



Opening doors to spiritual experience: Exploring practices that enrich personal recovery

Wednesday 6th September, 2017

Guest Speakers

Jenny Greenham

Jenny is the Mental Health Leader at Spiritual Health Victoria, a peak body that supports the integration of quality spiritual care into Victorian healthcare services. The role involves training and education of sector workers, advocacy and peer support for mental health spiritual care practitioners. She brings a wealth of experience working in community, clinical and forensic mental health settings in a variety of capacities over a 25 year period. Jenny's work at SHV is supported by an Interfaith Ministry Ordination and units in Clinical Pastoral Education. Interfaith honours and celebrates all paths to the sacred and has been described as 'spirituality without borders' and in her experience is a philosophy that speaks beautifully to the spiritual care needs of those with a lived experience of mental illness.

Jenny is a Board Member of the Interfaith Centre of Melbourne, an education and cultural not for profit organization dedicated to building connections with people from diverse religions and spiritualities. Additionally Jenny co-creates ceremony and ritual for a growing number of people who describe themselves as 'spiritual but not religious' from her private celebrancy business.

Presentation Outline:

'Making Space for Spirituality' ~ Spiritual Health Victoria is the leading agency whose work it is to integrate spiritual care into all Victorian healthcare services. The work is informed by best practice models from around the world.

What do we mean when we speak of spirituality and religion? How does this fit into our increasingly secular worldview? Understanding and awareness supports us all to integrate this aspect of ourselves into the different parts of our lives. The experience of illness, grief, loss or transition often heightens this exploration, and it is at these challenging times where the concept of spiritual care comes into its own.

Jenny will also examine the origins and principles of the recovery model and make links to spiritual care values. You will be surprised how closely aligned the two models are.



Associate Professor Peg LeVine

Peg is a Medical Anthropologist (PhD), Clinical Psychologist (EdD), sculptor, clinician and scholar who specialises in trauma-torture and genocide studies and Morita therapy. She is a senior researcher with the Center for Advanced Genocide Studies (Shoah Foundation in L.A.) and an Associate Professor adjunct at the University of Melbourne and Monash where she mentors PhD students. She is director of the Classic Morita Centre (CMC), which has relocated to Auckland, New Zealand; she holds a senior post at the Northern Health Schools for vulnerable Maori children.

Presentation Outline:

Revitalising “Life Force” and Therapeutic Place through Morita Therapy: Addressing the Aftermath of Cruelty-based Trauma ~

Shoma Morita (1874-1938) was a Japanese psychiatrist and scholar who developed a four-stage progressive and paradoxical therapy (from complete silence and rest in kind and safe places, to diary observations of nature, to art making and animal husbandry, to 'chopping wood-carrying water', to collective food making and social reintegration). Morita's place in psychological medicine and consciousness studies has taken a back seat to his Western contemporaries -- Sigmund Freud, Wilfred Bion, Melanie Klein, Wilhelm Reich, Jacob L. Moreno, Carl Rogers, and Alfred Adler. Peg will draw on her latest book, *Classic Morita Therapy: Consciousness, Zen, Justice and Trauma* (Routledge Press) and her chapter on “Cruelty-based Trauma”. She distinguishes Western notions of spirituality and existentialism from Indigenous systems of eco-consciousness, spirit, and the essentiality of therapeutic place in psychotherapy. Morita's existential orientation informed the development of his theory and practice: Does consciousness exist without a human mind? Does consciousness reside anywhere? Is consciousness the same as awareness? Is it the manifestation of the human soul or all of life? Lively engagement anticipated.



Camilo Martin

Camilo has lived with a mental illness for over 15 years and his recovery journey has been enhanced by a willingness to engage in intensive counselling, meditation practice and stress management techniques. He has found great benefit from programs such as Outdoors Inc. and enjoys a strong connection to nature and spirituality.

Camilo has a Bachelor of Human Services from La Trobe University, is a qualified Life Saver, Tennis Coach assistant, and Basketball referee. He is currently studying creative writing at Victoria University undertaking one subject per semester. In addition to writing and composing music, he loves performing hip hop music to live audiences. Camilo hopes to help others gain hope and strength from the music he performs and the insights he has gained whilst living with a mental illness. Going to the beach is another of his favourite things ☺

Presentation Outline:

Camilo will talk about his personal experience with a mental illness, and the many things that have been helpful in his recovery. Camilo will emphasize the importance of contact with nature and participation in outdoor programs where spirituality can be nurtured and deepened.



John Adamsons

John's first career was as a primary school teacher in the Catholic school system; he later also took on the role of Religious Education Coordinator and was involved in Student Welfare. In this role he endeavoured to ensure that spirituality was relevant to the children and their experiences and a way of understanding their own identity.

While teaching, John also took his own personal growth seriously and was involved in participating in Psychodrama. This experience provided an opportunity for personal growth and a deepening spirituality.

John decided to move into pastoral care as he felt it was time to work with adults. Since he first stated in pastoral care over 11 years ago, John has gone on to complete his Bachelor of Theology with special attention given to pastoral subjects and spirituality. Over the past four years, John has also worked in the area of mental health.

Presentation Outline:

In this presentation, John will share some of his experiences of working in a Mental Health Unit. He will reflect upon how allowing a person to share his/her spirituality can help him/her to find connection and to draw upon inner resources.



Rev. David Dawes

David has managed the Pastoral Care Department at Peter MacCallum Cancer Centre for 17 years and been a Clinical Pastoral Education (CPE) supervisor for 20 years. His interests are further developing spiritual care in Public Health and further developing education in spiritual care. He has been the President of Spiritual Health Victoria and the Association for Supervised Pastoral Care in Australia (ASPEA). He is currently a member of ASPEA's Registration and Certification committee. David's research interests are in further understanding the impact that unmet spiritual need has on patients and their carers and consequently how meeting a person's spiritual needs assists their resilience during times of illness.

Presentation Outline:

David and two of his colleagues from The Spiritual Care team at Peter MacCallum Cancer Centre will facilitate the Reflective Practice Sessions.





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09.15am **REGISTRATIONS OPEN**

09.30am Welcome

09.35am Welcoming Guest Speakers and Presenters ~ *Harvey Tuck*

09.45am Introduction: Setting the scene
Making Space for Spirituality ~ *Jenny Greenham*

10.00am **Revitalising “Life Force” and Therapeutic Place through Morita Therapy: Addressing the Aftermath of Cruelty-based Trauma** ~ *Peg LeVine*

10.45am **Lived Experience** ~ *Camilo Martin*

11.00am **How does a practitioner do this?** ~ *John Adamsons*

11.20am **MORNING TEA**

11.45am **Reflecting on personal experience** ~ *Rev. David Dawes & Colleagues*
Facilitated Reflective Practice Sessions x 3 groups (*Adjoining rooms*)

12.30pm Shared reflective feedback opportunity (*Lecture theatre*)

12.45pm Q & A Panel Discussion with wrap up

1.30pm **LUNCH**

