

**CRITICAL PERSPECTIVES ON THE LIVED  
EXPERIENCE OF DISTRESS AND MENTAL  
HEALTH SERVICES - WEDNESDAY 16 NOV 2022**

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

**10.00-10.45 Concurrent Sessions A**

**1. BHSC G05 (120) Why let truth get in the way  
of transparency: language and behaviours in  
secure care.** Roger (pseudonym), prisoner of  
mental health services; Abdirisak Hussain, Peer  
Support Worker, Author and Quality Network  
Patient Reviewer; Dr Abdullah Mia, Consultant  
Clinical Psychologist, Medium Secure Forensic  
Unit, England (Zoom presentation from  
England, facilitated by Dina Poursanidou).

**2. BHSC G06 (120) Experiential wisdom: Mad  
Studies.** Lisa Archibald, Co-Director/ Training  
Coordinator, Intentional Peer Support and MSc  
in Mad Studies Student, Queen Margaret  
University, Scotland.

**3. BHSC 2.42 (30) Recovery in Colour: how  
creativity paved the way to Recovery & using  
lived experience to co-produce Mental Health  
Services.** Cathy Doyle, Artist, Lived Experience,  
Recovery Education Facilitator with ARCHES  
Recovery College, Clonskeagh, Dublin.

**4. BHSC 3.01 (40) Peer support workers'  
experiences of integrating into mental health  
teams in Ireland.** Ciara Glynn, Peer Support

Worker, Adult Mental Health Services, Dublin  
North.

**5. BHSC 3.02 (40) A Collaborative Approach to  
sustaining recovery through a Peer Led  
Wellness Cafe model.** Sharon Ferguson,  
Founder Donegal Wellness Café model, Mental  
Health & Wellbeing Project Officer ATU  
Donegal; Eoghan Farren, Wellness Café Peer  
Facilitator; Noreen Mc Laughlin, Wellness Café  
Peer Facilitator, Ireland.

**6. BHSC 3.03 (30) Shoulder to Shoulder – Co-  
Production in a natural setting.** Craig Jennings,  
Expert through lived experience and Damien  
Gallagher, Staff member of Solas Donegal  
team, Ireland.

**7. BHSC 3.04 (30) YPs and the PTMF; OMG  
WTF?!** Cian Aherne, Emma Hickey, Laura  
Douglas, Clinical Psychologists, Jigsaw, Ireland.

**11.30-11.45 BHSC G02 Welcome.** Lydia  
Sapouna and Harry Gijbels

**Chairperson for the day:** Lydia Sapouna

**11.45-12.30 Keynote Presentation 1**

**BHSC G02 (250) The Disruptive Potential of  
Lived Experience Leadership.** Rai Waddingham,  
Survivor, Trainer, Researcher & Practitioner,  
England.

**12.30-13.15 Keynote Presentation 2**

**BHSC G02 (250) Expert by Experience - A Rare  
Breed?** Martha Griffin, Expert by Experience,  
Lecturer in Mental Health, Dublin City  
University, Ireland.

**13.15-13.30 BHSC G02 (250) Launch of the  
Mad in Ireland (MII) Website.** MII Team

**11.30 -13.45 Live Streaming of BHSC G02 (250)  
events to BHSC G04 (120) and BHSC G05 (120)**

**13.45-14.00 Short Break**

**14.00-14.45 Concurrent Sessions B**

**1. BHSC G04 (120) Setting Up and Running  
Lived Experience of Self-Harm Support Service:  
issues of credibility and system need.** Jess  
Puplett, service manager & Amy Cook, team  
leader, Self-injury Support, England.

**2. BHSC G10 (150) Mad in Ireland: Voicing the  
Paradigm Shift in Mental Health Communities.**  
Liz Brosnan, Elaine Brown, Martha Griffin,  
Harry Gijbels, Jennifer Hough, John Kelly, Liam  
Mac Gabhann, Lisa Murphy & Owen Ó Tuama,  
Mad in Ireland team.

**3. BHSC 1.21 (70) Taking the PIS (peer  
impostor syndrome) or rise of the Peer!**  
Feargus Callagy, Peer support worker and peer  
educator, HSE, Ireland.

