

The Medicalisation of Sadness as Depression

The Transformation of Spiritual Distress into Mental Disorder

5 April 2019

Royal College of Psychiatrists, London



09:30 – 09:55	Registration and refreshments
10:00 – 10:05	Welcome and Introductory Comments Dr Ali Gray <i>Chair of SPSIG</i>
Morning Session Chair: Dr Gloria Dura-Vila	
10:05 – 10:50	The Medicalization of Grief: The Transformation of Spiritual Distress into Mental Disorder Professor Allan Horwitz - introduced by Dr Gloria Dura-Vila
10:50 – 11:00	Questions
11:00 – 11:20	The Dark Night of the Soul. Transcending the Medicalisation of Sadness Dr Gloria Dura-Vila – introduced by Dr Nick Hallett
11:20 – 11:25	Questions
11:25 – 11:45	Refreshments
11:50– 12:30	21st century epidemic or moral panic? - Social, psychological and spiritual dimensions of loneliness Professor Gerard Leavey - introduced by Dr Gloria Dura-Vila
12:30 – 12:40	Questions
12:40 – 13:25	Lunch
Afternoon Session Chair: Dr Nick Hallett	
13:30 – 13:55	Judaism and Depression Professor Simon Dein – introduced by Dr Nick Hallett
13:55 – 14:00	Questions
Choice of 3 Concurrent Workshops	
14:05 – 15:00	Workshop 1 – Vedic psychology: the spectrum of distress Dr Chetna Kang
	Workshop 2 – Expressing and managing sadness in Muslim communities Dr Hashim Reza

	Workshop 3 - How does What's Normal? Psychiatry's Unanswered Question Professor Allan Horwitz
15:00 – 15:25	Refreshments
15:30 – 16:15	Plenary discussion with speakers: How might what we have learned during the day can be translated into our clinical practice? Chair: Dr Nick Hallett
16:15 – 16:30	Closing remarks Dr Ali Gray, Chair SPSIG