



The 2008 Cross-Cultural Mental Health Symposium is presented by:  
The Cross-Cultural Psychiatry Program, Department of Psychiatry, VGH / Vancouver Community Mental Health Services ~  
Provincial Health Services Authority, BC Mental Health & Addiction Services ~ Vancouver Coastal Health  
Immigrant Services Society of British Columbia ~ Settlement Orientation Services ~ S.U.C.C.E.S.S. ~ Fraser Health Authority

# 13<sup>th</sup> Annual Cross-Cultural Mental Health Symposium

## Spirituality & Well-Being

Wednesday & Thursday, October 29 & 30, 2008  
Simon Fraser University at Harbour Centre, 515 West Hastings Street, Vancouver

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### Symposium Goal:

The goal of the Cross-Cultural Mental Health Symposium is to promote ongoing dialogue between the mental health and addictions system and cross-cultural communities by exploring current issues, potential solutions and promising practices in a dynamic and interactive environment.

### Participants Will:

- Discover the profound role spirituality plays in health and healing
- Examine the important relationship between spiritual isolation and addictive drives
- Explore Mindfulness-Based Cognitive Therapy and how it can help to treat depression
- Learn how Supported Self-Management can be applied across cultures in mental health care
- Consider the role of spiritual care at the end of life
- Experience meditation and mindfulness techniques helpful for individuals and groups
- Understand how 12 Step Programs can support recovery from addictions and mental illness
- Learn about innovative promising practices of community-based agency programming in churches & temples
- Have the opportunity to network with the diverse cross-section of symposium participants

### Who Should Attend:

All professionals providing services, formally or informally, to immigrants and refugees, and anyone else interested in cross-cultural mental health issues. Immigrants and refugees are also strongly encouraged to attend. *Limited registration bursaries available for refugees, consumers & youth (see registration form for information).*

## Featuring:

### Dr. Stephen K.H. Aung, “*The Vital Importance of Spirituality in Medicine*”

Dr. Aung will share his compelling insights on the impact of spirituality on healing. In complementary, alternative, and traditional medicine there are three areas called body, mind, and spirit, which have to be well-balanced, aligned, and harmonized for a general state of well-being. The spiritual part of the human body plays a major role in healing and health, so it is essential to understand the spiritual part of the body to achieve better and quicker healing.

*Dr. Aung seeks to blend Eastern, Western and natural medicine as a geriatric and family physician and a traditional Chinese medical (TCM) practitioner and teacher. His primary interest is the integration of TCM and Western biomedicine within the context of a more natural and compassionate approach to primary health care for all. Dr. Aung's practice is based in Edmonton, Alberta.*

### Dr. Gabor Maté, “*The God-Shaped Void: Spirituality and Addictions*”

Based on his newest bestselling book, *In the Realm of Hungry Ghosts: Close Encounters with Addiction*, Dr. Maté will address how, at the heart of all addictions is a void, a sense of deficient emptiness, of a desperate insufficiency. The addicted human being seeks completion from an outside source, be it through substances or through certain behaviours or through qualities like power or lovability. Whatever the personal origins of that sense of deficiency, the root of it is our separation from the universal. Hence there is direct relationship between spiritual isolation and addictive drives, regardless of personal beliefs or formal religious precepts. As the French philosopher Blaise Pascal maintained, there is ‘a God-shaped void in the human being’, a longing which can only be filled by the Eternal. Despair at the experience of that God-shaped void underlies all addictions.

*As the staff physician at the Portland Hotel in Vancouver's Downtown Eastside, Dr. Maté treats many patients suffering from mental illness, drug addiction and HIV, or all three. He is widely recognized for his unique perspective on Attention Deficit Disorder, and his firmly held belief in the connection between mind and body health. He is the author of four books -- When the Body Says No: The Cost of Hidden Stress, and Scattered Minds: A New Look at the Origins, Healing of Attention Deficit Disorder, Hold on to Your Kids: Why Parents Need to Matter More Than Peers (co-authored with developmental psychologist Gordon Neufeld) and has most recently published In The Realm of Hungry Ghosts: Close Encounters With Addiction.*



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## Day One: Wednesday, October 29, 2008

