

# **St Catz One-Day Advanced Studies Seminar: Aesthetics and Mental Health**

**St Catherine's College, Oxford – Friday June 13<sup>th</sup> 2014**

The aim of this seminar is to share experience of working with aesthetics in various areas of mental health with a view to exploring ideas for future collaborations and next steps

## **BRIEF BIOGRAPHIES OF DELEGATES**

### **ORGANISERS**

#### **Michael Musalek**

I am Professor of Psychiatry, University of Vienna and Guest Professor in Sigmund Freud Private University Vienna and Guest Professor in the Department of Psychiatry, School of Medicine in the University of Belgrade. I am also the General Medical Director of the Anton Proksch Institute Vienna. My scientific main interest is the theory and clinical practice of Social Aesthetics in Medicine. This includes scientific work in medical psychotherapeutic Dialogue, Well-being, Mental Health, Autonomy and Joyful Life.

Sample publications:

- MUSALEK, M. (2010) Social aesthetics and the management of addiction. *Current Opinion in Psychiatry* 23, 530
- MUSALEK, M. (2013) Health, Well-Being and Beauty. *Topoi* 32, 171

#### **Helena Fox**

Helena Fox practices Medicine and Social Sculpture (a contemporary art form). Her work spans both disciplines. In medicine, she works in the field of Mental Health, as a Consultant Psychiatrist. In her art, she aims to mobilise imaginative processes in medicine to facilitate more 'compassionate' healthcare.

Having recently completed a Masters in Interdisciplinary Arts (Social Sculpture), she is now engaged in a PhD on the Social Sculpture Research Unit at Oxford Brookes University. Her work draws on the experience of working in healthcare and explores how 'connective aesthetic' practices can bring new insights and re-visioning to areas of medicine. By keeping the sensed experience central, her work aims to stir the imagination and thoughts of the viewer, create discussion and shape new ideas. Using 'aesthetic' processes, outside the gallery, in real life, she aims to enhance a more intuitive understanding and connectivity with each other and the world.

### **St CATHERINE'S HOSTS**

#### **Bill (KWM) Fulford**

I am a Fellow of St Catherine's College and Member of the Philosophy Faculty, University of Oxford, and Emeritus Professor of Philosophy and Mental Health in the Medical School, University of Warwick. I am Founder Editor of the journal PPP (Philosophy, Psychiatry and Psychology) and editor of two book series, *International Perspectives in Philosophy and Psychiatry* with Oxford University Press, and *Values-based Medicine* with Cambridge University Press.

Within the wider field of philosophy and psychiatry my particular research interest has been the applications of ordinary language philosophy of values to concepts of health and disease including mental disorder. Over the last decade I have been working with others to develop the practical

applications of this research in what has become known as values-based practice. I am interested in the potential links between current programmes in values-based practice and work on aesthetic values in health care.

Sample publications:

Fulford, K.W.M., Peile, E., and Carroll, H (2012) *Essential Values-based Practice: clinical stories linking science with people*. Cambridge: Cambridge University Press

Fulford, K.W.M., Davies, M., Gipps, R., Graham, G., Sadler, J., Stanghellini, G., and Thornton, T. (Eds) (2013). *The Oxford Handbook of Philosophy and Psychiatry*. Oxford: Oxford University Press

### **Ashok Handa**

As the Clinical Tutor in Surgery I am responsible for the strategic planning and delivery of the surgical courses for the University of Oxford. As part of this role I have introduced a number of innovations in surgical training in Oxford for both medical students and surgical trainees including a formal system of faculty development for teachers and a review of our assessment strategy. With two trainee surgical colleagues, Zoe Barber and Tom Dobbs, I have been working with Bill Fulford and Ed Peile to introduce values-based practice into surgical care. Aesthetics offers a promising contribution to this work with its potential to improve empathic understanding as the basis of clinical care and I am keen to work with others in this area.

### **DELEGATES**

#### **Michael Bennett**

Michael is Head of Player Welfare in the PFA (Professional Footballers' Association). As a former professional footballer he played with Charlton Athletic, Wimbledon, Brentford, Millwall, Cardiff City, Brighton & Hove Albion, and the non-league Canvey Island.

