

AiMH 2015 - Draft of paper titles, abstracts and brief biographical notes of speakers

1. Aesthetic Judgment in Psychotherapy

Dr John Callender MD FRCPsych

ABSTRACT: This paper describes the nature of aesthetic judgments and the justifications that underpin these, with a particular focus on the theory of aesthetics set out by Kant in the Critique of Judgment. It argues that judgments of self often take the form of aesthetic judgments, that such judgments are prevalent in the psychotherapeutic discourse and that this has major implications for the type of dialogue that is required in therapy. Such a dialogue shares many of the characteristics of art criticism but may be supported by scientific empiricism. Recent research on the interaction between emotion and cognition is reviewed and the implications of this for therapeutic change are discussed. The paper concludes that aesthetic philosophy provides a common ground for emotion, cognition, ethics and a sense of the meaningfulness of life.

BIOGRAPHICAL NOTE: Dr. John Callender, MD FRCPsych has been a Consultant Psychiatrist and Honorary Senior Lecturer in Aberdeen since 1986. His principal philosophical interests are in the areas of free will, ethics and aesthetics. He is chair of the Philosophy and Psychiatry Group of the Royal College of Psychiatrists. He is author of *Free Will and Responsibility: A Guide for Practitioners* published in 2010 by Oxford University Press.

2. The Human Body as an Aesthetic Organ

Professor Stephen Tyreman PhD, MA, DO

ABSTRACT: It is through my body that I know the world, not in a cognitive way of knowing, but as an aesthete who engages with the world and acts with aplomb. I can move in my environment and interact with confidence because my experiences in the past created for me a meaningful coherent appreciation of what my world is like. To the extent that my world is predictable and consistent in the way that presents to me, it is aesthetically whole.

Using ideas articulated by Ludwig Wittgenstein in his final book *On Certainty*, I will explore the idea of 'objective' or 'hinge' certainties as the means by which we appreciate what the world is like for us and the effect that it has on human being.

Although it is commonly believed that human rationality and the ability to reason about something from which we are detached marks us out as different from and perhaps superior to other animals, I will argue that our aesthetic appreciation of the objective nature of the world to which we are intimately linked and in which we act is the true foundation of our human capacity. The reason that it hasn't attracted the attention it deserves is because when it is effective it is silent. We only notice when the silent certainty that enables us to act is disrupted and we become aware of an inconsistency. This occurs, or perhaps is the defining factor in human experiences of illness, both physical and mental. Here, the role of the practitioner is not so much to mend the body or minimise the discomfort, but to recreate with the patient a new aesthetic appreciation of a world that is trustworthy, consistent and once again open to action.

BIOGRAPHICAL NOTE: Stephen Tyreman qualified from the British School of Osteopathy (London) in 1974, and returned to start teaching in 1978. Current role: Dean of Osteopathic Education Development and Course Leader for the Professional Doctorate in Osteopathy. Appointed Professor of Osteopathy and Philosophy by the University of Bedfordshire in 2006 and made associate professor in the Institute of Osteopathy at the Norwegian University College of Health Sciences, Oslo in 2011. Also has a practice in Lincoln, Lincolnshire.

MA in Philosophy of Medicine and Health Care with the University of Wales in 1989. PhD with the Open University in 2001 with a thesis on 'The Concept of Function in Osteopathy and Orthodox Medicine' (Supervisors: Prof. Bill Fulford and Dr. Michael Loughlin). This argued that, although related, function and physiology perform different and complementary tasks with function being value-laden. Function and dysfunction cannot be properly understood/evaluated without knowledge of values and the taken-for-granted activities that characterize human being.

Current projects: developing a health-focused and values-based curriculum for osteopathic undergraduates; exploring uncertainty as an epistemological basis for healthcare practice; continuing to integrate science with the humanities through person-centred care.

Publications in the Journals of *Medicine Health Care and Philosophy*, *Philosophy Psychiatry and Psychology*, *Nursing Philosophy* and the *International Journal of Osteopathic Medicine (IJOM)* for which he was Guest Editor for a Special Edition of on Osteopathic Education which was published in 2014.

3. Stories from the Body

Charlie Blowers - UKCP registered arts psychotherapist, clinical supervisor and physical theatre practitioner.

ABSTRACT: A short experientially based workshop

BIOGRAPHICAL NOTE: In 2010 I founded Moving Pieces, a specialist arts in health organisation with mental health specialism. The Moving Pieces model combines arts psychotherapy with physical theatre, and body based ways of working with trauma.

