

# MEDITATION AND MENTAL HEALTH

Wednesday 4 and Thursday 5 May 2011

Regents College, Regents Park, London NW1 4NS

*The subject of mental health runs through a broad spectrum of fields. In this Meditatio Seminar the spiritual dimension in general and meditation in particular will be the focus for presenters and participants - clinical, academic and those who use mental health services. There will be a range of forms of presentation and discussion.*

*Leading thinkers and practitioners in the field will draw together contemporary psychology and different religious and wisdom traditions so that these days will offer a new and stimulating perspective on a topic that is of increasing complexity - and urgency - in our society. As governments review their mental health strategy today a new emphasis is appearing in the importance of prevention, early intervention and practices that support well-being. The Meditatio Seminar offers a forum for clarifying this discussion and arriving at practical ways of implementing the insights for constructive change, the relief of suffering and the promotion of happiness.*

## SPEAKERS AND WORKSHOP PRESENTERS

Dr Norman Rosenthal, Psychiatrist, author and discoverer of the SAD syndrome

The Venerable Lama Yeshe Losal Rinpoche, Kagyu school of Tibetan Buddhism and Abbot of Samye Ling Monastery

Kabir Helminski, Shaikh of the Mevlevi Order of Sufis, author and spiritual psychologist

Peter Gilbert, Professor of Social Work & Spirituality, Project lead National Spirituality and Mental Health Forum

Dr Shanida Nataraja, Neuroscientist, Editorial & Scientific Director at a global healthcare consultancy

Revd Christopher MacKenna, Anglican priest and Director of St Marylebone Healing and Counselling Centre

Dr Jonathan Campion, Consultant Psychiatrist

Dr Marcus Averbeck, Head of Systemic Psychotherapy, Oxleas NHS Foundation Trust

Terry Doyle, Recovery Champion and Holistic Therapist

Revd Carol Morrison, Anglican priest with a special interest in mental health and Christian spirituality

Don Boyle, Social Inclusion and Employment Co-ordinator of Oxleas NHS Foundation Trust

Fr Laurence Freeman OSB, Director of The World Community for Christian Meditation

## A residential retreat

### SPHERES OF WHOLENESS, HEALING AND THE MEANING OF HOLINESS

led by Fr Laurence Freeman OSB

Friday 6 to Sunday 8 May 2011

High Leigh Conference Centre, Hoddesdon, Hertfordshire EN11 8SG

*The retreat will consist of talks on the meaning and experience of wholeness understood from different ways of perception, integrated through the practice of meditation. There will be times for meditation and reflection together. The retreat will give us an opportunity to ground the reflection and insights of the seminar in a deeper experiential level and so come to a clearer sense of the "spiritual dimension" of well being.*



Outreach of **meditatio**  
The World Community for Christian Meditation

*Full details of the seminar and retreat are posted on our website  
[www.wccmmeditatio.org](http://www.wccmmeditatio.org)*

*Registration details from*

Pat Nash e: [patnash@talktalk.net](mailto:patnash@talktalk.net) t: + 44 (0)1794 512006

*More information*

Brijji Waterfield e: [meditatio@wccm.org](mailto:meditatio@wccm.org) t: + 44 (0)7980 581351

## **REGISTRATION FORM**

**SEMINAR** Wednesday 4 and Thursday 5 May 2011 8.30 am [registration] to 5.00 pm  
**RETREAT** Friday 6 May 6.00 pm till Sunday 8 May 2011 2.00 pm

Programme for Meditatio Seminar Meditation and Mental Health 4-5 May 2011

### **WEDNESDAY 4 MAY Speakers**

Laurence Freeman OSB: *Health of Soul - Seeing the Light*  
Professor Peter Gilbert: *Being and Doing Human*  
Shaikh Kabir Helminski: *The Spectrum of the Self*

### **Workshops**

1. Dr Shanida Nataraja: *The Blissful Brain: Neuroscience and the Proof of the Power of Meditation*
2. Revd Chris MacKenna: *Being With*
3. Dr Jonathan Champion: *Meditation and Mental Health: A Review of the Evidence*
4. Dr Marcus Averbeck: *Mindfulness MBCT for Depression*
5. Terry Doyle: *Meditation: A Safe Harbour*
6. Don Boyle/Revd Carol Morrison: *Christian Spirituality, Mental Health Services and Faith Communities*

### **THURSDAY 5 MAY Speakers**

Laurence Freeman OSB: *Faithful and Mechanical Repetition: Kindling the Fire*  
Dr Norman Rosenthal: *Transcendence: Healing & Transformation through Transcendental Meditation*  
The Venerable Lama Yeshe Losal Rinpoche: *The Nature of Mind*

### **Workshops**

1. The Venerable Lama Yeshe Losal Rinpoche: *Buddhist Meditation*
2. Revd Chris MacKenna: *Being With*
3. Don Boyle/Carol Morrison: *Christian Spirituality, Mental Health Services and Faith Communities*
4. Dr Marcus Averbeck: *Mindfulness MBCT for Depression*

**PANEL Discussion** between Fr Laurence Freeman OSB, The Venerable Lama Yeshe Losal Rinpoche, Shaikh Kabir Helminski, Dr Norman Rosenthal, Revd Chris MacKenna and others - Chaired by Revd Dr Sarah Bachelard

Name ..... Position .....  
Address .....  
City .....  
Postcode/Country ..... Tel ..... Email .....

### **Fees and Accommodation options**

I would like to attend the **Seminar 4-5 May 2011**

Seminar: 4 & 5 May 2011 £ 270.00;  Seminar: 4 May only £ 135.00;  Seminar: 5 May only £ 135.00

I would like to attend the **Residential Retreat 6-8 May 2011**

Ensuite accommodation £ 240.00;  Standard accommodation £ 220.00

I would like to attend the **full programme of Seminar and Retreat at discounted rate**

Ensuite accommodation £ 485.00;  Standard accommodation £ 465.00

*Standard accommodation: single rooms with shared bathroom facilities. Early booking is advised for these rooms.*

I wish to make donation towards bursaries £.....;  I enclose the full payment of £.....

**Assisted Places:** There are some Bursaries available for those in need and for service users. Please apply.

Please note any special dietary or other requirements:  
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### **Cancellation and Refund Policy**

A 50% refund applies to cancellations received prior to 15 April 2011. No refunds after this date.

### **Method of Payment**

Cheque/Bank Draft/Money Order in £ sterling only; Please make cheques payable to WCCM Meditatio

**Please complete form and return with your payment to:**

Meditatio Seminar: Meditation and Mental Health

17 Love Lane, Romsey, Hampshire SO51 8TD UK

or email it to: [patnash@talktalk.net](mailto:patnash@talktalk.net)