

INSS

**Spirituality, Mental Health and Wellbeing
Special Interest Group**

**Meaning making in spirituality
and mental health**

Online Presentation by Katja Milner and Katie Mottram

Monday 29th January 2024: 12.00pm—1.15pm

Dr Katja Milner will be presenting a summary of her Doctoral research on meaning making in the context of spirituality, mental health and recovery and will be joined by Katie Mottram, founder of 'Emerging Proud' who will be discussing meaning making in the context of spiritual emergence.

The group will be invited to reflect upon and discuss these themes after the presentation, facilitated by Jill Buckeldee and Katja Milner



Welcoming all INSS members to this SIG focussing upon spirituality, mental health and wellbeing across diverse contexts, including in relation to study, research and practice.

The group emphasises co-creating a safe yet focussed space to reflect, explore and share skills and inspiration together.

Please email m.rogers@hud.ac.uk for the TEAMS link