

This workshop is one in a series on mental wellbeing and spirituality organised by Hope's Place and BCAN. These organisations are working together on a new initiative that aims to equip churches in the South West to engage in the area of mental health.

If you would like more information on our work, please email

katevirgo@hopesplace.org.uk



Christ Church, Clifton

Saturday 9th May 2009

0930 – Registration

1000 – Welcome and Introduction

1015 – Overview of Depression

1130 – Coffee

1145 – Basic Emotional Needs & Needs Audit

1300 – Lunch

1345 – “Tools” for Lifting Depression

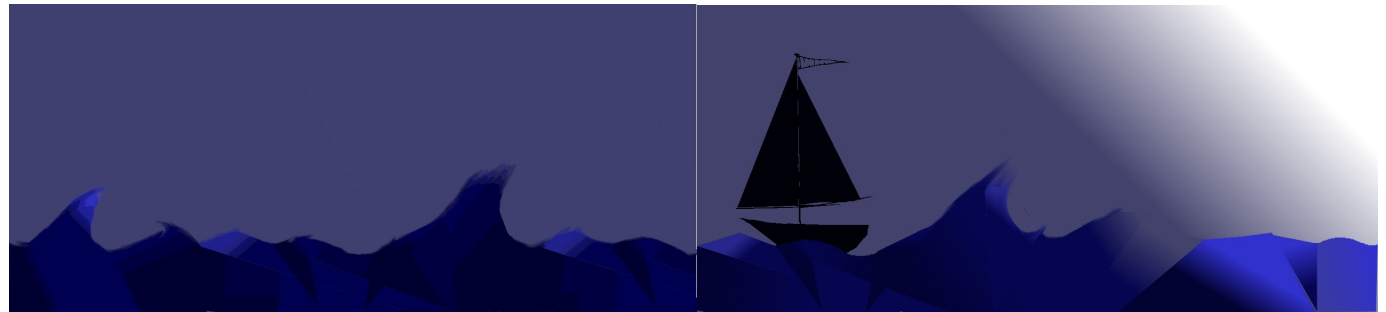
1445 – Coffee

1500 – Summary & Group Discussion

1600 – END

Overcoming Depression : Mental Health in a Spiritual Context

Keynote: Dr. Maarit Brooks



Hope's Place is a registered charity no. 1105139

We live in a society that professes to offer us everything we want – the newest technological product to enhance existence, fairtrade food for the fair-minded, fast food for the furiously busy, even the space to define oneself as one would like to be defined. Yet not only is depression currently the most common psychological illness but it is on the rise. In fact, the World Health Organisation estimates that by 2020 it will be second only to heart disease as the leading cause of illness and death. Christians are not immune to depression.

As our understanding of mental illness becomes more holistic, several new therapy methods are emerging. This day is based on the [Human Givens](#) approach. It considers that getting our basic emotional needs met in the right measure forms the foundation for good mental health. The Human Givens approach is positive and based on how our brain functions. There will be information about mental health, depression and how to connect this with wisdom from the Bible. There will also be some practical exercises and group discussion. The goal is to equip participants with several practical and effective “tools” for helping others and for taking good care of their own mental health.

Dr Maarit Brooks has practised as a GP for over 20 years in this country and many others around the world. She is also a fully qualified and passionate Human Givens therapist. She uses the Human Givens approach in her work daily to help her patients. She has also run courses in Rwanda teaching how to help survivors of the genocide recover from Post Traumatic Stress Disorder (www.reach-rwanda.org/html/trauma_course.html for more information). She is a mother of three, married to Ian and a member of Christ Church, Clifton.

For more information, visit www.hopesplace.org.uk or ring the office on 0117 9686303.

If you would like to find out more about the Human Givens, visit www.humangivens.com

Booking Form
(for Saturday 9th May 2009)

Name _____

Address _____

Phone No _____

E-mail _____

Church _____

(where applicable)

Role in Church _____

*Please tick if you require a
vegetarian meal*

Please return this form along with payment of £20 to:
***Mental Health Conference,
Hope's Place,
21 Stoke Hill, Stoke Bishop,
Bristol, BS9 1JN***

Cheques payable to Hope's Place. Thank you.