

## **SPIRITUAL & PASTORAL CARE TRAINING IN MENTAL HEALTH**

Training to provide faith and religious groups/communities with some understanding in mental health.

To develop spiritual and pastoral skills to support people with mental health difficulties living within faith communities.

Suitable for anyone from any faith and religious community, and who are interested in offering pastoral or spiritual care.

### **Objectives**

- Increase awareness in mental health issues
- Understanding the role of religion in mental health
- Develop the ability to reflect on both good and bad practices within faith groups
- Deepening self-knowledge and awareness

### **Learning Outcomes**

At the end of the training participants would be able to demonstrate:

- Some knowledge about pastoral care in mental health
- Personal, social & pastoral competences
- Ability to work under supervision
- To be able to apply knowledge and skill to support people with a mental health problem living in their own communities.

### **Commitment**

Attendance and punctuality are crucial in order to fulfil course aims and objectives.

## **Training Dates and Times**

**Mondays 6 pm – 8.40pm**

5 January 2015  
12 January 2015  
19 January 2015  
26 January 2015  
2 February 2015  
9 February 2015  
23 February 2015

### **HALF TERM**

2 March 2015  
9 March 2015  
16 March 2015

**Please attend  
Open Introduction Evening  
on  
1st December at 5.30pm to 6.30pm**

**HVCS, 39 Kitto Road SE14 5TW**

**“I thought I learned a lot about mental health during my psychology degree, but I have learned so much more (on this course) about real life issues.”**

Cohort 2 participant

**“Spirituality can help people maintain good mental health. It can help them cope with everyday stress and can keep them grounded. Tolerant and inclusive spiritual communities can provide valuable support and friendship. There is some evidence of links between spirituality and improvements in people’s mental health, although researchers do not know exactly how this works”**

[\(http://www.mentalhealth.org.uk/information/mental-health-a-z/spirituality/\)](http://www.mentalhealth.org.uk/information/mental-health-a-z/spirituality/)

People do care. We sometimes struggle to show that we care and how to connect with those affected with mental health problems. Isolation and stigmatisation are some of the issues people with mental health problems will face in their communities. A well structured pastoral engagement with church members will help in reducing the isolation of its members.

If you feel inspired to work with members of your faith group around the issues of mental health then I would encourage you to sign up for this free 10 week training in pastoral care in mental health.



## SPIRITUAL & PASTORAL CARE TRAINING IN MENTAL HEALTH

If you would like to book a place on the training, please complete the form in BLOCK CAPITALS or TYPE in the GREY BOXES.

Name .....

Address Home: .....

Postcode .....

Email .....

Tel mob: .....

Faith Group Name: .....

Borough .....

- I have read and confirm that I am able to attend all 10 sessions of the course between 5 January & 16 March 2015
- I am able to arrive for the 5.50 pm start, and stay until 8.40 pm
- I am aware there will be a project to complete during the course, on which I will be expected to do a power point presentation   
**Any learning needs** please note here.....

Please return completed form **now** to  
**Juney Muhammad**  
Mental Health Promotion Team, 2<sup>nd</sup> Floor, SLaM,  
45 King William Street, London EC4R 9AN

**Bookings close by 1<sup>st</sup> December 2014**  
**Register now call 02032281671 or email**  
**laurence.rusalen@slam.nhs.uk**

**Venue:** HVCS, 39 Kitto Road SE14 5TW



### Directions :

**Trains :** Nunhead/ Queen's Road Peckham /  
/New Cross

**Buses:** 343, 484, (buses on main Rd to Pomroy  
St and walk 8 minutes up Lausanne Rd, left on  
Gellatly and 2<sup>nd</sup> left onto kitto Rd).

**Free parking**

### Course Co-ordinator:

Juney Muhammad  
Community Development Service Manager  
Mental Health Promotion Team  
South London and Maudsley NHS  
Foundation Trust(SLaM)

### Organisers:

SLaM Mental Health Promotional Team  
Supported by Chaplaincy Pastoral & Spiritual  
Care Service

### Trainers:

SLaM Mental Health Promotion Team,  
Chaplains, Service Users, Improving Access to  
Psychological Therapies (IAPT) & Psychosis  
Clinical Academic Group, Mental Health  
Professionals

### further information contact:

[Juney.muhammad@slam.nhs.uk](mailto:Juney.muhammad@slam.nhs.uk) on 07791680262

South London   
and Maudsley  
NHS Foundation Trust

# Spiritual and Pastoral Care Course in Mental Health for all faith groups



training

**Mondays**  
**5 Jan – 16 Mar 2015**  
**6 pm – 8.40 pm**

**FREE TRAINING**

