

MENTAL HEALTH & THE ARTS

An interdisciplinary, cross-border initiative

Experiencing Empathy through Creativity

Friday 16th April 2021 @ 6.30pm-9.30pm

Join us on Zoom

Registration

Registration is £5. Pre-registration is necessary. Registration is open to all and is on a first-come, first-served basis.

Register here: <https://store.ulster.ac.uk/product-catalogue/faculty-of-arts-humanities-and-social-sciences/school-of-communication-and-media>

Places are limited and we expect the event to book out, so early registration is advised. Refunds are not possible, however, tickets are transferable so you can give your ticket to someone else if you are unable to attend. It is necessary to write to us to let us know who will be attending in your place and their email address: n.giffney@ulster.ac.uk, m.long@ulster.ac.uk, j.mairs-dyer@ulster.ac.uk

Event Description

This event focuses on empathy, and explores how the experience of empathy is related to creativity and playfulness. How is empathy experienced, and how is this experience linked to creativity? How, in turn, is creativity related to the capacity to play, and why is this so important?

Empathy describes the emotional capacity to get in touch with another's experience; to 'put oneself in someone else's shoes'. Psychologically, to be able to empathise with another person's experience is considered to be a developmental achievement. The concept of self-compassion suggests we can also direct an empathic response towards ourselves. In moments of empathy, our feelings are held without judgement. Thus, consistent experiences of empathy between people foster meaningful relationships. More generally, empathic attunement in our relationships is a vital component of emotional wellbeing. Indeed, for some of us, the therapy relationship provides what feels to be respite from relationships in which we might otherwise feel unheard, judged or misunderstood. The experience of empathy is, however, complex and not without its challenges. There are times, for example, when we can find other people's expressions of empathy towards us difficult to trust or accept, particularly if we have not experienced much empathy in our early lives.

This event concentrates on the place of empathy in creative expression. We will reflect particularly on how acts of creativity might hold open a space for the expression of empathy. We will be especially concerned with how creativity connects to playfulness. As children, we play with toys; as adults, we play with ideas. To be able to retain an ability to play and be flexible in our thoughts, particularly in stressful situations, is an important factor in being able to manage difficulties and feel enjoyment and satisfaction in life. This is necessary to maintain an ability to empathise.

This online event brings together mental health practitioners and creative practitioners to reflect on the place of empathy in our lives and relationships. Join us online for an evening of conversation and creative play. This event is open to all. It will be of particular interest to counsellors, psychotherapists, creative arts therapists, psychologists, social workers, social care workers, community workers, youth workers, psychiatrists, nurses, and other healthcare professionals, as well as practitioners in the creative and performing arts. The event will also be of interest to researchers and students in the arts, humanities and social sciences.

CPD Points

The Mental Health and the Arts initiative will issue certificates with 3 continuing professional development (CPD) points for practitioners who attend the event.

Schedule

6.30pm-6.35pm Welcome and Opening Remarks

Geralyn Mulqueen and Jolene Mairs Dyer

6.35pm-7.05pm Geralyn in conversation with Jolene

7.05pm-7.15pm Comfort break

Joanna Fortune and Noreen Giffney

7.15pm-7.45pm Joanna in conversation with Noreen

7.45pm- 7.55pm Comfort break

Shelley Tracey and Maggie Long

7.55pm-8.25pm Shelley in conversation with Maggie

8.25pm-8.35pm Comfort break

Group Discussion

8.35pm-9.25pm Discussion between the speakers, conveners and attendees

9.25pm-9.30pm Thanks and Closing Remarks

Speakers and Conveners



Joanna Fortune MICP|MIFPP|Reg Pract APPI|CTTTS|ApSup PTI is an accredited Psychotherapist and attachment specialist. She is the author of the *15-Minute Parenting* series of books (0-7 years; 8-12 years and the Teenage years) published by Thread Books. She is the host of the 15-Minute parenting podcast. She founded the Solamh Parent Child Relationship Clinic in Dublin in 2010 (www.solamh.com) where she works with families around a variety of issues. She is a recognised supervisor, trainer and conference speaker in her field. In 2017 she delivered a TEDx

Talk on the topic ‘Social media – the ultimate shame game?’ Having previously written a parenting column for *The Sunday Times* she continues to write and contribute to articles on child development and parenting in various other print publications. She is also a regular media contributor to a variety of radio (RTE, Newstalk and regional radio) and TV shows (RTE and Virgin Media Television). She is the parenting consultant on the weekly parenting slot on Newstalk’s *Moncrieff* for over three years. She is an invited speaker at this event.

