

Centre for Psychiatry

 Barts and The London
School of Medicine and Dentistry

Newsletter Spring/Summer 2016 - Issue 10

Latest News in Environmental, Cultural and Health Systems Research



Editorial



When I wrote the first draft of this editorial, the campaign for and against Great Britain leaving the European Union was in full force. Watching the debates, it became clear that arguments centred around three main themes: migration and freedom to move, national resources and the NHS. Such issues are of particular relevance to the Centre's own expertise in areas of culture and psychiatry, mental health of refugees and migrants and wider mental health services development. Looking through the contributions to this issue, I was struck by strength of our European links and wondered what impact the voting would have. As I return to this editorial now -the day after the referendum- I am, with my colleagues, trying to process the outcome and the wider social, cultural and economic implications. What has struck me most is the emotional impact: Shock at the reality of the outcome, a sense that Britain is no longer the country it was yesterday and a tangible sense that cultural divides have deepened. In writing this editorial I want to highlight and celebrate our European collaborations and in doing so, offer time to reflect upon how we can continue to protect and nurture our European and international relationships in spite of wider uncertainty and fear.

Transcultural Psychiatrist, Vincenzo Spigonardo, highlights the value of visiting different cultures to learn not only about

that which is new, but to gain greater understanding of one's own culture. Vincenzo articulates that he gained great value from his visit to the Centre for Psychiatry but what is also important to recognise is the reciprocal contribution and value that such visits make within our own institution. On an international level, Nikolina Jovanovic and colleagues report on a survey of psychiatric trainees which identified factors associated with burnout relevant across all 22 participating countries. One notable risk factor was Psychiatry not being the trainees' first choice of career. An important example of how trainees and early career researchers can be inspired and engaged in Psychiatry is reported on by Professor Kam Bhui in his summary of the Psychiatry: State of the Art Congress. Acknowledgement of and addressing these risk factors is of vital importance if we are to learn how to better attract, train and retain psychiatrists of the future.

A further approach to preventing burnout and increasing resilience is to provide space for reflection and emotional support. Dr Amy Jebreel reports on the success of Balint groups for medical students on psychiatry placements and the value of such groups in supporting individuals students to understand and integrate the emotional and relational factors within psychiatric care.

As a music therapist, I am passionate about the role the arts can play in using creativity to highlight, better understand and promote mental health. It is therefore very exciting to follow the development of the MSc in the Creative Arts and Mental Health, jointly run by the Centre for Psychiatry and Department of English and Drama. The arts have the potential to hold ambiguity and uncertainty, to express ideas beyond words and offer opportunities for transformation across different societies and cultures. Integrating arts based practices into our understanding and representation of mental health therefore has great potential in informing, enhancing

and communicating aspects of psychiatry and mental health care. A further MSc in Forensic Mental Health is announced and will offer the opportunity for greater specialisation and development of skills in one of the most complex and challenging areas of Psychiatry.

Professor Stansfeld's recent award from the University of Gävle, Sweden cements strong research collaboration between the two Universities on the impact of the built environment upon mental health and development. Similarly we offer congratulations to Dr Erminia Colucci on her nomination for the Jim Birley prize, a scholarship provided to a young mental health professional, who has shown exemplary commitment to the issue of human rights in mental health.

On a more local level, it is exciting to introduce those who have recently started within the Centre for Psychiatry. Included in these is Renata Samulnik, Centre Manager whose help in compiling this issue was invaluable and to whom I am extremely grateful.

Looking through the list of contributors (let alone the Centre's wider staff), it is clear that this Centre is a testament to the value that international and cross-cultural collaboration can bring. I am proud to be part of a Centre whose research, staff and institution look beyond borders and value diversity. This summer, let's take care of ourselves, show appreciation of each other and be a beacon of what is possible when we open up to the world around us.

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New developments within the Centre for Psychiatry

The School of Medicine and Dentistry continues to go from strength to strength, having performed rather well in REF 2014 in which the Wolfson excelled in terms of case studies and outputs, we have been placed first in London and second overall in the Guardian league table of medical schools performance.

We continue to build on the Centre's excellent achievements in research and teaching, underpinned by careful strategy, in preparation for both the REF2020 and future Teaching Excellence Framework. Several staff are applying for HEA fellowships, and all senior academic staff and a welcome cadre of talented new grant awardees/PIs are preparing high impact publications and new research grants applications.

