



CONFERENCE PROGRAMME

Spirituality and Recovery in Mental Health: Putting people at the heart of care

Wednesday 10 July 2019:

- 1.30 pm** Registration with tea and coffee in the Haughton dining room
- 2.30 pm** **Welcome: Prof Chris Insole**
Head of Department of Theology and Religion, University of Durham
- 2.45 pm** **Opening keynote presentation: Dr Jed Boardman**
'Person-centred care: implications for training in psychiatry.'
- The RCPsych curriculum for core trainees is currently undergoing review and revision. The Person-Centred Training and Curriculum Scoping Group, which fed into the revision, reported in 2018. This talk shares key findings from the report and offers suggestions on implementing person-centred care in postgraduate psychiatric training and assessment. The scoping group recommended that training and the curriculum should be explicitly person-centred. Among its other recommendations was that skills relating to person-centred practice should be assessed and the planning, development and delivery of local MRCPsych courses should be co-produced alongside people with lived experience of mental health conditions.
- 3.45 pm** **Choice of delegate presentations / workshops**
- 4.30 pm** Tea break: Bowes dining room
- 5.00 pm** Opportunity to sample one of a variety of spiritual activities
- 6.00 pm** Bar open
- 6.30 pm** Dinner (optional for residential delegates)

Thursday 11 July 2019:

9.30 am Welcome from Ruth Hill, Chief Operating Officer
Tees, Esk and Wear Valleys NHS Foundation Trust

9.40 am **Keynote presentation: Prof Chris Mayers**
'Exploring how person-centred care can meet spiritual needs and thereby enhance well-being and health – using an 'occupation' perspective.'

A definition of spirituality will be given to set the scene as we all define spirituality in different ways. The significance of person-centred practice will then be demonstrated, illustrated by examples from practice ... showing how such practice enhances spiritual needs, well being and health.

10.40 am Stories from Experts by Experience

11.10 am Coffee: served in the Leech Hall

11.30 am **Keynote presentation: Prof Wilf McSherry**
'Back to the fundamentals: Reintegrating dignity and spirituality within person-centred care.'

Over several decades, healthcare has witnessed the introduction of several straplines prefacing the word 'care' for example holistic care, individualised care, spiritual care, dignity in care, person-centred care and more recently compassionate care. The common denominator, identifiable within all these terms is that they seek to combat the prevailing medical and scientific model of care that has infiltrated and fragmented care. More recently these straplines seem to be a response to the Media's constant accusations especially in the United Kingdom (UK) that nurses specifically, but healthcare professionals generally appear to lack compassion and care. These straplines seem to offer a more altruistic and humanistic view of individuals highlighting the more subjective, sensitive and arguably contentious elements of nursing such as spirituality and dignity.

Therefore, this presentation will explore the relationship between spirituality and dignity demonstrating how the symbiotic nature of these concepts is fundamental and central in the provision of person-centred care and ultimately the delivery of high-quality compassionate healthcare.

In order to illustrate the importance of these concepts I draw upon a professional narrative (what could be termed a critical incident) that ignited my interest in the area of spirituality and more recently dignity in care. This professional narrative provides a foundation and context illustrating how these two interrelated and interdependent concepts are central to the delivery of nursing and healthcare and fundamentally to conserving and preserving the dignity of the person.

Finally, a relational model of healthcare is presented demonstrating the centrality and significance of spirituality and dignity in the delivery of compassionate and dignified care affirming how these concepts influence

individual and organisational values and cultures and ultimately the quality of care.

- 12.30 pm** Story from Expert by Experience
- 12.45 pm** Lunch: served in the Haughton dining room
- 1.45 pm** **Keynote presentation: Miles Rinaldi**
Head of Recovery and Social Inclusion, South West London and St George's Mental Health NHS Trust
- 2.45 pm** Story from Expert by Experience
- 3.00 pm** Tea break: served in the Bowes dining room
- 3.30 pm** **Keynote Presentation: Prof Chris Cook**
'Hearing Voices, Demonic and Divine.'
- The hearing of voices (auditory verbal hallucinations) has often been associated with major mental illness, but has also been a feature of spiritual and religious experience. Biblical figures, such as Moses and Jesus, apparently heard heavenly voices, as did Martin Luther King and Teresa of Calcutta. Research shows that voice hearing is not infrequently experienced by people who do not have a psychiatric diagnosis and who are not in need of help from mental health services. For at least some of these people, voices are understood in spiritual or religious terms. Is it possible, or helpful, to distinguish between religious voices that form part of a mental disorder and those that are spiritually significant? How should chaplains or mental health professionals respond to those who report that they have heard the voice of God? Some possible pastoral and clinical responses will be explored.
- 4.30 pm** Panel Q&A session
- 5.00 p.m.** Close
- 6.00 pm** Bar open
- 6.30 pm** Conference Dinner (optional)
After dinner speaker: Rev'd David Grieve, poet.

Friday 12 July 2017:

- 9.30 am** **Keynote Presentation: Northdale Social Work team. *Meeting the Spiritual needs of people with autism in Forensic Services.***

Autism and spirituality are not often paired together. The mysticism associated with the two ideas is perhaps exemplified by diagnostic criteria which focuses on what is lacking (compared to neurotypical people). This 'Otherness' may also be compounded by service-users in TEWV who are detained for the purposes of treatment on our forensic wards. On Northdale,

the team have been supporting service-users to explore experiences of their inner worlds and consider them in terms of spirituality. This presentation reflects some of the journey they took.

