

Training Bulletin 44 - Extra

Skills for Pastoral Supervision & Reflective Practice

Monday 12 September (noon) – Wednesday 14 September 2011 (2.00pm)

Gillis Centre, 100 Strathearn Road, Edinburgh EH9 1BB

Fee: £300 (excluding accommodation)

Led by Michael Paterson, co-author 'Pastoral Supervision: A Handbook', SCM, 2010

This practical course is designed for people of faith who want to reflect deeper on their own work and ministry and enhance competence and confidence in supervising others or in facilitating reflective practice.

The course aims for each participant to

- experience group supervision and reflection which is rooted in prayer and scripture
- practise key skills in supervising/reflecting with individuals and groups
- develop their own style of supervising/facilitating

Course content

- identifying the vision underpinning our work and ministry
- listening to God through prayer and Scripture, head and heart
- creative approaches to eliciting the stories people bring from their work
- techniques for encouraging reflective practice
- bring 'theological reflection' alive
- unconscious processes at work in supervision and in ministry
- common issues raised in supervision and reflection (change, conflict, interpersonal tensions etc).

For further details:

Michael Paterson

Email: michael@michaelpaterson.org.uk

Older People and Personality Disorder

Wednesday 21 September 2011 (12.30pm – 4.15pm)

Village Hotel Leeds North

Fee: £95 (includes all learning materials, lunch and refreshments)

Presented by: Dr Deborah Morris, Principal Clinical Psychologist and Dr Emily Fox, Consultant Clinical Psychologist and Professional Lead for Women's Services, St Andrews Healthcare.

The assessment and treatment needs of older people with personality disorder are poorly understood and older adults are often overlooked in key policy considerations. This seminar will outline the main issues relating to working with older people with personality disorders.

This seminar is suitable for healthcare professionals working in older people's mental health including psychiatrists, psychologists, mental health nurses and occupational therapists.

For further details:

Dr Louise Gardham, Marketing Officer

Andrew Sims Centre

Tel: 0113 305 5638

Email: lousegardham@nhs.net

Living in Hope

Spirituality and Practice in Mental Health Care

Thursday 13 October 2011

Eden Building, Liverpool Hope University

Fee: £85

This national conference is a must for all working in the mental health field including all clinical and social care staff; service user and carer representatives; chaplaincy, church and faith groups as well as workers in the voluntary sector.

Key speakers:

Professor Peter Gilbert, Emeritus Professor of Spirituality & Social Care, University of Staffordshire and Project Lead for the National Spirituality & Mental Health Forum; and Professor Chris Cook, Consultant Psychiatrist at Tees, Esk & Wear NHS Trust and Professorial Research Fellow, University of Durham.

For further details:

Michael Crilly, Head of Spiritual and Pastoral Care

Mersey Care NHS Trust

Tel: 0151 471 2608

Website: www.merseycare.nhs.uk/livinginhope

Training Bulletin 44 - Extra

Working with People who Self-Harm

Tuesday 1 November 2011 (9.30am – 4.30pm)

The Met Hotel, Leeds

Fee: £220 (includes all learning materials, lunch and refreshments)

Presented by: Annette Morris, Accredited EMDR Consultant, BACP Accredited Psychotherapist and Senior Counsellor/Psychotherapist, South West Yorkshire Partnership NHS Foundation Trust.

Many people harm themselves in some way, by smoking, over-eating or over-working, but some people harm and injure themselves in a more direct form which can be severe enough to be permanently disfiguring. Many who self-harm do so as a way of surviving and coping with unbearable emotions. The aim of this one-day workshop is to promote better understanding of self-harming behaviours, the underlying meaning and function, and to share ways of working with people who harm themselves.

This is an intermediate level course suitable for psychotherapists, counsellors, nurses, psychologists, support staff and anyone whose role brings them into contact with people who use self harming as a means of coping.

For further details:

Dr Louise Gardham, Marketing Officer

Andrew Sims Centre

Tel: 0113 305 5638

Email: louisegardham@nhs.net

Website: www.andrewsimscentre.nhs.uk

Doctors, Clergy and the Troubled Soul: Two Professions, One Vocation?

A conference open to doctors and clergy

Held Jointly by The Guild of Health and The Spirituality and Psychiatry Special Interest Group of The Royal College of Psychiatrists in Association with The Royal Society of Medicine

2 November 2011 (9.00am – 5.00pm)

St. Marylebone Parish Church, London NW1 5LT

Fee: £50 (for clergy)

Many doctors and clergy of all faiths are originally drawn to their work by a lively sense of vocation. But how do our high expectations stand the test of time? In this conference we will explore the meaning of vocation for both professions, and the impact of the realities of professional life, not least when we find ourselves trying to help those for whom cure is no longer a possibility. Through the inter-disciplinary nature of the day and the thoughtful exchange of experiences, the aim will be to help members of both professions see their own roles more clearly, as well as to facilitate collaborative working.

