



SpiritualityForum
THE NATIONAL SPIRITUALITY AND MENTAL HEALTH FORUM

Listening to Inside Stories - taking spirituality seriously in mental healthcare

Thursday 28th February 2019

6.00 to 8.00pm

Essex Unitarian Church, Notting Hill

Speakers- Julie Stacey and Mitasha Borhara

This meeting will explore how spirituality is considered within mental health services. In particular it will explore the Care Programme Approach and asks whether care plans address the spiritual needs of clients. There will be the opportunity for people to share their experiences and to discuss this topic together.

Julie Stacey currently works as a project manager in the NHS, she took up her first role as a PALS Officer for her local mental health Trust in 2007 after experiencing a first episode of psychosis and mania in 2005. She has since had 7 more hospital admissions and received a diagnosis of schizo-affective disorder. Julie understands her episodes in terms of psychological trauma and spiritual experiences and is currently active in spirituality and mental health groups.

Mitasha Borhara is an Occupational Therapist working as a specialist practitioner in a North London Early Intervention in Psychosis team. Mitasha works as a care coordinator and is trained in CBT for psychosis. She is a Muslim from a Hindu background and has an interest in spirituality and mental health, particularly with individuals who have experienced psychosis and has spent a number of years discussing these topics with colleagues and individuals who she works with in her clinical practice.

Please note - This is the first of our twilight meetings, beginning from 6pm

Venue: 112 Palace Gardens Parade, Kensington, London, W8 4RT

Nearest Tube: Notting Hill Gate

Cost:

£15.00 delegate

or £5.00 for unwaged/student

Limited number of concessions available

Eventbrite Bookings:

<https://www.eventbrite.co.uk/e/listening-to-inside-stories-taking-spirituality-seriously-in-mental-health-tickets-55377592871>

w: www.spiritualitymentalhealth.org.uk

e: admin@spiritualitymentalhealth.org.uk