

**CRITICAL PERSPECTIVES ON AND BEYOND
'RECOVERY': TEN YEARS ON
WEDNESDAY 14 NOVEMBER 2018**

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

10.00–10.45 Concurrent Sessions A

- 1. BHSC G04 (120) From Hospital Bed to College Lecturer.** Fionnuala Manning, voice hearer/college lecturer, Cork.
- 2. BHSC G06 (120) Home Focus, our Recovery journey 10 years on...** Home Focus Team, West Cork.
- 4. BHSC 1.05 (30) Understanding Childhood Trauma and Fight/Flight/Freeze Responses in Offenders for Better Outcomes.** Jane Mulcahy, Irish Research Council funded PhD scholar in Law at University College Cork.
- 5. BHSC 1.22 (70) Should we Applaud or Discourage the Infiltration of 'Peer Support' into Mental Health Services?** Rebecca Murphy, post-doctoral research fellow, School of Nursing and Midwifery, Trinity College Dublin.
- 6. BHSC 2.42 (30) The Impact of Community-based Supportive Interventions on the Lives of Cancer Patients.** Frances Drummond, Senior Research Fellow/Research Coordinator, Cancer Research @ UCC.
- 7. BHSC 3.03 (30) Hearing Our Voices Booklet Clonmel 2018.** Members of the Clonmel Hearing Voices Group, Tipperary.

11.15–11.30 BHSC G02 Welcome. Lydia Sapouna and Harry Gijbels

Chairperson for the day: Lydia Sapouna

11.30–12.15 Keynote Presentation 1

BHSC G01 (250) The Promise of Recovery and Inclusion: Have Things Changed? Lucy Costa, Deputy Executive Director, The Empowerment Council, Toronto, Canada.

12.15–13.00 Keynote Presentation 2

BHSC G01 (250) Recovery and the Resistance. Lynne Friedli, freelance researcher, London, UK.

11.15–13.00 Live Streaming of BHSC G01 (250) events to BHSC G04 (120) and BHSC G06 (120)

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 G01 (250) Jigsaw: What is The National Centre for Youth Mental Health?** Michael Edgar (Youth Advisory Panel, Kerry), Hannah Kelly (Youth Advisory Panel, Limerick), Cian Aherne (Jigsaw Limerick), Olive Moloney (Jigsaw Kerry).
- 2. BHSC G05 (120) Service User Inclusion in Research: Case Studies from the Field.** Rebecca Murphy, post-doctoral research fellow; Jennifer Barry, Researcher and Assistant Psychologist, both School of Nursing and Midwifery, Trinity College Dublin; Angie Lindenau, Certified Laughter Yoga Teacher/Laughter Therapist, Limerick.
- 3. BHSC G06 (120) "Doing Something" and "Feeling at Home": Studio-based Art at an Inpatient Unit.** Trudy Meehan, Research

Associate and Julia Mitchell, PhD student, Rhodes University, South Africa.

4. BHSC G10 (150) Not a Survivor. Michael Fitzgerald; Actuarial Consultant/Director Fitzgerald Actuarial Limited, sponsor of Community Support Resources, Cork.

5. BHSC 1.05 (30) Spirituality - How I Healed from A Lifetime of Trauma. Craig Lewis, Radical Health Educator, Author of "Better Days", Spiritual Warrior, Punk Rocker, True Human. Nomadic, US.

6. BHSC 1.21 (70) Recovery from Psychiatry. Mary Maddock, Mind Freedom Ireland, Cork.

7. BHSC 3.01 (40) Effects of Compulsive Hoarding and the Search for Help as Experienced by one Family Member and one Researcher. Tim Buescher, Lecturer, Mental Health Nursing, University of Hull, UK.

15.00–15.15 Welcome Back. BHSC G02 Lydia Sapouna.

15.15–16.00 Keynote Presentation 3

BHSC G01 (250) Mad Politics Today: Some Critical Reflections. Helen Spandler, Professor of Mental Health Studies, School of Social Work, Care and Community, University of Central Lancashire; Editor of Asylum magazine, UK.