**4. BHSC 2.25 (50) *The Value of Mad Studies in Empirical Research with CSA Survivors: Trustworthiness is the Crucial Ingredient.***

Susanna Alyce PhD Candidate, Educator and Survivor of CSA, England.

**5. BHSC 3.01 (40) *Ecotherapy; the original medicine. When nature is the therapist.***

Michaela Mc Daid, facilitator, educator, writer, and speaker, Ireland.

**6. BHSC 3.02 (40) *No more words but action in aid of our peers who are persecuted by psychiatry!*** A national team of 8 successful survivors under the umbrella of MindFreedom Ireland.

**7. BHSC 2.43 (30) *Counselling and Clinical Psychologist's personal and professional experiences of social class and classism.*** Dr Joe Geary, Counselling Psychologist, Private Practice, Co. Dublin.

**8. BHSC 2.42 (30) *A Creative Dialogue in Understanding Distress.*** Éadaoin Berkeley, artist, service user and creative facilitator, Ireland. (Exhibition and workshop. Workshop will run until 15.30).

**15.00-16.00 Lunch. Cafes and restaurants are in close proximity to the conference venue**

**16.00-16.45 Concurrent Sessions C**

**1. BHSC G06 (120) *Gendered experiences of locked wards.*** Dr Rebecca Fish, researcher, University of Central Lancashire, England.

**2. BHSC G10 (150) *Not just a naughty child: exploring the experiential knowledge of self-harm.*** Alison Faulkner, Survivor Researcher, England

**3. BHSC 1.01 (70) *Advocates for Human Rights in Mental Health: Affecting Human Rights-Based Approaches in new Mental Health and Capacity Legislation.*** Fiona Anderson; Liz Brosnan; Harry Gijbels; Jennifer Hough; Deirdre Lillis; Fiona Morrissey; Charles O'Mahony; Rosy Wilson, Ireland.

**4. BHSC 3.04 (30) *Critical reflections from a photography-based study of recovery from mental distress in Romania.*** Dr Lucian Milasan, Lecturer in Mental Health, Nottingham Trent University, England.

**5. BHSC 2.43 (30) *Some Things I Saw, Felt and was Part of: Creative Writing with Lani O' Hanlon,*** writer, poet, creative writing facilitator/mentor and somatic movement therapist, Ireland.

**BHSC 1.05 Quiet Room.** This room is available from 9.00am to 14.00pm for people who seek some quiet time.

**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](mailto:l.sapouna@ucc.ie) or at 021 4903495, or Harry Gijbels at [h.gijbels@ucc.ie](mailto:h.gijbels@ucc.ie)

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

**CRITICAL PERSPECTIVES ON THE LIVED EXPERIENCE OF DISTRESS AND MENTAL HEALTH SERVICES - THURSDAY 17 NOV 2022**

**8.30-10.00 Registration (in Brookfield Health Sciences Complex)**

**10.00-10.45 Concurrent Sessions D**

- 1. BHSC G06 (120) *The creation of campus communities that are connected, safe, nurturing, inclusive and compassionate through the Wellness Cafe Model.*** Sharon Ferguson, Founder Donegal Wellness Café model, Mental Health & Wellbeing Project Officer ATU Donegal; Edward Grant, President Students Union ATU Donegal; Barry Breslin, Welfare Officer Students Union ATU Donegal, Ireland
- 2. BHSC G10 (150) *What works and for whom? The role of worldviews in shaping experiences of distress and recovery.*** Dr Emma Farrell, School of Education, University College Dublin.
- 3. BHSC 1.21 (70) *Stories of self-harm: using lived experience to explore fiction.*** Veronica Heney, Research Fellow at Institute for Medical Humanities, University of Durham, England.
- 4. BHSC 3.01 (40) *Living through chaos and calm - an exploration of family and friends' experience when supporting someone experiencing extreme distress and altered states, often called psychosis.*** Joanna Monaghan, mindfulness-based

psychotherapist, co-founder of Safely Held Spaces, lived experience of supporting friends experiencing altered states, passionate meditator, England.  
([www.safelyheldspaces.org](http://www.safelyheldspaces.org)).

