

**CHALLENGING MENTAL HEALTH SYSTEMS:
CRITICAL PERSPECTIVES FROM 'INSIDE OUT
AND OUTSIDE IN' - WEDNESDAY 13 NOV 2019**

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

10.00-10.45 Concurrent Sessions A

- 1. BHSC G04 (120) Mental Health in a Time of Environmental Crises.** Liam Quaide, Clinical Psychologist, North Cork Adult Mental Health Services; Green Party Councillor, East Cork.
- 2. BHSC G06 (120) 'You can't get back into the Closet': Critical Reflections on Service User Involvement in Research and Development.** Dr Dina Poursanidou, Independent Service User Researcher, UK & Ann-Mari Lofthus, Associated Professor, Inland Norway University of Applied Sciences, Norway.
- 3. BHSC 1.01 (70) Drawing on Your Inner Selves.** Stanley Notte, Entrepreneur, Mental Health Advocate, Creative, Writer, Poet, Performer.
- 4. BHSC 1.04 (20) Increasing Mental Fitness – Intervention Design and Positive Mental Health Education for Higher Education Students.** Niamh O'Brien (PhD candidate) & Dr Wesley O'Brien, University College Cork.
- 5. BHSC 1.21 (70) Mental Health Reform's National Consultation My Voice Matters: Key Findings on People's Experiences of the Mental Health Services in Ireland.** Kate Mitchell, Senior Policy and Research Officer & Dr Pádraig Ó Féich, Research Officer, Mental Health Reform.
- 6. BHSC 1.22 (70) 'Am I a case or a person?': Making Sense of Mental Health through Open**

Dialogue. Niamh Doyle, Clinical Psychologist; Iseult Twamley, Senior Clinical Psychologist and Open Dialogue Clinical Lead, Cork/Kerry MHS.

- 7. BHSC 2.42 (30) One-to-One adventure Therapy: a Person-centred, Social Work Intervention to Support Resilience, Recovery and Self-care.** Philip Stallard, Adventure Therapist (Social Worker), Director, New Wave Adventure Therapy, Kerry.
- 8. BHSC 3.03 (30) Dreams and Fairy Tales and their Application to Psychotherapy.** Stephen Flynn, Analytical Psychotherapist, Founder of the Charity Diadhuit Suicidal Prevention, Mallow.

11.15-11.30 BHSC G01 Welcome. Lydia Sapouna and Harry Gijbels

Chairperson for the day: Lydia Sapouna

11.30-12.15 Keynote Presentation 1

BHSC G01 (250) For the Past 40 Years, We've Organized Our Psychiatric Care around a False Narrative of Science. How Do We Create a New Paradigm? Robert Whitaker, author of Anatomy of an Epidemic and publisher of Mad in America webzine, USA.

12.15-13.00 Keynote Presentation 2

BHSC G01 (250) Learning from and through survivor activism. Anne O'Donnell, community educator/activist, Edinburgh, 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) Allow us to Grow - starting an Allotment Revolution.** Sarah O'Callaghan, Joey Harding, Malcolm Garland, Kilbarrack East Mental Health Services, Dublin North.
- 2. BHSC G05 (120) Attending to the Mental Health Aspects of Obesity/Binge Eating.** Tom Conlon, Programme Director; Dr Noreen Kelly, Clinical Director; Fiona Crowe, Psychotherapist; Barry Vaughan, Participant Advocate, all with Tri-Factor Health, Cork.
- 3. BHSC G06 (120) Dublin North, North East Recovery College: A Community Response to Cooptation of Recovery Education.** Liam McGabhann, community activist, mental health practitioner and associate professor in mental health practice at the School of Nursing, Psychotherapy & Community Health, Dublin City University, Ireland; Martha Griffin, Expert by Experience, Dublin City University and Peer Educator, Dublin North, North East Recovery College, Dublin, Ireland.
- 4. BHSC 1.21 (70) Imagine No Psychiatry, Imagine All the People Finding Out the Truth.** Mary Maddock, Mind Freedom Ireland, Cork.
- 5. BHSC 1.22 (70) Creating Common Ground: Developing and Sustaining a Culture of Service User and Carer Involvement in the Training of Health Care Professionals.** Philip Moore & Chris McCusker, Senior Lecturers in Clinical Psychology, School of Applied Psychology, UCC.

6. BHSC 3.01 (40) Anxiety - A gift that keeps on giving! Ken Nagle, survivor and psychotherapist.

15.00-15.15 Welcome Back. BHSC G01 Lydia Sapouna.

