



UCC

Coláiste na hOllscoile Corcaigh, Éire
University College Cork, Ireland

**MEDICATING HUMAN DISTRESS:
CONCERNS, CRITIQUES AND
SOLUTIONS PROGRAMME
WEDNESDAY 16 NOVEMBER 2011**

09.15-10.00 *Registration (in
Brookfield Health Sciences Complex,
University College Cork, College
Road, Cork)*

10.00-10.10 **BHSC G02** *Welcome*
Lydia Sapouna, Harry Gijbels and
Alastair Christie, University College
Cork

Chairperson for the day: Liz
Brosnan

10.10-10.20 **BHSC G02**
*Remembering the life and work of
Dr Aine Tubridy* Basil Miller,
Wellbeing Foundation, Ireland

10.20-11.05 *Keynote Presentation 1*

BHSC G02 *Coming off psychiatric
drugs: problems and opportunities*

Peter Lehmann, Publisher, social
scientist, survivor of psychiatry,
Germany

11.05-11.50 *Keynote Presentation 2*

BHSC G02 *Recovering from society,
trauma and pharmacology*

Kate Crawford, Voice hearer, service
survivor, group facilitator and trainer,
National Paranoia Network & Hearing
Voices Network, England

12.15-13.00 *Workshop Sessions A*

1. BHSC G02 (250) *Shared decision
making in psychiatric medication
management* Shula Ramon, Professor,
Faculty of Health, Social Care &
Education, Anglia Ruskin University,
England

2. BHSC G06 (100) *Animal assisted
interventions: a drug-free approach
to human distress* Patrice Campion,
MSc Psychological Research, Ireland

3. BHSC1.02 (70) *Working with
voices and visions in a non-
medicated, creative way* Suzanne
Engelen, Behavioural scientist and
voice hearer, Netherlands

4. BHSC 1.21 (70) *Integrating
families saves lives, segregating
families destroys minds* Donna
English, artist, John McCarthy,
MadPride Ireland, Ireland

5. BHSC 3.02 (40) *How mindfulness
transformed my life: a service user
story* Valerie Walsh, Consultancy and
Support Team, NHS Hampshire,
England

6. WGB G04 (60) *Betwixt and
between* Maria Gillen, Drama
Therapist, Ireland

13.00-14.00 *Lunch. Cafés and
restaurants are in close proximity
to the conference venue*

*Please turn over for further programme
details*

14.00-14.45 *Keynote Presentation 3*

BHSC 601: *Drawing money from empty coffers: self-help and social solidarity as a recovery answer to psychic pain* Anna Emmanouelidou, Clinical Psychologist, Hellenic Mental Health and Research Centre, Greece

15.00-15.45 *Workshop Sessions B*

1. BHSC 601 (250) *Reconnect & Recovery Network: Creating Wellness Recovery Action Planning (WRAP) peer support groups in the Mid-West of Ireland* Liam Minogue, Advanced Level WRAP facilitator & Margo O'Donnell-Roche, WRAP facilitator, Ireland

2. BHSC 1.05 (20) *An experience of Sesame drama and movement therapy's potential for change and healing* (*max 16 people)* Raphaela Heaslip, Drama therapist, Ireland

3. BHSC 3.01 (40) *Ubuntu: the significance of the group for African male survivors of torture* Benny McCabe, Psychotherapist, Ireland

4. WGB 604 (60) *Beyond diagnosis: the transformative potential of arts in mental health care* Lydia Sapouna, Lecturer, Rudie Pamer, Researcher and Postgraduate Student, University College Cork & Carol Tobin, Arts & Mind participant, Ireland

5. WGB 608 (72) *Sli Eile (another way): coming off medication in a supportive living environment*, Joan Hamilton, Caroline O'Grady, Catherine O'Shea, Marie Rogers, Tammy Twomey, Sli Eile, Ireland

16.15-17.00 *Workshop Sessions C*

1. BHSC 601 (250) *Living a death: the use of art therapy to explore one man's response to terminal illness* Nicki Power, Art Therapist, England

2. BHSC 1.05 (20) *A role for homoeopathy in mental health* Alastair Yarrow, Homoeopath, Ireland

3. BHSC 2.25 (50) *It's like banging your head off a brick wall: advocating holistic approaches to self-injury in the medical model era* Kay Inckle, Lecturer, Trinity College Dublin, Ireland

4. BHSC 3.01 (40) *'Service avoiders'. The impact of social influences on the individual who experiences psychosis; their ability to cope and relate* Jim Walsh, Service survivor, PhD candidate, DCU, Company Secretary Irish Advocacy Network, Ireland