After retiring from professional football he became a qualified UEFA B coach working for two years in local schools in the community. In 2004 he became a qualified counsellor and worked in schools for four years, thereafter setting up a company Unique Sports Counselling, working with professionals in the sporting world.

Before joining the PFA on a permanent basis, Michael worked as a Project Worker, funded by the Union Learn Fund. He now works for the PFA as an Education Adviser and Player Welfare Executive making current and former players aware of the educational/vocational courses available within the PFA and highlighting the importance of education to our members. In addition to this Michael also offers support to our members and former members with counselling/mentoring to deal with any issues they may encounter during their playing careers and after.

In addition to his core role Michael works on the Anti-Bullying Workshop initiative with the PFA and the Premier League which has been rolled out to all Premier League clubs for their 14-18 year old players, parents and coaches as well as delivering diversity training to scholars at Premier League clubs, and sits on the Panel of the Kick It Out (football's equality and inclusion campaign) Mentoring Programme.

#### **Guenda Berneggar**

I am a philosopher, teaching Ethics and Medical Humanities at the Department of Health Sciences at the University of Applied Sciences and Arts of Southern Switzerland (SUPSI), and I am editor-in-chief of the *Rivista per le Medical Humanities*, published by the Ente Ospedaliero Cantonale. Since a decade my interest is oriented to the aesthetical dimensions in medicine (and in particular to the

aesthetics of the possible): that is why nine years ago I founded together with others the European Society of Aesthetics and Medicine of which I'm Vice-President.

Sample publications:

- Bernegger G. (ed.), "Atmosferologia. A colloquio con Tonino Griffero", Rivista per le Medical Humanities, n. 26, Sept.-Dec. 2013, pp. 61-67
- Bernegger G., Musalek M., Rehmman-Sutter C., "An alternative view on the task of prognosis", Critical Reviews in Oncology/Hematology, 84S1, 31 Dec. 2012, pp. S17-S24
- Bernegger G. & Musalek M., "Und Odysseus weinte. Ästhetische und narrative Elemente in der therapeutischen Beziehung", in Musalek M., Poltrum M. (Hrsg.): Ars Medica - Zu einer neuen Ästhetik in der Medizin, Pabst, Lengerich / Parodos, Berlin, 2010, pp. 257-276
- Bernegger G., "Perché un'attenzione estetica?", in Rivista per le Medical Humanities, n. 19, Jul.-Sept. 2011, pp. 28-28

### **Charlie Blowers**

I am a UKCP registered Arts Psychotherapist and Clinical Supervisor. I am Founder and Director of Moving Pieces, an integrative arts based action method for mental health.

The Moving Pieces model combines arts psychotherapy with physical theatre, storytelling and body based strategies to support rebalancing of the autonomic nervous system.

### **John Callender**

John Callender has been a consultant psychiatrist and Honorary Senior Lecturer at Aberdeen University since 1986. He is chair of the Philosophy and Psychiatry Group of the Royal College of Psychiatrists. He has published papers on moral and aesthetic judgment in psychotherapy. He is the author of *Free Will and Responsibility: A Guide for Practitioners* published in 2010 by OUP.'

### **Simon Clarke**

I have worked in the public and voluntary sector for 30 years, teaching literacy and communication skills in hospitals, community centres, colleges and prisons. I am now a specialist teacher working 1-1 with students with additional learning needs in an inner London F.E. College. I also teach Creative Writing to students with mental health issues. Throughout the course I give students the opportunity to work with professional writers, performers and musicians. I have successfully created links to a wide range of groups that promote the arts across London, as well as providing opportunities for individual students to access courses in the creative arts to university level.

### **Elena Cagnoli Fieconni**

I am a Dphil student in Ancient Philosophy at St. Catherine's College, Oxford. I work on Aristotle's moral psychology and Ethics, and the relationship between the two. I have worked on Aristotle's account of the role of music for moral education, and I am interested in related questions concerning the role of music and representational arts for well-being in general and mental health in particular.

### **Kathleen (Kate) Galvin**

I am Professor of Nursing Practice in the Faculty of Health and Social Care, University of Hull. As a nurse educator I am using phenomenological and philosophical methods and the arts to develop novel theoretical frameworks for caring practices. This includes work on well-being, suffering and humanising approaches to health care services.

