongside DBT and other approaches, and why the therapeutic relationship remains critical to good outcomes.

Mirjana Ashkovic, Clinical Director of NSW Service for the Treatment and Rehabilitation of Torture and Trauma Survivors (STARTTS) integrates Neurofeedback into a bio-psycho-social model of care to enhance outcomes for refugees and asylum seekers affected by trauma. Mirjana will share 20 years of experience of the meta analysis of neurofeedback and research in trauma, and also the results of her own recent research.

Participants will gain insights into the impact of trauma and torture experiences on mental and physical health, the role of EEG assessment in informing Neurofeedback treatment, the value of integrating Neurofeedback into trauma care, and objective and subjective measures used to evaluate the effectiveness of Neurofeedback intervention. enables people to develop and strengthen healthier brainwave patterns and rewire the electrical functioning of the brain over time.

*Anyone who doesn't want to take part in the whole group workshop can sign up for other activities, or enjoy the space and peace of Trevor Hall and the surrounding grounds.

4:00 - 4:30 **Pause & Refresh**

4:30 - 5.30 **Optional Walking Meditation or free time**



Evening Programme

7:30 - 10:30 ***Pre Dinner talk Andrea Zwicknagl - the nun I never was... optional community be-in (you are welcome to bring songs, poems and stories to share)** Andrea is a peer support activist in Switzerland, and works internationally to further the development of human rights based and healing mental health services. Andrea works with the Open Dialogue in a Psychiatric Service in Interlaken and facilitates a hearing voices group in Bern. She does work around psychiatric drug withdrawal and engages in more diverse frameworks to mental illness and health. Once upon a time, Andrea wanted to become a Benedictine nun. But she says: "When God saw my true devotion, he changed plans and made me join his mad workforce in the world instead."

*If you have a non-residential ticket and do want to stay for the evening programme, or go and come back, then please make sure to let us know ask@compassionatementalhealth.co.uk or WhatsApp Brigid 07711051241 so we have the right numbers for catering...

Wednesday 27 June Programme

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

9:00 - 9:30 **Register for new arrivals**

Plenary Sessions

9:30 - 9:45 **Welcome** Benna Waites & Brigid Bowen

9:45 - 10:05 **Open Mind, Open Heart, Open Will** Martin Kalungu Banda

10:00 - 10:30 **Compassion Pods & Deep Listening** Benna Waites

10:30 - 11:00 **Making New Maps** - Keir Harding and Hollie Berrigan

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

11.30 - 1.30 **Experiential Workshops**

A **Creating therapeutic Communities** - Rex, Haigh, Neelam Khawani-Connett, Anando Chatterji

B **Transforming Relationships with Open Dialogue** - Chris Salway and Andrea Zwicknagl

C. **Introducing the Bottega Project** - John Whitehead

1:30 - 2:30 **Eat & Enjoy**

2:30 - 4.30

Whole Group Session: Co-Presencing with Martin Kalungu-Banda

Martin will guide us through a deep self-reflective process using practices from the Presencing Institute, including U-Journaling to sense some of the questions that have emerged from two days together. This practice will allow participants to access deeper levels of self-knowledge, use journaling as a reflective tool, and connect our self reflection and knowledge to concrete actions around the best possible future we want to create.

Martin and his colleagues at the Presencing Institute have led this process all around the world, helping groups with complex challenges to let go of patterns and habits that are no longer valuable.

How can we collectively imagine a future fit for mental health service?

This workshop will include some time outside.

If you don't want to participate, you can take time for yourself to sit and read, or enjoy the beautiful surroundings at Trevor Hall

4:30 5:00 **Pause & Refresh**

5:00- 6.00 **Optional Walking Meditation**

Evening Programme

7-8pm **PreDinner talk Reflections on Surrealism - Pat Bracken**

Pat Bracken has worked as a psychiatrist in rural Ireland, inner-city and multi-ethnic parts of the UK, and in Uganda, East Africa. He introduced Open Dialogue, along with Iseult Twamley, to West Cork, where it became the dominant mental health service approach. He wants to encourage critical thinking, and to challenge long held assumptions and is one of the co-founders of the critical psychiatry network. Pat says: *“While there can be little doubt that the surrealists were antagonistic to psychiatry I would like to argue that a great deal of their work is of potential interest to psychiatrists. The surrealist movement was opposed to any form of rationalism. It was opposed to anything which could possibly limit the imagination and this was the source of its conflict with psychiatry...”*

8-10.30 * **Dinner followed by music & optional community be-in (you are welcome to bring songs, poems and stories to share)**

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Thursday 23 March Programme

7:30 - 8.00 Optional deep relaxation session

8:00 - 9:00 Breakfast for people staying onsite If you are non-residential and want to come to the early morning session and stay for breakfast, email ask@compassionatementalhealth.co.uk to book in, with breakfast as the subject. Or come early, bring your own flask of tea and enjoy the beautiful woods and relaxing surroundings

9:00 - 9:30 Register / Meet & Greet

Plenary Sessions

9:30 - 9.40 **Welcome Brigid Bowen and Benna Waites**

9.40 - 12.00 (with a short break at 10.45)

Option A: Introducing the Homestead Network - take part in a reflective conversation about an exciting new project - Homestead - a pioneering network and ecosystem of truly therapeutic environments as an alternative to hospitals that can help people thrive and reclaim their futures after a serious mental health crisis. How can we fill the gaps in the current

treatment approach so people are supported and empowered to stay well and stay out of hospital, while accessing the help they need. We aim to ignite a new network of therapeutic places that are nourishing places of connection, purpose and belonging for all who stay or work in them ...we'll think together with friends from the Soteria Network, and others interested in developing future compassionate, non coercive models of care and connection. Come and be part of the conversation, and let's get serious about developing alternative models of care.

Option B: Get out in Nature – guided walk (TBC)

12:00 - 1:00 **Picnic Lunch Outside - saying goodbye, staying in touch**

(please let us know if you are staying for lunch so we can be accurate with our numbers)

Workshops

Transforming Relationships with Open Dialogue Chris Salway, Andrea Zwicknagl Tues 11.30 / Weds 11.30

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. Both Cathy and Chris have been involved with the roll-out of peer supported Open Dialogue in the NHS.

Creating Therapeutic Environments - Informing the Future - Rex Haigh, Neelam Khawani-Connett and Anando Chatterji Tues 11.30 / Weds 11.30

Meet with some of the key pioneers in the therapeutic community field, to explore how the values and practices found in the world of therapeutic communities can help shape and inform future models of compassionate care. Explore reflective practice, and group facilitation skills, and think together about the ingredients that can help people grow and thrive through relationship centred practice.

Introducing the Bottega Project - JohnWhitehead Tues 11.30 / Weds 11.30

Meet JohnWhitehead - artist, engineer, designer, maker, and true original - former circus owner and imagineer, dedicated to working with others to create a more ecological future, where everyone can thrive. John will be outside exploring what helps people foster a sense of belonging and community..and doing some making too.

Wellbeing team - Karen Taylor, Chris Salway, Benna Waites, Hollie Berrigan, Keir Harding

Chief Nourisher - Mary Shuldham