

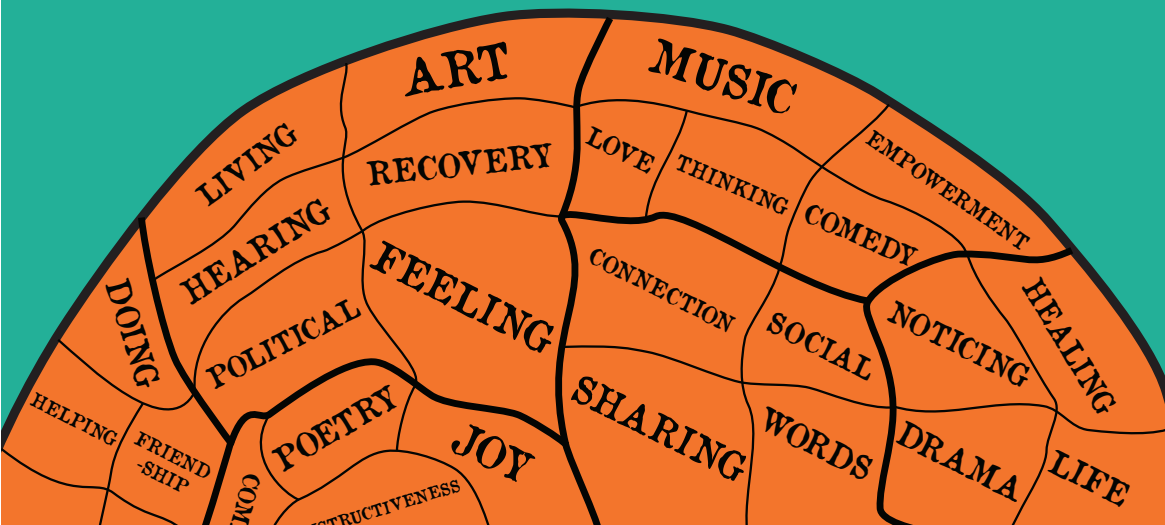
CLINICAL PSYCHOLOGY

# FRINGE FESTIVAL

LIVERPOOL - 2017

18<sup>TH</sup>-21<sup>ST</sup> JANUARY

*Four evenings putting mental health at the heart of the arts*



Welcome to the Clinical Psychology Fringe! Join us for four evenings putting mental health at the heart of the arts.

You'll find music, dance, discussion, poetry, performance ... and much, much more. We hope there's something for everyone – and we look forward to seeing you there!

## THE VENUES...

### THE BRINK

[www.thebrinkliverpool.com](http://www.thebrinkliverpool.com) | 15 - 21 Parr Street L1 4JN

### THE SHIPPING FORECAST

[www.theshippingforecastliverpool.com](http://www.theshippingforecastliverpool.com) | 15 Slater Street L1 4BW

### LEAF

[www.thisisleaf.co.uk](http://www.thisisleaf.co.uk) | 65-67 Bold Street L1 4EZ

### OPEN EYE

[www.openeye.org.uk](http://www.openeye.org.uk) | 19 Mann Island, Liverpool Waterfront L3 1BP

### THE EVERYMAN

[www.everymanplayhouse.com](http://www.everymanplayhouse.com) | 5-11 Hope Street L1 9BH

### THE CELLAR

[www.liverpoolguild.org](http://www.liverpoolguild.org) | 160 Mount Pleasant L3 5TR

### FACT

[www.fact.co.uk](http://www.fact.co.uk) | 88 Wood St L1

### THE GATEWAY CENTRE

[www.thegatewaycentre.org](http://www.thegatewaycentre.org) | 71 London Road L3 8HY

[www.psychologyfringe.com](http://www.psychologyfringe.com)

 /psychologyfringe  /ClinPsychFringe



Division of  
Clinical Psychology



The British  
Psychological Society  
Promoting excellence in psychology

\*all events are free to attend but we advise booking as space is limited

WEDNESDAY 18<sup>TH</sup>

## SURVIVORS OF THE SYSTEM



### "Get Yourself Together" by Josh Coates

One Christmas, Josh was diagnosed with depression and then hit by a car. The following year he was on Job Seekers whilst attempting to balance his sanity and gift buying. This is a show about being ill and being fit for work. This is a show about the DWP and being from Bolton. This is a show that explores the thin line between mental health as a clinical and a political issue.

Part stand up, part spoken word and part teenager in his room pretending he's in a punk band.

7.30 - 8.30 @ The Brink

### Orbit by DanceSyndrome

Join DanceSyndrome's as they perform their latest piece; an inclusive dance performance combining solo, duet and group pieces inspired by our relationship to nature and the solar system.

Orbit is performed by dancers with and without learning disabilities.

