



SpiritualityForum
THE NATIONAL SPIRITUALITY AND MENTAL HEALTH FORUM



The Peter Gilbert Memorial Lecture

Thursday 21st May 2015 1.45pm - 4.30pm

“A Compassionate Approach to Spiritual and Mental Well-being”

**The National Spirituality and Mental Health Forum
cordially invites you to their first annual lecture to honour
Professor Peter Gilbert and his contribution to
social and mental health in the UK.**

Guest Speaker: Professor Paul Gilbert OBE

Paul Gilbert FBPSS PhD, OBE is Professor of Clinical Psychology at the University of Derby and Consultant Clinical Psychologist at the Derbyshire Health Care Foundation Trust. He has researched evolutionary approaches to psychopathology for over 35 years focusing on the treatment of shame-based difficulties - for which compassion focused therapy was developed. In 2003 he was president of the BABCP and a member of the first NICE committee on depression. He has written/edited 20 books and over 150 papers. In 2006 he established the Compassionate Mind Foundation charity with the mission statement “*To promote wellbeing through the scientific understanding and application of compassion*” (www.compassionatemind.co.uk).

**Venue: The Mahatma Gandhi Hall, Indian YMCA,
41 Fitzroy Street, LONDON, W1T 6AQ**

To register: <http://tinyurl.com/o5o7n8r>
Further information: www.spiritualitymentalhealth.org.uk
Or by email to: brian.bingham@spiritualitymentalhealth.org.uk