

ISPS UK One Day Conference

Saturday 11 July, 2015 (London)

ISPS UK Charity No: 1098909

A conference for people with lived experience of psychosis, family, friends, therapists, nurses, psychiatrists, psychologists, social workers, OTs, the voluntary sector and other supporters.

Walking Alongside?

Navigating the tensions and opportunities for collaboration between lived and professional experience of psychosis.

10.00 - 4.30pm, Saturday 11 July 2015 @ Amnesty International, 17-25 New Inn Yard, London, EC2A 3EA

Contributors: A mix of people with lived experience of psychosis, 'carers' and professionals who will speak from their own experience of these issues to stimulate frank, respectful and open discussion.

BOOK YOUR PLACE ONLINE: WWW.ISPSUK.ORG | ADMIN@ISPSUK.ORG

Most of us would agree that we need to work together to create real and sustainable changes in those services that seek to support those with lived experience of psychosis and their loved ones. However, these collaborations can be hampered by underlying tensions that often go unspoken and unexplored.

This event provides a safe and inclusive space where we can respectfully hear from many different voices. Rather than filling the air with information, we want to create an opportunity for meaningful discussion stimulated by the input of people with varying types of experience. We want to openly explore a) what gets in the way of walking alongside one another and b) how can we address this?

Issues explored will include: language; power; risk; participation; culture; beliefs; rights; respect.

Fees:

ISPS UK Members	Free (donations are welcome to help cover costs)
Unwaged	£10
Waged	£30

ISPS UK membership only costs £10 - £50.

If you join when booking you will be entitled to member's rate. Please email admin@ispsuk.org or join via our website.

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PROGRAMME, SATURDAY 11 JULY (10.00AM - 4.30PM)

9.45 REGISTRATION

10.00 **Welcome and introductions:** Rachel Waddingham & Angela Drizi, ISPS UK
Introducing the framework for the day and our safety agreement

Theme 1: 'Us & Them', or 'Only Us'? _____

10.10 Provocations

3-5 minute contributions from attendees intended to provoke thought, discussion, questions, interest, creativity and ideas.

10.30 Discussion Groups

Reflecting on the theme in groups, exploring the complexity of the themes and writing key statements and ideas on cards for feedback session.

11.10 Feedback

Using the cards from each group to search for links, relationships and points of difference.

11.30 * Coffee Break *

Theme 2: 'Whose Journey Is It? - Care, Ownership & Control' _____

12.00 Provocations

12.20 Discussion Groups

12.50 Feedback

1.10 * LUNCH BREAK *

Theme 3: 'How Can We Walk Alongside? - Examples from Real Life, Big & Small' _____

2.10 Provocations

2.30 Discussion Groups

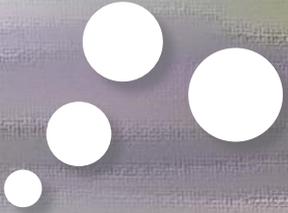
3.00 Feedback

3.20 * Coffee Break *

3.50 Next Steps

Reflections, focusing on what has emerged throughout the day and what each of us can do (on individual, team and organisational levels) to enable us to walk alongside one another more easily.

4.30 Conference Ends



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ABOUT THE DAY

In planning this event, we quickly realised that the traditional conference format simply wasn't suitable for our theme of 'walking alongside'. So, in recognition that every participant has their own expertise and experience to draw on we decided to value this by creating an interactive day - inspired by the collaborative facilitation of Mary Robson at the recent Critical Mental Health Nurses' Conference. We are organising our event around three central themes, each of which will be explored in a particular format. This will give some structure to our discussions, whilst promoting dialogue.

A) Provocations

A provocation is intended to provoke thoughts, discussions, questions, interests, creativity and ideas.

Each theme will be opened by 3 or 4 'provocations' (short contributions from participants to stimulate thought, experiences and ideas). Each provocation will be 3-5 minutes long and we ask each speaker to speak from their own experience and perspective (personal and/or professional) rather than attempting to speak for all. **If you would like to contribute a provocation** to one of the three themes described below, please e-mail admin@ispsuk.org before the event.

B) Discussion and Feedback

After the provocations have been shared, we will gather into discussion groups to reflect on the themes together - searching for shared perspectives as well as acknowledging points of difference. Each group will be given a set of cards on which they can write any themes, statements or ideas that emerge. We will use these cards in each feedback session, building a picture of the complexity inherent in each theme.

THEME 1: 'US & THEM', OR 'ONLY US'

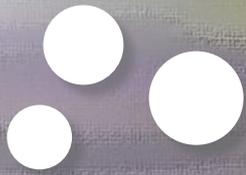
Potential topics for discussion: As things are at the moment, do you feel there is an 'us' and 'them' in mental health services and wider society? What kinds of 'us' and 'them' exist? Where do they come from? What does it feel like? Do you think it's a necessary division? If so, what's its function? What are its limitations? Are there times when we can be 'only us'? What are the tensions here?

THEME 2: WHOSE JOURNEY IS IT? CARE, OWNERSHIP & CONTROL

Potential topics for discussion: What subtle and overt forms of control and power can we exert over one another? What forms does this take and how could we understand this? What angles or positions can we look at this from, and how does this alter our perspective? Where does 'care' fit in to this? How can this block our ability to walk alongside one another? What could help us navigate this, without denying experiences of oppression and coercion?

THEME 3: HOW CAN WE WALK ALONGSIDE?

Potential topics for discussion: As difficult as this path can be, there are many examples of people walking alongside one another in a real way. This may be for a brief moment, or a series of years. They may be within an event, conference, therapeutic relationship, work or network situation. They may be created by individuals, or supported by a system/process. When have you felt this connection? What happened? What made it possible? How can we nurture these so that they grow?



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SAFETY AGREEMENT

This is an interactive event that explores some very sensitive and powerful areas that can be very personally relevant. As such, we ask that attendees keep the following safety agreement in mind throughout the day.

Confidentiality

We encourage participants to share themes and ideas from the discussions with the wider world, but ask that individual contributions and experiences are kept private unless the speaker gives explicit permission for you to share it. We each own our own stories and it is important that people do not feel that their contributions are used in ways that may leave them feeling uncomfortable.

However, anonymised themes, along with your own experiences of the day, are important to share if we want to bring other people in to these discussions.

Respecting and Valuing One Another

As humans, we can find lots of reasons to not listen to opinions and perspectives that don't match our own. In an event like today, it's important we do what we can to listen to one another and recognise that we each have something valuable to bring to the table.

Try Not to Generalise

Generalisations can be assumptions that convey judgements about groups of people without recognising individual differences. Such assumptions can leave people feeling unheard, misjudged and attacked - irrespective of the speaker's original intentions. Let's try and speak from our own experience and perspective, and be careful about using words that generalise, group or label others.

Be Mindful of Language

It can be hard to find the words we need to describe our own experiences and the experiences of people we support. Certain words or phrases (e.g. 'ill', 'schizophrenia', 'disturbed') have the power to both offend people, as well as signify situations that are complex and intensely difficult. We do not want to ban particular words, but ask participants to think about the words they choose to use and recognise the impact they can have on other people.

Equally, we ask that participants are compassionate towards one another and - if use of a word offends you - take the time to ask the speaker what it is they are trying to convey.

Challenge Respectfully

It's OK to disagree, but let's try and keep all of our discussions respectful. We ask that you challenge ideas and concepts, rather than the people themselves. Let's try and be curious about our differences so we can understand them.