

Orientation to

MENTAL HEALTH PASTORAL CARE

WEDNESDAY,
25TH JULY 2018

THIS WORKSHOP IS FOR PEOPLE WHO ASSIST OR ADVOCATE FOR OTHERS AND WHO ARE INTERESTED IN LEARNING MORE ABOUT MENTAL HEALTH AND PASTORAL CARE

REGISTRATIONS CLOSE FRIDAY, 20TH JULY 2018

A Day For

- demystifying and humanising mental health for pastoral care workers and chaplains;
- enabling members of the community to make a difference in the lives of people who face mental health difficulties;
- equipping members of the community to walk alongside those affected by mental ill-health;
- informing members of the community of the resources available to help people in dealing with Mental Health and Wellbeing;
- raising awareness of how the Mental Health System works.

Keynote Speaker - Dave Andrews

The challenge of caring for ourselves as we care for others

Many of us desire to assist others to live effective lives. But all of us who have tried to do so know it is not easy to do. If we are not vulnerable, we can't love others, but if we are too vulnerable, we simply won't survive. How can we care for ourselves as we care for others in a way that is sustainable? We have asked Dave Andrews to share some of the lessons he has learnt from his many years of community involvement about how we can keep the fire in our belly without burning out.

This event is organised by a cross-denominational committee.

Phone: 3217 2522 | Fax: 3217 2274 | Email: aalban@anglicaresq.org.au

LOCATION

Chermside Kedron Community Church
590 Gympie Road, Chermside - Cnr. Rode Rd. and Gympie Rd.
Parking at rear of church.
ATM within short walking distance

Orientation to

MENTAL HEALTH PASTORAL CARE

WEDNESDAY, 25TH JULY 2018

PROGRAM

9.00 am	Arrive, Meet and Refreshments Registrations and Café open from 8.30 am Order lunch if needed and see resources tables
9.30 am	Introduction, Story and Discussion
10.30 am	Morning Tea and See Resources Tables
11.00 am	Key Note Speaker — Dave Andrews — The challenge of caring for ourselves as we care for others
12.30 pm	Lunch and See Resources Tables
1.30 pm	Optional Seminars: <ol style="list-style-type: none">1. Storytelling, narrative and mental health Pastoral Care2. Caring around the clock: safeguarding yourself while safekeeping your loved one at home3. Explore dementia vicariously: Experience the challenges of a person living with dementia4. Growing churches that are welcoming and inclusive of people with a mental health challenge5. Building compassionate minds
3.00 pm	Afternoon Tea and See Resources Tables
3.30 pm	Understanding the Mental Health System — Dr. Ann Solari, Paul Crampton (Case Manager Qld Health), Grant Nelson (Chaplain) and Others
4.15 pm	Presentation of Certificates, Evaluation and Updates
4.30 pm	Close

FOR MORE INFORMATION

Beatrice Skippen

Ph. 0403 278 578

beatriz.skippen@gmail.com

Jane Frazer-Cosgrove

Ph. 0402 991 987

info@nouwen-network.com

Colin Lim

Ph. 0404 481 169

colinlimtzeyen@hotmail.com

Neil Barringham

Ph. 0437 718 420

neil@aplacetobelong.org.au

REGISTRATION FORM - ORIENTATION TO MENTAL HEALTH IN PASTORAL CARE

YOUR DETAILS Title: _____ Name: _____

Street: _____ Suburb: _____ Postcode _____

Phone: _____ Email: _____

Please indicate the number of the afternoon optional seminar you would most like to attend: _____

Cost: \$50 per person (includes morning & afternoon tea, participant's notes, certificate)

PAYMENT OPTIONS – Please tick your option

Electronic Funds Transfer

Account Name: Anglicare Southern Queensland | BSB: 064121

Account Number: 00901065 | Reference: MHPC + Surname

Credit Card

Phone 1300 610 610; Press '5' (for all other enquiries); ask to be transferred to

Accounts Receivable – have credit card details available to be entered

Cash (Payable on Day) **OR** **Cheque** (Made out to Anglicare Southern Queensland)

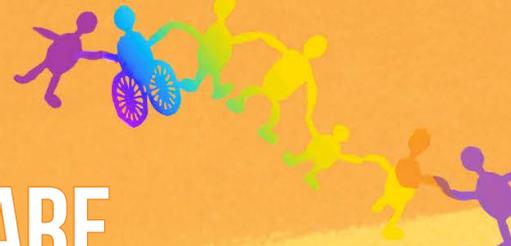
Please return the form above to

A Place to Belong – PO Box 5873, West End, QLD 4101

Ph: 3217 2522 | Fax: 3217 2274

Email: aalban@anglicaresq.org.au

This form is your official tax invoice, GST included.
Anglicare Southern Queensland ABN: 39 906 010 979.



Orientation to

MENTAL HEALTH PASTORAL CARE

WEDNESDAY, 25TH JULY 2018

OPTIONAL AFTERNOON SEMINARS

1. **Storytelling, narrative and mental health Pastoral Care — Jeff Lawrence and Francene Hemingway**

Could using the elements and power of storytelling help us to remember our true story and to be our true- and full self? The answer is 'yes'. This workshop will introduce you to the power of storytelling, story-listening and story re-authoring for healing, wholeness and fullness of life. This workshop will equip us to identify, learn and use the elements and power of narrative and storytelling to free us from debilitating narratives to be our true and full selves.

2. **Caring around the clock: Safeguarding yourself while safekeeping your loved one at home — Clem & Leanne Fryer & Penny Barringham**

This workshop is about caring for someone in your home. It will be a story-based reflection from Clem, Leanne and Penny's experiences in their own homes. There will be time for mutual encouragement, they will discuss some proven tips for self-care and avenues and resources for help will be provided.

3. **Exploring dementia vicariously: Experience the challenges of a person living with dementia — Eileen and Douglas Taylor**

This workshop will offer the opportunity to symbolically experience what it might be like to lose your functional and cognitive capacities, as with dementia, and to deeply reflect on how you would cope with the experience. The implications of working with other people diagnosed with this condition will also be explored.

4. **Growing churches that are welcoming and inclusive of people with a mental health challenge - Grant Nelson and Angie Williams**

This workshop will discuss the practical application of "companionship", or walking side by side, with those with a mental health challenge, in a faith community. Topics will include: boundaries, self-care, stigma, prayer and healing, and confidentiality. We will share principles that can enable faith communities to become more inclusive, and the places of healing they were always meant to be.

5. **Building compassionate minds — Helena Roennfeldt**

This workshop draws on lived experiences of trauma and recovery and focuses on reshaping feelings of shame and self-criticism to free us to have more kindness for ourselves and others. It incorporates some neuroscience and recognises that we all have 'tricky brains' that are prone to perceiving threats and seeking protection but that ultimately we all want attachment, affection and mutuality. Together, we will dive into compassionate approaches and look at simple strategies to support ourselves and others to find places of comfort and 'safety'.

TRAINING APPROACH

This day will involve workshops, not lectures. The day is an orientation to mental health involving engaging with our shared vulnerability and involving far more than learning simple technical approaches. We acknowledge the personal, spiritual, creative, hopeful and artistic dimensions of our work as we engage with people who are grappling with their mental and emotional health.

We invite you to come, to listen, to reflect, to meet, to discuss – and to take what parts of the day might be useful or relevant to your role.

The best efforts have been made to describe the program at time of print but details may be subject to change if speakers become unavailable.

