

**Friday 4th December 2020 and
11th December 2020
Venue: Online.**

Programme Organisers: Dr Alison Gray

‘Spirituality and Mental Health: What does the NHS Provide?’

Members of the college and interested professionals are invited to attend a discussion and mapping exercise to see what research and development activity is occurring around the theme of Spirituality in today’s NHS and other health service providers.

Does your hospital/trust/board have a chaplain? Is there a group which leads on spirituality? Do they have a spirituality policy? If so, are any of the staff aware of this?

Experts in the field will present their projects and all attending are invited to apply to be selected to present their relevant research, or the current activity of their health provider.

09.30 Welcome and Notices: Dr Alison Gray, Chair SPSIG

Assessment, measurement and talking about Spirituality.

The Revd. Dr Neil Cockling, The “Belief in Recovery” project.

The Revd. Philip Evans, Dr Paul Wallang, Measuring outcomes of spirituality and faith in mental health.

Jo Barber, Measuring mental health in the clinical setting: what is important to service users?

10.30 Break

11.00 Dr Lucy Grimwade, Spirituality Assessment in Clinical Child & Adolescent Mental Health Services.

Dr. Abdul Mujeeb Mohammed, Staff views on Spirituality and Mental Health

Dr Martin Wells, Teaching Mindfulness to Medical Students.

15 mins discussion

12.00 Small Groups: How to talk about spirituality and mental health with patients and colleagues?

12.45 Close of meeting.

Day 2

10.00 Welcome and Notices: Dr Alison Gray, Chair SPSIG

Approaches to care at the interface of Spirituality and Mental Illness.

Dr Nick Stafford, Understanding Mental Illness, Inspiring care, for faith community leaders of all religions.

Merve Cetinkaya & Rumeysa Gurbuz, Sufism, well-being and mental health, and Sufi music therapy.

Dr Robert Gordon, Loneliness within the inpatient setting: a potential spiritual target to reduce suicidal risk.

11.00 Break

11.15 Dr Chetna Kang, Planning & developing services which include a spiritual approach.

Small Groups: Carving the future of spirituality in MH services: Planning and developing services

12.00 Break offline

12.15 Plenary and Panel responding to questions

13.00 Close of Meeting

Questions collected via chat throughout.