15.15-16.00 Keynote Presentation 3

BHSC G01 (250) Gateway to Community? The Opportunities and Challenges of Peer provided Initiatives, Reflections from the Gateway Mental Health Project. Fionn Fitzpatrick, community development worker/ activist, Dublin.

15.00-16.00 Live Streaming of BHSC G01 (250) presentation to G05 (120) and BHSC G10 (150)

16.15-17.00 Concurrent Sessions C

1. BHSC G01 (250) Living a Life of Choice: Experiences of Coming off Psychotropic Medication. Mike Watts, ex-service user, involved in mental health research, writing & teaching, Ireland.

2. BHSC G06 (120) Beyond Mental Health: how can our Expertise as Critical Mental Health Activists help tackle today's Political Crises? Caroline Von Taysen, clinical psychologist, trainer, Hearing Voices Network, Berlin, Germany.

3. BHSC G10 (150) Inside/Outside Mental Health from the Multidisciplinary Perspective of a Visual Artist, Art Therapist and Art Historian. Alison Quaid, Artist, Art Therapist and Art Historian, Limerick.

4. BHSC 1.01 (70) Inside Out: Taking Dialogue into the Outdoors. Iseult Twamley, Senior Clinical Psychologist and Open Dialogue Clinical Lead, Cork/Kerry Mental Health Services; Leeanne O Donnell, multi-media producer and psychotherapist; Dan Hartnett, Clinical Psychologist, Cork Mental Health Services.

5. BHSC 1.22 (70) Embedding Critical Perspectives of Madness within the Curriculum of Health and Social Sciences students: Challenges and Opportunities within the Neo-liberal University. Dr Elaine Ballantyne Senior Lecturer/Mad People's History partner, Queen Margaret University, Edinburgh & Eoin Gorman, Lecturer/Programme Director, Department of Occupational Science & Occupational Therapy, University College Cork.

6. BHSC 3.02 (40) The Potential Role of Coaching in Mental Health Services. Sophie Condon, researcher, MA in Applied Psychology, (Positive and Coaching), School of Applied Psychology, University College Cork.

BHSC 1.05 (20) Quiet Room. This room is available from 9.00 – 18.00 for people who seek some quiet time.

17.15-17.45 Book Launch

BHSC G01 (250) Book Launch: Inside Out, Outside In: Transforming Mental Health Practices. Edited by Harry Gijbels, Lydia Sapouna and Gary Sidley. Published by PCCS Books. Launched by Robert Whitaker, with speakers: Malcolm Garland and Liz Brosnan.

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.

**CHALLENGING MENTAL HEALTH SYSTEMS:
CRITICAL PERSPECTIVES FROM 'INSIDE OUT
AND OUTSIDE IN' - THURSDAY 14 NOV 2019**

8.30-10.00 Registration (in Brookfield Health Sciences Complex)

10.00-10.45 Concurrent Sessions D

1. BHSC G01 (250) *Suffering is a Path, Not a Pathology.* Dr Tony Humphreys, Consultant Clinical Psychologist, Author, National and International Speaker.

2. BHSC G05 (120) *Truth and reconciliation: a radical approach to challenging mental health systems.* Mick McKeown, mental health nurse, researcher and trade unionist, University of Central Lancashire, Preston, UK & Helen Spandler, Professor of Mental Health Studies, School of Social Work, Care and Community, University of Central Lancashire; Editor of Asylum magazine, UK.

3. BHSC G06 (120) *Evaluation of a Crisis Respite in Bochum, Germany – a perspectivist account by a mental health researcher.* Sebastian von Peter, Professor of mental health services research, Brandenburg Medical School, Germany.

4. BHSC 1.21 (70) *Creating Safe Havens in Clinical Environments.* Jennifer Slater, Artist, Art Therapist, Facilitator (MIACAT, ANCAD).

5. BHSC 1.22 (70) *Contributing to 'Inside Out and Outside In' - A Critical Reflection.* Deirdre Lillis, Advocacy Co-ordinator & Liam McCarthy, Senior Training and Development Officer, Social and Health Education Project, Cork.

6. BHSC 2.25 (50) *Irish Mental Health Act 2001 - Section 21: An Ethic of Care Reflection on the Principles of Civil Mental Health Legislation.*

Aidan Cooney, Senior Medical Social Worker, Mental Health & Intellectual Developmental Team, National Forensic Mental Health Services.

