Rev Shaun Lambert : Session Title: 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.

Titles by Rev Shaun Lambert - *A Book of Sparks*; *Putting on the Wakeful One*; *Flat earth unroofed*

Richard H H Johnston : **Mindfulness, Compassion and Contemplation**

Richard is the Director of christianmindfulness.co.uk Christian Mindfulness offers Online Courses, Guided Meditations, Workshops and Retreats. It has featured at the UK ACC Biannual Conference, New Wine Scotland, Christianity Magazine, Premier Christian Radio, the Church of England Newspaper and Mind & Soul website. The Christian Mindfulness resource is currently being used worldwide.

Titles by Richard H H Johnston - Introducing Christian Mindfulness; Christian Mindfulness: Are You Living On AutoPilot?; Mindfulness of Body, Soul and Spirit.

Dr Kate Middleton

Mindfulness and resilience: weathering the storms of childhood and adolescence

Kate is a psychologist, director of 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.

Titles by Dr Kate Middleton - Refuel: How to balance work, life, faith and church; Stress: How to de-stress without doing less; First Steps Out of Anxiety; First Steps Out of Eating Disorders; The Stuff of Life.

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. He chairs the British Association of Christians in Psychology (BACiP).

Titles by Dr Roger Bretherton - Being Mindful, Being Christian; The God LAB - 8 spiritual experiments you can try at home.

Rev Will van der Hart

Mindfulness Strategies for Managing Pain

Will is Pastoral Chaplain at Holy Trinity Brompton and a director of the Mind & Soul Foundation. 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.

Titles by Rev Will van der Hart - The Perfectionism Book; The Guilt Book; The Worry Book; The Pregnancy Book; The Stuff of Life

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.

Titles by Dr Rob Waller - The Perfectionism Book; The Worry Book; The Guilt Book; The Stuff of Life.

Prof Amy G Oden

Right Here, Right Now: Mindfulness for Abundant Life

Amy G. Oden is Professor of Early Church History and Spirituality at Saint Paul School of Theology at Oklahoma City University and the author of Right Here, Right Now, In Her Words and And You Welcomed Me, all published by Abingdon Press.

Titles by Prof Amy G Oden - Right Here, Right Now: The Practice of Christian Mindfulness; And You Welcomed Me; In Her Words.

www.nationalmindfulnessday.co.uk

Welcome to the First National Mindfulness Day for Christians hosted by

The Association of Christian Counsellors

&

Pastoral Care UK

In partnership with

christianmindfulness.co.uk

Rev Shaun Lambert

The Mind & Soul Foundation

British Association of Christians in Psychology

The London School of Theology

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

www.nationalmindfulnessday.co.uk

National Mindfulness Day For Christians
2018 Programme

10-10.15 am Arrivals

10.15 - 10.30 am	Welcome and announcements	Tony Ruddle (ACC Exec Chair)
	Mindful Worship	Glyn Burns
10.30 - 11.15 am	Speaker 1 - Rev Shaun Lambert - Mindfulness: It's time for Christians to engage	
11.15am - 12.00pm	Speaker 2 - Richard H H Johnston - Mindfulness Compassion and Christian Contemplative Practice	
12.00 -12.45pm	Lunch & Refreshment break	
12.45 -13.30 pm	Speaker 3 – Professor Amy G Oden - Right Here, Right Now: Mindfulness for Abundant Life	
13.30 -14.15 pm	Speaker 4 – Kate Middleton - Mindfulness and resilience: weathering the storms of childhood and adolescence	
14.15 - 14.30 pm	Recorded Video from Rob Waller – Mindfulness for Mental Illness – Its place for those who are medically unwell	
14.30 - 15.00 pm	Break	
15.00 - 15.45 pm	Speaker 6 – Roger Bretherton – Mindfulness and Christian Character	
15.45 - 16.30 pm	Speaker 7 – Will Van der Hart – Draining the 'Shame Basement' - Mindfulness to Overcome a distorted Sociometer	
16.30 – 16.55 pm	Panel - Q & A	
16.55 pm	Closing meditation	Richard H H Johnston
17.00 pm	Finish	

Although the format of the talks is mainly psychological and spiritual education there will be an opportunity for some experiential work, through short informal mindful awareness practices. If you are unsure whether to do the practice because of an existing mental health condition then please just observe or take some time out. If at any time you feel you would like to talk to someone about your experience there will be ACC staff available at their stand.

Advance Notice...we are planning the next National Mindfulness Day for Christians for May 2020. Better still please make sure **before you leave** that you are signed up with ACC to receive information about future events or e-mail ACC to ask about being signed up.

Email: office@acc-uk.org

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ACC's National Conference

8th -11th February 2019

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Full programme of seminars and workshops for 4, 2 and 1 day attendance

Christian Mindfulness www.christianmindfulness.co.uk

- Online Courses, Accredited Certificate, Workshops, Retreats and 8 Week Presented Course
- Recommended by Church Leaders, Counsellors, Psychiatrists, Psychologists and Theologians
- Richard is full-time Director of Christian Mindfulness and a Missionary Associate of Globe UK. He can be contacted via the Christian Mindfulness website.

Shaun Lambert
The Free Running Mind

www.shaunlambert.co.uk

Shaun is an independent researcher into mindfulness for health and mindfulness of God and is available for lectures, seminars, retreats & courses. Please contact him via his website.

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- 200+ Christians who study, teach or work in psychology
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- an email list, discussion group and a website of resources
- updates and newsletters throughout the year

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