5. WGB 608 (72) *Developing community resources for people in distress* Doug Ross and Renew members, Ireland

Look forward to see you all tomorrow



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THURSDAY 17 NOVEMBER 2011**

08.15-9.00 *Registration (in
Brookfield Health Sciences Complex,
University College Cork, College
Road, Cork)*

9.00-9.10 **BHSC G02** *Welcome and
Welcome Back*, Harry Gijbels, Lydia
Sapouna and Eileen Savage, University
College Cork

Chairperson for the day: Pat
Bracken

9.15-10.00 *Keynote Presentation 4*

BHSC G02 *Medicating human
distress: concerns, critiques and
solutions* Terry Lynch, Medical doctor
and psychotherapist, Ireland

10.00-10.45 *Keynote Presentation 5*

BHSC G02 *Sense, interrupted: from
disconnection to recovery* Rachel
Waddingham, London Hearing Voices
Project Manager at Mind in Camden,
trainer, consultant, voice hearer,
England

11.15-12.00 *Workshop Sessions D*

1. BHSC G05 (100) *Living and
thriving without psychiatric drugs*
Mary Maddock, Martin Hynes,
Dorothee Krien, Kevin Foley, Miriam
O'Shea, MindFreedomIreland, Ireland

2. BHSC G06 (100) *Born to be
good: alternative solutions to
medicating human distress* Irene van
de Giessen, Recovery Coordinator,
Expert by Experience, GGZ
Haagstreek & Niek Knol,
Physiotherapist, Netherlands

3. BHSC 1.01 (70) *Art therapy in
the mental health services: a
journey of the heart* Gerardine
Boyle, Art Therapist, Ireland

4. BHSC 1.22 (70) *A non-medical
approach to human distress: the
Edinburgh Crisis Centre* Steve
Atkinson, Anne O'Donnell & Tamsin
Kilgour, Edinburgh Crisis Centre,
Scotland

5. WGB 3.04 (55) *Getting our
stories straight: creating a space to
establish a CVNI identity and image*
Pauline Dolan, Psychotherapist &
Harry Gijbels, Senior Lecturer,
University College Cork, Ireland

12.15-13.00 *Workshop Sessions E*

1. BHSC G05 (100) *Acceptance and
Commitment Therapy* Anita Hegarty,
Counselling Psychologist & Yasmin
Khan, Assistant Psychologist, Ireland

3. BHSC 1.01 (70) *Advance
Directives: opportunities for choice
in Irish Mental health care?* Fiona
Morrissey, PhD candidate, School of
Law, National University of Ireland
Galway & Barry Buckley, Service User
Representative, NSUE, Ireland

Please turn over for further programme details

3. BHSC 1.02 (70) *Coming off 'atypical' neuroleptics (like Clozaril, Risperidal, Seroquel, Zyprexa): challenges and experiences* Peter Lehmann, Publisher, social scientist, survivor of psychiatry, Germany

4. BHSC 1.22 (70) *Labels suck: supporting young people outside of a diagnostic framework* Rachel Waddingham, London Hearing Voices Project Manager at Mind in Camden, trainer, consultant, voice hearer & Kate Crawford, Voice hearer, service survivor, group facilitator and trainer National Paranoia Network & Hearing Voices Network, England

5. BHSC 3.02 (40) *Laughter yoga: laughing for no reason* Angie Lindenau, Laughter Yoga Leader, Ireland

6. WGB G13 (55) *An investigation into music and health: interventions within a recovery-based mental health context* Kevin O'Shanahan, Musician and psychiatric nurse, Ireland

13.00-14.15 *Lunch. Cafés and restaurants are in close proximity to the conference venue*

14.15.-15.00 *Keynote Presentation 6*

WGB G05 (300) *No More Psychiatric Labels: The campaign to abolish formal psychiatric diagnostic systems like ICD and DSM* Sami Timimi, Consultant Child and Adolescent Psychiatrist, England

Chairpersons for the plenary session: Doug Ross and Agnes Higgins

15.00-16.30 *Plenary Session*

WGB G05 (300) *Critical Voices Network Ireland (CVNI)*

At last year's conference, the Critical Voices Network Ireland (CVNI) was launched. This plenary session offers opportunities to discuss and integrate the insights and initiatives of the first 1.5 days of the conference, to discuss the on-going work of the CVNI to help strengthen a sense of shared outlook and purpose, and to bring forward networking proposals that will help us to bring about change through cooperation and the pooling of expertise and resources. The CVNI website will also be launched at this session.

*Wishing you all a safe journey home
Lydia and Harry*