In the midst of challenging times, we are developing with our partners East London NHS Foundation Trust a jointly agreed strategy focussing on social and societal processes in the aetiology and treatment of mental illness, and in the promotion of mental health. This includes life course epidemiology, social, cultural and environmental risk and protective factor research, as well as the development of complex interventions for use in mental health services and a public mental health interventions. Thank you for your comments on the draft strategy will be considered in the coming weeks.

Three new teaching programmes are launched this year: MSc Creative Arts and Mental Health, MSc Forensic Mental Health, and a Professional Doctorate in Intercultural Psychoanalytic Psychotherapy. As recently awarded

status as a World Psychiatric Association Collaborating Centre, we are strengthening our international policy, research and teaching actions, especially focussed on socially inclusive and fair assessment and treatment processes, and the training of medical students and psychiatric trainees in low and middle income countries.

The notion of exchanges of intelligence of what works and where and for whom now supersedes the high and low income country distinction, as community and socially based care practices are essential in all parts of the world, and the economic climate demands more research on cost effective interventions that work in any country context.

Our achievements to date and our future success are entirely driven by the commitment and dedication of administrative, technical, research and teaching staff.

Our grant submission rate, quality publication rate, and contributions to teaching and learning are growing. This has been possible because of wonderful cooperation and disciplined work across the Centre and all the research groups.

Thank you to you all.

Professor Kamaldeep Bhui

Centre for Psychiatry

Away Day

Save the date

Our next Away Day is scheduled for:

**Monday 17 October 2016
10am - 4pm**

The programme has been finalised and includes the following sessions:

- Young Researchers session
- New PIs
- Activities of young psychiatrists within EPA and WPA
- Honorary academic faculty
- PhD poster prize and young researcher prize
- Centre strategy and future plans

Please send RSVPs to
Renata Samulnik:

r.samulnik@qmul.ac.uk

New MSc courses

New MSc in Creative Arts and Mental Health

Admissions are open for the MSc in Creative arts and Mental health, an innovative and unique MSc jointly run by the Centre for Psychiatry and the Department of Drama, which offers an interdisciplinary approach to knowledge and research, with a particular emphasis on theatre and performance in the creative arts.

For more info and enrolment: <http://www.qmul.ac.uk/postgraduate/taught/coursefinder/courses/124844.html>

New MSc in Forensic Mental Health

The Centre will be starting a new taught MSc in Forensic Mental Health, in collaboration with East London NHS Foundation Trust, to begin in September 2016. The course will offer a more psychosocial approach to forensic work than similar postgraduate degrees, and will include student placements in forensic settings in London as well as a module focusing on clinical work with personality disordered offenders.

For more information, contact the course convenor:

Dr Mark Freestone
m.c.freestone@qmul.ac.uk

Lankelly Chase tender

Queen Mary University of London, The University of Manchester and Words of Colour Productions have been awarded the Lankelly Chase tender to establish a 'knowledge hub' on ethnic inequality and severe and multiple disadvantage.

An official announcement will be made in September 2016.

Kam Bhui, James Nazroo, Joy Francis

New CMS system for website

(Terminal 4)

Following consultations across the university and recommendations from the selection panel to the Project Board, Terminalfour (T4) has been selected as the new CMS platform for managing websites across Schools, Institutes and Departments at QMUL. T4 is used by higher education institutions around the world, including a number of UK and Russell Group universities.

T4 consultants are now working with the One CMS project team to look at how content from all QMUL website will be moved into the new system. They don't have all the details and timescales just yet on when sites will be moving across, but these are expected to be discussed with Schools, Institutes and Departments in 2016.

A number of pilot sites have been selected and will start using T4 early in the coming months. This will help the project team to test the process of setting up sites on the new CMS and ensure that it is rolled out as smoothly as possible across QMUL.

To help colleagues get started on the new CMS, free training and guidelines for using T4 will also be provided as part of the project.

Staff party



Centre for Psychiatry annual staff party

Our annual (early) summer party took place on Wednesday 8th June at Charterhouse Square and was attended by members of staff from all of our locations.

Big thank you goes to Lisa Kass who organised this event!



Delicious pizzas from Barsmith

Prizes and awards



Professor Stephen Stansfeld Honorary doctorate

On 21st April 2016 Stephen Stansfeld was awarded the distinction 'Dr Honoris Causa' by the University of Gävle, Sweden.