0815 – 0900	Registration & Breakfast
0900 – 0910	First Nations Blessing
0910 – 0925	Welcome: Chris Friesen & Soma Ganesan, Symposium Chairs
0925 – 0945	Mental Health Service Delivery System: Health Authority Perspectives, Lorna Howes (VCH), Leslie Arnold (PHSA)
0945 – 1100	Keynote Address: <i>The Vital Importance of Spirituality in Medicine</i> , Stephen K.H. Aung, M.D., Ph.D, O.M.D.
1100 – 1130	Networking & Refreshment Break
1130 – 1215	<i>Application of Supported Self-Management for Mood Problems Across Cultural Boundaries</i> , Dan Bilsker
1215 – 1230	<i>Soma Ganesan Spirit of Hope Award Ceremony</i>
1230 – 1330	Lunch (provided)
1330 – 1445	<i>Spirituality &amp; End of Life Panel Discussion</i> , Chair: Rev. Dr. Dale Johnson, Panel Members: Rev. Tatsuya Aoiki, others TBA
1445 – 1515	Networking & Refreshment Break
1515 – 1600	<i>Mindfulness, Meditation &amp; Healing for Anyone: Experiential Workshop</i> , Adrienne Ross
1600 – 1645	<i>Clinical Applications of Mindfulness</i> , Andrea Grabovac
1645	Reflections & Comments on the Day

## Day Two: Thursday, October 30, 2008

0815 – 0900	Registration & Breakfast
0900 – 0915	Opening Remarks: Chris Friesen, Symposium Chair
0915 – 1030	Keynote Address: <i>The God-Shaped Void: Spirituality and Addictions</i> , Gabor Maté, M.D.
1030 – 1100	Networking & Refreshment Break
1100 – 1200	<i>Twelve Step Programs: Spiritual Awakening &amp; the Path of Recovery</i> , Larry Depow, MSW, Concurrent Disorder Therapist + Speaker from 12 Step Program
1200 – 1300	Lunch (provided)
1300 – 1330	<i>Video: Aboriginal Journey in Mental Health – Walking the Path Together</i>
1330 – 1430	<i>Indigenous Spirituality &amp; Chinese Medicine Used in the Health Practice</i> , Leoncio Ventura Tebalam
1430 – 1445	Refreshment Break
1445 – 1500	<i>Local Promising Practices Working in Churches &amp; Temples</i> , Sherman Chan, Kelly Ng & Chris Friesen
1500 – 1600	<i>Cultural &amp; Spiritual Lens on Mental “Illness”</i> , Perry Omeasoo & Leoncio Ventura Tebalam
1600	Closing Remarks

Thank you to our generous sponsors:

**Provincial Health Services Authority & Vancouver Coastal Health  
Lundbeck Canada, Novartis & AstraZeneca**



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## PROGRAM CONTENT:

**Application of Supported Self-Management for Mood Problems Across Cultural Boundaries - Dan Bilsker:** One of the most exciting recent developments in mental health care has been the introduction of Supported Self Management (SSM) as a crucial component of the spectrum of care for depression, anxiety and other common mental health problems. A discussion of the issues of applying SSM across cultural boundaries will be presented, together with the introduction of a free self management workbook for depression, developed in British Columbia, that is available in Punjabi, French, and both written forms of Chinese.

**Video: Aboriginal Journeys in Mental Health: Walking the Path Together - Introduction by Frank Fung:** This compelling documentary provides personal insights from Aboriginal people recovering from depression, bipolar illness and schizophrenia. The important balance between conventional and spiritual approaches to assessment, treatment, and healing for Aboriginal People is well-captured. The documentary's goal was to provide a powerful tool to reach out to this population - one that would assist with education and inspiration along the journey of recovery.

**Spirituality & End of Life Panel - Marjorie Girard, Chair:** Join our panelists from differing spiritual backgrounds as they consider important issues around spiritual care at the end of life.

**Mindfulness, Meditation & Healing for Anyone: Experiential Workshop - Adrienne Ross:** Experience the techniques that may be used with individuals and groups. Useful techniques for specific clients and a brief introduction to Mindful-Based Stress Reduction (MBSR) will be provided followed by a "body scan" exercise, a short sitting meditation, ending with a discussion session.

