

**CRITICAL PERSPECTIVES ON AND BEYOND
'CHANGE' IN MENTAL HEALTH SERVICES
WEDNESDAY 15 NOVEMBER 2017**

08.00–10.00 Registration (in Brookfield Health Sciences Complex foyer/atrium)

10.00-10.45 Concurrent Sessions A

- 1. BHSC G04 (120) Discover/Recover Theatre Project** Paula Lowney, Senior Occupational Therapist, Mairead Connaughton, Acting Senior Occupational Therapist, Niall O'Muire, Retired Community Psychiatric Nurse, Wexford /Waterford Mental Health Services.
- 2. BHSC G05 (120) "Whose Side Am I on?" Survivor Research in Mental Health as Partisanship?** Dina Poursanidou, Service User Researcher, Asylum Magazine Collective, UK.
- 3. BHSC 1.01 (70) A Change of Voice.** Grace Slattery. Voice hearer. Co. Clare.
- 5. BHSC 1.04 (30) The Friday Club Happy Feet Walking Group.** Caroline Murphy, Mental Health Nurse, Happy Feet Walking Group, Skibbereen.
- 6. BHSC 1.21 (70) The Lived Experience of Service Use: Worldviews, Wreckage and Reconstituting a Sense of Wholeness.** Emma Farrell, Visiting Research Fellow, Trinity College Dublin.
- 7. BHSC 1.22 (70) Mental Health in the Prison Context: Challenges and Opportunities.** Jane Mulcahy, Irish Research Council funded PhD scholar in Law at University College Cork.
- 8. BHSC 2.42 (30) How Can Change Happen?** Bryan McElroy, General Practitioner,

Hearing Voices Group Facilitator, 3 Principles Facilitator, Ireland
9. BHSC 3.03 (30) Embracing the Inner Critical Voice Through Poetry: Writing in Recovery, a Poetic Journey. Denise O'Carroll, PGDip Mindfulness Based Practice and Research student, University College Cork.

11.00-11.15 BHSC G02 Welcome. Lydia Sapouna and Harry Gijbels

Chairperson for the day: Lydia Sapouna

11.15-12.00 Keynote Presentation 1

BHSC G02 (250) An Environmental Model of Mental Distress. Jay Watts, consultant clinical psychologist, psychotherapist, activist, writer, psychiatric survivor, England.

12.00-12.45 Keynote Presentation 2

BHSC G02 (250) Stopping Coercion in Mental Health Care. Jolijn Santegoeds, user/survivor of psychiatry, founder of "Rage against Isolation!" and Co-chair of the World Network of Users and Survivors of Psychiatry (WNUSP), Netherlands.

11.00-12.45 Live Streaming of BHSC G02 (250) events to BHSC G05 (120) and BHSC G10 (150)

13.00-14.00 Lunch. Cafes and restaurants are in close proximity to the conference venue

14.00-14.45 Concurrent Sessions B

- 1. BHSC G02 (250) Moving from Rhetoric and Positioning to Trauma Informed Practice.** Liam MacGabhann, Mental Health Practitioner, Dublin City University.
- 2. BHSC G06 (120) Suicide and The Family Soul - A Constellations Lens.** Brendan O'Brien, Director Family Constellations Ireland Ltd., Lecturer, Cork Institute of Technology.
- 3. BHSC 1.21 (70) When Words Are Not Enough, a Gentle Movement Workshop.** Lani O'Hanlon, movement artist, poet and author, Ireland.
- 4. BHSC 1.22 (70) Introducing Kundalini Yoga, an Evidence-based Yoga Intervention for Post-Traumatic Stress Disorder (PTSD).** Sharon Ní Chuilibín, writer, artist, yoga teacher, facilitator, Dublin.
- 5. BHSC 2.25 (50) "Keepers".** Orla O'Muire-Director, Writer, Editor, Paula Lowney and Niall O'Muire (descriptors in Discover/Recover Theatre Project).
- 6. BHSC 3.01 (40) The Cartesian Body Mind Dilemma of the Health system.** Bernardine McManus, Drama therapist and Somatic Experience Practitioner, Sligo, Ireland.
- 7. BHSC 3.02 (40) Beyond 'Change' in the Mental Health Services.** Mary Maddock, MindFreedomIreland, Cork.