The University has 14,500 students and specialises in studying the built environment and health promoting working lives. The citation mentioned his work in the field of the built environment which refers to the extensive collaboration Stephen has had with Professor Staffan Hygge in Environmental Psychology on studies of noise in children and the effects of aircraft noise on children's reading.

This ongoing research collaboration continues with further studies of noise and children's learning led by Dr Charlotte Clark. Stephen gave an inaugural lecture during his visit and also another lecture to Professor Hygge's department.



Jim Birley Prize Nomination

Dr Erminia Colucci from the Centre for Psychiatry has been nominated for the Jim Birley prize, a scholarship provided to a young mental health professional or another stakeholder who has shown exemplary commitment to the issue of human rights in mental health.

Erminia's nomination was based on her research and advocacy work on women's rights/violence against women and the human rights of people with mental illness. In particular, since a few years Erminia has been working on 'Breaking the chains', an ethnographic documentary and photography project about human rights violations against people with severe mental illness in Indonesia and the activities carried out by local service users to stop these practices and provide mental health care.

For more info visit:

<https://movie-ment.org/breakingthechains/>



Publication Burnout syndrome among psychiatric trainees



Burnout syndrome among psychiatric trainees: Risk increased by long working hours, lack of supervision, and psychiatry not being first career choice.

A recent study by Jovanovic and colleagues explored burnout syndrome among 1980 psychiatric trainees from 22 countries. Besides national variations, results showed that approximately two thirds of the sample was extremely emotionally exhausted and one third of psychiatric trainees met criteria for severe burnout. The risk was increased by several individual factors such as not opting for psychiatry as a first career choice, not having children and younger age. Educational characteristics such as years spent in training and other postgraduate education were not significantly associated with severe burnout. Even after adjusting for these individual differences,

country differences in burnout rates, and years in training, three work-related factors remained positively associated with severe burnout: long working hours, lack of clinical supervision, and not having regular time to rest.

Recruitment and retention in psychiatry have been two issues of major concern in recent decades. While negative perception of psychiatry may discourage medical graduates from entering the field, reports from doctors leaving psychiatry have indicated reasons such as high numbers of challenging patients, depressing work conditions, job stress and low morale among staff. This report can serve as a starting point for wider discussions regarding psychiatric training. With shortage of qualified psychiatrists, most countries today cannot afford to lose trainees for reasons such as poor training conditions and development of work-related burnout. Also with current unfilled training posts, it remains likely that trainees who

fail to attain a training post in a preferred discipline will be recruited into psychiatry training presenting both challenges and opportunities for trainees and training systems

Nikolina Jovanovic, MD, PhD

Full text paper:

Jovanovic N et al. Burnout syndrome among psychiatric trainees in 22 countries: Risk increased by long working hours, lack of supervision, and psychiatry not being first career choice. *Eur Psychiatry*. 2016 Jan 20;32:34-41. doi: 10.1016/j.eurpsy.2015.10.007.

<http://www.sciencedirect.com/science/article/pii/S0924933815006768>

A Journey of a Cultural Psychiatrist



One of the first and most useful assumptions in Cultural Psychiatry is that only through the light of another culture you can see your own culture.

Why? Because we behave and experience life as a part of a broader system of implicit ways of representing our inner world of experiences which are the result of the intersection of symbolic paradigms, moral predicaments, and social determinants. Even if we do not pay attention, we are part and we invent constantly our culture in the continuing experience of life. This process can be unveiled mostly through the lens of another culture.

Those assumptions moved me to the Queen Mary University London (QMUL), at the Wolfson Institute

of Preventive Medicine, hosted by Professor Kamaldeep Bhui and his colleagues. The need for new perspectives in my itinerarium mentis was my admission ticket.

Most of all, it impressed me the sense of commitment shared by all the colleagues met in the University as well as in the wards of the Psychiatric Hospitals visited in my stay. I suppose that once you and the scientific environment in which you work enhance your academic interest then this interest becomes commitment and devotion to your discipline, which comes to light in the high level of education and research studies. In this perspective, I found very useful the Transcultural Psychiatrist Research Meeting and the lecture of Professor Simon Dein on Religion and Mental Health, my clinical interplay with Drs Ascoli and Marlow, the stimulating brainstorming with Dr Erminia Colucci. Moreover, the invitation

to give a lecture (as part of the departmental seminars of the Centre for Psychiatry) by Dr Ruth Taylor gave me the opportunity to share my research and clinical experience with Professor Bhui and his colleagues as well as to receive useful feedback on it. All these colleagues deserve my sincere gratitude.