4. The philosophy of greencare: why it matters for your mental health

Dr Rex Haigh, Fiona Lomas and Jan Lees – Directors of Growing Better Lives CIC

ABSTRACT: In a system which delivers increasingly 'industrialised' mental health care, greencare offers an antidote. The way we use it in our Berkshire programme is by combining the radical principles of therapeutic communities (everything done in, with, and by groups; containment of risk by relationship; shared responsibility; culture of openness) with those of Ecotherapy (use of nature as an integrated element of therapy programmes). In this way the therapeutic space that is created has a nature and essence that goes beyond what is easily described operationally, with extraordinarily powerful aesthetic qualities. In the presentation, we will describe the background of 'greencare', our own use of the concept, and the difficulties we have faced in bringing a small version of Eden to Slough!

BIOGRAPHICAL NOTES: Rex Haigh is a consultant medical psychotherapist who specialises in complex treatments for personality disorder. For his team's work they have been awarded "Outstanding Contribution to Sustainability Psychiatric Team of the Year 2014" and his greencare paper was Emerald Paper of the Year in their 'Mental Health and Social Inclusion' journal 2013. Fiona Lomas is an expert by experience who has been through a therapeutic community programme herself, has worked in horticulture and now coordinates the Berkshire greencare programme. Jan Lees is a group analyst and therapeutic community practitioner with particular experience and expertise in research of complex programmes. All three are directors of Growing Better Lives CIC, a social enterprise committed to promoting sustainable mental health care (www.growingbetterlives.org)

5. Whiteness, the invisible drapetomania in Aesthetics.

Dr Colin King, PhD

ABSTRACT: The presentation outlines the invisibility of whiteness as an aesthetic code in philosophy and psychiatry from the diagnosis of drapetomania, Cartwright 1851, to the diagnosis of schizophrenia as a narrative, script and performance that is detected in the sixth sense of the black male survivor as translator and editor. The presentation examines the need for a trans-cultural co-production exchange of how race and whiteness is an experience that can be shared through the illumination of the white mask of Fanon (1967) and the veil of Dubios (1905).

BIOGRAPHICAL NOTE: Author of 'Play the Whiteman' and articles on race and mental health has over thirty year experiences as survivor, practitioner and activist.

6. Lenses of colour and class

Naomi James

ABSTRACT: How participatory video can develop an aesthetic architecture to support a model of neuro-diversity for mental health

BIOGRAPHICAL NOTE: Naomi James is the Research and Regional Development Manager for NSUN the National Survivor User Network. <http://www.nsun.org.uk>
Naomi's main role is to strengthen the direct service user/survivor political voice, reviewing mental health policy & influencing the development of mental health services.

Naomi is involved with several research projects involving England wide co-ordination of networking between mental health individuals and groups. Her work supported by Trust for London focuses on reducing poverty, inequality and gaining social justice for Londoners. Naomi's work also involves managing the National Involvement Partnership; a project funded by the Department of Health to develop 4PI National Involvement Standards for meaningful involvement of people in their own care and in service development for improvement across the health and social care sector.

Naomi gave evidence to the parliamentary health select committee for the post-legislative scrutiny and review of the 2007 amendments to the mental health act (2013)
<http://www.publications.parliament.uk/pa/cm201213/cmselect/cmhealth/c997-i/c99701.htm>
<http://www.parliamentlive.tv/Main/Player.aspx?meetingId=12667>

Passionate about improving inclusive practices in research and for mobilising communities, Naomi's on-going study investigates the practice of Participatory Video for Mental Health. Naomi has a background in the Arts with a BA in Fine Art and MA in Glass and Video Production.

7. 'The Collaborating Centre for Values-based Practice - New developments in the field of values and health and social care'

Jenette Sefton University of Warwick

ABSTRACT: The recently set up Collaborating Centre for Values-based Practice is primarily a website to support the development of values-based practice through shared learning. It brings together a wide range of individuals and organisations working on different aspects of values-based practice around the world. Although originating primarily in mental health and social care a particular aim of the Collaborating Centre is to support extension of values-based approaches to other areas of health care such as surgery.

The Aesthetics and Mental Health network is the first collaboration to emerge from the Centre. This is intended to offer a brief introduction to the website highlighting key areas and developments and we would welcome any feedback the group might have on the content of the site.

BIOGRAPHICAL DETAIL: I am currently Co-Course Director with Professor Bill Fulford for the Philosophy and Ethics of Mental Health (PEMH) Master's Degree course at the University of Warwick. As part of this course I developed materials for teaching Values-based Practice. I also run a marketing and e-design business, 'design-ed' and I am the website manager for the new Collaborating Centre for Values-based Practice in Health and Social Care based at St. Catherine's College, Oxford.