



# Premier Mind & Soul Scottish Conference 2012

# HEAD ROOM

Future Proofing Your Mind



A conference for mental health workers, counsellors, pastoral workers, church leaders, service users and carers

**Saturday 3rd November 2012**

**Central Hall, 2 West Tollcross,  
Edinburgh, EH3 9BP**

**CHRISTIANITY**  
THE CHURCH OF SCOTLAND

**acc**  
Association of Christian Counsellors

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EXPLORING CHRISTIANITY AND MENTAL HEALTH

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# Conference Overview

Date: **Saturday 3rd November 2012**

Location: **Central Hall, 2 West Tollcross, Edinburgh, EH3 9BP**

We often look to the past for answers to problems, especially when it's about our emotions. But more answers lie in the future. This is where the challenges lie. This is where hope is to be found.

Mind & Soul have teamed up with Scottish Churches and Charities to offer you this one-day conference on emotional health. It will equip, encourage, and empower the church to engage with mental health problems in the place that needs it most – the local community. The style will be hands on and practical, helping you get help when you need it.

Sessions will look at managing 21st century challenges, staying emotionally healthy and working in partnership with the NHS and local government; and will be delivered by recognised experts from counselling and health backgrounds. There will be a market place of exhibition stands as well as supporting electronic resources and time for networking and conversation.



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Mind & Soul is impressive. It helps link Christians together - to pray and support each other as well as pointing them towards useful online resources.

**Professor Chris Williams, University of Glasgow**

## Headroom Conference Agenda

- 0830 Registration
- 0930 **Welcome and Worship:** Karl Martin
- 1000 **Keynote – One Head Two Cures:** John Swinton
- 1030 **Comedy Slot – The CLOTS Guide:** Ian Smith
- 1045 Coffee Break
- 1115 **MORNING SEMINARS:** focused on creating effective environments
- Faith and the NHS:** Ewan Kelly, Rob Waller
- How to work well with others:** Viv Dickinson, Alasdair Bennett
- Planning for the unexpected:** Marion Carson, Murdo MacDonald
- 1230 **Keynote – Living Life To The Full With God:** Chris Williams
- 1300 **Lunchtime and networking**
- Prayer will be available for those who wish it
- Mini-seminars will run on topics including suicide prevention, dementia, healing and addictions
- 1400 **Keynote – 21st Century Challenges:** Kate Middleton
- 1445 **AFTERNOON SEMINARS:** focused on mental health in the 21st Century
- 21st Century Wallets** – money and your mood:  
Helen Johnson
- 21st Century Families** – friends you can choose:  
Pete English, CofS Youth Assembly
- 21st Century Sanity** – walking in wellness:  
Andrea Wigglesworth
- 1600 **Mini-interviews and Panel for Q&A**
- 1645 Closing comments
- 1700 Close

## Speaker Biographies



**Karl Martin** is Senior Pastor of Morningside Baptist Church and on the CLAN Leadership Team.  
@revkarlmartin



**John Swinton** is Professor in Practical Theology and Pastoral Care at the University of Aberdeen, an ordained minister and worked as a nurse in psychiatry and learning disability.



**Ewan Kelly** is Programme Director for Healthcare Chaplaincy and Spiritual Care, NHS Education for Scotland.



**Rob Waller** is on the leadership of Premier Mind & Soul and Consultant Psychiatrist in West Lothian.  
@robwaller



**Viv Dickenson** works for Crossreach as Head of Service for Mental Health and Homelessness, and is trained in counselling and psychology.



**Alasdair Bennett** has studied theology, social care, addictions and counselling. He has been managing Bethany Christian Centre, a residential recovery unit for homeless men, for 13 years.



**Murdo Macdonald** is Policy Officer of the Church of Scotland's Society Religion and Technology Project.



**Marion Carson** is an author of a book on Pastoral Care and is trained as a mental health nurse.



**Chris Williams** is Professor of Psychosocial Psychiatry at the University of Glasgow and developer of the leading online CBT site, www.lttf.com.



**Kate Middleton** is a Psychologist and Director of Care at Hitchin Community Church.  
@communik8ion



**Helen Johnson** is Director of Centre Development for Christians Against Poverty, a national debt counseling charity.



**Pete English** is CEO of This Way Up which supports young people affected by parental separation and bereavement.



**Andrea Wigglesworth** is Director of Vital Connexions (www.vitalconnexions.net) which is a Counselling Training and Consultancy business.

**Book online at [www.premier.org.uk/headroom](http://www.premier.org.uk/headroom) before 30th September and claim your early bird discount!**