Finally, I was touched by the respect and attention paid to myself and my scientific journey, the way in which I have been involved in clinical and research activities (thanks to Lisa Kass), the sense of relevance and opportunity gave to the professional exchange.

After all, back in my town, my daily life has a different taste as I supposed.

A bittersweet one.

Vincenzo Spigonardo, MD
Hospital Villa Colli, Bologna (Italy)

Report from 2016 Psychiatry Congress



Dinesh Bhugra, President of the World Psychiatric Association and at the other end Simon Gaskell, Principal and President of QMUL. On the left is Dr Sim and Dr Jones respectively, the prize winners.

Barts and the London Psychiatry state of the art Congress was held on 2nd March 2016. It was a spectacular success!

The joint Congress is annually organised by East London NHS Foundation Trust and the Centre for Psychiatry, Wolfson Institute of Preventive Medicine, School of Medicine and Dentistry. The purpose of this event is to promote high quality interdisciplinary research, encourage early career researchers, as well as providing learning opportunities for clinicians and researchers.

The day was opened by Professor Mauro Perretti, the Dean for Research, setting out the vision for the future research strategy of the School and the College, and the essential place of Psychiatry.

The external guest speakers included Professor Sheilagh Hodgins from University of Montreal speaking

on epigenetics of violence and behavioural phenotypes, particularly the relationship between child sexual abuse and the epigenetic effects leading to vulnerability to adult psychiatric illness. These studies point to developing preventive interventions. Professor Bhui spoke on radicalisation and the relationship with depression as a public health issue, a sensitive, but important topic in mental health care. Professor Dinesh Bhugra, President of the World Psychiatric Association (WPA), gave a passionate presentation on social inclusion and the human rights of people with mental illness, who are excluded and experience discrimination and stigma. The Centre for Psychiatry is a WPA collaborating centre (and the only one in the UK) for research policy and practice led by Professor Bhui which links with several other universities around the world. The collaborative status was announced and celebrated by Professor Simon Gaskell, the Principal and President of the College; Professor Gaskell

gave a passionate speech about the role of young researchers and mental health research.

The day was galvanised by a research competition in the afternoon, whereby trainees and junior doctors presented. The research topics varied from Connecting emotions and body after trauma by Dr Alsaraf, Communication of Dementia Diagnoses by Dr Bailey, Capgras Delusion: A meta-Analysis of Case Reports by Dr Pandis, Psychopathy Effects and Decision-making in Male Prisoners by Dr Igoumenou, Postpartum Depression: Action Towards Causes and Treatment (PACT) Consortium by Dr Jones. Finally, Dr Sim spoke about causal association between ADHD and Toxoplasmosis Gondii.

Two prizes were awarded; joint first prizes went to Dr Jones and Dr Sim. All the other presentations were so good that presenters were provided with a commendation. The senior staff were impressed with the range of presentations and the quality assuring the future of psychiatric research more generally and in the School. Trainees are clearly engaging with research and answering important questions. This was recognised by the Dean for Research, the Principal and other senior speakers including Professors Bhugra and Bhui. The feedback from the day was outstanding for both the morning and afternoon sessions many attendees could not believe that this meeting was provided free of charge and was of such high quality and relevance.

We are now making plans for next year's congress which is scheduled for Wednesday 1st March 2017.

New Staff at Centre for Psychiatry



Rawda El-Nagib

Rawda studied Psychology at university and was keen to pursue this as a career therefore she is very happy to have gained a position at the academic unit. She has recently been working on a report for the World Health Organization looking at the mental health and care of refugee groups. Rawda is also one of the research assistants working on the VOLUME project looking at the effects of befriending for those with mental health disorders.