Instagram: @joannafortune

Twitter: @TheJoannaFortun

W: <https://solamh.com/>



Noreen Giffney PhD MNIHR|MIFPP|MICP|MUKCP|MCPJA is a Psychoanalytic Psychotherapist and a psychosocial theorist. She is a founding scholar of the British Psychoanalytic Council and a fully-accredited clinical member of the Northern Ireland Institute of Human Relations, the Irish Forum for Psychoanalytic Psychotherapy, the Psychoanalytic Section of the Irish Council for Psychotherapy, the College for Psychoanalysis and Jungian Analysis, and the United Kingdom Council for Psychotherapy. She is the author of the book, *The Culture-Breast: Cultural Experiences and the Psychoanalytic Clinic* (Routledge 2021), and the author and/or editor of many articles and books on psychoanalysis, psychosocial studies, and critical theory. She is particularly interested in the emotional and unconscious use we make of cultural objects (film, art, literature, music) for our mental health and wellbeing. She also has a particular clinical interest in the impact of psychosocial factors on the transference-countertransference dynamic in psychoanalytic practice, and co-edited a book on this topic entitled *Clinical Encounters in Sexuality* (Punctum Books 2017) with Eve Watson. She is the Director of ‘Psychoanalysis +’, an international, interdisciplinary initiative that brings together clinical, academic and artistic approaches to, and applications of, psychoanalysis. She is a Lecturer in Counselling in the School of Communication & Media at Ulster University. She is a co-convenor of this event.

W: www.pschoanalyticpsychotherapyclinic.ie, <https://www.ulster.ac.uk/staff/n-giffney>



Maggie Long PhD has been a Lecturer in Counselling at Ulster University since 2011. Maggie is a Senior Fellow of the Higher Education Academy (SFHEA) and a Registered Member of the British Association for Counselling and Psychotherapy (BACP). Maggie has been Course Director for the BSc Communication and Counselling Studies since 2015. She is Subject Lead for Counselling & Health Communication at Ulster. Maggie is also Athena Swan Faculty Lead for the Faculty of Arts, Humanities and Social Sciences at Ulster. Maggie’s research interests are in

the field of mental health broadly with specific interests in help seeking, stigma, and identity. Maggie has published her research extensively in a range of international journals, including *Deviant Behavior*, *Health Sociology Review*, *Qualitative Health Research* and *Journal of Mental Health*. Maggie is currently working on her first book: *A Psychosocial Understanding of Self-injury and Trauma* (to be published by Open University Press). Maggie supervises a number of PhD researchers, focusing on such topics as mental health in young people and minority groups in Northern Ireland, social justice, resilience in carers, addictions and maternal wellbeing. She is a co-convenor of this event.

W: www.ulster.ac.uk/staff/m-long



Jolene Mairs Dyer PhD is a Lecturer in Media Production at Ulster University and former Mental Health Social Worker and Therapist (Groupwork). She has research interests in collaborative documentary filmmaking/visual practice in post-conflict societies (particularly in post-agreement Northern Ireland) where the ownership of the material is shared between producer/director and the storyteller. She explored this in her PhD research, which considered how these practices impact on both participants and audiences. As part of this she produced two collaborative documentary films. She filmed and edited *Unheard Voices* (2009), a 30-minute documentary telling the stories of six people who lost a loved one or were themselves injured as a result of the Troubles. She also edited material from Cahal McLaughlin's *Prisons Memory Archive* to create *Unseen Women: Stories from Armagh Gaol* (2011), a 26-minute documentary and multi-screen gallery installation shown at Belfast Exposed in June 2011. Her most recent work, *Women's Vision from Across the Barricades* (2015) and *Women's Vision in Transition* (2020), used photography as a tool to explore socio-economic issues affecting women living in interface areas of north Belfast. She is currently working with local filmmaker Vincent Kinnaird exploring the impact of 360° recording tools on visual and aural storytelling. She is also theorising Bracha Ettinger's notion of the matrixial as a counter to traditional auteur theory, particularly in relation to the work of documentary filmmaker Kim Longinotto. She is a co-convenor of this event.

