



From Breakdown to Breakthrough

Promoting understanding and support
for those going through
profound personal transformation



SCN National UK conference

Evolving a New Paradigm: The Spirituality and Mental Health Breakthrough

10am – 5pm, 12th June 2015

Mundesley Hospital, Gimmingham, North Norfolk, UK

9.30 -10am Registration and coffee

10.00am – Welcome to Mundesley and the day – Mark Wentworth

10.10am – Isabel Clarke; An overview of spiritual crisis and the UK
SCN

10.55am – Break 15 mins

11.10am – Dr Emma Bragdon; Spiritual Experiences and Spiritual Crises: An Integrative Model for Diagnosis and Treatment

12.30 – Dr Charlie Heriot- Maitland; The scientific case for *social safeness* in relating to anomalous experiences

1.15pm – Lunch

2pm – Dr Russell Razzaque; How Peer- Supported Open Dialogue can support those going through spiritual crisis.

2.45pm – Group discussion and feedback: How would we like staff to support those in SC?

3.15 – Dr Mick Collins; Spiritual Crisis and the co- creation of an improved future.

4.00pm – Katie Mottram; An introduction to The New Paradigm Alliance and the Global SEN

4.30pm – Catherine G Lucas; Crisis as a Catalyst

5.00pm – Close

Presenter Biographies and talk synopses

Dr Emma Bragdon PHD



Emma Bragdon received her PhD in Transpersonal Psychology after completing a dissertation that included a "Sourcebook for Helping People in Spiritual Emergency", and coordinating two conferences on this topic in 1985. She has been at the forefront of defining the territory of spiritual crises and forwarding principles for best care for those going through such challenging periods. She has recently updated editions of her two books on spiritual crises: "A Sourcebook for Helping People with Spiritual Problems" and "The Call of Spiritual Emergency" along with a new book: "Resources for Extraordinary Healing: Schizophrenia, Bipolar and Other Serious Mental Illnesses". She has documented specific practices of healing used in Brazil in three other books and two films.

Brief interviews of her on that topic can be viewed at crazywisefilm.com/blog.

Dr Bragdon is based in the USA and now teaches worldwide via online webinars and live workshops. She is facilitating a 2-day workshop at Mundesley Hospital June 13 & 14, 2015 on "Effective Help for Someone in Spiritual Emergency" Book here:

<https://eventbrite.co.uk/event/16203751858>

www.IMHU.org, www.EmmaBragdon.com.

Emma's talk; Spiritual Experiences and Spiritual Crises: An Integrative Model for Diagnosis and Treatment

With diagnosis and treatment of all emotional disturbances it is wise to use a holistic model, including the body, mind, emotions, psycho-social stressors, and spirituality. Spirituality may involve spiritual experiences of various kinds including psychic experiences and enhanced intuition. Without adequate information and training the positive gifts that come with sensitivities of this kind can turn into real problems, including what appear to be psychotic episodes or manic

behaviours. Practices from a Brazilian spiritual group that support spiritual evolution (without drugs) can help.

Catherine G Lucas



Catherine G Lucas is author of *In Case of Spiritual Emergency* (Findhorn Press) and *Coping with a Mental Health Crisis: Seven Steps to Healing* (Sheldon Press) due out autumn 2015. She is the Founder of the SCN and a mindfulness trainer, having worked with soldiers returning from Iraq and Afghanistan as well as training NHS therapists.

Her website is www.catherine-g-lucas.com where you can find audios and videos, including interviews such as for Waking Universe which was aired on TimesWarner TV, USA.

Catherine's talk: Crisis as Catalyst

I'll be exploring the theme of Crisis as Catalyst on three significant levels, drawing on some of the early history of the SCN as well as material from my new book due out later this year. From the personal, where crisis holds the potential for healing and growth, to the mental health sector where exciting new developments are being born out of a field in crisis, to implications for the global level, where crisis is also the driver for evolution.

**DR RUSSELL RAZZAQUE MB.BS., MRCPsych., Dip.Couns. Medical Director,
North East London Foundation Trust**



Dr Russell Razzaque is a London based psychiatrist with twenty years experience in adult mental health. He has worked for a number of major national and international institutions during his career including the University of Cambridge, the UK Home Office and Ministry of Justice, and he currently works as a consultant psychiatrist and associate medical director in the NHS in east London. He is also a published author in human psychology and has written columns for several publications including *The Independent*, *The Guardian* and *Psychology Today*.

Russell's special interests and particular fields of research are mindfulness, Open Dialogue and the connection between spirituality, consciousness and mental health. He has also written a popular book that brings these themes together entitled, 'Breaking Down is Waking Up', and he is currently involved with several projects to facilitate and promote learning and research in each of these areas. He will be talking about one of his projects, Peer- Supported Open- Dialogue, and how it can help to support patients going through spiritual crises differently to current conventional services.

Follow his work here: <http://russellrazzaque.com>
www.nelft.nhs.uk/services/mental_health/Open_dialogue

Isabel Clarke



Isabel Clarke is a Consultant Clinical Psychologist. Having trained in mid life in 1989-1991, and then spent 12 years in the department of Psychiatry, Southampton, in a post split between psychiatric rehabilitation and outpatient psychological therapy. During this period she developed her approach to psychosis, published in her edited book on 'Psychosis and Spirituality' (2001 - latest edition, 2010), 'Madness, Mystery and the Survival of God' (2008) and leading to conferences, an internet presence and contributing to the foundation of the Spiritual Crisis Network in the UK in 2005, of which she is Secretary. In 2004, she moved to the acute and inpatient sector of the NHS, developing the psychological approach to acute work published in 'CBT for Acute Mental health Inpatient Units' (2008). The evaluation of this approach in a number of centres in Hampshire has been submitted for publication (e.g. Araci & Clarke 2015). She is now applying this radical, trans-diagnostic, model to complex cases in primary care and to the development of a culturally adapted therapy with a mindfulness focus.

