

**Living in Hope**  
**Spirituality and Practice in Mental Health Care**  
**Thursday October 13<sup>th</sup>**  
**Eden Building – Liverpool Hope University**

- 9.00am – 9.30am Registration & Refreshments
- 9.30am – 9.45am **Opening of the Conference** - *Alan Yates, Mersey Care's Chief Executive*  
**Chair** – *Michael Crilly, Mersey Care's Head of Spiritual & Pastoral Care*
- 9.45am – 10.45am **Footprints in the sand: the importance of Spirituality and the lessons of the last decade**  
*(Professor Peter Gilbert, Emeritus Professor of Spirituality & Social Care, University of Staffordshire & Project Lead for the National Spirituality & Mental Health Forum)*  
What is the place of spirituality in psychiatry? Why do we need spirituality in mental health services? How does spirituality relate to the Recovery Approach?
- 10.45am – 11.00am Refreshments
- 11.00am – 12.00pm **Spirituality & Mental Health – The Evidence Base**  
*(Professor Chris Cook, Consultant Psychiatrist Tees, Esk & Wear NHS Trust; Professor of Theology, University of Durham; Chair of the Executive Committee of the Special Interest Group in Spirituality & Psychiatry at the Royal College of Psychiatrists)*  
What is the evidence base in support of spiritually aware care in mental health services and how can this be translated into practice? How can creative approaches to spirituality aid good mental health and well-being?
- 12.00pm – 1.00pm **The Mersey Care Spirit – Caring for the Whole of You** (presented by Beatrice Fraenkel, Mersey Care's Chairman)  
4 short presentations from Mersey Care Staff, Service Users and Creative Partners demonstrating the impact of spiritual care on Recovery. Presentations will highlight creative approaches to mental health and wellbeing and tease out understanding of spirituality in a broader context. They will also offer service users the chance to explain how spiritually aware care has enhanced their own experience of mental health services.
- 1.00pm – 2.00pm Lunch  
*plus opportunity to visit the Mersey Care Hope Exhibition showing the work produced by an Art and Spirituality Project facilitated by Mersey Care Chaplains, Occupational Therapists and Creative Arts Partners.*  
*A Market place will be available to disseminate information about spirituality, mental health and creative approaches to wellbeing.*

2.00pm – 4.00pm

### **Parallel Workshops**

An opportunity to attend two of the following four workshops:

1. Mindfulness in Mental Health  
*(Rev Robert Fielding – Chaplain, Mersey Care  
The session will introduce participants to the processes of Mindfulness and the evidence base regarding it's impact on mental health and wellbeing).*
2. Spirituality and Recovery  
*(Professor Peter Gilbert & Michael Crilly  
A review of the different methods of spiritual needs assessments and consideration both practically and ethically as to how these can be used as part of care planning and treatment).*
3. Psychosis and Religious Experience  
*(Dr Dawid Crook – Clinical Forensic Psychologist, Mersey Care  
An exploration of how psychosis and delusion relate to religious experience. Is religion part of the problem or part of the solution? Can spiritual care professionals support and enhance clinical care and patient progress?)*
4. Spirituality, Suicide & Self-Harm  
*(Dr Kathryn Naylor – Associate Specialist in Forensic Psychiatry, Mersey Care  
A consideration of contributing factors to suicidal and self injurious tendencies highlighting how spiritual and religious factors can inspire hope and aid in preventing suicide and self-harm).*

4.00pm – 4.30pm

Plenary & Questions – feedback from workshops and an opportunity to question all speakers and workshop leaders.

4.30pm

**Closing of the Conference** – *Christine Hughes, Mersey Care's Director of Communications & Corporate Affairs, and Director with lead responsibility for Spiritual & Pastoral Care*