

Experience Matters: Rethinking Lived Experience in Mental Health Communities, Research and Practice

29th June 2018, Edric Theatre, London South Bank University

09:30 - 10:00 **Registration**

10:00 - 11:00 ***Introduction to the Lived Experiences of Distress Research Group***
Professor Paula Reavey and colleagues, London South Bank University

11:00 - 11:15 **Break**

11:15 - 12:15 ***Keynote: The Tale of an Ordinary Little Girl***
Dr Jacqui Dillon

12:15 - 13:00 **Lunch**

13:00 - 14:30 **Parallel workshops session**

Workshop 1 ***Improvitational Group Drawing***
Miki Holloway, CoolTan Arts

Workshop 2 ***Creativity and Connection - An Antidote to Mental Distress?***
Seth Hunter, Dragon Café

Workshop 3 ***kymfoolery Stand-up Comedy Workshop***
Kym Winstanley

Workshop 4 ***The Tree of Life: An Environmental Arts Therapy Approach to Individual Growth in the Forest of Experience***
William Berisch-Secretan, Devon Partnership NHS Trust

14:30 - 15:00 **Tea break**

15:00 - 16:00 ***Keynote: Experience of What, by Whom? An Evidence-based Approach to the Causes of Madness***
Professor John Read, University of East London

16:00 - 17:00 ***Experts by Experience Led Panel Discussion and Q&A***
Mark Brown, Andrew Grundy, Seth Hunter, Jason Poole, John Read, Paula Reavey, D Rosier, and Dolly Sen

17:00 - 18:30 **Drinks reception**