

Dear Member,

Welcome to this latest edition of the Spirituality and Psychiatry Newsletter, No. 26, December 2008. In this issue we have three papers given at the last SIG meeting on the 14<sup>th</sup> November on 'Mindfulness, Meditation and Mental Health', held at 15 Belgrave Square. Our thanks go to Dr. Chris Mace, Elizabeth Wilde McCormick and Dr. Jean-Marc Mantel for generously making their texts available to us.

This meeting was again over-subscribed, although the auditorium at No. 15 holds 120. There were very interesting and engaging presentations, with much lively discussion - just the kind of atmosphere we like to have - and the larger venue in no way inhibited people from sharing their ideas.

Our next SIG programme will be on April 3<sup>rd</sup> 2009, again at the Society of Chemical Industry, 15 Belgrave Square, on '**Consciousness and the Extended Mind**'. Further details can be found in this Newsletter and in the December issue of News and Notes to SIG members. All three speakers are leaders in the field and we are expecting a full house, so members of the SIG are advised to make use of the priority booking available through News and Notes to ensure being able to attend this fascinating programme.

The current Chair of the SIG, Dr. Sarah Eagger contributes to this Newsletter with a rounding up of our activities over the year – her last report before she steps down at next year's College Annual Meeting. Sarah has been a wonderful colleague to work with, and few know just how hard she has been working behind the scenes. Sarah will, incidentally be leading a workshop on 'Assessing Patients' Spiritual Needs' at the Psychotherapy Faculty Annual Conference 23<sup>rd</sup>/24<sup>th</sup> April at Imperial College, London.

The SIG programme at the 2009 College Annual Meeting in Liverpool has been finalised. Sarah Eagger and Paramabandhu Groves will be repeating the ever-popular workshop on 'Keeping body and mind together: meditation made simple' and presentations will be given by Professor Chris Cook and Dr. Simon Dein on the theme: 'Where Paths Meet: Psychiatrists in a multi-faith society'.

We are very interested also to see that at the College Annual Meeting, the Psychotherapy Faculty is including the topic of spirituality, where I have been kindly asked to contribute with a talk on 'Exploring Spiritual Reality in Psychotherapy'.

As always, please let me have any articles you have written that you would like to offer for publication on our Website, in Word, to [sduncan@rcpsych.ac.uk](mailto:sduncan@rcpsych.ac.uk) and headed 'for the attention of Dr. Andrew Powell'.

With best wishes,  
Andrew Powell