

# MINDSET

## SCHEDULE

### DAY 1 TUESDAY 14<sup>TH</sup> JANUARY CARDIFF MIND

09:00- 17:00

Today's programme will cover:

- Statistics
- Stigma
- Depression
- Anxiety
- Bipolar Disorder
- BME and LGBTQ+
- Self Harm
- Signs & Symptoms
- What can I do as a manager?
  - What do I say if someone discloses?
  - From the beginning- recruitment
  - What if someone doesn't disclose?
- Practical support and tools



### DAY 2 WEDNESDAY 15<sup>TH</sup> JANUARY FILM IN MIND & CULT CYMRU

- 09:15 Check-in & Introductions
- 09:45 Film In Mind presentation: *Looking at mental health risks in the industry and visualising a positive working environment.*
- 10:30 Case Study: *Exploring Self-care* (Paul Whittaker)
- 11:15 Break
- 11:30 Solution focused group work: *Breaking down the barriers to create a compassionate workplace.*
- 12:45 Lunch
- 13:45 Case Study (Siân Gale, Cult Cymru)
- 14:30 Presentation: *Embedded Counselling - An overview of giving and receiving short therapeutic experiences.*
- 15:15 Break
- 15:30 Skills Practice
- 16:00 Group session: *Evaluating the skills practice.*





Cardiff Mind is a mental health charity. We currently employ a team of 30 staff and have the support of around 40 volunteers. We are an independent charity affiliated to Mind (National Association for Mental Health) and are part of a network of 200 Local Mind Associations across England and Wales.

We have a track record in developing and delivering quality services to people experiencing mental distress, and we want to ensure that those who need the support of mental health services are provided with sufficient opportunity to engage with appropriate and diverse services, and also tackle accompanying factors that contribute to social exclusion. We work with private companies, statutory and voluntary organisations to provide high quality, informative and supportive training for staff, volunteers and clients.

Understanding the pressures that staff can face in this economic climate is important. Recognising the signs of mental illness quickly and effectively is the first step to becoming a supportive employer, and Cardiff Mind have a range of corporate services to help you with this.



Film In Mind is the culmination of over a decade of experience working as a documentary producer and a new psychotherapy practice that provides supportive services to film practitioners.

My filmmaking career began with the Scottish Documentary Institute (SDI) in 2008, where I developed and produced several shorts and feature docs and worked on innovative impact and audience engagement campaigns, most notably around award winning documentary, *I Am Breathing and Seven Songs for a Long Life*. My latest film, *Becoming Animal*, directed by Emma Davie & Peter Mettler and about our human relationship with nature, was released in 2018 at CPH:DOX and is screening internationally. I am also producing *Silent Men*, a personal feature doc by award winning filmmaker Duncan Cowles, about men's mental health, currently in production.

Training as a person-centred therapist was a life-changing journey for me. I learnt to prioritise my own mental health, so that I could offer the strength and support that my therapy clients needed. During my training, I was also struck by the duality of my work as a producer and as a therapist and started to explore how the risk factors and subsequent coping strategies I was learning as a therapist could be applied to filmmaking.

When working with clients, either through training, individual therapy or consultation, I draw on my insight from both industries to create a safe and open environment that enables us to look at new ways of working- one that accepts the vulnerable spaces we find ourselves.

I am based in Kendal, in the Lake District and also have a private counselling practice.

## CULT CYMRU

CULT Cymru is a learning project led by BECTU in partnership with Equity, the Musicians' Union and the Writers' Guild. We work with industry workers, employers and other organisations to arrange learning activities and networking events throughout Wales.

A major part of our work at CULT Cymru is to help you identify your personal learning and professional development needs. We need to learn more about you, the skills you want to develop and the type of education and training you prefer, so that we can ensure you have access to high quality learning that is relevant and affordable.