15.00–16.00 Live Streaming of BHSC G01 (250) presentation to BHSC G05 (120) and BHSC G06 (120)

16.15-17.00 *Concurrent Sessions C*

- 1. BHSC G01 (250) *Whose 'violence'? Service Users' Experiences of Restrictive, Coercive and Invalidating Practices in Inpatient Mental Health Care.*** Dina Poursanidou, Independent Service User Researcher, Asylum Magazine Collective, UK.
- 2. BHSC G05 (120) *Doing Mad Studies: Co-producing a Participatory Action Research Project (PAR).*** Shirley Anne Collie, Liz Deeming, Esther Fraser and Penny Stafford were students on the "Mad People's History and Identity (MPHI)" course. Elaine Ballantyne, MPHI course leader and Senior lecturer in Occupational Therapy at Queen Margaret's University, Edinburgh, Scotland.
- 3. BHSC G06 (120) *Recovery: is it about the Journey or the Destination? Walking towards better Mental Health.*** Adrian Begley, Msc Applied Psychology, Christina Greene, Programme Co-ordinator, Solas Donegal and Karol MacGairbheith, Solas Le Cheile Group member, Donegal.
- 4. BHSC 1.01 (70) *'Áit na nGealt'. Peer Support Working in Mental Health Services: Co-optation or radical game changer?*** An interactive workshop with Martha Griffin, Expert by Experience and Peer Educator; Liam MacGabhann, Mental Health Practitioner; the Peer Support Worker collective, Dublin City University.
- 5. BHSC 1.04 (30) *When Worlds Collide.*** Angie Lindenau, Certified Laughter Yoga Teacher, mental health-engaged for 20+ years in council house tenancy, Limerick.

6. BHSC 3.02 (40) *Reform of Ireland's Mental Health Act, 2001: The importance of Revised Mental Health Legislation in Promoting People's Human Rights and Supporting the Delivery of Recovery Orientated Mental Health Services.* Kate Mitchell, Senior Policy & Research Officer and Ray Burke, Communications & Campaigns Officer, Mental Health Reform, Ireland.

BHSC 264 (15) *Quiet Room.* This room is available from 10.00 – 17.00 for people who seek some quiet time.

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
'RECOVERY': TEN YEARS ON
THURSDAY 15 NOVEMBER 2018**

8.30-10.00 Registration (in Brookfield Health Sciences Complex)

10.00-10.45 Concurrent Sessions D

- 1. BHSC G01 (250) Can the HSE do Recovery? Evaluation of 3-year pilot of Recovery-oriented Service Provided in an HSE Day Hospital.** Ann Colleran, DPsychSc student at NUI Galway, lead researcher of REFOCUS project, Galway.
- 2. BHSC G06 (120) How to Provide a Valid Rapid Response to Suicide in Rural Areas.** Stephen Flynn, Analytical Psychodrama Psychotherapist, Founder of Diadhuit Suicide Prevention Ltd, Mallow.
- 3. BHSC 1.01 (70) Transparency in Clinical Practice: The Open Dialogue Experience.** West Cork Mental Health Open Dialogue Team.
- 4. BHSC 1.22 (70) Artistic Exploration of On and Beyond "Recovery".** Ailish Daly, artist and Art Psychotherapist, Galway.
- 5. BHSC 2.25 (50) Treating Mental Illness with Dietary & Lifestyle Changes.** Greg Xavier, Plant-Based Nutritionist & Mental health survivor. Founder of Plant Based Ireland.
- 6. BHSC 3.01 (40) A meeting of Minds: Reclaiming Faith in Our Personal Selves.** Pauline Dolan is a psychotherapist in private practice in Ballincollig Healing Centre.

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) Peer Work: The value of Mad Labour. Jijian Voronka, Assistant Professor, School of Social Work, University of Windsor, Windsor, Canada.