Her website address is: www.isabelclarke.org.

Isabel's talk; An overview of spiritual crisis and SCN UK

In this talk I will set the scene with an introduction to the concept of Spiritual Crisis; my understanding of what is going on, and where it fits into society and services. I will then introduce the Spiritual Crisis Network as it currently operates in the UK.

Dr Charlie Heriot- Maitland, MRC Clinical Research Training Fellow, Kings College.



Charlie Heriot-Maitland is a clinical psychologist, researcher and trainer. He is currently researching the social context of anomalous experiences and the application of Compassion-Focused Therapy (CFT) for people experiencing distress in relation to anomalous experiences. He provides psychological therapies in NHS psychosis services, and in private practice. He also runs various compassion training workshops for practitioners and the general public.

Get involved with his current research studies here:
<http://anomalousexperiences.com>

Charlie's talk; The scientific case for *social safeness* in relating to anomalous experiences

This talk will outline some of the research being carried out with populations who report anomalous experiences but never come into contact with clinical services. This population can provide insights into the protective factors that may help people relate to, and integrate, anomalous experiences in a more benign or helpful way. The talk will particularly highlight the role of (internal and external) *social safeness* experience in facilitating this process. It will also present an overview of findings from a recent audit of email contact activity in the UK Spiritual Crisis Network.

Dr Mick Collins



Dr Mick Collins is a lecturer in occupational therapy in the Faculty of Medicine and Health Sciences, University of East Anglia. Mick has worked as an NHS occupational therapist within acute mental health services and outpatient psychological therapies. He spent 9 years training in process oriented psychology. His PhD explored the complementary roles of 'doing' and 'being' in relation to spiritual emergence and spiritual emergency. Mick's academic publications are mostly focused on spirituality and the actualisation of human potential. His recent book: *The Unselfish Spirit: Human Evolution in a Time of Global Crisis* draws together over 30 years' experience, study and practice. He has been interviewed about *The Unselfish Spirit* on BBC Radio Norfolk, Shoreditch Radio and the Gary Null Show (New York). He has also been invited to speak about his book at literary events: the Hostry Festival (2014) and the Hay Festival (2015). Mick also works as a transpersonal coach.

Mick's talk covers the contents of his book which is very apt regarding the progress of society today where we seem to be innovatively co-creating a better future.

Mark Wentworth



Mark Wentworth is the Director of Therapies for Mundesley Hospital, he has been studying and working with the healing power of colour for 28 years. He is the founder and principal of Colour for Life, which offers life enhancing methods synthesising colour therapy with the collective and visionary worlds of C.G. Jung, Dr Roger Woolger's Deep Memory Process (DMP), Shamanism and Transpersonal based healing. Mark pioneered workshops in the late 90's uniting colour with bodywork, expressive arts and psychodrama techniques, giving colour, for the first time, not only a voice but also story and action. It is his deep and unique synthesis of his world travels and individual and collective work that helps Mark to bring together a therapeutic team to help manifest the vision of Mundesley Hospital.

Mark's workshops can be booked via his website: www.colourforlife.com
To contact regarding Mundesley email: mark@mundesleyhospital.org

Audience: Psychotherapists, Psychiatrists, Nurses and other Allied Health professionals, and those caring for people in spiritual emergency...and anyone having or caring for people having anomalous experiences and wanting to understand more. CPD certificates available on request.

Price: Early bird discount until May 1st £45 After May 1st £60
Price includes catered lunch at the venue and coffee/tea/ biscuits throughout the day.

To book tickets go to the Eventbrite page;

Location: Mundesley Hospital, Links Road, Gimmingham, Mundesley, Norfolk
NR11 8ET



25 miles northeast of Norwich, on the beautiful North Norfolk coast, close to beaches for walking and small resort towns for accommodations and good restaurants. We will have exclusive use of the new conference centre and access to the beautiful grounds of Mundesley hospital, with its lovely rolling lawns reaching out to the coastline. It will soon be a residential holistic hospital for people experiencing mental distress, the first of its kind in the UK—to open in early summer, 2015!

Mundesley Community Hospital is an innovative new development aiming to create a best practice model in the UK for holistic mental health care. It will provide complementary and holistic therapies alongside conventional psychiatric care and is scheduled to take in its first patients in early summer 2015. This conference will see the inauguration of an international education centre offering conferences and programs to both inpatients and the wider community. You will be amongst the first to experience the amazing atmosphere in this exciting development just before it opens!



The grounds at Mundesley hospital offer an oasis of peace, calmness and tranquility, a place where the everyday stresses of life can be forgotten in a beautiful setting. Feel free to find a quiet space to sit and mediate during the breaks.

Transport/parking options getting to the event?

Those Coming from Out of Town or Other Countries:

After flying into Norwich, or one of London's Airports—take a train to North Walsham via Norwich, UK, which is about 2.5 hours north east of London. From there Mundesley is a 5 mile taxi drive up to the quaint seaside resort.

If you would like details of local taxi firms please contact the organiser.

If you intend to drive, there are ample parking facilities in the hospital grounds.

What accommodation is there in the area?

There are no accommodations on site at Mundesley hospital, but plenty of options within the seaside village only half a mile away.

Travelling guests may wish to book accommodation via the following websites:

<http://www.booking.com>

<https://www.airbnb.co.uk>

<http://www.laterooms.com>

Search for Mundesley, UK, or contact us for a list of specific options.

Where can I contact the organiser with any questions?

Email: mendthegap@hotmail.com

This conference has been funded by the National Lottery and all proceeds will go to SCN charitable fund in order to raise awareness of spiritual crisis.

