

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](mailto:katevirgo@hopesplace.org.uk)



*Christ Church, Clifton*

*Saturday 9<sup>th</sup> 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*

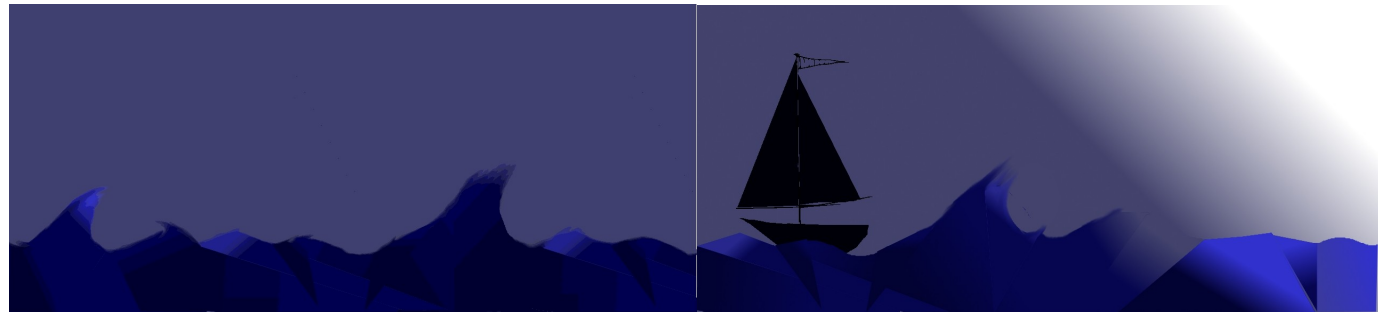
*1445 – Coffee*

*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](http://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](http://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](http://www.humangivens.com)

***Booking Form***  
*(for Saturday 9<sup>th</sup> 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.*