12.00-12.45 Keynote Presentation 5

BHSC G01 (250) Are you experienced? The use of experiential knowledge in mental health. Danny Taggart, clinical psychologist and academic director on the clinical psychology programme, University of Essex, UK.

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) Independent Advocacy: Supporting Recovery Focused Mental Health Care or Tokenism? Deirdre Lillis, Co-ordinator, Cork Advocacy Service, Social and Health Education Project (SHEP), Cork.

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, One Year On.** Mick McKeown, mental health nurse, researcher and trade unionist, University of Central Lancashire, Preston, UK.
- 2. BHSC G06 (120) Introducing a New Therapy Model specifically for Suicide: Contextual Conceptual Therapy (CCT).** Gitti Maas (MIACP, M.Ed.), CCT-Associate, counsellor in private practice, attempt survivor; Kenmare, Co Kerry.
- 3. BHSC G10 (150) The Resocialisation Project-Retrospective Assessment.** Colin Pollard, former Educational Coordinator of the Resocialisation Project, Teacher, Counsellor and Trainer, specialising in young peoples' counselling, information and support services.
- 4. BHSC 1.21 (70) Exploring Major Problems Presented in Suicidal ideation.** Stephen Flynn, Analytical Psychodrama Psychotherapist, Founder of Diadhuit Suicide Prevention Ltd, Mallow.
- 5. BHSC 2.25 (50) The Inside Story: Fyodor Dostoyevsky's Contribution to Genuine Recovery in the Phenomena of Hearing Voices and Seeing Visions.** Eoin Toomey, user/survivor of psychiatry and music facilitator; Bernadette Sheils, Person Centred Existential Psychotherapist and Occupational Therapy Manager; Louise McGettigan, Child and Adolescent Occupational Therapist, Donegal Mental Health Services.

6. BHSC 3.04 (40) *The Ethics of Co-production: Balancing Expertise and Compassion in Mental Health Services.* Julian Raffay (Rev), Specialist Chaplain, Spiritual and Pastoral Care Department, Mersey Care NHS Foundation Trust, Liverpool, UK.

16.00-16.45 Concurrent Sessions F

1. BHSC G01 (250) *Polyphony in Activism: Capturing the Voices of Activists with Lived Experience of Mental Difference and/or Mental Health Treatment.* Emily Cutler, PhD student and Mad Pride activist in Florida, U.S.

2. BHSC G04 (120) *Making the Case for Developing Art Therapy as a Service for Children in Direct Provision.* Ruth Hogger, recent Art Therapy MA graduate and art workshop coordinator/facilitator for Cork Migrant Centre.

3. BHSC G06 (120) *Suicide in Health Care: Time for a Change.* Eoin Galavan, Senior Psychologist, HSE Adult Mental Health, North Dublin Suicide Assessment and Treatment Service.

4. BHSC G10 (150) *Working to Ensure Recovery Flourishes Outside the Box Throughout North Dublin, Louth, Meath and Beyond.* John Kelly, Co-ordinator, North East Recovery College, Dublin North.

5. BHSC 1.01 (70) *A Playback Theatre Workshop.* Speakout Theatre for Transformation, Cork.

6. BHSC 1.21 (70) *Therapy Relationships - How to Deal with Power Dynamics?* Caroline von Taysen, clinical psychologist, trainer, Hearing Voices Network, Berlin, Germany.

7. BHSC 2.25 (50) *Subgroups for the Benefit of those Suffering from Distress.* Jeroen Holtkamp, homeopath / social entrepreneur, Castlepollard, Westmeath.

17.00-17.30 Plenary Session

BHSC G01 (250) *Reflections on the Conference and the 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.

BHSC 1.04 (30) *Quiet Room.* This room is available from 10.00 – 17.00 for people who seek some quiet time.

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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queries, please contact either Lydia Sapouna at l.sapouna@ucc.ie or at 021 4903495, or Harry Gijbels at h.gijbels@ucc.ie.

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