W: www.ulster.ac.uk/staff/j-mairs-dyer



GERALYN MULQUEEN is an Irish artist, RSA Fellow, published writer, Psychotherapist, Mother, lawyer and human based in Strangford Co Down, Ireland. Having trained and worked as a Barrister before motherhood, GERALYN later retrained as a psychoanalytic psychotherapist and is currently in private practice. Her work has been exhibited in Berlin (2009), Paris (2012 and 2014), Ireland and is in private collections in New York, Washington DC, Portugal, London and Ireland, Switzerland and beyond. Her first solo exhibition in Belfast 2016 followed an installation in the Titanic Quarter. She led a solo event at The MAC in Belfast 2019, represented Ireland in Dubai 2020 and was Featured artist 2019 Stendhal Festival. *Making Marks 2020*, online exhibition recently launched. GERALYN uses colour spontaneously in the emotional translation and captures the essence of reflection and emergence uniquely felt by the individual. The pieces are vital and honest, always allowing for movement and growth. Combining her love of creativity with her work as a Psychotherapist, GERALYN has established artforthesenses. "Art for the Senses" is a series of art and creativity workshops aimed at those people who either seek a respite from their fast-paced lives, who seek to reconnect or have

suffered trauma. Geralyn works with individuals, groups and in the corporate setting. She is an invited speaker at this event.

W: www.geralynmulqueen.com



Shelley Tracey PhD is a published writer whose career spans adult literacy, teacher education, creative writing facilitation and arts evaluation. Shelley is a Poetry Therapy Practitioner and Chair of the Irish Poetry Therapy Network. Originally from South Africa, Shelley has lived in Northern Ireland for many years. Shelley has a keen interest in creativity, and she feels lucky that she has been able to pursue this interest throughout her professional life. Shelley's doctoral research was on teachers' understandings of creativity. She has written many articles on creativity, on poetry, and on the arts and wellbeing. Shelley's first poetry collection, *Elements of Distance*, was published in 2017; she also has many poems and stories published in journals and anthologies. As writer in residence in a local primary school, Shelley enjoys going on creative journeys with young people. Shelley has received several awards from the Arts Council NI, including Artist in the Community, with an intercultural creative writing project (2015). She co-authored *Between Ourselves*, a book about the arts and intercultural communication in Northern Ireland. She is an invited speaker at this event.

W: www.shelleytracey.co.uk

Mental Health & the Arts

Mental Health & the Arts is an interdisciplinary, cross-border initiative on the island of Ireland, founded and directed by Dr Noreen Giffney, Dr Maggie Long and Dr Jolene Mairs Dyer: n.giffney@ulster.ac.uk, m.long@ulster.ac.uk and j.mairs-dyer@ulster.ac.uk

Each of us has undergone practitioner training for working with people experiencing mental health difficulties: psychoanalytic psychotherapy, counselling or mental health social work. We also have a personal and professional interest in the arts and culture, and, are academic lecturers and researchers in the School of Communication & Media at Ulster University in Northern Ireland. We are committed to considering what can happen in the gaps, overlaps and disjunctions between different disciplines, approaches, practices and locations. Events bring together people from the creative and performing arts and practitioners from mental health and healthcare more generally, to facilitate public conversations about psychosocial topics of interest to communities in the North and South of Ireland. The initiative explores ways to facilitate us having difficult conversations about matters that are sometimes unspeakable or unthinkable. Each event involves us partnering with an arts or community organisation and focuses on a topic relevant to both the arts and mental and/or physical health in order to help open up a space for thinking and reflection.

