

**The Scientific and  
Medical Network**

**University of  
Westminster Centre  
for Resilience**



WESTMINSTER  
CENTRE FOR RESILIENCE

**British Holistic Medical Association**



**Transformative Innovations for Health:  
a gathering of change-makers**

**Saturday 18<sup>th</sup> November 2017**

**University of Westminster, XXX Lecture Theatre**

**Chaired by Prof David Peters and Dr Peter Fenwick**

**Transformative innovations for health: a gathering of change-makers**

The neatness of medical science is unravelling. 20th century medicine focused on smaller and smaller parts with astonishing success: triumphant in infections, deficiency diseases, with surgical excisions and transplants, intensive care and anaesthetics. But 21st century medicine is confronting whole person (indeed whole society) problems: chronic degenerative and inflammatory diseases, stress-, environment- and lifestyle-mediated diseases, addictions and psychological disorders. Bio-technical single-solution approaches won't cure them. If, as has been said, the future is already with us but unevenly distributed, where might we find seeds of the new paradigm?

This working conference, jointly hosted by Westminster Centre for Resilience, the Scientific and Medical Network and the BHMA, will bring change-makers together to celebrate the future.

## PROGRAMME

9:15 Registration

9:50 Introductions

10:00 Dr David Reilly - *Mapping the Human Healing Response: A Foundation for The Fifth Wave of Public and Personal Health*

11:00 Dr William House, Dr Alyson McGregor, Ed Rosen - *Transforming Community Health*

11:30 Rev. Prof. Stephen Wright - *Making Space for Staff Renewal*

11:45 Coffee

12:10 Dr Paul Dieppe - *Healing and Therapeutic Transformation*

12:30 World Cafe

1:30 Lunch

2:15 Bill Sharpe: *Change and the Three Horizons Model*

3.15 Pat Fleming - *Ecotherapy: Reconnecting with the Wild*

3.30 Sophie Brigstocke, Dr Peter Fenwick, Hermione Elliott, Dr Max Mackay-James - *Transforming Attitudes to Birth and Death and Dying*

4:15 Tea

4:45 World Cafe

5:30 Plenary discussion

## KEYNOTE SPEAKERS

### Dr David Reilly

I almost left medicine as a fourth year student. An impoverished science was ascendant in a system I found de-humanising and increasingly ineffective in

what would later emerge as the pandemics of stress and life-style diseases. In staying, I resolved to change it, at least within myself. Rather than diseases and interventions, my work became centred on people, their capacity for healing change, and the conditions that affected this - within themselves and the surrounding relationships, environments and systems. Such talk was out of step back then, though not with patients – but I found myself immersed in as rich an enquiry into human healing as I dared to imagine as that impassioned younger man. I have been part of change, and now, having left the NHS after 38 years, I am starting afresh.

### ***Mapping the Human Healing Response: A Foundation for The Fifth Wave of Public and Personal Health***

*Over three centuries we created four great waves of Public Health that transformed our world for the better. Now we face their failing to stem the pandemic rising tides of life-style diseases. These old maps emphasised external 'fix-it' interventions by experts. So what shall we create now? Over thirty years, The Healing Shift Enquiry has explored placing our capacity for healing, recovery and flourishing at the centre of our vision and endeavours. By directly studying 'the human healing response' a new map emerged, was modelled into one-to-one therapeutic encounter, and then scaled up and evaluated in group programmes (TheWEL and StaffWEL). The remarkable results highlighted a transformative potential in individuals - and have been posited as the basis of the Fifth Wave of Public Health.*

**Dr David Reilly** graduated with commendation as a doctor in 1978 from The University of Glasgow. He went on to become a Fellow of The Royal College of Physicians and Surgeons and a Member of The Royal College of General Practitioners. In 2013 he was awarded an honorary Doctorate of Science by the University of Westminster. He is currently the Director of TheWEL Programmes, and The Healing Shift Enquiry, and the Founder of TheWEL Charity. He is an Honorary Senior Lecturer in Medicine, Glasgow University, and Visiting Professor of Medicine, University of Maryland, and visiting faculty Weill Cornell University, Doha, Qatar. Formerly he was a Consultant Physician in Glasgow Greater Glasgow & Clyde Health Board's NHS for Centre for Integrative Care, and Glasgow's Lead Clinician for people with CFS/ME; visiting faculty member at Harvard Medical School, USA; The Scottish Government's first National Clinical Lead for Integrative Care.



