

# Reclaiming the Ground

Mental Health Care and the Churches



*Planting a tree on reclaimed land in Jamaica*

## A seminar on Mental Health

at

**The Cedars Hotel**

**Needham Road**

**Stowmarket**

**IP14 2AJ**

**On Saturday 28<sup>th</sup> January 2012 9.30-4pm**

### ABOUT THE SEMINAR

It is said that one in four of us will experience difficulties with our mental health at some time in our lives. When this happens, individuals, families, churches and communities are all touched in one way or another.

This seminar aims to increase participants' confidence in their ability to help those who experience mental health difficulties. It will enable them to become more alert to the stories that lie behind the symptoms, and more understanding of the needs of those who are most affected.

The seminar is based on the Tidal Model of mental health, developed by Professor Phil Barker and others. Their research suggests that the key to recovering from mental health difficulties lies in *reclaiming the ground* – letting people speak about what has happened to them, about how they have been affected and what their experience has meant. This helps them to move towards overcoming the problems of living that others call 'mental illness' or 'madness'.

The Tidal Model sees mental health crises as opportunities and those who experience them as the real experts in their recovery. It focuses on a person's resourcefulness rather than their problems, and requires helpers to respect, listen to and learn from them.

For more on the Tidal Model, see <http://www.tidal-model.com>

### WHO IT IS FOR

The Seminar is for anyone who has, or hopes to have, a pastoral ministry in their local church and communities, and anyone who is interested in mental health or who has experience of mental health issues.

Numbers are limited, so places will be allocated on a first come, first served basis.

### WHO IS LEADING IT

Sessions will be led by a variety of people with relevant expertise. There will also be plenty of opportunity for participants to share their own experience and exchange ideas and good practice.

The course organisers are:

#### **Kathleen Ben Rabha**

Diocesan Community Affairs Adviser  
tel 01473 683323

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#### **Lee Davies**

Mental Health Nurse, West Suffolk Hospital

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#### **Judith Gilbert**

Chaplain, West Suffolk Hospital

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#### **Rev Dr John Parr**

Rector, North Bury Team Ministry

Tel 01284 701063

[parr28@btinternet.com](mailto:parr28@btinternet.com)

## QUERIES

Please contact Kathleen Ben Rabha (see above).

### The seminar will include

#### Wellness and Distress

*What do we understand by 'wellness'?  
What happens if not enough of our basic needs are met?*

#### Person and Story

*How can a person tell their own story, and so discover the personal truth of their own life?*

#### Signs and Symptoms

*What are we to make of the indications of a person's distress? Are they symptoms of an illness, or signs that he/she is finding life difficult?*

#### 'With' not 'for'

*If the real expert is the person who is experiencing mental health difficulties, what is the role of the helper?*

**Coffee will be served on arrival and a sandwich buffet is also included.**

## COST

The course fee is £15. Church of England clergy and lay ministers (Lay Elders, LLMs and Readers) may have this paid from their Diocesan Continuing Ministerial Education allowance, at no further cost to themselves or their church. Please tick the box and sign overleaf to request this.

## BOOKING

Please book promptly by email or on the Booking Form, with payment if appropriate. Cheques should be made payable to the DBF.

## DIRECTIONS

The Hotel is on the Needham side of Stowmarket, close to the A14, for easy access, and has full disabled access. Ample car parking is provided on site.

Booking Form	Mental Health
Name	
Address	
Tel	
Email	
Parish	
Please book me into <i>Reclaiming the Ground</i>	
<input type="checkbox"/> I enclose cheque for £15 payable to DBF <b>OR</b> <input type="checkbox"/> I am C of E Clergy/Elder/Reader/LLM (please delete) and wish £15 to be paid on my behalf from my CME allowance	
My signature:.....	
What I hope to gain from the seminar:	
Any specific needs with regard to hearing, vision or access?	
Any dietary requirements?	
<b>Please return to Kathleen Ben Rabha 11 Turin Street, Ipswich IP2 8DQ</b>	