15.00-15.15 Welcome Back. BHSC G02 Lydia Sapouna.

15.15-16.00 **Keynote Presentation 3**

BHSC G02 (250) *Reluctant Revolutionaries: "Changing from Within" - Experiences of the Irish Open Dialogue Implementation.* Iseult Twamley, Senior Clinical Psychologist and Open Dialogue Clinical Lead, Cork/Kerry MHS.

15.00-16.00 Live Streaming of BHSC G02(250) presentation to BHSC G06 (120) and BHSC G10 (150)

16.15-17.00 **Concurrent Sessions C**

1. BHSC G01 (250) *Understanding Suicide and Life: Making Sense Through the Words of Suicide Attempt Survivors* Aaron Roberts, Clinical Psychologist, Adult Services, Oxleas NHS Foundation Trust, England.

2. BHSC G06 (120) *PDIntheBin. Borderline Personality Disorder or Bullshit Psychiatric Diagnosis? It's time to stop labelling survivors of trauma and oppression as having disordered personalities.* Sue Philips, Survivor/Mad Activist, Scotland; Sally Smith, survivor and mental health trust peer support worker, England.

3. BHSC G10 (150) *Mental Health Approaches Through the Arts, Fostering Understanding Through a Trauma Lens.* Jhilmil Breckenridge, survivor, poet, writer, activist and founder of Bhor Foundation, a mental health charity in India. PhD student, currently based in Lancashire, England.

4. BHSC 1.01 (70) *Implementing Open Dialogue in Ireland: Questions not Answers.* Adrienne Adams, Nuala Kenny, Aidan O'Mahony, Ann-Marie Hohmann, Marguerite

O'Rourke, Iseult Twamley. Open Dialogue Team, WCMHS & NLN Bantry.

5. BHSC 1.21 (70) *Change: Answers on a Postcard.* Mags McHugh, ex-nurse, ex-service user, Lecturer/Facilitator; Ciaran McMahon, ex-service user, Facilitator of confidence, public speaking and communication workshops, Dublin.

6. BHSC 1.22 (70) *Mental Health Engagement.* Rory Doody, Area Lead for Mental Health Engagement, Cork & Kerry Mental Health Services.

7. BHSC 2.25 (50) *Rights, Coercion and the Yellow Submarine.* Sonya Greaney, Peer Support Worker, Deirdre Lillis, Cork Advocacy Service.

17.15-17.45 **Plenary Session**

BHSC G06 (120) *Reflections on the day*

Conference Donations

One of the unique features of this annual conference is that it is a free event, supported by a very small budget. Since 2013, following delegates' enquiries about making donations, there has been a donation box at the registration desk. Please feel free to contribute if you wish (preferably cash or cheque made payable to CVNI to be lodged into the CVNI conference account). We do not accept donations which compromise the ethos and values of the conference. If you have any queries, please contact either Lydia Sapouna at l.sapouna@ucc.ie or at 021 4903495, or Harry Gijbels at h.gijbels@ucc.ie

Looking forward to seeing some of you tomorrow. Safe journey home.