Victoria Tischler, PhD MSocSc BSW PGCHE CPsychol AFBPsS

Victoria is Senior Teaching Fellow in the Centre for Psychiatry. Victoria is a chartered psychologist and an Associate Fellow of the British Psychological Society. She is Honorary Associate Professor in the Division of Psychiatry and Applied Psychology at the University of Nottingham where she worked 2002-2014. She is a member of the Institute of Mental Health's Centre for Dementia. She works as a research consultant for the arts charity's Daily Life Ltd and Paintings in Hospitals. Her research interests are in arts, creativity and mental health. She is a grant holder on a number of large scale projects that develop and evaluate arts interventions in dementia care e.g. AHRC-funded 'Dementia and Imagination' and the Alzheimers Society's Arts and Dementia doctoral training centre.



Julian O'Kelly, PhD, MSC, BA (Hons), Dip MT

Julian currently works as Senior Researcher on an NHS funded study of music therapy in mental health with principal investigator Dr Catherine Carr. He co-ordinates the 'SYNCHRONY' study, exploring the feasibility of community music therapy for those with chronic depression. He has worked in neuro-rehabilitation, palliative care and mental health as a clinician, manager, educationalist and researcher, regularly presenting at international symposia and conferences. In addition to his research work, he is an expert panel member in acquired brain injury for the NHS National AHP Clinical Expert Database, and an advisory board member for leading UK Arts Therapy provider Chroma. During his PhD Mobility Fellowship with Aalborg University, he published several peer-reviewed papers from his research on music therapy with disorders of consciousness, continuing as lead investigator on a further study in this field. He is currently an associate editor of a special research topic for the Frontiers in Human Neuroscience research topic 'Dialogues in music therapy and music neuroscience: collaborative understanding driving clinical advances'.



Renata Samulnik

Renata has started her post as a Centre Manager in April 2016. A graduate of English from Maria Curie-Skłodowska University, Poland, she previously worked at several other Higher Education Institutions such as Imperial College London, University of British Columbia and University of Edinburgh.

Education

Balint Groups: A Reflective Space at Medical School



Some years ago, as a medical student, I came across a colleague in the toilets, crying. We weren't long into our first year clinical placements. She had been clerking a patient with a bowel mass. The patient had been reluctant to talk but as the conversation progressed he seemed to warm to her. Seemingly out of nowhere he lost his temper, raised his voice and told her to stop asking stupid questions. Badly shaken and upset, she had only just managed to keep her emotions in check before fleeing to the bathroom.

I came to realize that this was not a unique experience. During my clinical years it was not unusual to be moved to tears by a patients or feel overwhelmed by being in such close contact with people who themselves were only just about holding it together. Daily exposure to fear, frustration, anger and sadness became mine and my colleagues' new 'normal', alongside our promising career aspirations. The emotional aspects of the training were rarely discussed, and if a patient annoyed or irritated us we would often deploy humour as a convenient defense, make light of the situation and move on to the next patient.

Daily exposure to fear, frustration, anger and sadness became mine and my colleagues' new 'normal'...

Fast-forward 11 years. At North East London Foundation Trust a colleague, Dr. Tom Stockmann, and myself facilitate a Balint group for medical students on their psychiatry placements within the trust. This group was founded by Tom in October 2014 and continues to flourish within the weekly teaching programme.

The medical students are invited to share and explore patient experiences that have left an emotional imprint on the student, for whatever reason. A volunteer presents a patient encounter and is encouraged to focus on the person behind the diagnosis. The group reflects on it, drawing on individual emotional responses, previous experiences with patients, conjecture and so on. A dialogue develops around the emotional aspects of the student-patient relationship. Students learn about the role of emotions in illness and the doctor-patient relationship, and that there are often myriad

ways to find meaning in their encounters.

Themes that have arisen thus far include the students' professional identity and anxieties around how to inhabit this role; concerns around boundaries and expressing certain emotions in front

of the patient; the tension between being 'human' and the tendency to shut down; issues of moral responsibility and power dynamics between doctor and patient.

For many of the students, this placement is their first contact with patients under psychiatric care. The level of disturbance can be difficult to contain and the patient histories that they are exposed to are often distressing. An element of peer support is often inherent in the group as students come to realise that they are not alone in their experiences, and that they need not process them in isolation. It is not surprising that Balint groups in primary care and other setting have been linked to increased resilience and job satisfaction^{1,2,3,4}

Balint - A Brief History

Balint groups were first conceived by Michael Balint (1896-1970), a Hungarian psychoanalyst and son of a GP. Together with his wife, Enid Balint, he initiated a movement for humanizing the doctor-patient relationship with a focus on 'patient-centred medicine' - a phrase which he coined in the 1960s.

