

AHRC network 'Hungry for words'

Interdisciplinary Workshop: Friday 26th January 2018

The Hemsley (Staff Club)
The University of Nottingham,
University Park Campus,
Nottingham,
NG7 2RD



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9:30 - 10:00	Arrival and Registration B2 The Hemsley
10:00 - 11:30 in B2	Welcome and Introductions Round table discussion: Articulating, communicating and understanding male eating disorders with particular focus on anorexia nervosa: approaches by charities, academia, psychotherapy, medicine and science. Participants: Heike Bartel (chair), Dave Chawner, Timo Franke, Jenny Langley, Nadia Micali, Danielle Mills, Sam Thomas, Colin Wright and others.
11:30 – 11:45 B2	Break and refreshments
11:45 – 12:45 in B2	Online Representations by Daniel Hunt and Elvira Perez (30 mins) Creative Approaches by Dave Chawner (30 mins)
12:45 – 13:30	Lunch and networking
13:30 – 14:30 B2	Oral representations by Colin Wright, Danielle Mills and Sasha Bipin
14:30 – 15:00	Coffee and networking

15:00 – 16:00 3 parallel sessions	<p>a. Literary Representations of EDs: Approaches to gender, genre, cultures and literatures (B2)</p> <p>b. Funding opportunities for follow-up projects: (Sally Bowden, Sue Hopcroft) (B7)</p> <p>c. Approaches to EDs via Yoga: James Downs (B1)</p>
16:00 – 16:30 B2	<p>Summary of follow-up activities</p> <p>Plans for further projects</p> <p>Departure</p>
16:30 – 18:00 B2	<p>Literary Representations of EDs: Approaches to gender, genre, cultures and literatures continued (B2) OPTIONAL</p>

Delegates

Dr. Petra M. Bagley (Senior lecturer, University of Central Lancashire)

petra.bagley@gmail.com

Dr. Petra M. Bagley is a senior lecturer in German in the School of Language and Global Studies at the University of Central Lancashire, Preston. Her research focuses on modern women's writing from German-speaking countries, in particular autobiographical fiction since 1968. She is the author of *Somebody's Daughter: The Portrayal of Daughter-Parent Relationships by Contemporary Women Writers from German-speaking Countries* (Akademischer Verlag, 1996). Other publications include papers on the Catholic upbringing of women writers, literature of relocation, specifically Germans in Mallorca, the role of the grandmother in German short stories and Austrian novels, food and drink in German-Turkish literature as well as Austrian women writers' portrayal of eating disorders. The latter has led to collaborative work with Dr Francesca Calamita (Virginia, USA) and Dr Kathryn Robson (Newcastle, UK), culminating in an edited volume on the depiction of eating disorders in contemporary French, German, and Italian women's writing, entitled *Starvation, Food Obsession and Identity: Eating Disorders in Contemporary Women's Writing* (Peter Lang, 2017).

Dr. Heike Bartel (Associate Professor, University of Nottingham)

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Dr. Heike Bartel is Associate Professor in German at The University of Nottingham and Principle Investigator of the AHRC (Arts and Humanities Council)-funded international research network: 'Hungry for Words: an interdisciplinary approach to articulating, communicating and understanding male anorexia nervosa. She has worked and published on contemporary German and English literature, women's writing and 18th-century literature and on the

reception of classical antiquity in literature and culture. She has a particular interest in literary representations of eating disorders in texts that range from novels, (song) lyrics and adverts to autobiographies, self help books and books for teenagers. She is currently writing a book *What's Eating Men? Representations of eating and eating disorders in modern and contemporary literature, culture and media*.

Sasha Bipin (Intern Research Assistant, University of Nottingham and Volunteer at First Steps Derbyshire)

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Sasha Bipin has recently completed her MSc in Psychology at the University of Nottingham. She has a special interest in Eating Disorders and has been a volunteer for the eating disorder charity First Steps from 2015. At the charity, Sasha assists at drop-in sessions and provides one-to-one peer support to those experiencing eating difficulties. Sasha's passion for this subject drove her onto being involved and then interning at the University of Nottingham, on the Hungry for Words project.

Sasha is also a citizen researcher for the MH:2K project where she engages and identifies needs of young people across Nottinghamshire and provides recommendations for change within the local youth mental health system. Sasha hopes to gain her doctorate and pursue a career in Clinical Psychology in the future.

Elizabeth Boa (Professor emerita, University of Nottingham).

elizabeth.boa@gmx.de

Elizabeth Boa is Professor Emerita of German at the University of Nottingham. Her interests lie in German literature and culture from the 18th Century to present day, modernist fiction especially Kafka, feminist theory, and contemporary women's writing.

**Sally Bowden (Head of Research and Knowledge Exchange,
University of Nottingham)**

Sally Bowden is the Head of Research and Knowledge Exchange within the Financial and Business Services at the University of Nottingham.

Áine Brown (MSc Student, University College London)

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Áine Brown is an occupational therapist by profession, having qualified from Oxford Brookes University in 2006. Áine has worked in many areas of physical and mental health services over the years, including working in an in-patient Eating Disorders Unit. Áine is currently studying an MSc in Eating Disorders and Clinical Nutrition at University College London, and hopes to further specialise within this area in the future.