Our first event on 'The Long-Term Impact of Childhood Trauma on Adult Mental and Physical Health' took place on Friday 12 October 2018 in the Strand Arts Centre Cinema in Belfast. The event was co-sponsored by the Centre for Media Research at Ulster University and the Belfast Film Festival. It was awarded 3.5 continuing professional development (CPD) points by the Psychoanalytic Section of the Irish Council for Psychotherapy (ICP). The event featured a screening of the documentary film, *Resilience* (dir. James Redford 2016), after which there

were a series of responses by professionals working in the fields of counselling, psychotherapy, physiotherapy, general medicine, social work, and documentary filmmaking. Speakers at the event included Dr Olive Buckley OBE, Dr Noreen Giffney, Ms Lynda Graham, Dr Maggie Long, Mr Michael McGibbon, Dr Jolene Mairs Dyer and Mr Christian van der Merwe.

Our second event on **'Words to Make Meaning of Life's Experiences'** took place on Friday 25 October 2019 in the Duncairn Centre for Culture and Arts in Belfast. The event was co-sponsored by Counselling and Health Communication at Ulster University (@UlsterCHC) and the Verbal Arts Centre in Derry~Londonderry. We were delighted to welcome award-winning writer and Professor Emilie Pine to discuss her bestselling book of personal essays, *Notes to Self* (Dublin: Tramp Press 2018; London: Penguin 2019). The event featured opening remarks by Dr Maggie Long, a reading from *Notes to Self* by Emilie, and a public interview with Emilie conducted by Dr Noreen Giffney and Dr Jolene Mairs Dyer. Facilitators from Verbal's Reading Rooms Project facilitated small-group discussions of selected passages from *Notes to Self*.

VISIT OUR SOUNDCLLOUD PAGE

Listen to the podcast from our first event:

W: <https://soundcloud.com/mentalhealthandthearts>

FOLLOW US ON TWITTER

Follow us on Twitter for details of upcoming events:

W: <https://twitter.com/ulsterchc>

JOIN OUR MAILING LIST

Join our mailing list for details of upcoming events:

n.giffney@ulster.ac.uk, m.long@ulster.ac.uk, j.mairs-dyer@ulster.ac.uk

Sponsor

This event is sponsored by Counselling & Health Communication at Ulster University.

Courses in Counselling Studies & Health Communication

Postgraduate Research Training: PhD Study in Counselling and Health Communication
PhD study can be undertaken on a full-time basis or a part-time basis: www.ulster.ac.uk/doctoralcollege The members of the Counselling and Health Communication Team at Ulster University have a range of research expertise in the fields of counselling, psychotherapy, health and therapeutic communication, psychoanalysis, art therapy, mental health, nursing, psychosocial studies, media and visual culture, as well as qualitative, quantitative, theoretical, and mixed research methods. To find out further details about opportunities available for doctoral research with academic supervision provided by members of the Counselling and Health Communication Team, contact one of our research supervisors via their email addresses below:

- Dr Paula Brogan: pm.brogan@ulster.ac.uk
- Professor Sarah Edge: sj.edge@ulster.ac.uk
- Dr Noreen Giffney: n.giffney@ulster.ac.uk
- Dr Maggie Long: m.long@ulster.ac.uk

- Dr Jolene Mairs Dyer: j.mairs-dyer@ulster.ac.uk
- Dr Anne Moorhead: a.moorhead@ulster.ac.uk

Postgraduate Course: MSc Counselling Studies and Health Communication

An academic course in counselling and health communication studies and theories, which aims to assist students to understand a range of counselling theories and approaches. This course is for you if you are interested in the field of counselling, or want to develop and hone your existing professional skills. It offers theoretical knowledge and an academic foundation in counselling studies and theories for a variety of helping skills in professional contexts. Modules include The Counselling and Therapeutic Framework, Human Growth and Transition, Health Communication, Humanistic Approaches, Psychodynamic Approaches, Cognitive-Behavioural Approaches, Psychosocial Approaches, and Research Methods.

