



Monday 3 November 2008
The Friends' Meeting House, Brighton

Workshops

Morning session 11.50am – 1.15pm

Queering Therapy – today and tomorrow

facilitated by Charles Neal

A participative workshop looking at why queer therapy is and has been necessary and where we are going.

Charles Neal is a queer UKCP accredited therapist, supervisor, trainer & consultant with twenty years' experience working in innovative education with all ages and abilities at points of change. For the past twenty years he has run a busy private practice in London & Sussex, set up the Association for Lesbian, Gay & Bisexual Psychologies UK, co-edited three bestselling handbooks of 'Pink Therapy', led the longest running gay men's therapy group in the world, trained, written, broadcast and taught throughout the UK and elsewhere and co-parented three sons (now 35, 31 and 5!). He is an Honorary Clinical Associate with Pink Therapy services, London and hold their Certificate in Sexual Minority Therapy.

Promoting positive mental health in LGBT young people – using creativity to build resilience

facilitated by Emma Welsh

An experiential workshop exploring how visual tools can be used to promote positive well-being.

Emma Welsh is the LGBT youth intensive support worker (mental health) at Allsorts youth project, where she has been working for the past 6 years. Allsorts is a support project for LGBT young people under 26. It offers a weekly drop-in,

121 support, homophobia, transphobia and biphobia awareness training, and volunteering opportunities. Emma has set up, and been running the A-Sorted health and well-being group at Allsorts for the past year. The A-Sorted programmes offer a safe and supported space for LGBT young people to explore the issues and challenges that they face, and to find creative ways to express themselves. Emma is also currently doing a diploma in integrative psychosynthesis counselling.

Suicide Prevention in LGBT communities

facilitated by Jason Saw and members of 'Out of the Blue'

MindOut ran a pioneering LGBT suicide prevention project for 2 years, which established a peer support group for LGBT people who are or have experienced suicidal distress. An opportunity to learn about some of our work and hear about its impact.

Jason Saw is currently Senior Practitioner with MindOut. For two years he was employed as the LGBT Suicide Prevention worker, during which time he provided: advice, information and advocacy, consulted with LGBT people who had experience of suicidal distress, set up and facilitated Out of the Blue, initiated mental health promotion and suicide prevention in the LGBT community, contributed to a local LGBT Suicide Prevention Strategy and the LGBT Suicide Prevention Working Party.

Mindfulness Meditation

facilitated by Sheila Roche

Meditation – Connecting to the present moment through awareness of body, breathing and states of mind.

In this workshop, we will introduce the practice of meditation using simple techniques to bring our awareness into the present moment. We will use a guided experience of body sensations, breath and the flow of thoughts to stay in the present moment and experience the freedom and peace that can be found when we let go of our usual mental habits.

Sheila Roche has been practicing meditation for over twenty years. Since 2002 she has helped facilitate the Brighton LGBT Meditation Group, which meets twice monthly. She has also suffered from depression and anxiety since her early teens, and for the past year has greatly benefited from using the services at MindOut.

Count Me In Too, Local Mental Health Research *facilitated by Arthur Law and Kath Browne*

Come and find out about groundbreaking local research into LGBT mental health, detailed findings on all aspects of mental health drawn from the experiences, views and needs of 847 local LGBT people.

This mental health report addresses the differing experiences and needs of groups within the LGBT population, risk factors for mental health and suicidal distress, the use of mainstream and community services for support, and views on monitoring and consultation.

This is the culmination of two years consultation, research and analysis led by the University of Brighton and Spectrum with input from city's mental health providers and commissioners, and voluntary and community stakeholders.

Dr Kath Browne is a senior lecturer in the School of Environment at the University of Brighton and has been lead researcher for the Count Me In Too research project since its inception in 2005. In 2007 Kath was awarded the coveted Gill Memorial Award from the Royal Geographical Society recognising geographical research in young researchers who have shown great potential. Kath's international reputation is continually increasing with the publication of *Geographies of Sexualities: Theory, practices and Politics* in July 2007, which she co-edited. She has written 20 publications across a range of disciplines and is a trustee of Pride in Brighton and Hove.

Arthur Law is coordinator of Spectrum LGBT Community Forum in Brighton & Hove which provides community development support to local LGBT communities and facilitates and supports strategic work related to LGBT needs bringing together stakeholders from local statutory, voluntary and community, and LGBT sectors. Spectrum is the community partner in the Count Me In Too research project working with the University of Brighton. Arthur has been active in a number of local LGBT groups and services and in equalities campaigns spanning 25 years. In 2004 Arthur received the prestigious Golden Handbags 'Long Term Service to the Community Award'.

Afternoon Session 2.00 – 3.30pm

Transgender Mental Health facilitated by Michelle Bridgman

Exploring the identity of gender. This experiential workshop will examine how the current treatment system does not help people explore the meaning of gender and how care pathways can effect people's mental health.