Sample publications:

Galvin, K.T. & Todres, L. (2013). Caring for the experience of Stroke: Poetry through Embodied Interpretation. In Suzanne Thomas, Ardra Cole & Sheila Stewart (Eds.), *The Art of Poetic Inquiry. Centre for Arts-informed Inquiry Series, Number 5*. Toronto: Backalong Books.

Galvin KT and Todres L (2010): Research based empathic knowledge for nursing: A translational strategy for disseminating phenomenological research findings to provide evidence for caring practice. *International Journal of Nursing Studies*, 48, 522-530. Published Online. DOI:10.1016/j.ijnurstu.2010.08.009

### **Charlotte Green**

Charlotte is a Senior Assistant Commissioning Editor in the Psychology and Social Work Department of the Academic Division, Oxford University Press. She is responsible for the project management of titles under contract in the areas of psychology and neuroscience, including the series *International Perspectives in Philosophy and Psychiatry*.

Charlotte's role involves working with authors and editors to help them achieve their goal: to publish a book of the highest academic quality. In practice this means coaching authors on the skills of writing for an academic book audience, encouraging them to write when all hope seems lost, and keeping up-to-date with the latest publishing methods, including digital and other formats. Charlotte has worked in publishing since 2009 when she graduated from the University of Birmingham with a 2:1 degree in German literature. Oxford University Press offered her a place on their summer internship scheme and she loved OUP so much she has never left. In her spare time Charlotte writes and is a prolific reader. She also plays violin in the Oxford Symphony Orchestra and sings in the OUP choir.

### **Rex Haigh**

I am a consultant medical psychotherapist in the NHS, specialising in personality disorder – and have been connected with therapeutic communities and therapeutic environments for over 25 years. My work has involved creating psychological spaces that are emotionally safe, through a deep level of 'emotional democracy', and working in new ways with service users as colleagues. Recently I have become particularly interested in developing this work with arts and with nature – and have set up a small lottery-funded social enterprise to enable this.

Sample publications:

Haigh R, The quintessence of a therapeutic environment. *Therapeutic Communities* (2013) 34, 1, 6-16

Haigh R, The philosophy of greencare: why it matters for our mental health. Rex Haigh. *Mental Health and Social Inclusion* (2012) 16, 3, 127-135

Johnson R & Haigh R, Social psychiatry and social policy for the 21st century: new concepts for new needs: relational health. *Mental Health and Social Inclusion* (2011) 15, 2, 57-65

### **Julian C. Hughes**

I am a consultant in Old Age Psychiatry in Northumbria Healthcare NHS Trust and Honorary Professor of Philosophy of Ageing at Newcastle University. I have been and remain involved in a number of projects to bring together artists and clinicians to think about memory, dementia or ageing (in connection with poetry, art and theatre). I have been developing ideas about the concept of aesthetics as a way to think about or approach people with dementia.

Sample publications:

Hughes, J.C. and McCormick, A. (2003). When to forget is to remember. *Journal of Dementia Care*, 11 (3) May/June), 12.

Hughes, J.C. and McCormick, A. (2014 forthcoming). The art and practice of memory and forgetting. In J.C. Hughes, *How we Think about Dementia*. London and Philadelphia: Jessica Kingsley.

Hughes, J.C. (2014, forthcoming - scheduled for September). Editorial: The Aesthetic Approach to People with Dementia. *International Psychogeriatrics*.

### **Naomi James**

Naomi is the Regional Development & Research Manager for NSUN the National Survivor User Network. Like all of the independent charities staff and board members she has many years' experience of mental health services. Naomi's main role is to strengthen and support the direct service user/survivor political voice, reviewing mental health policy & influencing the development of mental health services. Naomi manages several projects including the National involvement partnership involving England wide co-ordination of networking between mental health groups and the development of national standards for involvement. Her ongoing PhD study investigates the practice of Participatory Video for Mental Health. Naomi is committed to achieving social justice and her interests are in exploring the condition of possibility for visually (re) authored and recovered narratives through a process of collective witnessing and definitional ceremony. Naomi's background is in the Arts with a BA in Fine Art and MA in glass making and video production.

### **Colin King**

30 years survivor of institutional racism in the front and back stages of Mental Health practices as victim and victimiser. Engaged in the deconstruction of internalised mask of whiteness and drapetomania the performances of integration. Lecturer, founder Black and Asian Coaches Association and unconscious conscious activist.

