

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	Registration and refreshments
9.45am	Welcome and introductions Dr Lucy Grimwade, Chair, SPSIG Introduction to the conference Professor Chris Cook, Vice-Chair
10.00am	Andrew Sims Memorial Lecture Professor John Swinton Chair: Professor Chris Cook
11.00am	Morning refreshments
11.20am	Personal account Dr Rebecca Lawrence
11.50am	Valuing our vulnerability Dr Glenn Roberts
12.20pm	Lunch
1.20pm	Multi-faith panel discussion and Q and A Kartar Singh Bring, Mental health chaplain, Dr Shah Tarfarosh, Consultant Psychiatrist and Nigel Wellings, Psychotherapist Chair: Dr Timothy Dixon, Chaplain

2.15pm	Small groups – breakout rooms
3.00pm	Afternoon refreshments
3.30pm	Speakers panel Q and A Chair: Dr Jonathan Buckley
4.00pm	Closing remarks Professor Chris Cook Poster and essay prize presentation Dr Lucy Grimwade, SPSIG Chair
4.15pm	Close of conference