

# Rich to Poor: Mental Health in an Unequal World

Friday 5<sup>th</sup> March 2021

***“In a country well governed, poverty is something to be ashamed of. In a country badly governed, wealth is something to be ashamed of.” — Confucius, Chinese teacher and philosopher***

How is mental health affected by wealth inequality? Should we be thinking more about the impact of poverty on the well-being and relational patterns of our service users and how can we use that understanding to inform our therapeutic and clinical practice? Drawing on the socio-economic and health evidence and on Cognitive-Analytic theory and therapy, Prof Hilary Brown will explore these questions in an interactive, engaging day.

## Guest Speaker: Hilary Brown

Hilary Brown is Emeritus Professor of Social Care at Canterbury Christ Church University and worked for many years as a specialist in adult safeguarding, developing policy, training and conducting serious case reviews. She trained as a CAT Psychotherapist from 2001-7 and has since worked both in SPT as a Consultant Psychotherapist with people with learning disabilities and in private practice. She taught on CAT practitioner courses (SPT and St Thomas') and also on the IRRAPT course. With Jessie Emilion, she developed a practitioner course in Bangalore, India and taught on that course for six years. She currently has a small private practice. Her recent writing has focused on inequality and its impact both on mental health and on the therapeutic relationship.



**You do not have to be CAT trained to attend this event. This event is open to everyone.**

**Venue:** Online via Zoom

**Time:** 9.30am – 4.30pm.

**Cost:** £20 - Sussex Partnership NHS Foundation Trust staff  
£40 - All Others

**To Book:** Eventbrite: <https://richtopoorcpdevent.eventbrite.co.uk>

If you require any further information, please contact [ppt@sussexpartnership.nhs.uk](mailto:ppt@sussexpartnership.nhs.uk)