

Psychiatry & Psychology Day Conference

Sustained

Growing resilience as practitioners

Friday, 18 September 2026

6 Marshalsea Road, London SE1 1HL

British Association of Christians
in Psychology &
CMF Psychiatry Network



Sustained: growing resilience as practitioners

We are delighted to invite you to this joint CMF & BACiP Psychiatry and Psychology Day Conference, bringing together Christians across psychiatry, psychology, and mental health care for a day of encouragement, reflection, and shared learning.

Under the theme 'Sustained - growing resilience as practitioners', we will explore how to remain rooted and resilient as we seek to follow Christ in our work.

Mental health work is deeply meaningful yet often demanding. We will explore the intersection of spiritual formation and professional development, and consider how rest, prayer and community can sustain us over the long term.

There will be space to ask questions, share perspectives, and learn together in a supportive environment. Whether you are a student, trainee, or experienced practitioner, we hope this day will encourage and equip you as part of a wider fellowship seeking to reflect God's heart in mental health care.

Alongside the programme, there will be opportunities for fellowship, prayer, and worship.

For more details or enquiries, contact:
events@cmf.org.uk.

PROGRAMME

Friday, 18 September 2026

9:15 - 10:00	Registration (tea/coffee)
10:00 - 10:20	Introduction, prayer, and worship: <i>Dr Angharad Gray and Dr Jaime Craig</i>
10:20 - 11:10	Sustaining ministry: purpose, meaning and calling in our professional practice: <i>Dr Tobi Adesanya and Dr Afiniki Akanet</i>
11:10 - 11:25	Tea/coffee break
11:25 - 12:15	Sustaining growth, development & transformation – the intersection between our spiritual and professional maturity: <i>Dr Derrett Watts and Dr Jon Courthold</i>
12:15 - 12:45	Updates from CMF & BACiP
12:45 - 13:30	Lunch
13:30 - 14:00	Spiritual practices that sustain our professional practice: prayer: <i>Dr Maggie Lambert</i>
14:00 - 14:30	Spiritual practices that sustain our professional practice: sabbath & rest: <i>Dr Jamie Hacker Hughes</i>
14:30 - 15:00	Spiritual practices that sustain our professional practice: community: <i>Dr Jo-Joy Wright</i>
15:00 - 15:40	Panel discussion and interactive Q&A
15:40 - 16:00	Final prayer time leading into worship <i>People are welcome to stay on to pray together. Doors close at 17:00</i>

Dr Tobi Adesanya

Dr Tobi Adesanya a GP in the West Midlands with experience across both NHS and private practice. She is the founder and clinical lead of Marpe Health, a digital-first healthcare provider focused on patient-centred GP & Psychiatry. She was recognised with the Women in Technology Award for her contributions to digital healthcare.

Dr Afiniki Akanet

Afiniki is a General Practitioner with a special interest in mental health and an Assistant Professor at Coventry University. She is the author of several inspirational books and currently hosts the Happiness Over Stress podcast. Afiniki has presented Pocket Wisdoms on Premier Praise Radio in the past, and is the founder of the Forte Charity for Inspiration.

Dr Derrett Watts

Derrett has been an NHS addiction psychiatrist for over 25 years and previously worked as a GP. He continues some clinical work alongside being the Addiction Training Programme Director for the West Midlands. He is involved in local church leadership and has had longstanding involvement with CMF.

Dr Jon Courthold

Jon is a retired clinical psychologist. His NHS career included working in the context of physical health – including Renal, Cancer & Palliative Care, and Chronic Pain. Brought up in a Christian family, he has been involved in a variety of denominations including the FIEC, the Anglican church, and the Baptist church.

Prof Jamie Hacker Hughes

A former soldier and IT executive, since qualifying as a psychologist, Jamie has served as: Head of Healthcare Psychology for the Ministry of Defence, the British Psychological Society President, and the Third Order Franciscan Minister Provincial for Europe.

Dr Maggie Lambert

Maggie is a consultant child and adolescent psychiatrist in a team looking after children with intellectual disabilities and autism. She trained as a GP before restarting training in psychiatry. She and her family lived in the Foothills of the Atlas Mountains for nearly four years.

Dr Josephine-Joy Wright

Jo-Joy currently works as a senior lecturer at the University of Worcester and is the Director of Well-Connected Psychological Services, providing assessments, consultation, and supervision. She is the current Chair of the British Association of Christians in Psychology.

COST

Psychiatrists and
psychologists £55

Doctors £55

Psychiatrists and
psychologists in
training £35

Nurses/other AHPs £35

Non-clinical £30

Student/unwaged £20

Book via cmf.li/PPDC26



DIRECTIONS

The Christian Medical Fellowship
6 Marshalsea Road, Borough, SE1 1HL



For more details or enquiries, contact:
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