

## Spirituality Special Interest Group

### Annual Conference

#### Suffering and spirituality: Implications for mental health

**Date:** Friday 20 March 2026

**Venue:** RCPsych, 21 Prescot Street, London E1 8BB (in-person only)

Time	Session
9.00am	<b>Registration and refreshments</b>
9.45am	<p><b>Welcome and introductions</b> Dr Lucy Grimwade, Chair, SPSIG</p> <p><b>Introduction to the conference</b> Professor Chris Cook, Vice-Chair, SPSIG, Spirituality, Theology and Health at the Institute for Medical Humanities, Durham University</p>
10.00am	<p><b>Andrew Sims Memorial Lecture</b> Professor John Swinton, Professor in Practical Theology and Pastoral Care and Chair in Divinity and Religious Studies at the University of Aberdeen Chair: Professor Chris Cook</p>
11.00am	Morning refreshments
11.20am	<p><b>Personal account</b> Dr Rebecca Lawrence, writer and psychiatrist, NHS Lothian</p>
11.50am	<p><b>Valuing our vulnerability</b> Dr Glenn Roberts</p>
12.20pm	Lunch

RCPsych is an inclusive organisation with over 22,000 members who have a diverse range of views, which we look to represent across the programme. To further open dialogue, scientific discovery and enrich learning, we provide our members with the opportunity to hear from a range of professionals. The speakers, panellists and participants views and comments are their own and not the established views of the College.

1.20pm	<b>Multi-faith panel discussion and Q and A</b> <ul style="list-style-type: none"><li>• Kartar Singh Bring, Mental health chaplain</li><li>• Dr Shah Tarfarosh, Consultant Psychiatrist</li><li>• Nigel Wellings, Independent Psychoanalytic Psychotherapist</li></ul> Chair: Dr Timothy Dixon, Chaplain
2.15pm	<b>Small groups – breakout rooms</b>
3.00pm	Afternoon refreshments
3.30pm	<b>Speakers panel Q and A</b> Chair: Dr Jonathan Buckley, Consultant General Adult Psychiatrist
4.00pm	<b>Closing remarks</b> Professor Chris Cook <b>Poster and essay prize presentation</b> Dr Lucy Grimwade, SPSIG Chair
4.15pm	<b>Close of conference</b>