This academic course is not clinical counselling training, and thus will not make you a registered counsellor. Previous students have developed their work activities in counselling and associated areas. Additionally, past students have used the course themes to support their existing work in areas, such as community work, youth work, social work, education, and health care more broadly. This course is available on a full-time basis and a part-time basis. Further details from Dr Anne Moorhead, Course Director and Senior Lecturer in Health Communication, Counselling and Health Communication Team, School of Communication and Media, Ulster University: a.moorhead@ulster.ac.uk

Undergraduate Course: BSc Hons Communication and Counselling Studies

This course is team-taught by staff across the School of Communication and Media, all of whom are highly-experienced, internationally-recognised experts in their respective fields of study: Counselling and Health Communication, Communication Studies, Media and Cultural Studies, and Language and Linguistics. Modules provide a firm grounding in theories, practices, skills and capacities needed for effective communication in personal and professional contexts. Each module combines lectures, seminars and group tasks to facilitate students gaining a comprehensive intellectual knowledge, while learning from experience. The emphasis is on the emotional and psychological development of the person within family, social and cultural settings, as well as the importance of rigorous and reflective ethical decision-making for working with vulnerable populations and clients within counselling and healthcare settings. This programme also offers students opportunities to apply theory to practice in the composition of a range of assignments (case studies, work-based learning report, reflective journal, essays, presentations, dissertation).

This degree is not formal counsellor training and will not provide accreditation with a professional counselling body. Instead it is concerned with equipping students with a knowledge base of therapeutic communication and associated communication and counselling skills that can be built upon after graduation. This course provides an excellent springboard for students who wish to pursue professional counselling training and accreditation following graduation or who wish to pursue further training for careers in a range of therapeutic or helping roles (social work, nursing, teaching, occupational therapy). The course is available on a full-time basis and a part-time basis. Further details from Dr Maggie Long, Subject Head, Course Director and Lecturer in Counselling, Counselling and Health Communication Team, School of Communication and Media, Ulster University: m.long@ulster.ac.uk

Undergraduate Course: BSc Hons Professional Development in Counselling

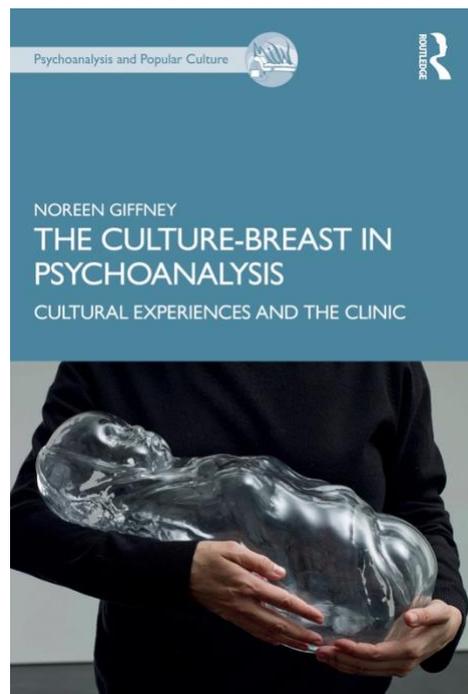
This course is team-taught by staff across the School of Communication and Media, all of whom are highly-experienced, internationally-recognised experts in their respective fields of study: Counselling and Health Communication, Communication Studies, Media and Cultural Studies, and Language and Linguistics. Modules provide a firm grounding in theories, practices, skills and capacities needed for effective communication in personal and professional contexts. Each module combines lectures, seminars and group tasks to facilitate students gaining a comprehensive intellectual knowledge, while learning from experience. The emphasis is on the emotional and psychological development of the person within family, social and cultural settings, as well as the importance of rigorous and reflective ethical decision-making for working with vulnerable populations and clients within counselling and healthcare settings. This programme also offers students opportunities to apply theory to practice in the composition of a range of assignments (case studies, work-based learning report, reflective journal, essays, presentations, dissertation).

This course is for practising counsellors who wish to upgrade their foundation degree in counsellor training to an honours degree in counselling studies. Further details from Dr Paula Brogan, Course Director and Lecturer in Counselling, Counselling and Health Communication Team, School of Communication and Media, Ulster University: pm.brogan@ulster.ac.uk

CPD Courses: Counselling Studies and Health Communication

A number of CPD courses are available for practitioners in a variety of fields. Contact Dr Maggie Long (m.long@ulster.ac.uk) and Dr Noreen Giffney (n.giffney@ulster.ac.uk) for further details.

