

PROGRAMME (continued)

15.40 Coffee break

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



16.45 Feedback Q&A and Closing Remarks

Exhibitions on Mental Health, in collaboration with UCD, on display in dlr LexIcon / 4 March-29 April.

- 'The Diseases of Modern Life: Changing Perspectives on the Mental Health of Young People from the Nineteenth Century to the Present Day'. Level 4, dlr LexIcon.

This exhibition is a joint collaboration between St Anne's College Oxford and UCD Child & Adolescent Psychiatry (UCD-CAP). 'The Diseases of Modern Life: Nineteenth-Century Perspectives' is an ERC funded project based at St. Anne's College, Oxford, investigating nineteenth-century literary, and medical understandings of stress, overwork and other disorders associated in the period with the problems of modernity. This aspect of the exhibition focuses on child health and changes to the education system leading to the overwrought or exhausted school child – cramming too much into their brain at the expense of their physical health. Works by Charles Kingsley and Charles Dickens and others are highlighted. UCD Child & Adolescent Psychiatry (UCD-CAP) are an interdisciplinary group of clinicians, lecturers and researchers. They work collaboratively, through research, education, advocacy and communication, to improve the mental health and well-being of children in Ireland and internationally. This aspect of the exhibition will provide an overview of mental health disorders in children in Ireland today.

- Lived Lives at dlr LexIcon. Level 5, Room 2. 8-14 March

There is on-going stigma in society associated with mental illness, and also with suicide. Lived Lives is a longitudinal science/arts community intervention research project brought about by the collaboration between a clinical scientist (Prof Kevin Malone) and artist (Dr Seamus McGuinness), along with suicide-bereaved families. The project addresses stigma through its ability to contain, mobilize and actively engage communities sensitively, inclusively and with compassion. The exhibition will be mediated at all times and a talk will take place on Tuesday 14 March at 6.30pm in the Studio Theatre.



Mind-Reading 2017: Mental Health and the Written Word

Studio Theatre, dlr LexIcon, Dún Laoghaire
10 March 2017





Mind-Reading 2017: Mental Health and the Written Word

Conference organisers:

Dr. Elizabeth Barrett (UCD Child and Adolescent Psychiatry)
and Dr. Melissa Dickson (Diseases of Modern Life project, Oxford).

Keynote Speakers: Professor James V. Lucey (Trinity College Dublin), Professor Fergus Shanahan (University College Cork) and Professor Sally Shuttleworth (Oxford).

This one-day programme of talks and workshops seeks to explore productive interactions between literature and mental health both historically and in the present day. It aims to identify the roles that writing and narrative can play in medical education, patient and self-care, and/or professional development schemes. Bringing together psychologists, psychiatrists, interdisciplinary professionals, GPs, service users, and historians of literature and medicine, we will be asking questions about literature as a point of therapeutic engagement. We will consider the use of literary techniques such as close-reading and textual analysis in medical consultations, and the methods that can be used to increase the well-being and communication skills of medical learners, healthcare providers, patients and family members.

Workshops hosted by The Book Doctor - Children's Books Ireland; Professor Femi Oyeboode, University of Birmingham; Dr Anne Jeffers and the RE: FOCUS group, College of Psychiatry of Ireland; Dublin City Libraries' Bibliotherapy: The Power of Words Project; Dr. Melissa Dickson and Researchers from the ERC-funded Diseases of Modern Life Project, Clinician's use of literature in practice (with Dr. Elizabeth Barrett, Associate Professor, UCD, Ms. Caroline Ward, UCD Student Counselling Service, and Dr. Niamh Geaney, GP and writer, University of Limerick).

Conference Coordinator:

Please direct any queries to Ms Victoria Sewell at child.psychiatry@ucd.ie

To book, please register on the UCD site at <http://www.ucd.ie/medicine/mindreading/>
Booking link: <http://bit.do/mindreading2017>

This workshop is co-hosted by University College Dublin Child and Adolescent Psychiatry; '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; dlr Lexlcon, Dún Laoghaire.

This event is approved for 5 External CPD Credits, College of Psychiatry of Ireland.

PROGRAMME

9.30	Arrival and Registration, dlr Lexlcon, Dún Laoghaire
10.00 - 10.45	Introduction and Keynote Address: 'Listening to patients, telling their stories'. Professor James V. Lucey, Trinity College, Dublin - Professor 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 <i>In My Room</i> was a bestseller and he regularly features on Today with Sean O'Rourke on RTÉ Radio 1.
10.45 - 11.00	Coffee break
11.00 - 12.30	Workshops



Workshop A: The Book Doctor: Olivia Lally, Book Doctor, and Aoife Murray, Programme and Events Manager at Children's Books Ireland. A session on locating and using literature for young readers.

Workshop B: Poetry of Disquiet: Professor Femi Oyeboode, 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.

Workshop C: Lived Experiences- Memoirs, meaning and mental illness.: the RE:FOCUS group with Dr Anne Jeffers, College of Psychiatry of Ireland. RE:FOCUS is a committee of the College of Psychiatrists of Ireland. In this session, RE:FOCUS members explore how literature has changed their understanding of mental illness.

12.30 - 13.30 Lunch at Brambles Café

13.30 - 14.15 Keynote Address: 'Mining Medicine from Literature'. Prof Fergus Shanahan. Fergus Shanahan is Professor and Chairman of the Department of Medicine and Director of the APC Microbiome Institute at University College Cork. Professor Shanahan has published over 500 scientific papers and has co-edited several books. He has also published articles on the medical humanities, including an award-winning essay entitled *Waiting*. In 2013, Science Foundation Ireland named him Researcher of the Year.



14.15-15.40 Workshops

Workshop D: The Dublin City Libraries' Bibliotherapy: The Power of Words Project. 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.

Workshop E: Diseases of Modern Life: Nineteenth-Century Perspectives: Dr. Melissa Dickson and 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.

Workshop F: The Shared Experiences of Clinicians: A session on clinicians' experiences using literature in practice. Clinicians will highlight pearls from their own experience and this interactive workshop will aim to share tools used by participating clinicians. Led by Dr. Elizabeth Barrett, Associate Professor, UCD Child and Adolescent Psychiatry, Ms. Caroline Ward, UCD Student Counselling Service, Dr. Niamh Geaney, GP and writer, University of Limerick.