7. BHSC 3.01 (40) *Treating the Root Cause of Mental Illness with Lifestyle Changes.* Greg Xavier, Plant-Based Nutritionist & Mental Health Survivor. Founder of Plant Based Ireland.

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) *Navigating the Boundaries between Inside and Outside.* Alison Faulkner, Independent Survivor Researcher and Trainer, UK.

12.00-12.45 Keynote Presentation 5

BHSC G01 (250) *The Power Threat Meaning Framework.* John Cromby, Professor of Psychology, University of Leicester, 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) *Beacon of Hope: Alternative Approaches to Mental Health Crisis.* Fiona Venner, Chief Executive (on sabbatical), Leeds Survivor Led Crisis Service; Labour Councillor, Leeds City Council, Leeds, UK.

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

15.00-15.45 Concurrent Sessions E

1. BHSC G01 (250) *Is it Feasible to Change Dominant Mental Health Systems from the Inside?* Dr Gary Sidley, writer, trainer & retired clinical psychologist.

2. BHSC G04 (120) *'An Open Door' – an Award-winning Short Film exploring 49th Street, Skibbereen's Pioneering Adult Mental Health Service.* Aiose Tutty Jackson, Director, and others involved in the making of the film.

3. BHSC G05 (120) *Hope in Mental Health Recovery.* Joan Murphy, Nurse Lecturer, Institute of Technology, Tralee.

4. BHSC G06 (120) *Place and Race: Sanctuary, Asylum and Community Belonging.* John Wainwright, Senior Lecturer, School of Social Work, Care and Community & Mick McKeown, Professor of Democratic Mental Health, School of Nursing, University of Central Lancashire, Preston, UK.

5 BHSC G10 (150) *Restorying Offending Behaviour: a Normal Response to an Overdose of Trauma?* Jane Mulcahy, PhD candidate in Law, University College Cork.

6. BHSC 1.01 (70) *Social Work Education as a Critical Space.* Lydia Sapouna, Lecturer, University College Cork.

7. BHSC 1.21 (70) *The self-regulating Psyche: Through Imagery and Imagination.* Lyn Mather, art therapist, artist and part-time lecturer/course developer, Limerick School of Art and Design, Limerick Institute of Technology, Limerick.

8. BHSC 2.25 (50) *Hearing Voices Network Ireland (HVNI): Recent Developments and Future Plans.* Members of the HVNI Committee.

9. BHSC 3.04 (40) *Invoking Article 40 from a Service User perspective (from 'Inside (trying to get) Out!')* and from a Mental Health Social Work perspective (from 'Outside (trying to get In!'). Martin Melvin, Science Teacher, Mental Health Services Survivor; Gabrielle Fitzpatrick Mental Health Social Worker, Mental Health Systems Survivor; Sligo, West of Ireland.

16.00-16.45 Concurrent Sessions F

1. BHSC G01 (250) *Adoption and Redemption: A Documentary.* Aidan Conron, film maker, family constellations facilitator, and an adoptee.

2. BHSC G04 (120) *Sanism, Racism, Ableism and Ally-ship: Surfing the Chaos of Intersectional Working.* Liz Brosnan, long time survivor activist and researcher.

3. BHSC G06 (120) *Trapped inside + Getting free - A lived Experience of Eating Disorder Recovery in Ireland.* Cora Grant, Masters Public Health, University College Cork; Trainee counsellor & psychotherapist; Mental health advocate.

4. BHSC 1.01 (70) *The Myth of the 'Happy Family Inside and Out': An Open Dialogue Approach.* Adrienne Adams, Charmaine Harris, Cathy Thorley, Open Dialogue Practitioners.

5. BHSC 1.21 (70) *The Secret Insider: A social worker's lived experiences of both sides of trauma and mental health: the patient and the worker.* Lucy Taylor, social worker, mother, feminist and trauma survivor.

6. BHSC 1.22 (70) *"Say a Rosary for Psychotherapy" – a Prayer for Relationship in Mental Health.* Hugh Morley, Head of Business and Counsellor, Cork Counselling Services CLG.

7. BHSC 2.25 (50) *Involuntary Detention and the Mental Health (Amendment) Act 2018: A Critique from an Occupational Rights Perspective.* Kevin Patrick Foley, Occupational Therapist.

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 9.00 am – 5.00 pm for people who seek some quiet time.

Keynote 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.