

APSCC Resource Pack on Spiritual and Mental Health

ASSOCIATION FOR PASTORAL AND SPIRITUAL CARE AND COUNSELLING

APSCC is concerned not only with those who work as counsellors and psychotherapists, chaplains or pastoral carers within faith communities but, far more broadly, with all those in the counselling and psychotherapy field who take spirituality seriously and wish to take their clients' spirituality seriously! Through our journal, *Thresholds*, and through lively conferences we hold open a place of conversation for those from a wide variety of spiritual and therapeutic beliefs. A place where, for example, an agnostic person-centred therapist and a Catholic Jungian can both be at home- and can enrich each other! Where the tradition of pastoral care is taken seriously and its wisdom can be drawn on.

USEFUL RESOURCES

- *A Time to Heal: A resource for the Church's continuing ministry of healing.* Church House Publishing (2000)
- *Forward in Faith: An experiment in building bridges between ethnic communities and mental health services in East London.* Nigel Copsey, Sainsbury Centre for Mental Health (2001)
- *Guidelines on spirituality for staff in acute care services: Recognising a person's spiritual dimension is one of the most vital aspects of care and recovery in mental health.* Care Services Improvement Partnership & National Institute for Mental Health in England (2009)
- *In Good Faith: A resource guide for mental and spiritual well being.* Mental Health Foundation (2000)
- Joseph Rowntree Foundation (2003) *Engaging faith communities in urban regeneration.* This study explores the present and potential contribution of faith communities and their members to regeneration and their relationship to official neighbourhood renewal programmes.
Available on <http://www.jrf.org.uk/knowledge/findings/housing/413.asp>
- *Keeping the Faith: Spirituality and recovery from mental health problems.* Mental Health Foundation (2007)
- *Odyssey Groups, exploring the relationship between life, spirituality and mental health*
Odyssey Groups Facilitator and Trainer
Croylands Mental Health Centre
30 Cambridge Rd
Ely
Cambs CB7 4HL
Odyssey Groups provide a forum for a small group of service users to meet on a regular basis to explore the spiritual questions of meaning, purpose and reality.

- *Promoting Mental Health: A resource for spiritual & pastoral care.* The Church of England, Archbishops Council in association with Mentality and the National Institute for Mental Health in England (2004).

Available on:

<http://www.cofe.anglican.org/info/socialpublic/homeaffairs/mentalhealth/parishresource.pdf>

- *Spirituality and Mental Illness.* Rethink (2004)
- *Spiritual Well-Being: Policy and Practice,* Bradford (2001) Bradford Social Services/ Bradford Community Health NHS Trust /Bradford Interfaith Education Centre, cited in Inspiring Hope at www.nimhe.csip.org.uk/our-work/spirituality-in-mental-health/spirituality-resources.html
- *The Courage to bare our souls: a collection of pieces written out of mental distress.* Mental Health Foundation (1999)
- *The Multi-Faith Group for Healthcare Chaplaincy* provides information on the needs and practices of 20 faith/ethnic communities. www.mfghc.com
- *The Royal College of Psychiatrists, Spirituality and Mental Health,* <http://www.rcpsych.ac.uk/mentalhealthinformation/therapies/spiritualityandmentalhealth>
- *The Social Perspectives Network* looks at how social factors affect mental health. www.spn.org.uk – see Spirituality, faith and religion in the Our Work Themes section
- *The impact of spirituality on mental health. A review of the literature.* Mental Health Foundation (2006)
 - Religion and Belief Matter: An information resource for health care staff. NHS Scotland October 2007 <http://www.healthscotland.com/documents/2514.aspx>

A multifaith resource for Health Care Staff www.nes.scot.nhs.uk March 2007

The Association for Pastoral Care in Mental Health (APCMH) is primarily concerned with the spiritual needs of people with mental health problems. They hope to encourage local initiatives in faith communities in order to support and empower mental health service users <http://www.pastoral.org.uk/>

<http://www.socwel.ku.edu/candagrants/Links/links.htm> Website giving links to many academic internet sites relating to spirituality and mental health, mainly American

MAKING SPACE FOR SPIRITUALITY Spirituality, Religion and Mental Health across the North East CONFERENCE REPORT 2nd June 2008 http://www.northeast.nhs.uk/assets/media/pdf/Spirituality_conference_report_final.pdf

Inspiring Hope: Recognising the importance of spirituality in a whole person approach to mental health.

http://bipolarworld.net/pdf/spirituality_project.pdf

http://www.nami.org/Content/Microsites176/FaithNet_NAMI/Home163/Suggested_Reading1/smj_spirituality_bibliography.pdf National Alliance on Mental Illness UK bibliography on spirituality and mental health

Guidelines on spirituality for staff in acute care services: Recognising a person's spiritual dimension is one of the most vital aspects of care and recovery in mental health. <http://www.nmhd.org.uk/silo/files/guidelines-on-spirituality-for-staff-in-acute-care-services-.pdf>