## **Bill Sharpe**

I am an independent futures practitioner and researcher in science, technology and society. I spent 15 years as a research lab director at Hewlett Packard, where I pioneered new technologies in mobile and pervasive computing. On leaving HP I co-founded a specialist innovation consultancy creating new digital products for international clients and launching two start-ups. Since then I have undertaken a wide range of technology strategy,

research and innovation consulting for international clients in the public and commercial sectors. I have edited a collection of the latest scenario-based futures techniques methods from the work of the Oxford Futures Forum's *Scenarios for Success*. I am the author of *Economies of Life: patterns of health and wealth* and *Three Horizons: the patterning of hope*.

### ***Change and the Three Horizons Model***

*The Three Horizons framework is a simple, intuitive way to encourage a conversation about the challenges in the present, our aspirations for the future and the kinds of innovation we might need in order to address both at the same time. The framework maps a shift from the established patterns of the first horizon to the emergence of new patterns in the third, via the transition activity of the second. What makes it so useful, is that it draws attention to the three horizons as existing always in the present moment, and that we have evidence about the future in how people (including ourselves) are behaving now. The outcome of Three Horizons work is a map of transformational potential which enables us to act with more skill, freedom and creativity in the present, both individually and together, harnessing the power of our future consciousness – an awareness of the future potential of the present moment.*





## PANELISTS AND WORKSHOP LEADERS

### **Sophie Brigstocke**

*I am a birth and postnatal doula, breastfeeding peer supporter, volunteer on the National Breastfeeding Helpline and baby massage teacher based in SW London. I am the current Doula of the Year, awarded by the MaMa Conference/BirthSparks. I run Nurturing Birth, alongside Florence Etienne-Jackson, providing doula training in the UK and internationally, as well as doula mentoring and the Nurturing Birth Directory, helping mothers and families to find support in their pregnancy, birth and early postnatal periods. You can find out more at [www.sophiebrigstocke.com](http://www.sophiebrigstocke.com), about Nurturing Birth doula courses and mentoring at [www.nurturingbirth.co.uk](http://www.nurturingbirth.co.uk) and the Nurturing Birth Directory at [www.nurturingbirtdirectory.com](http://www.nurturingbirtdirectory.com). I regularly blog*

*and am active on social media - Facebook - Nurturing Birth Doulas, Twitter and Instagram - @nurturing\_birth*



**Paul Dieppe**

I am a doctor who has had careers in both academic rheumatology and health services research prior to appointment to my present position as Emeritus

Professor of health and wellbeing at the University of Exeter Medical School

*I will discuss the many things that can trigger self-healing and transformational changes within us, and some of the theories on how such responses are activated.*



### **Hermione Elliott**

I established Living Well Dying Well in 2010, aiming to inform and re-empower individuals and communities to make choices and take 'ownership' of death and dying. I am a former nurse and midwife with a special interest in end of life care. I developed the End of Life Doula certificated training and currently teach the programme throughout the UK.  
[www.livingwelldyingwell.net](http://www.livingwelldyingwell.net)

*Death and dying within current medical practice has become increasingly complex. Almost 50% of deaths take place in a hospital system that is geared towards acute care; this all too often results in an unsatisfactory or traumatic experience for all involved. There appears to be little recognition of death as a significant life event one*



*that is a timely and profound transition, requiring sensitive communication, safety, time and mindful compassionate support. Re-visioning death, inspiring public engagement and creating environments where we can do death differently, is one of the most important challenges of our time.*



### **Dr. Peter Fenwick**

Now towards the end of life I can look back and see threads which make up the tapestry of living and dying. I have worked with neuroscience, epilepsy, psychiatry and now, particularly, in the factors required for a growth in consciousness. Is there a path or has it always been like the pathless path leading to the entrance of a Zen temple? Perhaps it is more important to show up and be present for each moment. Then you have a chance.