**CRITICAL PERSPECTIVES ON AND BEYOND
'CHANGE' IN MENTAL HEALTH SERVICES
THURSDAY 16 NOVEMBER 2017**

8.30-10.00 Registration (in Brookfield Health Sciences Complex)

10.00-10.45 Concurrent Sessions D

- 1. BHSC G01 (250) Trauma, Mental Health and an Ethics of Responsibility.** Danny Taggart, Academic Director of the Doctorate in Clinical Psychology and lead on service user involvement in the School of Health and Social Care, University of Essex, England.
- 2. BHSC G04 (120) Making Psychiatry Accountable - the Need for Formal Diagnostic Reports and Appeals Mechanisms.** Dr Ciaran Crumney, a former involuntarily detained escapee, Bawnboy, Co Cavan.
- 3. BHSC G06 (120) What Does It Mean to Be Crazy? (Re)Conceptualizing Madness in An Age of Shadows.** Sarah Jane Pedersen, PhD student, Claremont Graduate University, Executive Director of Truth Be Told Productions, Lecturer at the University of Colorado, USA.
- 4. BHSC 1.02 (70) Beyond the Biomedical Model and Coercion: Listening to Alternative Narratives.** Peter Hall, mental health social worker, senior lecturer and Quaker, University of Suffolk, Ipswich, England.
- 5. BHSC 1.04 (30) Do We Really Need Mental Health Services at All?** Miriam O'Shea, human being, qualified holistic therapist and retiring survivor of psychiatry, Cork.
- 6. BHSC 1.05 (30) The Politics of Changing Mental Health Services.** Patricia Barrett and

Tricia Ryan, Irish Association of Relationship Mentors, Ireland.

- 7. BHSC 1.22 (70) Trauma Informed Practice.** Mick Devine, Clinical Director, Tabor Group, addiction treatment agency, Cork.
- 8. BHSC 2.25 (50) Personal Journeys of Stigma and Recovery – A Short Film Project by the Blackrock Hall Men's Group.** Conor Crowley, Social Worker, Leona Moynihan, Occupational Therapist, South Lee Mental Health Services, and members of the Blackrock Hall Men's Group, Cork.
- 9. BHSC 3.04 (40) Involving Service Users and Carers in Mental Health Research: Using Service Users' and Carers' Focus Groups to Inform an Inpatient Housing Study.** John Cowman, Senior Social Worker and Housing Lead, Dublin South Central Mental Health Service, CHO7.

11.00-11.15. BHSC G01 Welcome and Welcome Back. Harry Gijbels and Lydia Sapouna.

Chairperson for the day: Harry Gijbels

11.15-12.00 Keynote Presentation 4

BHSC G01 (250) Making the Most and Dismantling the Worst of Mental Health Services: Reflections on User-led Research and its Implications. Diana Rose, Professor of User-Led Research, Service User Research Enterprise, Institute of Psychiatry, Psychology and Neuroscience, King's College London, England.

12.00-12.45 Keynote Presentation 5

BHSC G01 (250) Oor Mad History: How to Get Mad and Influence People. Oor Mad History Community History and Arts project, Scotland.

11.00-12.45 Live Streaming of BHSC G01 events to BHSC G02 (250)

12.45-13.45 Lunch. Cafes and restaurants are in close proximity to the conference venue

13.45-14.00 Welcome Back. BHSC G01 Harry Gijbels.

14.00-14.45 Keynote Presentation 6

BHSC G01 (250) Who is Wondering about Mental Health Services and What are Their Suggestions for Change? Jim van Os, Professor of Psychiatry, Utrecht University Medical Centre, The Netherlands

13.45-14.45 Live Streaming of BHSC G01 events to BHSC G02 (250)

15.00-15.45 Concurrent Sessions E

- 1. BHSC G02 (250) Whittingham Lives: Activism and Organising, Then and Now.** Mick McKeown, mental health nurse, researcher and trade unionist, University of Central Lancashire, Preston, UK.
- 2. BHSC G04 (120) For All Debts, Public & Private.** John Woulfe, Youth Advocate Programmes Ireland, ISPPCC, Samaritans (Prison Listener Scheme; & University Outreach Coordinator) Limerick, Ireland.
- 3. BHSC G06 (120) Balancing Brains.** Mike Watts, ex-service user currently involved in

recovery research, writing & teaching, Ireland.