The Centre for Mindfulness at Bangor University
<http://www.bangor.ac.uk/mindfulness/>

Spirituality Forum: The National spirituality and mental health forum
<http://mhspirituality.org.uk/default.html>

Taken Seriously: based on interviews and discussions with 27 mental health service users in Somerset with an interest in religious or spiritual beliefs. It highlights the potentially narrow line between hallucination and vision, which could lead to people either being seen as "psychotic" or "spiritual" depending on the interpretation of their experiences. It also reveals how people experiencing distress might be better supported and understood, particularly within faith communities and mental health services. MHF 202

VIDEOS/CD-ROMS

Electric Apple

Provides a positive approach to managing mental health and distress, a useful compendium of information and a source of inspirational stories and first person accounts of different approaches to mental distress. People share strategies that have helped them manage their mental health problems, from art to nutrition, from faith to talking therapies and exercise. Mental Health Media / Moving Page Company 2002

CD Rom Price £49.95/ £39.95*

Hard to believe

This video explores models of good practice in terms of how mental health services can work better to meet people's spiritual needs and also how faith communities can develop a better understanding of mental health problems and thus support people in their community who may be experiencing such difficulties.

Available from Mind in Croydon, 26 Pampisford Road, Purley, Surrey CR8 2NE
Tel: 0208 668 2210 E admin@mindincroydon.org.uk (www.mindincroydon.org.uk)
Price £35

Spiritual Minds: Exploring the link between the spirit and mental health

The video embraces the importance of an individual's spiritual persuasion as a core feature in the healing process from the effects of mental ill health. The views

of those suffering the effects of mental ill health, their parents/carers and professionals are critically debated at a community event hosted in North London
45 mins VHS Antenna 9 Bruce Grove, Tottenham, London N17 6RA
Tel: 020 8365 9537 Email:info@antennaoutreach.co.uk.
www.antennaoutreach.co.uk

With a little help from my friends

This video explores mental health issues through the experiences of users, carers and friends. The Bishop's House, Ely, Cambridgeshire CB7 4DW
Price £12.99 (Cheques made payable to The Ely Video Fund).

FAITH ORGANISATIONS

Acorn Christian Healing Trust

Whitehall Chase

High Street

Borden GU35 0AP

Tel: 01420 478 121 (Mon-Fri 9am-5pm)

An affiliation of six Christian healing centres where support is available, and callers can be directed towards approximately twenty other healing centres nation-wide. The Trust's approach is to respect each person and their beliefs, to provide non-directive engagement and care and to make a commitment to listen first.

Association of Christian Counsellors

173A Wokingham Road

Reading, Berkshire RG6 1LT

Tel: 0118 966 2207 (Mon-Fri 9am-5pm)

Email: office@acc-uk.org

The ACC is an Interdenominational affiliation representing over one hundred Christian training and counselling organisations. The ACC can refer individuals on to local counsellors. The ACC acknowledges the different emphases within various Christian counselling traditions but expects members to share certain basic religious assumptions. In method the members are expected to express without prejudice the compassion, authority, sensitivity and appropriateness of Christian caring for others.

Burrswood

Groombridge

Tunbridge Wells

Kent TN3 9PY

Tel 01892 863637

Website: www.burrswood.org.uk

Burrswood is a fully registered hospital under the Care Standards Commission that uses Christian ministry alongside traditional medicine. Besides the hospital, Burrswood also contains a book shop, conference centre, guest house and a centre for Christian worship and healing. As a Christian hospital Burrswood aims to assist healing processes with counselling and prayer. However, their Christian orientation is not prohibitive to non-Christians, with Burrswood encouraging patients from any faith and none to use their services.

Centre for Health and Pastoral Care

Holy Rood House
10 Sowerby Road
Thirsk YO7 1HX
Tel: (01845) 522580/ Fax: (01845) 527300

Holyroodhouse@centrethirsk.fsnet.co.uk

Short term therapeutic Residential and Day Centre, working with those who have experienced forms of loss, particularly in the areas of mental and physical health. The centre has an holistic approach and works with a team of counsellors, psychotherapists, art and drama therapists and body therapists.

Centre for the Study of Theology and Health

Thorpe House
12 Sowerby Road
Thirsk YO7 1HX
Tel: (01845) 522004

Thorpe.house@zoom.co.uk

The centre exists to explore the interconnectedness between theology, health, psychology and the arts. It arranges research days and courses in the areas of theology and health and has a particular interest in the areas of mental health and seeks to promote research and understanding.

