



Community Mental Health Educational Day 2016

How we know what we know about diagnosed mental illnesses when we know very little about mental health?

This year Community Mental Health Education Day (CMHED) addresses the principle anchors of a sound mental health. Awareness of them enables us to comprehend man's emotional, spiritual, social, psycho-logical and behavioural high acute or persisting distresses. Only then those conditions could be treated holistically and successfully; bringing full recovery as an expected and normal outcome.

The full bonus for your commitment to attend this year CMHED and listen to our six knowledgeable speakers, ask right questions and hear relevant answers will be your better understanding why and how hypotheses, developed by psycho-pharmacological science, of diagnosed mental illnesses applied in the mainstream clinical practice in psychiatry have skewed your attention from crucially important entities such as psychic-logic, spirit and soul forces in humans. How and why the entire endocrinal-hormonal, i.e. physiological and metabolic body systems are disregarded in the favour to never proven hypothesis of chemical imbalance in the brain, when biological cause of mental disorder is considered?

P r o g r a m e

*Steve Smith, Global Ambassador at RealStew Connect Limited. **Introduction and welcome***

*Dr Helen Smith, Auckland Holistic Centre. **Pre-admission testing in mental health cases.***
Dr Smith is an integrative medical doctor with over 20 years experience in nutritional medicine.

*Dr Joey Yeah (ADHB) North Shore Hospital. **Endocrinology in the mental health setting.***
Endocrine homeostasis is an important factor in physical health. Many individuals with mental health conditions may also suffer from endocrine conditions. This session will examine the common endocrine conditions & the possible inter-relationship between these conditions & mental health.

*Adrienne Grace, Arcadia health and harmony. **Nutrients, nutrition, nourishments and treats.*** Is it all about food or is it about having the nutrients we need to live a healthy lifestyle? For the brain right nutrition is as important as nutrition for the body. We all will benefit through understanding nutrients, nutrition, nourishment and treats in relation to mental health and recovery.

*Prof Dr Borislav Dacic, CLOCKWISE Health Care Ltd. **Why and how psycho-pharmacological science of mental illnesses completely failed?*** Holistic concept of integrated medical science and role which quantum biology has in human physical and mental health are crucial for healing and full recovery. This author argue that there are clear socio-economic as well as ethical reasons alongside with heavily challenged professional responsibility of the entire workforce in PMH to open and allow a sound discussion on theoretical and empirical clinical facts around piled-up controversies in PMH where there is no recovery from any diagnosed serious mental illness.

*Julian McCusker Dixon, President of the NZHA Inc. **The engineering of mental wealth*** Energy healing and essence of mental wellbeing. Quantifying understanding outcomes: Winnie the Pooh, Taoism, "HR Puf'n'stuff", Tai Chi discovery and revelation a means to longevity. Tai Chi teacher, diploma in community health and over 40 years expertise in helping seriously emotionally, spiritually and psycho-logically distressed people is in short the bio of the speaker.

*Meryl de Buers, Federation of spiritual Healers **Spiritual health providing mental wealth*** An excellent way to be healthy, despite all our difficulties in life, is to nurture ourselves spiritually. How do we do that? What are some of the blocks to spiritual healing and how do we start to address them? Making the most of what has come before and celebrating the tiny things that really matter

T i m i n g

8.45 – 9.15 am	Registration
9.15 – 9.30 am	Welcome and Introduction
9.30 – 10.20 am	Pre-admission testing in mental health cases
10.20 – 10.40 am	Coffee time
10.40 – 11.30 am	Endocrinology in the mental health setting.
11.30 – 12.20 pm	Why and how psycho-pharmacological science of mental illnesses completely failed
12.20 – 13.00 pm	Lunch
13.00 – 13.50 pm	Nutrients, nutrition, nourishments and treats
13.50 – 14.40 pm	Energy healing and essence of mental wellbeing
14.40 – 15.00 pm	Afternoon coffee
15.00 – 15.50 pm	Spiritual health providing mental wealth
15.50 – 16.00 pm	Closing words



W h e r e

Auckland Horticultural Centre, 990 Great North Rd, Western springs

14 December 2016

9.00am - 4.00pm

Organization of the CMHLD 2016

The New Zealand Healing Association Inc, since 1960 promote a holistic view of health and healing and sees the healing process as a matter of mind, body and spirit. Educate community through monthly seminars and since 2008 at one day annual CMHLD too.

Psychiatry Survivors Inc, since 1982 an independent mentor and peer support Group, assisting people who have experienced mental health distresses and struggle with the life's challenges while living in the wider supporting arrangements.

CLOCKWISE Health Care Ltd www.clockwisehealthcare.com since May 2016 is the New Zealand pioneering community mental health service holistically integrated, which offers the life-changing solutions for emotionally, spiritually, psycho-logically, socially and behaviourally distressed people.

Contact and registration

Contact: Steve Smith on 02102433294 or email to steve.realstew@gmail.com or to bdacic@yahoo.com

Registration fee is \$50 for waged and \$20 for unwaged and students can be deposited on the NZHA Inc B.A. **02 0248 0177045 00** by referencing: the name or pay by cheque to the NZHA Inc.

REGISTRATION FORM email to khambata@ihug.co.nz

Name _____
Address _____
Organization _____
Email _____
Telephone _____