



The fourth conference of the **Alister Hardy Religious Experience Research Centre** at the **University of Wales Trinity Saint David** will take place on July 16th 2017 in the Old Hall in the Old Building of the Lampeter campus from 10 am to 4.30 pm. The topic will be the Spirituality, Therapy and Wellbeing.

The day will begin with the Dr Wendy Dossett, Chester University who will give the annual **Alister Hardy Lampeter Lecture**. She will speak about **'*Spiritus contra spiritum*': Spirituality and recovery from alcohol use disorder**. Dr Dossett is Principal Investigator of The Higher Power Project; a large qualitative project exploring spirituality amongst people in twelve-step style recovery from addictions. Amongst her most recent relevant publications is a volume co-edited with Hannah Bacon and Steve Knowles entitled *Alternative Salvations: Engaging the Sacred and the Secular* (Bloomsbury 2015) in which she has a chapter on this research, and a Special Issue of the journal *Religions*, on religion and addiction, which she co-edited with Professor Christopher C H Cook.

Other speakers are **Dr Lymarie Rodriguez** on Alcoholics Anonymous, Recovery and Care of the Self, Patricia R. Souza, on the Role of Food in Candomblé's Healing Rituals, **Dr Thomas Jansen** on Food and Fasting in Chinese Buddhism, and **Rev Dr Jeff Leonardi** and **Prof Bettina Schmidt** on the first finding of their joint project on Spirituality within a Therapeutic context.

The conference is free of charge and open to the public.

It is possible to book accommodation on campus (Bed & Breakfast for app. £40 per person per night). For information please email RERC@uwtsd.ac.uk. Information about how to travel to Lampeter can be found here: <http://www.uwtsd.ac.uk/lampeter/travelling-to-lampeter/#d.en.31657>





Spirituality, Therapy and Wellbeing

**One-day conference of the Religious Experience Research Centre and the Research Cluster
“Spirituality, Health and Wellbeing” of the Faculty of Humanities and Performing Art**

16th July 2017 (Old Hall, Lampeter)

10.00 Tea/coffee

10.30 Welcome by Prof Bettina Schmidt, Director of the Religious Experience Research Centre

The Alister Hardy Lampeter Lecture

10.45 Dr Wendy Dossett, Chester University

***‘Spiritus contra spiritum’*: Spirituality and recovery from alcohol use disorder**

11.30 Discussion

12.00 Prof Bettina Schmidt and Dr Jeff Leonardi, UWTSD

Spirituality within a Therapeutic context: A comparative study

12.45 lunch break (lunch will be not provided)

2.00 Dr Lymarie Rodriguez, UWTSD

To thine own self be true: Alcoholics Anonymous, Recovery and Care of the Self

2.45 Patricia R. Souza, PUC SP, Brazil

Speaking to Gods: The Role of Food in Candomblé’s Healing Rituals

3.30 Dr Thomas Jansen, UWTSD

Embodied Spirituality: Food and Fasting in Chinese Buddhism

4.15 End

The conference is open to the public. No charge.