Doncaster and South Humber NHS Mental Health Trust and the Pakistan Muslim Centre, building a gateway to access mental health services

Pakistan Muslim Centre
Fulwood House
Old Fulwood Rd
Sheffield S10 3TH
Tel 0114 2711100 or 2630300

The Pakistan Muslim Centre (PMC) exists as a charitable organisation with an aim to provide opportunities and services to the Pakistani community of Sheffield and the surrounding area. PMC, recognising a need to gain wider engagement with a variety of services, decided to provide a "gateway" that builds capacity for their community's welfare through practical support, advice, information and promotion in health, training and welfare, and the building of social and culture partnerships with other agencies.

Guru Ram Das Project, a Sikh perspective of helping those with mental health problems

GRDP Project Manager
13 Glen Thorne Rd
London N11 3HU
Tel 020 8361 2488

The Guru Ram Das project, drawing upon Sikh religious teachings, was created in 2003 to support and build on the charitable and community based activities that were developing at the Kriya Centre in Archway, north London. The project has a group of teachers and practitioners that work with a wide variety of people, including those with mental health problems and young people with severe emotional problems that have led them into social isolation and alienation. Mental health activities include: yoga, meditation, complimentary healthcare, inter-faith work and education programmes.

London Buddhist Centre, addressing depression through meditation

51, Roman Rd
Bethnal Green
London E2 OHU
Tel 0845 458 4716

The London Buddhist Centre (LBC) is one of the largest urban Buddhist centres in the western world and is run by the Friend of the Western Buddhist Order. It opened in 1978, in a building that was once a Victorian fire station, and is located in the East End of London. It forms the centre of a self-defined “Buddhist village” comprised of a number of residential communities and several “right livelihood businesses”

Loving Someone in Psychosis – Help us, help our Loved Ones

Loving Someone in Psychosis – Help us, help our Loved Ones
7 Moon St
London N1 0QU

Loving Someone in Psychosis is an organisation that provides support to the family and friends of people who have suffered from psychosis. This help and support is allied to aiding the recovery of a loved one with psychosis. Although the benefits of talking therapies and support for the family are recognised by the National Institute for Clinical Excellence (NICE), particularly in preventing relapses, the approach has yet to be incorporated into general service provision. Loving Someone in Psychosis aims to fill the gap by establishing self-help networks. Its founder is Janet Love whose son had psychosis whilst she was training to be a transpersonal psychotherapist

www.mindandsoul.info

Mind and Soul is a non-denominational organisation exploring Christianity and Mental Health. Mind and Soul have a web page relating specifically to spirituality in the NHS with related document

Person Centred Churches

East Kent NHS & Social Care Partnership Trust
St Martins Hospital
Littlebourne Rd
Canterbury CT1 1TD
Tel 01227 812047

Person Centred Churches is an initiative by the chaplain, Peter Richmond, at East Kent NHS & Social Care Partnership Trust. The initiative aims to make churches more person-centred so that anyone with a disability, including mental health, can include themselves in that community.

The Jewish Association for the Mentally Ill (JAMI) – helping fellow Jews overcome mental health problems

JAMI
16a North End Rd
London NW11 7PH
Tel 020 8458 2223

The Jewish Association for the Mentally Ill (JAMI) is a Jewish charity concerned exclusively with Britain's Jewish population and their experiences of serious mental health problems and the effects this has on the lives of sufferers, their families and all who care for them. JAMI is committed to providing help of a high quality, embodying the culture and values of Jewish society to sufferers their carers and families wherever they can. JAMI positively helps Jewish people with mental health problems, through their social work and with a team of befriending volunteers.

<http://www.jpsych.com/index.html>
Research on Judaism and Mental Health

<http://judaism.about.com/od/holocaust/a/darrensash.htm?terms=mental%20health%20effects>

The Transgenerational effects of the Holocaust on Mental Health

<http://www.emro.who.int/Publications/EMHJ/0703/7Islam.htm>
Islam and Mental Health Eastern Mediterranean Health Journal

The Association for Pastoral Care in Mental Health

c/o St. Marylebone Church
Marylebone Road
London NW1 5LT
Tel: 01483 538936

www.pastoral.org.uk

APCMH is a national ecumenical charity of Christian foundation primarily concerned with the spiritual needs of people with mental health problems. It works closely with churches, religious groups and others in providing training, support and other services and to encourage local initiatives in faith communities in order to support and empower mental health service users.

The Bishop John Robinson Fellowship

Chaplaincy Department
The Maudsley Hospital
Denmark Hill
London SE5 8AZ
Tel: 020 7919 2815

The Fellowship aims to ensure that maximum religious support is available to people with mental health needs and their families and carers. It provides training to mental health professionals in greater acceptance and sensitivity towards the spiritual needs of people with mental health problems, and works to advance the understanding of the spiritual in the larger experience of mental disturbance. It produces an informative newsletter including current activities and publications around spirituality and mental health.

<http://www.blackmentalhealth.org.uk/index.php> **Black Mental Health. Not a faith organisation as such, but can be searched for references to Islam**