Michelle Bridgman is Project Manager for The Gender Trust, a UK Charity supporting people with issues around gender identity. She is an experienced psychotherapist specialising and working in the field of Gender Identity. In 2005 she was asked to join a committee at The Royal College of Psychiatry which was set up to review standards of care and treatment pathways for people seeking gender reassignment. Her hobbies include writing & performing Stand-Up Comedy. She had done five one woman shows at the Edinburgh Festival, written and starred in a sitcom screened on BBC

Hate Crime and Mental Health facilitated by Natalie Woods and Nick Antjoulle

This workshop aims to explore the impact of homophobic and transphobic hate crimes on the victims. Both locally and nationally there are an alarming number of hate crimes that are reported to the police and we know that many more go unreported. We will enable participants to look at the effects of hate crime and how local services can respond. Natalie and Nick have recently worked in partnership to pilot a victim support project which provided counselling to victims of hate crime.

Natalie Woods is the Services and Development Manager of Brighton and Hove LGBT Switchboard, supporting and managing a team of volunteers who provide a helpline and a counseling service. She is a qualified therapeutic counsellor, specializing in work with sexual and gender minority clients.

Nick Antjoulle is the LGBT Police Liaison Officer supporting LGBT victims of hate crime in Brighton and Hove. He works closely with the LGBT community.

Improving LGBT access to mental health services facilitated by Klaus Alexander and Philip Dodgson

Lesbian, gay, bisexual and transgendered people may have specific needs when it comes to using mental health services. In this workshop we hope to give voice to those needs and look at ways in which services can be changed to meet some

of the needs. This workshop will aim to find ways of developing LGBT appropriate services in places and with people that are accessible and LGBT affirmative. It will also look at ways of working effectively in partnership.

Sussex Partnership NHS Foundation Trust has been successful in becoming an expansion site for improving access to psychological therapies (IAPT). The workshop will be interactive, including a brief presentation of the IAPT model, space for discussion and development of ideas, and a time for drawing together proposals for improving access to services.

The presenters have been involved in the development of the IAPT programme from service provider and service user perspectives.

Klaus Alexander has worked in mental health and learning disabilities for the past eight years and his main interest lies within the Wellness, Recovery and Positive Psychology movement. More recently he has been involved in the development of the IAPT programme for improving LGBT access to mental health services in Brighton & Hove, from a service user perspective. He believes that managing for diversity should be at the heart of the delivery of mental health services, be built into mainstream mental health policies, practice guidelines, recruitment, quality monitoring and evaluation at all levels. This would support real changes in developing LGBT appropriate services, in places and with people that are accessible and LGBT affirmative.

Philip Dodgson is a Consultant Clinical Psychologist with Sussex Partnership NHS Foundation Trust, and is the Associate Director of Psychology and Psychological Therapies: Brighton and Hove. Philip was chair of the LGBT Special Interest Group in Improving Access to Psychological Therapies and has been involved in increasing awareness and provision of LGBT affirmative services.

Setting up LGBT Mental Health Initiatives facilitated by Elliot Klimek and MindOut service users

MindOut is an LGBT specific mental health project, run by LGBT people for LGBT people. Come and find out what we do, why we do it and how you can get involved. We particularly want participants who are interested in our new national network of LGBT mental health groups.

Elliot Klimek is running an activities project with MindOut as part of the Time to Change consortium. His work is to enable LGBT people with mental health issues to take part in activities, set up groups and network with each other. The activities project also provides LGBT awareness training, anti-stigma campaigning within LGBT communities and community events. He is also training as a counsellor.

Mindfulness Meditation

facilitated by Sheila Roche

Mindfulness – the healing power of Awareness

In this workshop, we will experience some of the ways that Mindfulness has been used to help people suffering with anxiety and depression. Following on from the introduction to meditation, we will look more specifically at ways of dealing with negative thoughts and feelings. By identifying the connections between physical sensations, emotional feelings and negative thoughts, we can begin to learn ways of untangling the ties between them in a space of non-judgemental awareness. We will share some techniques to introduce this practice.

Sheila Roche has been practicing meditation for over twenty years. Since 2002 she has helped facilitate the Brighton LGBT Meditation Group, which meets twice monthly. She has also suffered from depression and anxiety since her early teens, and for the past year has greatly benefited from using the services at MindOut.

ASIST

facilitated by Grassroots Training

We will be exploring ASIST (Applied Suicide Intervention Skills Training) and considering ways of strengthening LGBT communities to prevent suicide. The workshop will include short presentations by the facilitators and an opportunity for participants to consider how they could participate in developing a community that is better able to respond to the needs of a person at risk of suicide

Grassroots Training is a social enterprise. We are a not-for-profit community organisation delivering training about mental health issues and suicide intervention. We aim to reduce stigma about mental health problems and suicide, and to teach skills that can help community members to stay safe. The workshop facilitators are all directors of the company and have lots of experience of working with people in crisis in voluntary and statutory organisations. They are all experienced ASIST trainers. Grassroots training (under its former name of ASIST Communities) was involved in delivering the first ever LGBT ASIST workshop in partnership with MindOut