



Mind Reading: Mental Health and the Written Word

Mental Health Exhibition and “Lived Lives”

We will be hosting a two-month long display in dlr Lexicon focused on mental health, from 4th March to 29th April. In addition to this, our Colleague at UCD, Professor Kevin Malone, will be hosting a linked, curated art installation around the theme of suicide to coincide with the conference. This will be in the Lexicon for one week only. This will open on Thursday 9th March, and we hope some attendees will be able to attend this pre-conference event. This exhibit will run for one week only, with a mediated talk on Tues 14th March for those of you Dublin based.

<http://libraries.dlrcoco.ie/events-and-news/event-calendar/lived-lives-dlr-lexicon>

Free tickets available from:

<https://www.eventbrite.ie/e/lived-lives-mental-health-and-the-written-word-dlr-lexicon-tickets-31535416279>

Conference Programme



10.00 – 10.45 Introduction and Keynote Address: “Listening to patients, telling their stories”. Professor James V. Lucey, Trinity College, Dublin

Prof. Jim Lucey is Medical Director of St Patrick’s Mental Health Services and Clinical Professor of Psychiatry at Trinity College. He has worked with patients suffering from mental health problems for more than 30 years, specialising in the assessment, diagnosis and management of OCD and other anxiety disorders. His book *In My Room* was a bestseller and he regularly features on *Today with Sean O’Rourke* on RTE Radio 1.

10.45 - 11.00 Coffee break

11.00 – 12.30 Workshops

Workshop A : The Book Doctor -Children's Books Ireland and the Book Doctor Project:

A session on locating and using literature for young readers.



Olivia Lally is a book doctor, storyteller, and children's book enthusiast! Olivia spent more than a decade as a book buyer and children's section manager in one of Ireland's best loved bookshops, carefully curating a selection of new, pre-loved and bargain children's books and programming children's events. Olivia is interested in children's literature which empowers children, challenging discrimination and stereotypes and can't resist a little potty humour. Specialising in lively participatory storytelling and book clinics with Children's Books Ireland, Olivia especially enjoys working with children of different abilities, marginalised communities and younger kids. As a children's book addict, Olivia gives occasional lectures and talks and regularly contributes reviews to magazines and newspapers. Olivia was recently awarded Trainer of the Year for trainings and workshops delivered across Europe.



Aoife Murray has worked as Programme and Events Manager at Children's Books Ireland since 2011. CBI is a non-profit arts organisation with the mission of making books a part of every child's life Through CBI's many activities and events it aims to engage young people with books, foster a greater understanding of the importance of books for young people and act as a core resource for those with an interest in books for children in Ireland. Aoife's role involves working with many different partners nationally and internationally to create events for children and for adults who work with children and books. She established the Book Clinic in 2012, bringing children's books experts to venues nationwide to meet with young readers. www.childrensbooksireland.ie



Workshop B : Poetry of Disquiet: Professor Femi Oyeboade, University of Birmingham

A session on the use of poetry to illustrate the nature, extent and effects of mood disturbance, including suicidal thinking and acts.

Femi Oyeboade is Professor of Psychiatry, University of Birmingham & Consultant Psychiatrist National Centre for Mental Health Birmingham. He is the author of *Mindreadings: literature and psychiatry*; *Madness at the Theatre*; and *Sims' Symptoms in the Mind- Textbook of Descriptive Psychopathology 5th edition* that has been translated into Italian, Spanish, Portuguese & Estonia. His research interests include medical humanities, psychopathology and cognitive neuroscience.

Workshop C: Lived Experiences, led by the REFOCUS group at College of Psychiatry of Ireland, with Dr Anne Jeffers, Consultant in Adult Psychiatry.

A session on the use of literature in mental health services from the perspective of service users and family members.



Anne Jeffers has worked as a psychiatrist for over thirty years. In 2011, she was one of the founders of REFOCUS, (Recovery Experience Forum of Carers and Users of the Services) a committee of the College of Psychiatrists of Ireland, which includes people who have had experience of mental health problems, family members of those with mental health problems, and psychiatrists. The remit of the committee is to inform and advise on the training of psychiatrists with a view to improving the mental health services for all.



Brian McNulty attended College as a mature student and graduated in 1984 (TCD) as a social worker when he was 30 years old. In 1994 he completed a Masters in Equality Studies (UCD) and a further Masters in Family Therapy in 2003 (UL). He worked as a social worker with the Health Board, ISPCC, Anna Liffey Drug Project and Probation Service, and since 2011 has been employed at the Bedford Row Family Project, Limerick. He was admitted to a psychiatric hospital on seven occasions between 1974 and 1990 with a diagnosis of Bi Polar Disorder and was discharged from psychiatric outpatient care in 2008. In 2015 Brian's memoir 'Embracing Sanity' was published. Brian is a member of REFOCUS, (Recovery Experience Forum of Carers and Users of the Services) a committee of the College of Psychiatrists of Ireland.