Respect to Maya Angelou

King, C. (2004) *Offside Racism, Playing the Whiteman*, Berg, London.

King, C. (2005) Coloring our eyes. *World Psychiatry*, 4:2, p95 Commentary on Fulford, K.W.M., Broome, M., Stanghellini, G., and Thornton, T. (2005) Looking with Both Eyes Open: Fact and Value in Psychiatric Diagnosis? *World Psychiatry*, 4:2:78-86.

King, C. (2007) They Diagnosed Me a Schizophrenic When I Was Just a Gemini: The Other Side of Madness. Chapter 2 in Chung, M., Fulford, K.W.M. and Graham, G. (Eds) *Reconceiving Schizophrenia*. Oxford: Oxford University Press, pp 11-28.

King, C. (2012) Is Football the new African slave trade, in Polite and Hawkins (eds) *Sport, Race, Activism, and Social Change*. San Diego, Cognella. Burdsey (eds) *Race, Ethnicity and Football. Persisting Debates and Emergent issues*. London, Routledge.

King, C (200) Football in England and the Gendered white mask in sport. In Magee, Caudwell, Liston and Scraton (eds) *Women, Football and Europe*. Oxford, Meyer and Meyer Sport.

### **Emma Perry**

As Research Project Co-ordinator for the National Survivor User Network (NSUN) much of my recent work has focused on service user involvement in the commissioning process. I have an interest in ethnodrama and have been working with Warwick University Medical School and Theatre Studies Department to develop a play from interview data with young people and their families following a diagnosis of first episode psychosis. I also help to run a drama group at Crisis Skylight in Birmingham for people who have experienced homelessness and addictions.

## **Martin Poltrum**

I am a philosopher and psychotherapist at the Anton Proksch Institute, Vienna. I am also Founding Member and Secretary General of the European Society of Aesthetics and Medicine. The subject matter of my habilitation thesis was the beautiful as a therapeutic agent. In recent years I've dealt practically and theoretically with cinema therapy in the clinical context.

Sample publications:

M. Poltrum (2005) Schönheit und Sein bei Heidegger; M. Poltrum (2010) Klinische Philosophie. Logos Ästhetikus und Philosophische Therapeutik

M. Poltrum (2013) Musen und Sirenen. Ein Essay über das Leben als Spiel

M. Poltrum (2014, in press) Philosophische Psychotherapie. Das Schöne als Therapeutikum

M. Poltrum; K. Brücher, M. Poltrum (Ed.), (2013) Psychiatrische Diagnostik. Zur Kritik der diagnostischen Vernunft

M. Musalek, M. Poltrum (Ed.), (2012) Glut und Asche – Burnout. Neue Aspekte der Diagnostik und Behandlung; M. Musalek, M. Poltrum (Ed.), (2011) Ars Medica. Zu einer neuen Ästhetik in der Medizin;

## **Vitor Pordeus**

Medical Doctor, Immunology, Psychiatry Researcher and Actor. Founding Director of the Centre for Culture, Science and Health of the Public Health Office of Rio de Janeiro since 2009. Creator of the DyoNises Theatre, Madness Hotel and Spa, Nise da Silveira Mental Health Institute in Rio de Janeiro, Brazil. Published 11 international scientific papers, 2 arts science books. Acted, written and directed 7 plays in the last 5 years and several short, and one long length, documentary movies for the web.

Free-Access Publications:

Pordeus V. Tupi Nago Lab Movement: art and science, mixed up, to the citizen. TupiNago Blog 2008.

Pordeus V et al. Immunopathology through Oligoclonal T Cell Expansions. Current Trends in Immunology, 2009.

Pordeus V. The Earth is not the Centre of the Universe. Public Health Office of Rio de Janeiro, 2009.

Pordeus V. Immunology, science and public health. Isr Med Assoc J, 2013.

Movies with English subtitles: Clients and Friends, 17', 2012 (<https://vimeo.com/89141884>); and Hamlet: Madness yet there's method in it - Stultifera Navis, 2', 2014 (<https://www.youtube.com/watch?v=DPPouwEjjUg>)

## **Lubomira Radoilska**

I am Lecturer in Philosophy at the University of Kent and Affiliated Lecturer in Philosophy at the University of Cambridge. I am interested in exploring the links between valuing and intending in aesthetic experience in the context of mental disorders, esp. addiction. Further details about my research interests are available at: [www.radoilska.com](http://www.radoilska.com).

