



Overview

- Who we are
- How we started
- What we do
- How effective are we?
- Spirituality – Rev John Silver

Who we are

- Voluntary
- Support people affected by mental health issues, living in the community
- Christian Ethic
- Unfunded
- Incorporated, Registered Charity

The purpose of Group 61
is
to enable fullness of life
through friendship with
people
affected by mental health issues

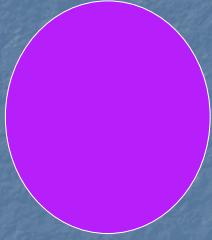
Goals

- to support people affected by mental health issues living in the community.
- to collaborate with people affected by mental health issues in their journey of recovery.
- to promote spirituality as integral to sound mental health.
- to raise awareness of mental health issues in the community through training and education.

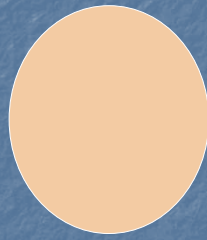
How we started

- Michael
- Neighbourhood Gospel Sharing
- The Prince Charles Hospital

What we do - weekly

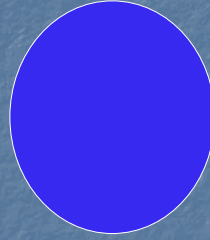


Volunteer
Support Person

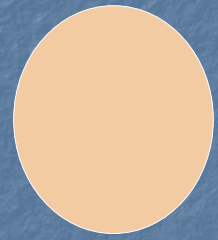


Friend being
supported

What we do - weekly

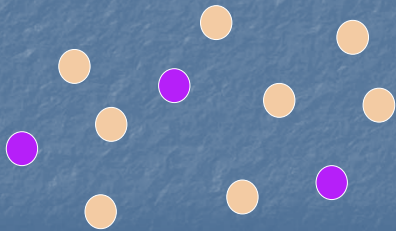


Buddy
Support Person

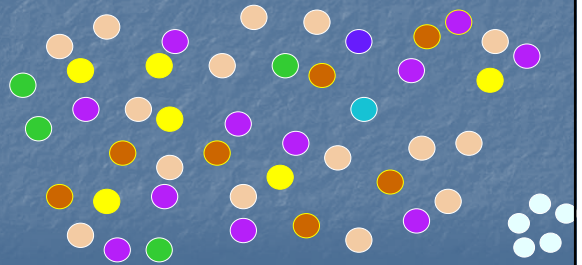


Friend being
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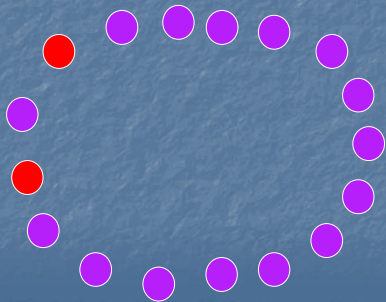
What we do- weekly the cluster group



What we do BBQ bi-monthly



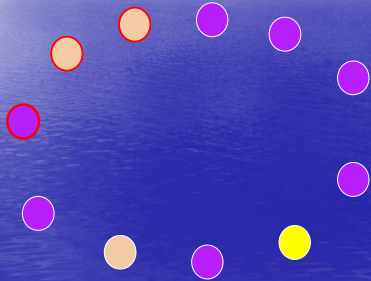
What we do- monthly Volunteers Meeting



The ESSENCE of what we do

L i s t e n

Training Course



How effective are we?

- Michael
- Email

Email

We are currently pleased with David's progress. In the time we have been visiting him he has given up drinking or at least reduced his beers to an occasional one and also found the strength to stop taking too many painkillers for the buzz, and he looks so much healthier. Last week he came with us for a long drive for the first time....This was a big change from when we first started visiting when he would curl up in his chair and talk of anxiety attacks whenever we mentioned going out.

The ESSENCE of what we do

Spirituality is integral to
mental health

Spirituality

- Psychotherapy = lit soul healing
- Jung (1955), Frankl (1997), Assagioli (2000) O' Hanlon(2006) stressed importance of spirituality for mental health.
- But also history of minimizing, Freud, focus on scientifically provable facts and treatment – esp mind, emotions, thoughts.
- Evidence Based Modalities.

Spirituality

- Greek thought separated spirit from flesh/ influenced western concept of person.
- Hebrew thought saw person as an en-fleshed soul – more holistic - soul, body, mind/ emotions all interlinked.
- Spirituality/ religion/ framework – without the boundaries of religious practice and accountability spirituality can become a self centred exercise.

- NCLS study of Australian spirituality 2004
Those with a spiritual orientation tend to have:
 - higher levels of self esteem
 - higher levels of personal growth
 - a greater sense of purpose in life
 - higher levels of satisfaction with life
 - a tendency to contribute to others through voluntary service or donations.

Spirituality

- O'Hanlon – Connection, Compassion, Contribution
- Lambert – common factors – client resources, networks, supports most significant factor in therapeutic alliance.
- Jesus – love God totally, Love neighbour as yourself – motivation to share God's love in relationship with others.

- "61" refers to Isaiah 61 which says:
- The Spirit of the Lord God has taken control of me!
to tell the oppressed the good news,...
The Lord has sent me to comfort those who mourn,...
He sent me to give them flowers in place of sorrow, olive oil in place of tears...
and joyous praise in place of broken hearts.
- Hope

Spirituality & Therapy

- O' Hanlon – Pathways to spirituality
- James and Melissa Griffith – Encountering the sacred in psychotherapy
- Miller – Integrating spirituality into treatment
- Richards and Bergin – spiritual strategy in counselling and psychotherapy
- Collins – Christian counselling
- Benner – Soul care