



SpiritualityForum

THE NATIONAL SPIRITUALITY AND MENTAL HEALTH FORUM

Thursday 6th Sept – Faith Healing and Mental Health

2 to 4.30pm at Essex Unitarian Church, W8 4RT. [BOOK HERE](#)

This seminar will be led by The Venerable Arthur Hawes and Dr Sara Betteridge offering a Christian and Muslim perspective with time for questions and discussion.

Arthur will begin with a brief description of the Christian theology of healing with special reference to Christ's own healing ministry. An overview of the Church's healing ministry will follow with a concentration on the services etc. the church offers. The final section will explain the 'Deliverance Ministry' and the way in which it operates. There will be a particular concentration on exorcism and a questionnaire distributed to those experiencing paranormal phenomena will be available on the day.

Sara will give a brief outline of the Islamic concept of the self; spiritual, emotional, and psychological struggles that the self may encounter in this life, and ways of managing those from an Islamic perspective. Sara will also introduce concepts such as the 'greater jihad' which is in relation to 'diseases and purification of the heart', 'training the soul', and perfecting ones worship, which all lead to the spiritual (and therefore psychological and emotional) healing of ones mind, body, heart and soul.

Arthur Hawes retired as Archdeacon of Lincoln and a Canon of Lincoln Cathedral in September 2008. Mental Health has always featured in his ministry and it began in 1971 when he was Founder Chairman of the North Worcestershire Association for Mental Health, following post graduate work at Birmingham University. From 1976 to 1992 he was Chaplain for the Acute Psychiatric Units in Norwich and from 1986 to 1995 a Mental Health Act Commissioner. In 1995 he was appointed Chair of the Church of England's Mental Health Advisory Group and, as a member of the Mission and Public Affairs Council, he has presented two debates in the General Synod of the Church of England on Mental Health issues which are available on the Church of England website. In 1996 he was appointed a Jubilee Patron of MIND and in 1999 was a member of MIND's National Reference Group. From 1998-2006 he was a non-executive Director of the Mental Health Trust in Lincolnshire. From 2003-2007 he was a member of the NHS Confederation Mental Health Policy Committee and from 2003 to 2005 was Chairman of the East Midlands NIMHE/CSIP Regional Development Centre. In 2007 he was invited to become a member of the Criminal Justice Mental Health Research Group at Lincoln University. In 2006-8 he was Mental Health Act Adviser to the Lincolnshire Partnership Trust and from 2008-12 he was Training Consultant to the Trust. He was a visiting Fellow of Staffordshire University 2009-13 and was one of the two vice presidents of the British Association for the Study of Spirituality.

Dr Sara Betteridge is a Counselling Psychologist with over 15 years experience in both NHS and private healthcare settings. After completing a doctoral study on how Muslim psychologists work with religion in therapy she took a post as a Chaplain/Spiritual Care Advisor in NHS Mental Health Services. This led to developing significant experience in Islamic Healing with regards to mental health issues in particular. The work in this post culminated in the production of a half day training session for NHS staff entitled 'Jinn, Black Magic and Evil Eye and their impact on mental health'. Whilst continuing to deliver this training and work as a psychologist she now also works in the BME Access service in Tower Hamlets promoting psychological well being and therapy to the diverse population within the borough, and educating NHS staff around the cultural and religious needs of the different communities.