### **Pat Fleming**

I live on Dartmoor and currently teach and mentor on the 'Call of the Wild' course at Schumacher College, also working in conservation education and wild connection. I have led groups in deep ecology and 'Work that Reconnects' for over 30 years and co-authored 'Thinking Like a Mountain', a deep ecology reader.



### **Dr. William House**

In the first half of my GP career I watched and shared people's struggles, joys, loves and miseries whilst being a husband and father of two children, and creating a garden by nudging nature into revealing her wonders. I was awestruck by my patients' resilience and by their lack of it. In the second half I began to study and understand the limits of medicine and the wonders of nature, and how the latter can inform the former. This turned out to be preparation for the KAN experiment. Website: [www.keynshamactionnetwork.co.uk](http://www.keynshamactionnetwork.co.uk) .

*I will speak about Keynsham Action Network or 'KAN'. This is an action learning*

*experiment located in one small, predominantly middle class, ex-market town in Southwest England where I was a GP for 30 years. The aim is to shift the social norms through stimulating the emergence of a more health-creating culture based on living networks and shared values.*



### **Max Mackay-James**

I am passionate about growing an ecology of care for our dying, in which we are all able to come home to ourselves. As coordinator for the Diealog project, I support people, living and dying in their local neighbourhoods, to grow their connections and care resources. I am a 65 year-old ex-GP, constantly humbled by the courage and compassion of communities. I have a post-graduate diploma in palliative care, and am now in training to become an end-to-end doula. Diealog blogger [www.diealog.co.uk](http://www.diealog.co.uk) and social media via @diealog f/b, @diealogforum Twitter





**Dr. Alyson McGregor**

I have 30 years' experience working in a range of health systems and over 9 years' board level experience. I am currently the Director of Altogether Better, an NHS national network organization whose interest lies in transforming the relationship between citizens and services. I believe that a sustainable solution to the current NHS challenges lies in improving the quality of our relationships with people in communities and working together to do things differently. Altogether Better ([www.altogetherbetter.org.uk](http://www.altogetherbetter.org.uk))





### **Ed Rosen**

**Principal lecturer, London South Bank University Faculty of Health and Social Care; Director, Lambeth GP Food Co-op**

I became involved in learning how to support change in the NHS firstly as education advisor at London Deanery where I led early work on patients as partners in post-graduate medical education. Learning to help the system better understand itself and change effectively and humanely brought me into leadership roles in workforce development, which launched my short-lived career as builder of new national learning systems otherwise known as NHSU where I was Head of Learning and Teaching. The Lambeth GP Food Co-op represents all that I've learnt over more than 20 years in working with communities

### **Rev. Prof. Stephen Wright FRCN MBE**

I currently work as a spiritual director for the Sacred Space Foundation ([www.sacredspace.org.uk](http://www.sacredspace.org.uk)) offering retreat and renewal facilities in the English Lake District. I have a long involvement in the NHS, international healthcare development and academia and have published widely. My most recent books include second editions of *Contemplation* and *Coming Home* as well as endeavours in poetry and sacred dance. For the last 30 years, following a series of transformative experiences, I have dedicated much of my working life to the Foundation, writing and teaching widely on the encouragement of compassion and exploring the connection between spirituality and health. I am an Honorary Fellow of the University of Cumbria.

### ***Making (Sacred) Space for Staff Renewal and Transformation***

*I explore two principal approaches here. The first looks at integrating certain spiritual practices rooted in the mystical-contemplative tradition into mainstream retreat/time out days for professional carers. Early evaluations (see <https://youtu.be/YUMBKXjgEN0>) suggest success in helping staff restore compassion in their work and personal transformation that supports greater awareness and self care. The second is providing individual residential retreats or periodic sessions involving spiritual direction for those in spiritual crisis (e.g. burnout, bereavement, facing terminal illness) or simply seeking spiritual depth outwith conventional religious settings/doctrines. About half the retreatants at Sacred Space are from health care backgrounds. Personal transformation and living life more meaningfully, heart-centred and purposefully (including the path of service)*

*emerges from this approach.*



## **HOSTS**

### **University of Westminster Centre for Resilience**

**Westminster Centre for Resilience** at the University of Westminster is working with clinicians, business and public sector leaders to understand what supports or erodes human flourishing. The question of how to support resilience is of pressing importance. With health-care costs soaring internationally as individuals, public health systems and the environment face ever-greater challenges, how are we to stay healthy or cope well with chronic disease and old age? How in times of uncertainty can industry best support an engaged and creative workforce? In the face of economic austerity how can government policy help communities cohere and thrive? Faced with climate change how can economic growth be sustained without environmental harm and species loss? Finding the answers will demand a truly 21st century grasp of individual and communal resilience. Westminster Centre for Resilience with its wide-ranging approaches to inquiry and learning is preparing to meet the challenge.

