

# SPIRITUALITY: REFLECTION AND ACTION

AN INTERDISCIPLINARY APPROACH  
TO SPIRITUALITY IN PRACTICE

A ONE-DAY FORUM FOR  
CONTINUING PROFESSIONAL DEVELOPMENT

23RD JULY 2013 • 9.30am - 5.30pm • Queen's Building, UEA

Coffee and tea available from 9.00am

What is spirituality? How might we address our own and others' spirituality? Professionals who work with people are increasingly required to address the spiritual needs of children and adults. In this one day interdisciplinary forum we bring together UEA academics who have an interest in spirituality, and who either work or link with practitioners in different professional fields. A combination of speakers, discussion groups, and experiential activities will offer opportunities for reflection on spirituality and its application to practice.

## PLENARY PRESENTATIONS

### WHAT IS SPIRITUALITY? LOOKING AT SPIRITUALITY IN THE LIVES OF CHILDREN AND ADULTS

*Dr Jacqueline Watson, Lecturer in Educational  
Research, School of Education and Lifelong Learning*

### SPIRITUALITY THROUGH A SCIENTIFIC LENS AND

**VICE VERSA** *Dr Meghana Kamble, Lecturer in  
Psychology, School of Allied Health Professions*

### GOING IMPLICIT: A TEST FOR SPIRITUAL

**DEVELOPMENT** *Robert Fruehwirth, Priest Director  
of the Julian Centre and Person-Centred Counsellor  
at the Norwich Centre*

**SPIRITUALITY AND CREATIVITY** *Dr Mick Collins,  
Lecturer in Occupational Therapy, School of Allied  
Health Professions*

**IMMERSIVE SOUND MEDITATION** *Paulina Jones,  
Director of Capella Health & Wellbeing Centre*

## WORKSHOPS

### OUR ORIGINS: THE VISUAL AND SPIRITUAL

*Dr Kathleen Lane, Senior Research Associate,  
School of Education and Lifelong Learning*

**SPIRITUALITY AND NATURE** *Dr Teresa Belton,  
Senior Research Associate, School of Education  
and Lifelong Learning*

### SOCIAL PEDAGOGY, SPIRITUALITY

### AND YOGA: AN INTRODUCTORY SESSION

*Ariane Hoppler, Social Pedagogue and Yoga Teacher,  
School of Education and Lifelong Learning*

### MINDFULNESS AND THE LIFE COACHING

### EXPERIENCE: AN INTRODUCTORY SESSION

*Andrew Gordon, Lecturer in Learning Disabilities,  
School of Nursing Sciences*

### WALKING THE LABYRINTH

*Steve Oldfield, Staff  
Developer in the Centre for Staff and Educational  
Development, and Dr Judy Moore, Director of Coun-  
seling, UEA.*

This certificated CPD event is for those who work with people either professionally or voluntarily and for staff and students at UEA. FEE—to include buffet lunch and refreshments—£35. **TO BOOK:** [www.uea.ac.uk/edu/csreatuea](http://www.uea.ac.uk/edu/csreatuea).