

Orientation to

MENTAL HEALTH PASTORAL CARE

WEDNESDAY,
26TH JULY 2017

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, 21ST JULY 2017

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.

This event is organised by a cross-denominational committee.

The registration process is under the auspices of A Place To Belong.

Phone: 3217 2522

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aplacetobelong.org.au

Keynote Speaker - Peter Janetski

The challenge of Mental Wellness in Contemporary Australia.

We are privileged to have Peter as our keynote speaker this year. Peter is a relationship and personal growth specialist. He is well known for his down-to-earth, direct and common sense approach to counselling. For more than ten years Peter has been the host of 'Talking Life' a talkback radio program that tackles a wide range of issues. He also provides seminars on personal and professional development covering a range of key areas including personal growth, marriage, conflict, parenting, team development, stress management, relationships and sexuality for schools, churches and organisations.

What is the state of play in mental wellness and un-wellness in Australia and what are the trends and social forces that are making it such a huge issue? How come we have so much but are still so fragile?? How can we respond? What might pastoral care look like in this context? How can we engage with people's resilience and their strengths?

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Chermside Kedron Community Church
590 Gympie Road, Chermside

Parking at rear of church.

ATM within short walking distance



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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 (Julie McKay-Rankin) and Discussion
10.30 am	Morning Tea and See Resources Tables
11.00 am	Key Note Speaker — Peter Janetski — ‘The Challenge of Mental Wellness in Contemporary Australia’
12.30 pm	Lunch and See Resources Tables
1.30 pm	Optional Seminars: <ol style="list-style-type: none">1. Are Addictions a Substitute for Love? — Mental Wellbeing & Optimal Health from a Relational and Holistic Framework.2. Some Practice Principles for Pastoral Care in Mental Health.3. Walking with Suicide.4. Luke 14 — and Mental Health5. Supporting Children with Parents with Mental Illness
3.00 pm	Afternoon Tea and See Resources Tables
3.30 pm	Understanding the Mental Health System — Dr. Ann Solari, Jacinta Lipp (Nurse Trainer PA Hospital), Kevin Hammer (Chaplain) and Others
4:15 pm	Evaluation and Updates
4:30 pm	Close

FOR MORE INFORMATION

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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 / Concession: \$40 per person (includes morning & afternoon tea, participant's notes, certificate)

PAYMENT Cash Cheque / Money Order (Payable to A Place to Belong) Visa Mastercard

Card Holder Name: _____ Account Number: _____

Expiry: ____/____/____ Card Holder Signature: _____

Please return the form above to

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

Ph: 3217 2522 | **Fax:** 3217 2274

Email: Carlos@aplacetobelong.org.au

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



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OPTIONAL AFTERNOON SEMINARS

1. **Are Addictions a Substitute for Love? – Mental Wellbeing & Optimal Health From a Relational and Holistic Framework – George Patriki**

George is a dual diagnosis consultant who is passionate about empowering people to deal with their addictions. He will use a holistic perspective and draw from various frameworks – including principles of neuroplasticity – to equip us better for our engagements in mental health & addictions.

2. **Some Practice Principles for Pastoral Care in Mental Health – Tricia Tschernetz and Kevin Hammer**

This session will explore some simple, yet proven principles for offering pastoral care in both the prison environment, and within hospital mental health wards. Both presenters will offer insights learned through practice, and there will be ample time for questions and discussion.

3. **Walking with Suicide – Rob Nichols**

This workshop is based on a program called SuicideTALK from Living Works. We will deal openly with the stigma around suicide, focusing on ‘should we talk about suicide?’ We will cover how suicide is a serious community mental health problem that is often misunderstood, how beliefs about suicide affect stigma and safety and how to get involved in life protection, preservation and promotion activities in the community.

4. **Luke 14 and Mental Health – Jenny Nichols and Jasmine Tan**

This workshop addresses the issue of how churches can become places where we all can truly bring and be our whole selves and find healing community. Topics include – understanding mental illness, ‘mental health friendly’ churches, prayer and healing and mental illness and ministry.

5. **Supporting Children with Parents with Mental Illness – Sophie Duncum**

Sophie is a qualified counsellor who works for a national youth counselling organisation. In this workshop she invites you to be part of a conversation around how we can best support children with parents with a mental health issue in our community. The workshop will include practical exercises and information drawn from young people themselves to encourage people’s confidence in supporting these children.

TRAINING APPROACH

This day will involve workshops – not lectures. The day is an orientation to mental health involving far more than learning simple or technical approaches. We will acknowledge the need for shared vulnerability, and connecting with 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.

