

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

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.

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