The Programme Organisers and Co-Chairs are the Revd Chris MacKenna, Clinical Director, The Guild of Health and Director, St. Marylebone Healing and Counselling Centre; and Dr Andrew Powell, Founding Chair, Royal College of Psychiatrists' Spirituality and Psychiatry Special Interest Group.

The speakers include: Dr Mariette Grant, General Practitioner; Revd. Richard Coles, Parish Priest and Broadcaster; Rabbi Jonathan Wittenberg, New North London Synagogue; Dr Sarah Eagger, Consultant in Old Age Psychiatry, Imperial College London; Dr Nick Read, Consultant Gastroenterologist and Psychoanalytic Psychotherapist; Sister Frances Dominica, Order of All Saints Sisters of the Poor, Nurse and Palliative Care Specialist; Ms Julia Head, Bishop John Robinson Fellow in Pastoral Theology and Mental Health, South London and Maudsley NHS Foundation Trust; and Revd. Dr Nigel Copsey, Health Service Chaplain, Spiritual Care Co-ordinator and Team Leader, East London and the City Mental Health NHS Trust.

For further details:

Ms Sue Duncan

Royal College of Psychiatrists

Tel: 0207 235 2351

Working with Adults who were Sexually Abused as Children

Thursday 24 and Friday 25 November 2011 (9.30am – 4.30pm)

The Met Hotel, Leeds

Fee: £335 (£220 for one-day only)

Presented by: Annette Morris, Accredited EMDR Consultant, BACP Accredited Psychotherapist and Senior Counsellor/Psychotherapist, South West Yorkshire Partnership NHS Foundation Trust.

A high proportion of women and men attending adult mental health services have been sexually abused in childhood. Sexual abuse is often not recognised, leading to multiple diagnoses and treatment of presenting symptoms without resolving the underlying distress. With so many people attending the mental health

Training Bulletin 44 - Extra

services with a history of sexual abuse it is important to be able to recognise the possibility of early abuse, to facilitate disclosures and to find the most appropriate treatment approach. This two-day workshop is designed to increase knowledge of child sexual abuse and its effects; and to increase skills in managing and working in a psychological way with adults who have been abused as children.

Day 1 introduces child sexual abuse and its prevalence in the community and in the mental health population. The focus is on increasing understanding of the symptoms, long-term effects and coping strategies resulting from abuse; together with a model that helps us understand how to manage the problems. Appropriate responses to disclosures of child abuse are crucial to the well-being of a survivor and part of the day will be dedicated to exploring the best ways to handle disclosures.

Day 2 will be very practical and will focus first on ways of stabilising clients and then on therapeutic techniques and ways of managing the problems resulting from abuse e.g. post traumatic stress disorder, stigmatisation (guilt, shame and low self-esteem); betrayal (relationship issues); powerlessness (anxiety, control issues, eating problems) and sexual problems. Treatment approaches and exercises to use with clients will be demonstrated.

After you have attended this course you will:

- be more able to recognise survivors of sexual abuse who present with other symptoms/problems
- understand the relationship between the childhood abuse and the survivors' symptoms and coping strategies
- be more confident at handling disclosures of abuse
- have a model for therapy
- have practical exercises and therapy skills to use with survivors

Day 1 is suitable for all healthcare professionals working with clients who have suffered from childhood sexual abuse, or who have an interest in this subject area. Day 2 follows on from day 1 and is designed for psychotherapists, counsellors or mental health workers who work with survivors directly on the problems resulting from abuse. It is possible to attend Day 1 only or, if you have already attended a training session with Annette, you can attend Day 2 only.

For further details

Dr Louise Gardham, Marketing Officer

Andrew Sims Centre

Tel: 0113 305 5638

Email: louisegardham@nhs.net

Website: www.andrewsimscentre.nhs.uk

Induction Programme for Healthcare Chaplains

Monday 16 – Friday 20 January 2012

St Michael's College, Llandaff, Cardiff

Fee: £685

This innovative, exciting and unique programme for chaplains new to the NHS:

- Focuses on how healthcare chaplains can develop best practice
- Builds on previous learning and develops new skills and understanding
- Enables chaplains to plan further personal and professional development
- Is delivered by experienced chaplains and educators working in partnership
- Is responsive to the particular training needs of new chaplains
- Equips chaplains of all faiths to work in a multi-faith context
- Is accredited by Cardiff University
- Is excellent value for money

The five-day residential programme provides space and time for formal and informal interaction amongst participants and tutors, individual and group reflection. It also provides learning support which is responsive to participants' individual needs and aspirations.

This course is intended for any Chaplain with a year or less of experience in post. Chaplains (and Chaplains' Assistants) newly appointed to the NHS are eligible to attend, lay and ordained, whole or part-time. It is open to Chaplains and Spiritual Care-Givers of all denominations and faiths. Arrangements for worship and dietary needs will be tailored to delegates' requirements

For further details:

Mary Ingledeu, Hospital/Healthcare Chaplaincy

Tel: 020 7898 1895

Email: mary.ingledew@churchofengland.org