

# Explorations in Psycho-Spiritual Care 2019: Creativity and human flourishing

A series of personal and professional development workshops for health & social care professionals, counsellors & psychotherapists, chaplains and faith leaders who want to deepen their practice of psycho-spiritual care.



Led by highly experienced practitioners and trainers from the world of the arts, spiritual care, healthcare & psychotherapy.  
LINKS ESTABLISHED THIS YEAR WITH BOTH THE ASHOLEAN MUSEUM (specially arranged private visit led by a curator) and THE OXFORD PLAYHOUSE (with participation director)



- ◆ The course is open to people of all faiths and beliefs;
- ◆ The themes of each day will be developed by various speakers in the morning and considered together in facilitated reflective practice groups in the afternoon;
- ◆ Participants will be expected to bring material from their own practice as it relates to each days' theme;
- ◆ At the end of the course there will be opportunity to consolidate learning in an *optional* 3,000 word essay;

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*'Outstanding ..... so very interesting and deeply engaging'* (2016 participant)

*'Quality of the experience was superb'* (2015 participant)

**COST £240/£195**  
if paid by 26/08/19 (**HALF PRICE**  
for OHFT STAFF)

(tea & coffee included)

The course is designed as a whole. Participants are therefore expected to attend a **minimum of 3 out of 4 days.**  
10am —4pm

- Day 1** 17th September  
**Breath-Sound-Voice; Exploring the building blocks for authentic communication through music**  
Kate Binnie
- Day 2** 15 October  
**Being Present**  
Mezze Eade
- Day 3** 19 November  
**Then and Now: the museum as reflective and recreative space**  
Dr Jim Harris
- Day 4** 10 December  
**The Work before the Work: Exploring our Imagination**  
Tom Cox

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*'Life changing and life affirming'* (2018 participant)

**For further details please contact:** Guy Harrison. [guy.harrison@oxfordhealth.nhs.uk](mailto:guy.harrison@oxfordhealth.nhs.uk)  
01865 902760 or visit OCSW website: [www.oxfordcentrespiritualitywellbeing.co.uk](http://www.oxfordcentrespiritualitywellbeing.co.uk)

# Explorations in Psycho-Spiritual Care 2017

## SPEAKERS/ FACILITATORS

**Kate Binnie** In this session, we will work with the basic building blocks of musical communication (breath-sound-voice and body rhythm) to build confidence in our ability to communicate and connect beneath and beyond words. We will also explore the history and theoretical underpinnings around breath-sound-voiced communication, think about how we can apply some of the practical ideas to our clinical settings and enjoy the session for our own creative development and self-expression. **Kate** is a Snr Research Associate at the Bristol Medical School. She is a music therapist and also teaches yoga and mindfulness. She gives supportive & palliative care to patients and in her training for HCPs. She runs bi-annual courses in psycho-social-spiritual care & compassion-focused approaches at the Centre for Palliative Care in Worcester and breath-body-mind integration training at the Sobell Study Centre.

**Jill Buckeldee (and reflective practice co-facilitator)** is a psychodynamic counsellor with an interest in spirituality. She has recently completed a doctorate on how spirituality is understood and worked with in psychodynamic practice. She works as a counsellor at a theological college and has a private practice. Jill was a senior nurse in community care involved in managing and training nurses and other health care professionals and is currently developing her work within a hospice context.

### **Tom Cox**

**Mezze Eade** How you attend to life changes. What it is you see and find? In this workshop you will participate in drama games and exercises to help you step back and reflect, and we will share actors' tools to help you feel ready and to be present in day to day life. **Mezze** combines her extensive experience in contemporary dance and theatre to provide an holistic approach to her workshop facilitation. Mezze's workshops enable individuals to experience and adapt performers tools to increase personal confidence and professional effectiveness. Mezze has trained staff for John Lewis, Waitrose and Blenheim Palace, worked in prisons and directed plays and musicals with children. Mezze is Participation Director at Oxford Playhouse.

**Jim Harris** is an art historian and Andrew W Mellon Foundation Teaching Curator at the Ashmolean Museum. Over the course of his career he has also been an actor, musician and director of a contemporary art gallery. He is a licensed lay minister in the Church of England and regular broadcaster on BBC Radio 2. His workshop will take place in the Ashmolean Museum.

**Guy Harrison (reflective practice co-facilitator and workshop organiser)** is Head of Spiritual & Pastoral Care AND Consultant in Staff Support at OHFT and Director of OCSW. He has worked for 22 years as a healthcare chaplain and counsellor in hospice, acute care, mental health care and community contexts. He has wide experience of training in spiritual and pastoral care within healthcare and local multi-faith contexts and is an experienced supervisor. He is a registered BACP (accredited) psychotherapist and a senior accredited pastoral supervisor (APSE). He has edited 'Psycho-spiritual care in Healthcare Practice' which is published by JKP (June 2017).

## VENUE

**The Friends Meeting House (Quakers), 43 St Giles, Oxford OX1 3LW**

**The Friends Meeting House is situated within 10 minutes walk of Oxford Railway Station and 5 minutes of Oxford Park and Ride buses. Please note parking in central Oxford is difficult and/or expensive but Oxford is well supplied with Park and Ride from the A34 (North and South), A420 and A40/M40**