Dr. Francesca Calamita (Assistant Professor, University of Virginia)

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Dr. Francesca Calamita is Assistant Professor, General Faculty at the University of Virginia. She holds a PhD from Victoria University of Wellington and was a Visiting Fellow at the University of London. Her interests include women's writing, gender studies and feminist theory. She is interested in the representation of women's relationship with body and food in fiction, pop culture, advertisements, video performances and films from a transnational perspective. Francesca is the author of a monograph on anorexia and bulimia in modern and contemporary Italian women's writing (*Linguaggi dell'esperienza femminile*, Il Poligrafo, 2015) and co-editor of the volume *FoodObsession, Starvation and Identity* ("Studies in Contemporary Women's Writing", 2018).

Chloé Chandler (MSc Student, University College London)

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Chloé Chandler is a French American student currently attending UCL. She obtained her BA in Psychology from The American University of Paris, and is now completing her MSc in Eating Disorders & Clinical Nutrition. Chloé grew up in both France and the United States, and was able to observe first hand the discrepancies in health care and in the treatment of eating disorders in both countries. She is passionate about human rights and advocacy.

Dave Chawner (Award-winning comedian and MGEDT Ambassador)

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Dave Chawner is an award-winning comedian, published author and eating disorders campaigner. Having had lived experience of anorexia he uses comedy to remove the shame around mental health and help engage, educate and inform people in a very unique way.

Michelle Chester (MSc Student, University College London)

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Michelle Chester is currently studying an MSc in Eating Disorders and Clinical Nutrition at the University College London.

Dr. Tiziana Corsini (Clinical Psychologist, CAMHS, London)

Dr. Tiziana Corsini is a specialist Clinical Psychologist who works for the Child and Adolescent Mental Health Services in London.

Dr. Paul Crawford (Professor of Health Humanities, University of Nottingham)

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Dr. Paul Crawford is Professor of Health Humanities at the University of Nottingham and Director of the Centre for Social Futures at the Institute of Mental Health, one of the most prominent bodies for mental health research in the UK. He also co-directs Nottingham Health Humanities Research Priority Area supported by the Centre for Advanced Studies.

James Downs (Eating Disorder and Mental Health Advocate)

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James Downs is dedicated and committed campaigner for improved mental health services and raising awareness of eating disorders, especially amongst men. His personal interest stems from his own wealth of experience trying to access support for a severe eating disorder where he had to wait for over six years for specialist eating disorder treatment, something he believes nobody should have to endure. James has participated on various NHS committees undertaken outreach with the student population and helped deliver lectures on Cardiff University courses. James became the 'Voice of Mind' for Wales, representing Mind for their General Election campaign in 2015 and engaging extensively on a political level. As a central member of the Cross-Party Group for Eating Disorders at the Welsh Assembly. James's involvement was key in calling for a review of the Eating Disorders Framework for Wales. This resulted in an increase in funding of over 50% per annum for specialist services in Wales. With NHS England he has worked with leading experts in the field to write curricula and service specifications for child and adolescent eating disorders services, and sees how these are implemented on the ground as a member of the Clinical Network for Eating Disorders for the South East of England.

Dr. Una Foye (Research Associate, Queens Mary University)

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Dr. Una Foye completed her PhD in 2015 at Ulster University focused on exploring the role of emotional intelligence on the onset and maintenance of eating disorders as a means to better understand how prevention strategies and early intervention work can be targeted. Una's work has been inspired by a long history of working with young people in the charitable sector of mental health, and specialising in eating disorders with the Eating Disorders Association of Northern Ireland and The Laurence Trust. She continues to be passionate in supporting the work of these organisations and currently works in Queen Mary University, London.

Timo Franke (Eating Disorders in Student Services Co-ordinator, First Steps Derbyshire)

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Timo Franke works for First Steps as their Eating Disorders in Student Services Co-ordinator (EDISS). He has been involved with First Steps now for 11 years, undertaking a journey from service user, a long stint as a volunteer in many different capacities to a member of staff.

Timo is passionate about male involvement with eating disorder services due to his personal experience as a sufferer. Timo feels that provisions for males are under-represented and would like to see this changing in the future.

Jennifer Holland (MSc Student, University of Nottingham)

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Jennifer Holland is a masters student on the MA Person Centred Experiential Psychotherapy program, at The University of Nottingham. Currently in her final year, Jennifer is focussing her

research on wellbeing. Jennifer works as a therapist in Trust House, which offers psychotherapy to victims of sexual abuse. She is also a founding member of The Human Flourishing Project. This is a community interest company and research facility offering psychotherapy to the community of Nottingham. Finally, Jennifer is a Director of Mindspace Stamford, which is a community mental health initiative, that is focussed on providing a safe and open therapeutic community space for those experiencing difficulties with their mental health.

