

'Blether' - Where listening to each other really matters

Keith Morrison

This is brief explanation and a taster session of a way of engaging palliative patients with the issues that really matter to them.

It was originally devised for NHS Education for Scotland, and Keith has found 'Blether' invaluable as part of the care of Day Therapy patients at the hospice where he works as Chaplain.

Please come along for a 'Blether' to find out more.

Building resilience

Gemima Fitzgerald

This workshop will define resilience and how this can be built. It will explore what it is to be human, as well as how we can learn more about our emotional state in the work we do. Attendees will be supported to discover how they can look after themselves in order to strengthen their resilience.

Clowning: "fooling around" or making sense of ourselves

Catherine Murphy

In her study of theatre, Catherine has explored ideas around Product, i.e. performances, and Process, i.e. rehearsals and workshops. Both can have profound effects on personal wellbeing; performing can increase confidence in being seen by others. Catherine's experience of assisting Mindful Play groups, and Expressive Movement Psychotherapy groups has expanded her understanding of how play and exploration can unlock creativity.

This workshop will focus on Curious Play, with the aim of reconnecting with our childish selves. When we played as children we were honest and genuine, and explored the depths of our personality. As we age we learn what "appropriate" play is- sports, video games and television. This workshop offers the chance to rekindle our childish interest in ourselves and the world around us.

Exploring the Notion of Silence as Care

Lynn Bassett

This workshop provides an opportunity to explore participants' own experience of silence in spiritual caregiving encounters. It may offer a model for exploration of the phenomenon with volunteers or other staff who offer spiritual care as part of their role. Come with a story of your experience of silence in a patient encounter and be prepared to share some silence with other participants.

From Supervision to Case Study Presentation: how to write a Chaplain case study

Steve Nolan

Case studies develop chaplaincy practice, both personally and for the profession. This interactive workshop will show how, building on regular reflective practice, a chaplain can write their own case study and gain insight into their work and also contribute to advancing the profession.

Measuring the Impact of Chaplaincy in Healthcare

Austyn Snowden

The workshop will focus on the practicalities of designing research and evaluation into healthcare chaplaincy. It will detail a simple protocol illustrated with flowcharts and timelines and discuss real world problems with such a project and how to overcome them, using data from a working example. Delegates will leave with a clear idea of how the PROM could be used in their organisation.

Meditation using music and poetry

David Buck

Shadow Side - using live music and poetry I will lead a meditation during which participants can listen, reflect, write...concluding with a drawing together of shared thoughts, insights and discussion.

New chaplains' workshop

Chris Cheeseman

This will be a facilitated group discussion drawing out the concerns of those new to chaplaincy and exploring how these may be addressed. It won't necessarily give all the answers, but will at least give space to explore the issues with experienced as well as new chaplains.

Nurturing our Journey, Engaging with our Shadow

Bruce Kinsey

The thoughts presented in the Keynote session will be pursued and explored more in the workshop 'nurturing our journey, engaging with our shadow'. In this we will consider more personally what we need for our own journey, where our vulnerabilities lie, and how we can get support as well as support ourselves so we can continue to work in difficult and sometimes near impossible situations. Some of this we will do together, and some of it we will do in private and safely. Being vulnerable, open and honest with our difficult bits is not an easy task, and we will consider how best to be open and explore this territory.