



NATIONAL *Mindfulness Day* FOR CHRISTIANS

Exploring Mindfulness for Health and Mindfulness of God

This National Mindfulness Day is for Christians interested in the area of mental health and spirituality. In particular its focus is to enable Christians to engage with secular mindfulness for health and Christian mindfulness of God in an informed way.

The keynote speakers are all experts in this field and will bring psychological, biblical and historical perspectives to the cultural phenomenon of mindfulness.

The conference will be invaluable for any Christian interested in this area of mental health and spirituality.

Saturday 12th May 2018

Venue: St Paul's Church, Ealing, London
10am to 5pm

Saturday 19th May 2018

Venue: Bridge Community Church, Leeds
10am to 5pm

Session 1 - Mindfulness in Scripture and Christian Tradition - Rev. Shaun Lambert

Session 2 - Mindfulness, Compassion and Christian Contemplation - Richard H H Johnston

Session 3 - Kate Middleton

Session 4 - Roger Bretherton

Session 5 - Psychologist

Session 6 - Shaun/Will

For more information and how to book your place see the website...

www.nationalmindfulnessday.co.uk

Keynote Speakers



Rev Shaun Lambert

Mindfulness : It's time for Christians to engage

Shaun is a Baptist minister, author, counsellor and psychotherapist based in Stanmore, North West London. He is part of the New Wine leader's network. He has been researching mindfulness since 2006, in different perspectives, and is currently pursuing a PhD project looking at mindfulness at London School of Theology.



Richard H H Johnston

Mindfulness, Compassion and Contemplation

Richard is the pioneer Director of christianmindfulness.co.uk. Christian Mindfulness offers Online Courses, Guided Meditations, Workshops and Retreats. It has featured at the UK Association of Christian Counsellors Biannual Conference, New Wine Scotland (CLAN Gathering), Christianity Magazine, Premier Christian Radio, the Church of England Newspaper, Mind & Soul website and Turning the Page (New Zealand).



Kate Middleton

Mindfulness and Resilience...Weathering the storms of childhood and adolescence

Kate is a psychologist, director of the national organisation The Mind and Soul Foundation, and Assistant Pastor at Hitchin Christian Centre. She is passionate about mental and emotional health and communicating a combination of great psychology, great medicine and great theology to help people reach their full potential.



Dr Roger Bretherton

Mindfulness and Christian Character

Roger Bretherton is Principal Lecturer for Enterprise in the School of Psychology at the University of Lincoln. He is a clinical psychologist, psychotherapist, coach and trainer. His current research centres on character development and leadership, recently investigating the benefits of humility in leaders and using mindfulness in the development of character. He chairs the British Association of Christians in Psychology (BACiP).



Will van der Hart

Mindfulness Strategies for Managing Pain

Will is Pastoral Chaplain at Holy Trinity Brompton and a director of Mind and Soul. His interest in emotional health is wide ranging, reflecting his broad experience in a variety of pastoral contexts. Will is an integrative and practical bible teacher who speaks at a number of national forums. He is passionate about equipping church leaders to look after their own emotional health as well as empowering them to manage the emotional needs of their congregations. Will has co-authored five popular books on emotional health.



Dr Rob Waller

Mindfulness for Mental Health...Its place for those who are medically unwell

Dr Rob Waller is a Consultant Psychiatrist working in New Zealand. He has extensive experience in the management of serious and enduring mental illnesses, including the place of mindfulness and related practices. He is a director of the Mind and Soul Foundation.

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