4. BHSC G10 (150) "Breaking Chains" - A Recovery Journey in Words, Music & Images.

James O' Flynn & The Claddagh Rogues; Kevin O'Shanahan, Clinical Nurse Specialist (Mental Health & The Arts) & Declan McCarthy, Assistant Director of Nursing, Cork Mental Health Services.

5. BHSC 1.01 (70) 'I Cried the Victim Out of Myself': A Re-imagination of Irish Tradition of Lament ('Keening') as a Therapeutic Tool for Overcoming Stress, Loss and Trauma, Based on a Finnish Lament Revival Model.

Marian Caulfield, Assistant Course Coordinator/ Teaching Assistant, Study of Religions Department, University College Cork.

6. BHSC 1.02 (70) 'In Conversation' (Part 1), an Experimental Discussion Space.

Rósa Corcoran, activist, Danny Taggart, psychologist and CSA survivor; Aaron Roberts, psychologist; Ria Dylan, survivor and counsellor; Sally Smyth, survivor and mental health trust peer support worker, England.

7. BHSC 1.04 (30) "I Want to Find a Way Out of How I am Feeling, but I am Afraid to Talk about it": Eight Years of Research Looking into Barriers and Mediators to Seeking Psychological Help.

Inge Nieuwstraten, college lecturer, School of Applied Psychology, University College Cork.

8. BHSC 1.21 (70) Using EFT (Emotional Freedom Techniques) or "tapping" as a Healing Tool.

Lydia Fox, EFT Practitioner, Limerick.

9. BHSC 3.02 (40) The Next Step: Flourishing in a Creative & Engaging Environment.

Vincent

Murphy, chairperson; Charlotte Donovan, visual artist NICHE Arts for Community Health, & participants in The Next Step.

16.00-16.45 Concurrent Sessions F

1. BHSC G04 (120) An Exploration of the Issues Related to the Future of Private Sector Psychotherapy in Ireland. An E-Delphi Study.

Finian Fallon, Psychotherapist, Dublin.

2. BHSC G06 (120) Pluralism Plus: Beyond Praxis in Mental Health Nursing.

Julia McLeod, senior lecturer; Richard Craven, lecturer and programme lead for undergraduate mental health nursing, Abertay University, Scotland.

3. BHSC G10 (150) Recovery Stories: A Dialogic Community Group.

Leeanne O'Donnell, multi-media producer, reporter, documentary maker, and trainee psychotherapist; Kevin O'Shanahan, Clinical Nurse Specialist, Arts and Mental Health, West Cork MHS; Iseult Twamley, Senior Clinical Psychologist and Open Dialogue Clinical Lead, Cork/Kerry MHS.

4. BHSC 1.01 (70) Playback Theatre-When your Stories Can Come to Life.

Speakout Theatre for Transformation, Cork, Ireland.

5. BHSC 1.02 (70) 'In Conversation'(Part 2).

See 15.00-16.00 in BHSC 1.02 for presenters' details.

6. BHSC 1.22 (70) A Not-so Critical Psychiatry Approach to ME/CFS?

Helen Spandler, PhD, University of Central Lancashire, Preston, UK

7. BHSC 3.02 (40) Dubito ergo sum" - from a Critical Student to a Critical Practitioner?

Karina Krawiec, mental health nursing student, Glasgow Caledonian University, Scotland.

8. BHSC 3.03 (30) Making our voices heard.

Hearing Voices Network Ireland.

17.00-17.30 Plenary Session

BHSC G10 (150) Reflections on the Conference and ongoing work of the Critical Voices Network Ireland (CVNI)

The plenary session provides opportunities to integrate the insights and initiatives of the conference and to discuss the on-going work of the CVNI.

Key note presentations, with the respective presenters' consent, will be available a few weeks after the conference at www.cvni.ie, <http://www.ucc.ie/en/nursingmidwifery/conferences/> and www.ucc.ie/en/appsoc

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We wish you all a safe journey home and look forward seeing you again next year.