7.00 - 7.45 @ The Bistro at The Everyman



### Henry Maybury

Henry's older brother died of a drug overdose and Henry talks about his experiences as a family member and how he started to write songs and channel his emotions creatively. He is a musician who has made videos of his work, which he shows at the event and also performs live. He has been on various media including BBC Radio 4. Henry talks from lived experience as a family member rather than from any medico-professional angle

8.15 - 9.00 @ The Bistro at The Everyman



## "Reclaiming The Languages of Lunacy" - a workshop with Sean Burn

In this workshop, Sean will encourage you to explore crossovers between writing and art to reclaim languages around mental distress. You don't have to consider yourself an artist or writer to participate, just be interested in creatively responding to group discussions around wider socio-political issues of lived experiences. We all have stories to tell. Following this workshop, Sean will perform 'A Little Added Nuts' -using the humour of live art to criticise current narratives around mental distress and find beauty beneath those wounding words.

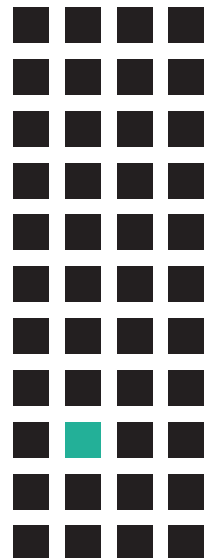
7.30 - 9.30 @ The Shipping Forecast

## Psychs in the City – Why don't they just leave?

This Psychologists in the City discussion on the subject of domestic abuse will be led by Dr Keri Nixon. Domestic abuse is now discussed quite openly in most communities and is considered wrong by many. Despite this, there is still a deep misunderstanding of why domestic abuse victims stay in relationships, don't report abuse or worse return to an abusive partner once they have managed to escape.

This talk will focus on this misunderstanding drawing on research, Keri's experience of working within the domestic abuse area for almost twenty years and the voices of women she works with who have escaped abuse. In addition, the more hidden forms of abuse, such as honour based violence and forced marriage will be discussed, to exemplify the difficulties many victims face when fleeing abuse. Keri will explore the mental health ramifications that inflict survivors and how their journey of recovery only begins the day they manage to escape. Escaping physically is the first step, recovering mentally is a long and often difficult journey.

8.00 - 10.00 @ Leaf



THURSDAY 19<sup>TH</sup>

NOW YOU SEE ME...

## “How We Think We Think” by Heart to Heart Theatre

When Tom witnesses the suicide of a stranger he has had a chance encounter with on the London Underground, he makes it his mission to understand why the events unfolded as they did. He tears apart his own worldview while trying to piece together the life and mind of a man he will never know.

HOW WE THINK WE THINK is a performance that strikes up conversation with its audience about how we process decision-making. Using audience involvement to seek answers, Heart to Heart Theatre invite you to join us for an exploration of who, why and what we are. How do you think we think?

6.45 - 8.00 @ The Brink

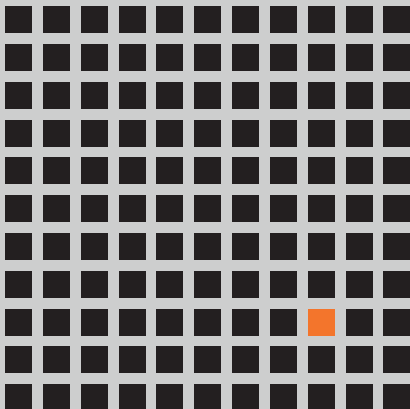
## Kutmaan by Bradley Secker

Exhibition of images from Bradley's body of work on LGBT asylum seekers from the Middle East.

Listen to pre-recorded audio explaining the project, the individual cases depicted within it, and an analysis of the wider situation for LGBTs in the MENA region.

There will be a live Skype Q&A with Bradley regarding the images and the issues they cover.

8.30 - 10.00 @ The Brink



## Caz and Co's Open Mic

Karen Noonan and the Wirral Harmony Singers host an open mic night. The group welcome everyone to join them whether you are a novice or highly talented, you'll be welcome at this open mic night set up by a group of people who met at a day centre for adults with mental health.

This mixed group of people, some of whom use mental health services and some of whom are volunteers, welcome you to join in an open mic night of music and fun.

7.30 - 11.00 @ The Shipping Forecast

## Neural Knitworks

A collaborative art/science project about mind and brain health.

Whether you're a whiz with yarn, or just discovering the joy of craft, now you can crochet, wrap, knit or knot – and find out about neuroscience! Your creations will be joined with others to weave a virtual, knitted 'neural network' in an on line art exhibition.

6.30 - 8.30 @ Leaf



## Glastonbury Recovery Quilt – Jane Norton

Come and view the installation of a Recovery Quilt made by service-users who are facing addiction and mental health issues. Many have been homeless, and the individual squares of this quilt explore their experience of being excluded and stigmatised.