NEW BOOK ON CULTURAL EXPERIENCES AND PSYCHOANALYSIS



THE CULTURE-BREAST IN PSYCHOANALYSIS: CULTURAL EXPERIENCES AND THE CLINIC by Noreen Giffney (2021)

ADVANCE PRAISE

'A subtle, imaginative and brilliant work; *The Culture-Breast in Psychoanalysis* proposes an entirely new way of understanding the relationship between psychoanalysis and culture. It proposes that cultural experiences available through film, literature, music and the visual and performing arts can offer a frame, a space, and an encounter with an object, much like the 'breast' in early infantile life, so that we can, in a psychoanalytic sense, 'learn from experience'. Arguing that cultural objects can provide forms of holding and containment of unbearable thoughts and feelings, allowing for the rawness of experience to be given meaning, Noreen Giffney's profound insight helps us understand not just the transformational nature of these encounters but offers us the experience of reading the book itself as its most stunning case study. She argues with great poignancy, that we all feed at the culture-breast, and that understanding the way we psychologically use cultural objects, whether as screen memories, as psychic retreats, or as containers, has the potential to open up new insights into the

workings of our inner lives. This book will become a vital point of reference for those interested in psychosocial thinking; the creative and potentially transformational area of encounter between the clinic, psychoanalytic theory, politics, arts and culture'. - Lisa Baraitser, Professor of Psychosocial Theory, Birkbeck, University of London, M. Inst. Psychoanalysis

'It is an experiment in reaching between the heights of conceptualisations, on one hand, and the depths of personal experience on the other. It is this 'reaching-between' that we need to accomplish in a much more everyday way, as these reflections portray. We must be as well as have our experiences'. - From the Foreword by R.D. Hinshelwood, Psychoanalyst, and Professor Emeritus of Psychoanalysis, University of Essex

DESCRIPTION

We are fed at the breast of culture, not wholly but to differing degrees. *The Culture-Breast in Psychoanalysis: Cultural Experiences and the Clinic* focuses on the formative influence of cultural objects in our lives, and the contribution such experiences make to our mental health and overall wellbeing.

The book introduces 'the culture-breast', a new clinical concept, to explore the central importance played by cultural objects in the psychological lives of patients and psychoanalytic clinical practitioners inside and outside the consulting room. Bringing together clinical writings from psychoanalysis and cultural objects from the applied fields of film, art, literature and music, the book also makes an argument for the usefulness of encounters with cultural objects as 'non-clinical case studies' in the training and further professional development of psychoanalysts and psychotherapists. Through its engagement with psychosocial studies, this text, furthermore, interrogates, challenges and offers a way through a hierarchical split that has become established in psychoanalysis between 'clinical psychoanalysis' and 'applied psychoanalysis'.

Combining approaches used in clinical, academic and arts settings, *The Culture-Breast in Psychoanalysis* is an essential resource for clinical practitioners of psychoanalysis, psychotherapy, counselling, psychology and psychiatry. It will also be of interest to researchers and practitioners in the fields of psychosocial studies, sociology, social work, cultural studies and the creative and performing arts.

PURCHASE A COPY

www.routledge.com/The-Culture-Breast-in-Psychoanalysis-Cultural-Experiences-and-the-Clinic/Giffney/p/book/9781138312517 Enter the code **FLR40** at checkout to get a 20% discount

15-MINUTE PARENTING SERIES OF BOOKS



15-MINUTE PARENTING SERIES OF BOOKS BY JOANNA FORTUNE

DESCRIPTION

Parenting is for life and it's a 24/7 job, every day of the year! While it is one of the most rewarding experiences life can offer, it can also be frustrating when faced with challenging behaviour. What if I told you, that just '15 minutes' of mindful play each day in you and your child's routine could change all that? Play is the language of children. It is how they communicate. By rediscovering the joy of play as an adult, you can access a whole new way to understand and respond to your child's needs.

Created with busy Mums and Dads in mind, in 15-Minute Parenting psychotherapist and parenting expert Joanna Fortune has devised a unique childcare method structured around 15-minute games that can be easily incorporated into your existing daily routine. From newborns to the age of seven, her techniques are underpinned by research, neuroscience and therapeutic theories and are designed to address common behavioural issues you will meet as your child grows, including:

Anxiety, Lashing Out, Whining, Boredom, Sibling Rivalry and Demands For Independence.

15 Minute Parenting contains everything your child needs to grow into a happy, confident and resilient adult. It's child's play really!

<https://solamh.com/pages/15-minute-parenting>

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