**5. BHSC 3.04 (40) *A Monstrous Mad Regime - people, places, situations and thoughts from a lifetime of entrapment and entanglement in the Mental Health System.*** Mary O'Reilly, mental health activist, advocate, survivor, educator and lived experience consultant, Merseyside, England.

**6. BHSC 3.03 (30) *Why Love Matters/The Importance of Story.*** Karen Stack and Fran Treacy, members of the Irish Association of Relationship Mentors, Ireland.

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

**Chairperson for the day:** Harry Gijbels

**11.15-12.00 Keynote Presentation 3**

**BHSC G02 (250) *The service user researcher as 'trickster'? Critical reflections on the role of experiential knowledge within academic research in mental health.*** Dina Poursanidou, PhD, Service User Researcher, Survivor Researcher Network C.I.C and University of Central Lancashire, England.

**12.00-12.45 Keynote Presentation 4**

**BHSC G02 (250) *Beyond the pale?*** Raza Griffiths, Independent survivor writer, educator, researcher and speaker, England.

**11.00-12.45 Live Streaming of BHSC G02 events to BHSC G06 (120)**

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

**14.00-14.45 Concurrent Sessions E**

- 1. BHSC G06 (120) *Anxiety – a gift that keeps on giving.*** Ken Nagle, survivor and psychotherapist (retired), Ireland.
- 2. BHSC G10 (150) *Service user experience of avoidable harm in mental health social care: What did we find and what could it mean?*** Sarah Carr, independent mental health and social care knowledge consultant, a survivor researcher and an ex-academic; Tina Coldham, Mental Health User Consultant, Trainer & Researcher, England.
- 3. BHSC 1.04 (30) *Informed Consent- or is it? Considering the informed consent process and its benefits and risks to therapy and the therapeutic relationship.*** Dr Caroline Pearson, Counselling Psychologist, Psychotherapist, activist and service user survivor, England.

**4. BHSC 1.21 (70) Collaboratively exploring lived experience.** Doug Ross, visual artist, Ireland; Elisabeth Svanholmer, training and supervision facilitator, England (exhibition and workshop\*).

**5. BHSC 2.25 (50) Centering lived experience in psychiatric research and policy: lessons from the feminist movement against sexual violence.** Jenny Logan, PhD student and psychiatric survivor; Emily Reynolds, PhD student and psychiatric survivor, England.

**6. BHSC 3.01 (40) Filming madness: Challenging mental health myths through first-person narratives and creating social advocacy.** Hande Cayir, PhD student, University of Warwick, England.

**7. BHSC 3.03 (30) 'Let's Talk Medication.'** Deirdre Lillis & Harry Gijbels, members of 'Our Rights and Medication' (ORAM) Advocacy Group, Ireland.

**8. BHSC 3.04 (40) A Critique of the Romanticisation of Indigenous Systems of Care in the Global South.** Dr Sonia Soans, critical psychologist, India (India zoom presentation, facilitated by Dina Poursanidou).

**15.00 Welcome Back. BHSC G01** Harry Gijbels.

#### **15.15-16.00 Keynote Presentation 5**

**BHSC G01 (250) Lived Experience is Political.** Liz Brosnan, Survivor, Researcher and Activist,

past Academia and Health Service Executive, Ireland.

**15.00-16.00 Live Streaming of BHSC G01 events to BHSC G06 (120)**

#### **16.00-17.30 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 G18 Quiet Room.** This room is available from 9.00am to 13.00pm for people who seek some quiet time.

**BHSC 3.02 Quiet Room.** This room is available from 15.00 to 17.00pm for people who seek some quiet time.

Keynote presentations, with the respective presenters' consent, will be available a few weeks after the conference at <https://cvni.ie/>; <http://www.ucc.ie/en/nursingmidwifery/conferences/>; [www.ucc.ie/en/appsoc](http://www.ucc.ie/en/appsoc) and on <https://www.onlinevents.co.uk/>

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

**\*Art exhibition in 1.21 from 12.00- 14.00 and from 15.00 – 17.00 with presentation from 14.00 – 15.00**