7.15 - 7.45 @ Leaf

## Steve Khan's Connections

Steve Khan has over 30 years' experience of accessing mental health and addiction services. He has been homeless for periods of his life and wants to use his artistic skills to challenge the stigma associated with mental health.

In this digital art/photography exhibition capturing stigma of multiple complex needs, the artwork explores the impact of trauma, abuse, and mental health; both what we see, and what is hidden behind our masks.

6.45 - 7.15 @ Open Eye



## Smiiffy

Smiiffy is a 21 year old rapper who is passionate about putting an end to suicide rates. Smiiffy raps his own personal experiences and puts them into song in hope he can help others in a positive manor. iTunes Top 40 artist Smiiffy devotes everything to others in need and his own supporters who have been incredible. Over a staggering 20,000 people have heard of Smiiffy and have given him many opportunities by becoming a supporter.

Smiiffy has earned three TV appearances, over forty radio plays from many stations including BBC WM, seven newspaper and magazine features and seven awards from his music and charity work.

8.00 - 8.30 @ Open Eye

## "Championing Freaks and Fools" by Sandy Davidson

A novel improvisational and spontaneous approach, this performance of music and spoken word blends audience participation with unprescheduled performance to explore mental health issues.

8.45 - 9.45 @ Open Eye





## Sharing Stories, Odd Arts & Headspace Bolton: Stigma – The Grey Areas

A powerful drama about mental health and stigma performed using the Forum Theatre technique. This group of inspirational people with lived experience of using and/or working in mental health services have come together to develop this piece.

Come and be part of responding to, and challenging, stigma.

*"It made me think. Take some action – some small action can make a difference"*

*"Valuable and so innovative"*

*"Refreshing, motivational and emotional"*

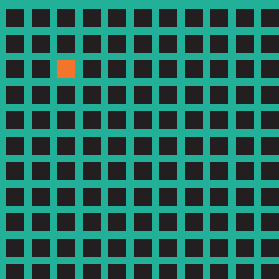
(Previous audience members)

7.15 - 7.45 @ The Bistro at The Everyman

## RE-Vision

ReVision are a coalition of radical activists who believe in the social model of mental health. We are seeking to be a voice for change by promoting and exploring knowledge and understandings of the social, economic and political causes of mental distress, and by proposing socially derived alternatives to medicalised approaches. Here we host a great film about mental health, and a discussion facilitated by people with lived experience of the system we want to change.

5.00 - 8.00 @ FACT (The Box)





FRIDAY 20<sup>TH</sup>

## RHYTHM, REASON 'N' RHYME

### Ridiculusmus presents "Brexit and the Denial of Death"

In 2012 Jon Haynes and David Woods began to collaborate with psycho-pharmacologists and psychiatrists. This resulted in *The Eradication of Schizophrenia in Western Lapland*, a play informed by the Open Dialogue approach to treating psychosis. Since then, conversation and joint research with selected specialists has led to the acclaimed *Give Me Your Love* (2016).

In the final instalment of their triptych on mental health Ridiculusmus explore the hinterland where life begins and ends. In a fragile work informed by conversations about the EU referendum, the latest research into complicated grief and interviews with the recently bereaved, the company experiment with relentless positivity, dressing up and occasional farting in the corner.

*"Like a cross between a Beckett play and a Monty Python sketch."*

(Sydney Morning Herald on *Give Me Your Love*)

7.00 - 7.30 @ The Brink

### Claire Shaw - The Poetry of Self-Injury

Clare Shaw is a writer with two poetry collections: *Straight Ahead* (2006) and *Head On* (2013), both published by Bloodaxe. Clare also writes in other genres including creative non-fiction: *Some Girls' Mothers* (Route, 2008). Her play *That's Not the Way to Do It* was staged at Leeds Carriageworks in 2008 and she has written and edited a range of resources on mental health issues, including including *'Otis Doesn't Scratch'* (PCCS, 2015) and *'Our Encounters with Self Harm'* (PCCS, 2013). Clare is a regular tutor for the Poetry School, the Wordsworth Trust, the National Writers' Centre for Wales, and the Arvon Foundation, who describe her as 'one of the country's most dynamic young poets'. She also works as a mental health trainer, researcher and consultant.

Poetry and mental health might seem like very separate careers. They're not. Where they meet is in Clare's passion for language, a passion rooted in the experience of lacking the right words. Her work in mental health and poetry is fuelled by the conviction that everybody should have the opportunity to express themselves to the best of their ability.

8.00 - 8.30 @ The Brink

## North End Writers

An evening of readings by writers and local people who have lived experience of mental distress: this will be presented and co-hosted by writer Pauline Rowe and poet Maria Isakova Bennett. Readings will include the Mossley Hill Writing group, people from the Liverpool Elegies project and others including service-users from Mersey Care.