**Clinical Applications of Mindfulness - Andrea Grabovac:** Explore a technical definition and neurobiology of mindfulness, and learn about Mindfulness Based Cognitive Therapy.

**Twelve Step Programs: Spiritual Awakening & the Path of Recovery - Larry Depow & 12 Step Group Member:** We witness daily the impact of mental illness and addiction on individuals and their families. Damage to physical health, self-esteem, ability to function, relationships and the very "spirit" of those who suffer can be devastating. In Vancouver and throughout the Lower Mainland there are thousands of people who have found new hope and support through various 12 Step Programs. Alcoholics Anonymous, Narcotics Anonymous, Gamblers Anonymous, Al-Anon, and Dual Recovery Anonymous are examples of such programs. When health care professionals have an understanding of these programs, they are better able to provide information to clients and support those who are "working the steps" in recovery.

**Indigenous Spirituality & Chinese Medicine Used in the Health Practice - Leoncio Ventura Tebalam:** Examine the relationship between the body and the mind and how an imbalance in the physiology of the viscera may be the cause of the "chemical imbalance" that is often associated with mental conditions. By understanding the relationship between these two aspects of a being as well and recognizing that a human being is as much physical as he/she is spiritual, and taking into account all of these aspects, true healing can occur.

**Local Promising Practices Working in Churches & Temples – Sherman Chan, Kelly Ng & Chris Friesen:** Learn about local programs bringing mental health support to churches and temples in the Lower Mainland, fostering the connection between mental health and spirituality.

**Cultural Lens on Mental "Illness": Case Study Exercise - Facilitators: Perry Omeasoo & Leoncio Ventura Tebalam**

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## FOR MORE INFORMATION CONTACT:

Janey Chang / Symposium Coordinator / [symposium@shaw.ca](mailto:symposium@shaw.ca) / Fax: 604.676.2660



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## REGISTRATION FORM

### STEP 1: PARTICIPANT INFORMATION

Please type or print *clearly!*

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Organization: \_\_\_\_\_ Profession: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Telephone: \_\_\_\_\_ Fax: \_\_\_\_\_

E-Mail: \_\_\_\_\_

***E-Mail is our primary method of contact. If you have an e-mail address, please provide it.***

Special Dietary Requirements: \_\_\_\_\_

*We will do our best to accommodate special dietary needs but cannot guarantee it.*

### STEP 2: REGISTRATION FEES

#### BEFORE OCTOBER 1, 2008:

- \$155 – Regular Registration Fee
- \$105 – Vancouver Coastal Health, Provincial Health Services Authority & Fraser Health Authority Employees
- \$65 – Reduced Rate (students, not-for-profit organizations registered with the *BC Societies Act*, sponsorship agt holders)
- Bursary for refugees, consumers, and youth  
*\*A limited number of bursaries are available for refugees, consumers, and youth on a first-come-first-served basis. You will be notified of your acceptance. Those who are not accepted will be required to pay the \$65 Reduced Rate.*

#### AFTER OCTOBER 1, 2008:

- \$170 – Regular Registration Fee
- \$120 – Vancouver Coastal Health, Provincial Health Services Authority & Fraser Health Authority Employees
- \$80 – Reduced Rate (students, not-for-profit organizations registered with the *BC Societies Act*, sponsorship agt holders)

**Cancellation Policy:** Full amount less a \$25 administrative fee will be refunded if cancellation is requested, **in writing**, prior to October 14, 2008. No refunds will be granted after October 14, 2008, however substitute registrants are welcome. **A \$25 fee will be charged for NSF cheques.**

### STEP 3: SUBMIT REGISTRATION FORM & PAYMENT

- Cheque Enclosed     Cheque/Cash On-Site     Cheque to be Mailed     Please Send Invoice

**Cheques payable to CROSS-CULTURAL MENTAL HEALTH PROGRAM, VGH**  
c/o Janey Chang, Symposium Coordinator  
#103 – 240 Mahon Avenue, North Vancouver, BC V7M 3H4

### FOR MORE INFORMATION CONTACT:

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