### **Scientific and Medical Network**

The Scientific and Medical Network was founded in 1973 by George Blaker, Dr. Patrick Shackleton, Dr. Peter Leggett and Sir Kelvin Spencer. The founders believed that neither orthodox religion nor conventional science was

sufficient to answer pressing questions about human existence and the cosmos, and that new ways of thinking were needed.

The Network provides interdisciplinary education exploring the frontiers of science, consciousness and spirituality. It draws on a worldwide community of scientists, doctors, psychologists, engineers, philosophers and theologians to provide events, publications, and courses that link insights from the spiritual traditions and the arts, with the study and application of science and medicine.

The Network assumes that there are many ways of knowing the world and ourselves, of which science is just one, albeit one highly effective and reliable, way of gaining knowledge. In order to do justice to the full spectrum of human experience and the complexity of the cosmos, it encourages dialogue and interaction between the spiritual, the scientific, the philosophical and the arts in open-minded enquiry.

[www.scimednet.org](http://www.scimednet.org)

### **British Holistic Medical Association**

**The British Holistic Medical Association** is a grassroots organisation and a registered charity with a single objective: to educate doctors, other healthcare professionals and the general public in the principles and practice of holistic medicine. We believe that many of the problems we face in the 21st century come from taking too narrow a view of the human predicament. Being human is complex and seems to become ever more so. When ill health arises it is tempting to simplify, categorise, label and anonymise. Even so, healthcare systems across the developed world are struggling to cope with both the human task and the economic cost. It is often said that this is because we are living longer and medical treatments are becoming more complicated and expensive. This is a narrow view. Just as simple explanations of illness in an individual are often inadequate, so it is with the healthcare crisis. A more holistic, more personal and less industrial approach must be part of the solution. <https://bhma.org>

### **Booking Form - 18 November 2017**

**PLEASE BOOK ONLINE IF POSSIBLE - [www.scimednet.org](http://www.scimednet.org)** (and click on 'Events')

**OTHERWISE WRITE IN BLOCK CAPITALS & post to**

**Conference Administrator, Scientific and Medical Network, Colet House,  
151 Talgarth Road, London W14 9DA, Email: [info@scimednet.org](mailto:info@scimednet.org)**

Name .....  
Address .....

Email .....  
.....

**Please book me:**

places at £50 (includes coffee, tea and lunch) - EARLY BIRD RATE  
BEFORE SEPTEMBER 30

places at £60 - STANDARD RATE FROM OCTOBER 1

concessionary places at £20 (full time students only)

How did you hear about the conference?

**PAYMENT OPTION**

Cheque (payable to "SMN")

Credit card (VISA or MasterCard)

Card No.: ..... Expires: .....

Signature: .....

**CANCELLATIONS**

A fee of £10 will be retained. No refunds after 10<sup>th</sup> November

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**Booking Form - 19 November 2016**

**PLEASE WRITE IN BLOCK CAPITALS  
AND BOOK ONLINE IF POSSIBLE - [www.scimednet.org](http://www.scimednet.org)**

*Please send to:*

**Conference Administrator, Scientific and Medical Network, Colet House,  
151 Talgarth Road, London W14 9DA. Email: [info@scimednet.org](mailto:info@scimednet.org)**

Name .....  
Address .....  
.....  
Email .....

**Please reserve me:**

- places at £30
- concessionary places at £20 (full time students only)  
(coffee and tea included - *please bring lunch to share*)

How did you hear about the conference?

**PAYMENT OPTION**

- Cheque (payable to "SMN")
- Credit card (VISA or MasterCard)

Card No.: ..... Expires: .....

Signature: .....

**CANCELLATIONS**

A fee of £15 will be retained. No refunds after 12<sup>th</sup> November

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