10.30 am Coffee: Served in the Bowes Dining Room

11.00 am **Choice of delegate presentations / workshops**

11.45 a.m. **Keynote Speaker: Julia Head. *'Spirituality and Recovery: Exploring the connection for person-centred care'***

It is well documented that the concept of spirituality is of significant importance to many people who find themselves receiving mental health treatment and care, and who find themselves on this particular journey in life. This conference offers a welcome opportunity to explore further some of the threads of connection between spirituality and recovery, and how increased understanding of the relationship can enhance person-centred approaches.

12.45 pm Final comments and evaluations

1.00 pm Lunch (Served in the Haughton Dining Room) and Depart

SPEAKERS:

Dr Jed Boardman:



Dr Jed Boardman PhD FRCPsych is a Senior Policy Adviser at the Centre for Mental Health and Senior Lecturer in Social Psychiatry at the Institute of Psychiatry. Throughout his career, he has worked mainly in social and community psychiatry and was Consultant Psychiatrist at South London and Maudsley Trust until 2016.

He is the lead for Social Inclusion at the Royal College of Psychiatrists where he advises on employment, poverty, welfare reform, personalisation and recovery. He co-chaired the RCPsych Person-Centred Training and Curriculum (PCTC) Scoping Group with Dr Subodh Dave and was an author of their 2018 report on person-centred care and training*.

He led the Recovery projects at the Centre for Mental Health and, with other colleagues, set up the ImROC (Implementing Recovery through Organisational Change) project. His research interests include the Epidemiology of Mental Disorders, Psychological Disorders in General Practice, Evaluation of Psychiatric Services, Recovery and Employment. His main international work has been in Uganda, where he has worked with local colleagues to promote knowledge, research and service improvements.

*RCPsych's Person-Centred Training and Curriculum Scoping Group. Person-centred care: implications for training in psychiatry. College Report CR215. Royal College of Psychiatrists, 2018.

Prof Chris Cook:



Christopher C.H. Cook is Professor of Spirituality, Theology & Health, and Director of the Centre for Spirituality, Theology & Health, at Durham University. He is a Fellow of the Royal College of Psychiatrists, with research doctorates in medicine and theology. Ordained priest in 2001, he is an Honorary Minor Canon of Durham Cathedral, and Honorary Chaplain for Tees, Esk & Wear Valleys NHS Foundation Trust. His books include *Hearing Voices, Demonic and Divine* (2018), *Spirituality, Theology and Mental Health* (2013) and *Spirituality and Narrative in Psychiatric Practice: Stories of Mind and Soul*, (edited with Powell & Sims, 2016).

Julia Head:



Before retiring in Summer 2017, Julia worked for many years as a Specialist Mental Health Chaplain, researcher and educator in the Spiritual and Pastoral Care Service, South London and Maudsley NHS Foundation Trust. Her work has focussed on researching the interface of religion, spirituality and mental health and on promoting religious and theological principles across the spectrum of mental health care. Julia is a Transpersonal Therapist, now working in private practice. She has written a number of papers and book chapters focussing on the spirituality/religion and mental health interface.

Prof Wilf McSherry:



Wilf is Professor in Nursing in a joint appointment between Department of Nursing, School of Health and Social Care, Staffordshire University and the University Hospitals of North Midlands NHS Trust and part-time Professor at VID University College, Bergen, Norway. Wilf has had a career in nursing working as a Registered Nurse primarily within Acute Hospital Care. His interest in the spiritual dimension developed alongside a realisation that this aspect of care was neglected and forgotten by

some healthcare professionals. He has published several books and many articles addressing different aspects of the spiritual dimension. Wilf lead on a piece of work for the Royal College of Nursing exploring members perceptions of spirituality.

Wilf is a founding and executive member of the British Association for The Study of Spirituality (BASS) (<http://www.bassspirituality.org.uk/about-us/>) and a Principal Fellow of The Higher Education Academy. In 2012 he was made a Fellow of the Royal College of Nursing for his unique contribution to nursing in the areas of spirituality and dignity. Wilf is jointly leading a European project titled Enhancing Nurses Competence in Providing Spiritual Care through Innovation Education and Compassionate Care (EPICC) website: <http://blogs.staffs.ac.uk/epicc/>

Prof. Chris Mayers:



Chris has been involved in occupational therapy practice, education and research in London, Dublin, York. She joined the staff at York St John University in 1984 and on retirement in 2010, became an Emeritus Professor at the university. Her research activity has always been occupational therapy practice orientated with the theme of person-centred practice being central to this. The Mayers' Lifestyle Questionnaires (1), (2) and (3) are used throughout Europe, having been translated into several different languages. These 'tools' enable clients to identify their quality of life priorities at the beginning of occupational therapy intervention. Chris has helped develop a working definition of spirituality which is used by healthcare practitioners to meet the spiritual needs of users in relation to meaningful occupation and well-being. For the past 8 years, Chris has been a volunteer on the chaplaincy team at York Hospital and she heads up the pastoral team at York Baptist Church.

Miles Rinaldi:



Miles is the Head of Recovery and Social Inclusion at South West London & St George's Mental Health NHS Trust. Since working within mental health he has established employment services to help people with mental health problems gain and retain employment which have been recognized as models of good practice. More recently he has been working to implement recovery focused practice across the Trust. In a previous role Miles co-ordinated and evaluated a self-management training programme for people with bipolar disorder across London.

Miles has worked on mental health policy in the Department of Health, the Cabinet Office and the Department for Work and Pensions. Miles has worked in various mental health settings within the voluntary sector, a local authority and the NHS. He has also worked as a volunteer on a national mental health telephone helpline and as a co-ordinator for the welfare unit at the Glastonbury Music Festival.