Christine McCabe is a member of REFOCUS, (Recovery Experience Forum of Carers and Users of the Services) a committee of the College of Psychiatrists of Ireland, since its formation in 2011. The Committee has given her a great opportunity not only to share her personal experiences with others but has also allowed her to learn so much about advances in helping people with specific issues, e.g. early intervention, available support, and the value of working in partnership with the services to make a difference and give quality to people's lives. Schizophrenia manifested itself in her brother in his early twenties. The impact of the illness seemed to weaken her concentration particularly with reading due to the daily disruption it caused. In fact it was only this Christmas that she went to the library and borrowed a number of children's books – simple, beautiful, imaginative books which she really enjoyed and gave her a sense of escapism, which she felt she had lost out on so many years ago.



Rick Rossiter is a Mental Health Advocate for a number of groups in Ireland. He moderates online content for ReachOut Ireland and Aware as well as his own Blog. He is a See Change Ambassador fighting the challenges of Stigma surrounding mental health in Ireland, he is a

Committee Member for a Local Volunteer Group call CLASP that focuses on Secondary Youth and their mental health as well as being a member of the College of Psychiatrists of Ireland REFOCUS (Recovery Experience Forum of Carers and Users of the Services) Committee which assimilates views from carers to service users and psychiatrists to better understand and develop new approaches to Recovery and Care.



Julie Healy has been involved in the area of mental health support since the early 1970's, at family, volunteer, and professional levels. She initially became involved through supporting her husband who was diagnosed with bi-polar disorder. As one of the founding members of AWARE in 1985, Julie initially worked as a volunteer facilitator for support groups. Subsequently, she was employed as National Support Group Co-ordinator. In this role she greatly increased the number of support groups nationally and developed a training programme for facilitators. She was also involved in policy development and in promoting positive action around mental health issues. In 2005 she set up the Information Centre at St. Patrick's University Hospital and managed this until her retirement in 2013. She has been a member of REFOCUS, (Recovery Experience Forum of Carers and Users of the Services) a committee of the College of Psychiatrists of Ireland, since its inception in 2011.

12.30 – 13.30 Lunch



13.30 – 14.15 Keynote Address : “Mining Medicine from Literature”- Prof Fergus Shanahan, Professor and Chair, Department of Medicine, and Director, APC Microbiome Institute , University College Cork, National University of Ireland.

Fergus Shanahan MD, DSc, is Professor and Chairman of the Department of Medicine and Director of the APC Microbiome Institute at University College Cork, National University of Ireland. Dr. Shanahan attended medical school at University College Dublin and the Mater hospital in Dublin and then completed two fellowships: clinical immunology at McMaster University, Canada and gastroenterology at University of California, Los Angeles (UCLA). At UCLA he rose to the rank of Associate Professor with tenure before returning to Ireland in 1993. Dr. Shanahan has published over 500 scientific papers and has co-edited several books. He has also published several articles on the medical humanities, including an award winning essay entitled 'Waiting'. In 2013, Science Foundation Ireland named him Researcher of the Year. His interests include mucosal immunology, gut microbiota, inflammatory bowel disease, and most things that affect the human experience.

14.15-15.40 Workshops

Workshop D : Bibliotherapy in the Community and the HEAL Project

This session focuses on the development of Dublin City Libraries' **Bibliotherapy: The Power of Words Project**, first introduced 10 years ago. Books are prescribed for dealing with a wide variety of health problems and behavioural issues. This session will also introduce the HEAL Project: Health Education and Literacy for our Community, a pilot project run by the four public library authorities in Dublin and health librarians. It aims to guide the general public to reliable and free health information.



Anne Madden is Assistant Librarian in St. Vincent's University Hospital responsible for providing training, expert searching, and an alerting service to staff and students. She assists Guideline development groups including the National Cancer Control Programme as expert searcher. Key areas of interest include consumer health information, information filtering, and continuing professional development.

Workshop E : Diseases of Modern Life: Nineteenth-Century Perspectives

Researchers from the ERC-funded Diseases of Modern Life project discuss medical and literary responses in the Victorian age to the perceived problems of stress and overwork, and how they anticipate and re-frame many of the preoccupations of our own era.



Dr Emilie Taylor-Brown holds a BSc in Biology and English with First Class honours, and an interdisciplinary Masters by research (MRes) with Distinction from Keele University. She was awarded her PhD from the University of Warwick in 2016, with a project entitled 'Miasmas, Mosquitoes, and Microscopes: Parasitology and the British Literary Imagination, 1885-1935.' Following this, she took up an Early Career Fellowship with the Institute of Advanced Study at Warwick, and she is now a postdoctoral researcher on the ERC funded *Diseases of Modern Life* project at St Anne's College. Influenced by contemporary developments in microbiome research, her current project tentatively entitled: 'Possessing Our Own Bodies: Resituating Gastrointestinal Health in Victorian Literature, Science, and Medicine' explores the many and changing perspectives on digestive health throughout the nineteenth century. She is particularly interested in models for understanding human-microbe relationships, connections between digestive health and emotional wellbeing, and the ways in which narratives of gastrointestinal imbalance dovetailed with emerging narratives of modernity.