7.05 - 11.05 @ The Bistro at The Everyman

## JaZZ RiOT

JaZZ RiOT combine spoken word with music to create something completely unique. Their songs cover topics like revolution, vaping, racist cats, marijuana, corrupt politicians and the merits of dry shampoo.

*"The sensibility of John Cooper Clarke, the look of Iggy Pop and the passion of the Sex Pistols" - Gigglebeats*

*"Venomous, thoughtful and very funny...a glorious blast of vitriol and compassion" - The Crack.*

7.30 - 8.30 @ The Cellar (Liverpool Uni Guild)



## Dolly Sen presents "Bedlamb"

A performance of poetry, comedy and readings from Dolly's various books about the experience of a career in madness, spanning 30 years and no standing ovations from the mental health system. Come find out how Dolly "used art to reclaim my soul and fight for better care for anyone in mental distress".

This show may or may not include Dolly dressed up as a lamb!

9.00 - 9.30 @ The Cellar (Liverpool Uni Guild)



## Running wi' Scissors

Two one-hour sets. Mixed genres. Four performers using: acoustic guitars; octave mandola; fiddle; cajon; trumpet; blues harmonica; trombone.

8.00 - 10.00 @ The Shipping Forecast

SATURDAY 21<sup>ST</sup>

# BEYOND THE THERAPY ROOM

Beyond The Therapy Room is an innovative conference discussing ways in which applied psychology can make a difference not only to individuals, but to society at large. It is open to everyone – professionals, service users and anyone else who is interested in how we might build more psychologically caring communities.

## **Angela Byrne & Shirin Mustafa – Building Bridges**

Angela Byrne (East London NHS Foundation Trust) and Shirin Mustafa (Compass Wellbeing) will be discussing their work in bringing together NHS psychology services, faith groups and the local community in Tower Hamlets, East London.

## **Karen Shannon – CAT and the YMCA**

Karen Shannon will be discussing her approach to working with clients with multiple complex needs at YMCA, which incorporates principles of Cognitive Analytic Therapy into an organisational framework, guiding indirect working by supporting other professionals.

## **Vikki Baker & Sarah Davidson – Resettle**

Resettle is a service that works with men on their release from prison who have complex social and psychological needs. Vikki Baker and Sarah Davidson will be discussing the value of working with teams to develop understandings and offer supportive therapeutic relationships within an enabling and validating environment.

## **Richard Slinger – Supporting Emotional Wellbeing in Schools**

Richard Slinger will be discussing the innovative work he does with local schools, which incorporates use of a formulation-based approach to help teachers and school staff support the psychological and emotional needs of students.

## **Mike Watts – Narratives of Recovery; The Role of Peer Support**

Drawing on his own experience of recovery and his doctoral research exploring narratives of recovery stories, Mike Watts will discuss the importance of peer support and social interaction in facilitating improved mental wellbeing.

## **Elizabeth Cotton – Surviving Working in Mental Health**

Elizabeth Cotton has been involved in the development of [survivingworkinhealth.org](http://survivingworkinhealth.org) – a set of resources drawing on psychoanalytic ideas to help people working in healthcare to survive and improve their working lives. Elizabeth will present the results of the Surviving Work Survey which maps working conditions in mental health and future trends in the sector.

## **Workshop – Positive engagement with the media**

This workshop will focus on how we can work to engage with the media to support positive developments in the way mental health and wellbeing are conceptualised and responded to. The workshop groups will be co-facilitated by a psychologist and one of our 'media experts'; Mark Brown (@MarkOneinFour), Simon Stuart, Elizabeth Cotton, Ngunan Adamu & Naomi Mwasambili.

Saturday 21st January @ The Gateway Centre  
For information on tickets please visit [www.psychologyfringe.com](http://www.psychologyfringe.com)

SATURDAY 21<sup>ST</sup>

SOUL FOOD

7PM @ THE CELLAR

Join us us to celebrate the end of the first ever Clinical Psychology Fringe Festival.

Soul Inspired CIC and Liverpool Soul Fest  
in partnership with Clinical Psychology Fringe Festival Present:

'Soul Food' An evening of food, live performances and conversations to feed the soul.

This is a **FREE** event

Featuring:

Spxken

Jamie Broad plus more TBC

DJ Hardeep Karir Cavali Club, Sizu (Marbella) Empire,  
Hilton (Liverpool) Grand Prix, Viceroy (Abudabi)

Doors 7pm

Food 7.30-8.30pm

Booking:

[www.eventbrite.com/e/psychology-fringe-evening-finale-soul-food-tickets-30466069835](http://www.eventbrite.com/e/psychology-fringe-evening-finale-soul-food-tickets-30466069835)

For more info @soulinspiredcic @livsoulfest

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