Recent publications:

Addiction and Weakness of Will. Oxford: Oxford University Press, 2013.  
<http://ukcatalogue.oup.com/product/9780199641963.do>

Autonomy and Mental Disorder. (ed.) Oxford: Oxford University Press, 2012.  
<http://ukcatalogue.oup.com/product/9780199595426.do>

### **Charlie Robinson**

I am studying for an MSc in Philosophy of Mental Disorder at King's College, London. My academic background is in molecular physiology (D.Phil) and I am a qualified teacher of secondary science. I have been a service user, having developed PTSD following a motorbike crash and a long series of reconstructive surgery. I am interested in the philosophical bases of music as therapy for anxiety and depression.

### **Gervase Rosser**

I am an art historian (a lecturer in the Department of Art History and a fellow of St Catherine's College, Oxford). My research has been primarily on medieval and Renaissance material, but has also ranged more widely. With others in my field of cultural history I am interested in visual reception. With Jane Garnett (a historian) I recently published a book about cults of paintings and statues which are believed to be supernatural or miraculous: *Spectacular Miracles. Transforming Images in Italy from the Renaissance to the Present* (Reaktion, 2013). This study attempts to explain why such beliefs are recurrent, and how they arise. The project raised questions both about received aesthetic categories and about the methodology for studying visual response in the religious field.

### **Jacinta Tan**

I am a Clinical Associate Professor, College of Medicine, Swansea University, Wales; and also an Honorary Consultant Psychiatrist, Tier 3 Adult Eating Disorder Team, Abertawe Bro Morgannwg University Health Board in Swansea.

I am a medical ethicist and have a background in Philosophy and Psychology, Child Health and Sociology in addition to my medical qualifications. My particular interests are empirical research in the area of mental health ethics, particularly the ethics of eating disorders and development of autonomy and decision-making. I am fairly eclectic in my interests and have done research in Singapore on end of life issues and have also recently researched the ethics of eating disorders in elite gymnastics.

In the course of my work I have been exploring the issues of how aesthetic and performance pressures relate to the development of eating disorders in elite gymnasts, especially as they are young and still in development; in clinical work and research on eating disorders, the issues of body image, identity and mental disorder are closely entwined.

Sample publications:

Hope, T., Tan, J., Stewart, A., Fitzpatrick, R. and McMillan, J. (In press) Agency, Ambivalence and Authenticity: the many ways in which anorexia nervosa can affect autonomy. *International Journal of Law in Context, special issue: Capacity, value neutrality and life threatening treatment decisions*.

Charland, L.C., Hope, T., Stewart, A. and Tan, J. (In press) Anorexia Nervosa as a Passion. *Philosophy, Psychology and Psychiatry*

Tan, J.O.A., Karim, S.A, Lee, H.Y., Goh, Y.L., and Lee, E.L. (2013) Cultural and ethical issues in the treatment of eating disorders in Singapore. *Asian Bioethics Review*. 5(1): 40-55.

Schildmann, J., Tan, J., Salloch, S. and Vollmann, J. (2013) "Well, I think there is great variation ...;" a qualitative study of oncologists' experiences and views regarding medical criteria and other factors relevant to treatment decisions in advanced cancer. *The Oncologist*. 18(1):90-96.

DOI:10.1634/theoncologist.2012-0206

Tan, J., Bloodworth, A., McNamee, M. and Hewitt, J. (2012) Investigating eating disorders in elite gymnasts: conceptual, ethical and methodological issues. *European Journal of Sports Science*. DOI:10.1080/17461391.2012.728632

Hope, T., Tan, J.O.A., Stewart, A., and Fitzpatrick, R. (2011) Anorexia nervosa and the language of authenticity. *Hastings Center Report* 41(6): 19-29.

Tan, J.O.A., Stewart, A., Fitzpatrick, R., and Hope, T. (2010) Attitudes of patients with anorexia nervosa to compulsory treatment and coercion. *International Journal of Law and Psychiatry* 33(1): 13–19.