Dr Melissa Dickson obtained a BA with first class honours in English and History, an MPhil, and a University Medal from the University of Queensland, Australia, before moving to the UK to complete a PhD in English at King's College London in 2013. She is currently a postdoctoral researcher on the *Diseases of Modern Life* project based at St Anne's College, Oxford, which investigates nineteenth-century cultural, literary, and medical understandings of stress, overwork, and other disorders associated in the period with the problems of modernity. Her main research interests are in Victorian literature, science, and material culture, and in nineteenth-century constructions of the Orient and industrial modernity. She is currently researching a monograph on explorations of the body's physiological and psychological responses to sound and music in the nineteenth century.



Sally Shuttleworth is a Professor of English Literature at the University of Oxford, Professorial Fellow at St Anne's College Oxford, and a Fellow of the British Academy. Her most recent book, *The Mind of the Child: Child Development in Literature, Science and Medicine, 1840-1900* (OUP, 2010), looked at a range of literary texts, including Dickens, Brontë, Eliot, and Hardy, in the light of the emerging sciences of child psychology and psychiatry, and the impact of evolutionary theory. She is currently extending her work on the interface of literature, science and culture with two large projects, for which she is Principal Investigator: the ERC funded 'Diseases of Modern Life: Nineteenth-Century Perspectives' and AHRC funded 'Constructing Scientific Communities: Citizen Science in the 19th and 21st Centuries'.

Workshop F: The Shared Experiences of Clinicians and the Development of Resources. A session on clinicians' experiences using literature in practice- clinicians will highlight clinical pearls from their own experience and this interactive workshop will aim to share the tools used by participating clinicians. Dr. Geany will look at using the "Power of Words" ICGP bibliotherapy scheme, the session will explore books the clinicians use in practice and medical professionals using literature/creative writing in a personal capacity for reflective practice and self-care. Led by Dr. Elizabeth Barrett, UCD Child and Adolescent Psychiatry , Ms. Caroline Ward, UCD Student Counselling Service, Dr. Niamh Geaney, GP and writer, University of Limerick.



Dr. Elizabeth Barrett is a Consultant in Liaison Child and Adolescent Psychiatry at Children's University Hospital, Temple Street and an Associate Professor at UCD. She graduated from University College Cork. Her early interest in the interface between physical illness and mental health stemmed from basic training and membership examinations in paediatric medicine prior to training in Psychiatry. She worked at Great Ormond Street and the South London and Maudsley Trust prior to taking up her post at Temple St and UCD. Clinically, Dr Barrett advocates for enhanced services for children and adolescents with both medical and mental health illnesses in paediatric settings. She holds a masters degree in Medical Education and has developed several national postgraduate training initiatives, often with an interdisciplinary focus, in conjunction with UCD, the College of Psychiatrists, the RCPI and with the Lucena Clinic. She has a long standing interest in interdisciplinary aspects of the arts and mental health, leading to this current collaboration.



Ms. Caroline Ward has worked for many years as a counsellor, firstly in Roslyn Park College part of the Rehabilitation Institute and presently in the Student Health Service in University College Dublin. She lectures U.C.D medical students on the art of medicine and on clinical stress and is involved in the U.C.D "Care in Medicine " program offered to final year medical students. Caroline is trained as a Mediator and in health care risk management and is an accredited member of the Irish Association of counselling and psychotherapy .



Dr. Niamh Geaney, MICGP DCP MA Creative Writing (UL), is a GP in practice in Limerick with interests in mental health, narrative medicine and medical humanities. She is also a writer and recently completed a Masters in Creative Writing at the University of Limerick. Niamh's first story publication, in The Ogham Stone literary journal, revisited a traumatic clinical experience from her intern year. She is currently working on her first novel about a rural female GP struggling to maintain the boundary between her personal and professional lives.

15.40 Coffee break



16.00 – 16.45 Keynote Address: Professor Sally Shuttleworth (University of Oxford): “Literary Texts and Medical Case Studies”

Sally Shuttleworth is a Professor of English Literature at the University of Oxford, Professorial Fellow at St Anne’s College Oxford, and a Fellow of the British Academy. Her most recent book, *The Mind of the Child: Child Development in Literature, Science and Medicine, 1840-1900* (OUP, 2010), looked at a range of literary texts, including Dickens, Brontë, Eliot, and Hardy, in the light of the emerging sciences of child psychology and psychiatry, and the impact of evolutionary theory. She is currently extending her work on the interface of literature, science and culture with two large projects, for which she is Principal Investigator: the ERC funded ‘Diseases of Modern Life: Nineteenth-Century Perspectives’ and AHRC funded ‘Constructing Scientific Communities: Citizen Science in the 19th and 21st Centuries’.

16.45 Feedback Q&A and Closing Remarks

17.00 Closing Reception: All Welcome

This workshop is co-hosted by Child and Adolescent Psychiatry, University College Dublin; dlr LexIcon; and ‘The Diseases of Modern Life’, an ERC funded project under the European Union’s Seventh Framework Programme ERC Grant Agreement number 340121 based at St Anne’s College, Oxford



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