Balint fled Hungary in 1939 and made his way to London where he started working at the Tavistock Clinic. His interest in the emotional aspects of medical care led him to advertise a series of seminars for GPs on 'the psychological aspect of general practice'.

A group of GPs responded to the advert and started meeting regularly with the aim of better understanding their relationships with their patients. This proved popular, Michael and Enid travelled widely spreading knowledge of the groups and by 1972 the 'International Balint Federation' was formed, with active Balint groups present in Britain, France, Belgium, Holland and Germany. Currently groups exist in over 20 countries worldwide and are an active part of postgraduate GP and psychiatry training.

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3. Rabinowitz S, Kushnir T, Ribak J (1996) Preventing burnout: increasing professional self efficacy in primary care nurses in a Balint Group. *AAOHN Journal.* 44(1):28-32

4. Yakeley J, Hale R, Johnston J, Kirtchuk G, Shoenberg P (2014) Psychiatry, subjectivity and emotion - Deepening the medical model. *Psychiatr Bull.* 2014 Jun; 38(3): 97-101.

Education - Theatre Témoin

The Centre for Psychiatry is partnering with Theatre Témoin in a project funded by The Wellcome Trust to deliver a long-term community engagement programme alongside Témoin's production of *The Marked*.



This is a mask-theatre piece exploring the effects of childhood adversity on adult psychology through the story of a young homeless Londoner. *The Marked* will tour hostels this summer, then run at The Pleasance as part of this summer's Edinburgh Fringe Festival, then return to The Oval House Theatre for a London run in 2016 and then tour regionally in 2017. Alongside the performance, the Témoin and the CfC will organise symposia around homeless inclusion health, and will be working with a QMUL medical student intern through the SSC programme to coordinate and evaluate this project.

The *The Marked* engagement programme follows on the tails of the highly successful Wellcome-funded symposium organised jointly by the Student Psychiatric Society, Centre of Psychiatry and Department of Drama around Témoin's last piece, *Nobody's Home*, an Odyssey-inspired piece exploring Post Traumatic Stress Disorder, which will continue to tour to military bases next year in partnership with the Ministry of Defense.

3rd and 4th year medical students interested in participating in this project as a SSC should contact Professor Ania Korszun:
a.korszun@qmul.ac.uk

Publications

A Ajaz

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K Bhui

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H Bien

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C Clark

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L Clark

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J Coid

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E Colucci

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A Dirik

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Publications

M Freestone

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D Giacco

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Talk and Book Launch 11 May 2016



Smuggling: Seven Centuries of Contraband

The main theme of the book is the relationship, since the mid-fifteenth century, and around the world, between smuggling and more formal interests within and beyond the nation-state – for instance, intelligence services, financial organizations and scientific and arts institutions. This represents a new kind of geopolitics. This is counterpointed with chapters on rebellion (and revolution) through smuggling – both personal and collective resistances – and throughout there is an infusion of literary reference, particularly where it is relevant to questioning the romanticized mythology of smuggling.

The talk, besides being an introduction to the book, attempted to consider the relevance of smuggling and smuggler, as both concept and subjectivity, to everyday life as well as academic work,

particularly relating to creativity and inter-disciplinary research. Much of these ideas derived from the author's Ph.D. studies.

Regarding everyday life and subjectivity, smuggling might offer new ways of living and being-in-the-world, particularly when apparently insurmountable barriers to development are placed in our path. Informal modalities of operating – representing oneself and one's work in only partially commodifiable (and therefore in contraband) ways - allow us to `perform the border` (as cultural studies people say) on our own terms. This has particular relevance when considering the complexity of twenty-first century experiences of migration and resettlement. Also, from a mental health point-of-view, it enables both self-reliance and psychological well-being by another route.

The implications for inter-disciplinary work are at least three-fold: the possibility to smuggle the object of one discipline into another and vice-versa; the opening up of informal markets of new knowledge production; and a more general emphasis on flows of ideas.

The book has chapters on circulation of ideas, on black/grey market economies, as well as considering a range of historically important contrabands including: spice; silver; books; gold guineas; opium; tea; slaves; rubber; manufacturing technologies; archaeological treasures; heroin and cocaine; and blood diamonds. Smuggling: Seven Centuries of Contraband argues that smuggling has been pivotal in the development of our globalized culture.

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