

The Chy-Sawel Project

Is holding a one day conference

on Friday 4th. Nov 2016 at Estuary Suite, Sandy Park
Conference Centre, Exeter, EX2 7NN

Today's Mental Health Crisis – The Time For Change!

This is our seventh conference to date. In today's crisis within the psychiatric system, our speakers, prominent professionals in their fields, will explore the latest research and positive outcomes of therapeutic treatment in mental health.

9:00 - 9:30

Registration & Refreshments.

9:30 - 9:40

Introduction & Housekeeping.

9:40 - 10:40

Robert Whitaker. Author & scientific journalist.
The Case against Antipsychotics: Doing More Harm than Good.

10:40 - 11:00

Refreshment Break.

11:00 - 12:00

Pro Jonathon Mill, Professor of Epigenetics.
How our lifestyle & environment effect our genes.

12:00 - 1:00

Dr. Dan Bloomfield, Fellow in Environment & Health.
'Dose of Nature'.

1:00 - 2:15

Lunch Break.

2:15 - 3:15

Nick Putman. Psychotherapist & Open Dialogue Practitioner.
'Open Dialogue UK'.

3:15 - 3:45

Peter Willoughby.
'The need for Minerals'.

3:45 - 4:00

Chy-Sawel overview.

4:00 - 4:30

Question & Answer.

Our Speakers

Robert Whitaker

Robert Whitaker is the author of five books, three of which tell of the history of psychiatry. His first, *Mad in America: Bad Science, Bad Medicine and the Enduring Mistreatment of the Mentally Ill* was named by *Discover* magazine as one of the best science books of 2002. His second on this topic, *Anatomy of an Epidemic: Magic Bullets, Psychiatric Drugs, and the Astonishing Rise of Mental Illness in America*, won the Investigative Reporters and Editors book award for best investigative journalism in 2010. His latest, which he co-authored with Lisa Cosgrove, is *Psychiatry Under the Influence: Institutional Corruption, Social Injury, and Prescriptions for Reform*. Prior to writing books, he worked as the science and medical reporter at the *Albany Times Union* newspaper in New York for a number of years. Robert was also in the mid 1990's Director of productions at Harvard Medical School.

Pro Jonathon Mill

BA Oxford Uni. PhD.KCL

Jonathan is Professor of Epigenetics at the University of Exeter Medical School and also heads the Psychiatric Epigenetics group at the Institute of Psychiatry, King's College London. He graduated with a degree in Human Sciences from Oxford University, where he took a particular interest in cannibalism, before undertaking his PhD in psychiatric genetics at the Institute of Psychiatry. After spending three years as a Canadian Institutes of Health Research (CIHR) postdoctoral fellow at the University of Toronto, he returned to the Institute of Psychiatry to establish the Psychiatric Epigenetics group in the MRC Social, Genetic and Developmental Psychiatry Centre. He was appointed as Professor of Epigenetics at UEMS in September 2012.

Dr. Dan Bloomfield

BSc, MA, MSc, PhD

Dr Dan Bloomfield works at the University of Exeter, where he researches the role that engagement with natural places can play in addressing chronic health issues, particularly concerning mental wellbeing. He runs a project, called *A Dose of Nature*, that runs nature prescription pilot projects around the south west of England. He has degrees in ecology, sustainable development, psychotherapy and the linguistics of policy networks. He has worked in the private, academic, voluntary and public sectors over the last fifteen years.

Nick Putman

Nick Putman is a psychotherapist and a certified Open Dialogue practitioner, having completed a two year training in the Open Dialogue approach with Mary Olson, Jaakko Seikkula, Markku Sutela and others. He is now one of the trainers in training on the full 3 year Open Dialogue training which started in London in April 2015. Nick has also been visiting the Open Dialogue service in Western Lapland to learn more about the approach and the structure of the service. He has more than 20 years experience working in a variety of mental health settings, and considerable experience working with people experiencing psychosis.

Peter Willoughby

CEO Simply Naturals Limited

Prior to setting up his own health company, Peter worked in the referral marketing sector for almost two decades, starting off with the utilities sector and then diversifying into the rapidly growing nutritional market. Before this he was employed by Kleinwort Benson Corporate Finance specializing in the technology and IT sectors and entered the referral marketing sector in 1997. He is widely recognized in the industry for his part in the creation and implementation of a structure and marketing strategy that led to the success of one of today's top FTSE 250 companies.