

Dr Liz Miller will be speaking in Grantham on 29th August

Dr Liz Miller is traveling from London to give an OPEN TALK titled, “[New Ideas in Recovery from Depression and Bipolar](#)”, based on her unique understanding of highs and lows.

The talk will be from 2pm on Saturday 29th August 2009 in the Ballroom at The Guildhall, St Peter’s Hill, Grantham NG31 6PZ.

All Welcome

Attendance Free

Sponsored by MDF Grantham Bipolar Self Help Group

There will be opportunities to ask questions

Refreshments will be available



Liz’s enquiring mind, coupled with her breadth of experience has led her to develop a model of health and well-being using different strands of healing, focusing on the importance of physical and psychological health.

Liz says, “Illness, mental or physical, does not strike at random. Rather illness occurs where there is ill health and has one or more of the following causes; environment; physical wellbeing; emotional and social wellbeing; cognitions and thought processes; conflicts at the level of beliefs and values.” She believes in **positive intervention and self-management of health and illness** and is a passionate campaigner for patient-oriented education.

Dr Liz Miller has gained a most impressive list of qualifications:

MB BS, AKC, FRCS, MRCP, BA(Psych), Dip Occ Med, MSc(Org Psych)

She qualified in 1980 and is now a GP, Occupational Health Physician and Psychological Health Specialist.

Liz trained as a neurosurgeon at Atkinson Morley’s Hospital, the National Hospital for Nervous Diseases and the Middlesex before moving to Edinburgh. At the time she was both the youngest trainee and only woman. After six years in neurosurgery, she began a second career in A & E. She is now also a qualified psychologist.

She has written a number of original research papers, as well as writing for a wider audience, both medical and lay. Media work includes TV, radio and magazine articles and columns.

With a formal career derailed by personal health problems, Liz saw challenges rather than setbacks and in 1996 jointly set up the **Doctors Support Network**. (www.dsn.org.uk) In 2001 she helped set up the **Doctors Support Line** to offer anonymous, confidential support for doctors. Liz is particularly keen to meet doctors working in South Lincs at the Guildhall.

She is closely involved with MDF the Bipolar Organisation (formerly Manic Depression Fellowship) and writes regularly for their magazine Pendulum.

Dr Liz Miller was awarded the Mind Mental Health Champion of the Year 2008.

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