Sue Hopcroft (Research and Business Development Officer - Arts, University of Nottingham)

Sue Hopcroft is a Research and Business Development Officer within the Centre for Advanced Studies at the University of Nottingham, and supports the development of research applications, as well as collaborations within and beyond academia.

Dr. Daniel Hunt (Assistant Professor, University of Nottingham)
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Dr. Daniel Hunt is an applied linguist and qualitative researcher with an interest in health discourse and media technologies. He completed his PhD in 2013, focusing on the language used by patients and general practitioners during groups discussions of anorexia and depression. Prior to taking up his current position as Assistant Professor in Discourse Analysis at Nottingham he was a research associate on the ESRC-funded project '*Chronic illness and online networking: expectations, assumptions, and everyday realities*' at Queen Mary University of London. This project focused on the impacts of social networking sites on the self-management practices of individuals with chronic health problems, and particularly diabetes.

Dr. Rebecca Johnson (Research Associate, Newcastle University)

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Dr. Rebecca Johnson is a Research Associate in the School of Modern Languages at Newcastle University. Her research interests include the Odyssey, gendered labour, domestic space and food. She is a literary curator and is writing a creative non-fiction book called *Ways of Eating*.

Dr. Katie Jones (Lecturer, University of St. Andrews)

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Dr. Katie Jones is a Lecturer in the School of Modern Language at the University of St. Andrews. Her research interests fall into two main categories: twentieth- and twenty-first-century comparative literature (primarily written in French and German) and health humanities. Katie's particular interests include post-1990 women's writing; literary representations of the emotions, especially disgust; the aesthetics, production and marketing of contemporary narrative fiction in French, and recent fictional and biographical narratives of suicide.

Dr. Spencer Jordan (Assistant Professor, University of Nottingham)

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Dr. Spencer Jordan is Assistant Professor in Creative Writing at the University of Nottingham. Spencer is also Director of the Literacy Support Project and the Nottingham Advantage Award 'Literacy Volunteers' module; he sits on the Management Committee for the Research Priority Area, 'Languages, Texts and Society'. He was Deputy Director for Drama & Creative Writing, and course convenor for MA Creative Writing and BA (Hons) English with Creative Writing, between 2015-17. Spencer has expertise in creative writing (the novel and the short story); historical and experimental writing; digital/hypertext fiction; and literary geography, particularly as it related to

the digitally-enhanced context of the smart city.

Emma Joyes (PhD Researcher, University of Nottingham)

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Emma Joyes is a PhD Researcher in the School of Health Sciences at the University of Nottingham. Her doctoral work explores creative practice and well-being within Forensic Mental Health. Emma began working within mental health research after graduating with a Psychology degree in 2011 (BSc Hons). Since then she has held several research positions at the Institute of Mental Health, Nottingham, contributing to national research and evaluation projects, before successfully completing a Masters in Research Methods (MSc) at the University of Nottingham in 2014.

Jenny Langley (Author of Boys get Anorexia Too and Trainer for the Charlie Waller Memorial Trust)

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Since her son recovered from anorexia 13 years ago, Jenny Langley has campaigned to raise awareness of eating disorders in boys and men, and also to provide practical help and support to families affected by eating disorders. Through her website and book (www.boyanorexia.com and Boys Get Anorexia Too) Jenny provides support and hope to many families from all over the world who are struggling with a male eating disorder in their midst. For the past seven years Jenny has also worked closely with Sam Thomas at Men Get Eating Disorders Too to raise awareness and provide support in a proactive and sensitive manner. Jenny is passionate about providing support to carers. Jenny and her husband facilitate a Beat affiliated carers support group in Kent. (www.eda-westkent.org.uk). In addition, Jenny works closely with the Eating Disorder Research team of The Institute of Psychiatry, and is trained in the New Maudsley method. She has become an “expert carer” coach for the research programmes and delivers regular skills workshops for carers in Kent.

Dr. John Marks (Associate Professor, University of Nottingham)

Dr. John Marks is Associate Professor in French and Francophone Studies, in the School of Languages, Cultures and Area studies, at the University of Nottingham. John's research and teaching interests are principally focused on cultural and sociological aspects of contemporary French society. His current research is concerned with the sociology of work.

Dr. Siobhán McIlvanney (Reader in French and Francophone Women's Writing, Kings College London)

Dr. Siobhán McIlvanney is Reader in French and Francophone Women's Writing at King's College London. She has published extensively on French and Francophone women's writing and on the origins of the French women's press. Her most recent publications include a chapter on the pathologisation of the maternal in paradigms of anorexia in French women's writing in *Starvation, Food Obsession and Identity: Eating Disorders in Contemporary Women's Writing*, published in 2018, and a journal article comparing Simone de Beauvoir's theoretical and filmic representations of ageing, in the *Journal of Romance Studies* in 2017.

Dr. Nadia Micali (Professor of Child and Adolescent Psychiatry at the University of Geneva, Switzerland and Senior Lecturer in Child and Adolescent Psychiatry, UCL)

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Dr. Nadia Micali is co-investigator on the 'Hungry for Words :Across-disciplinary approach to articulating, communicating and understanding male anorexia' AHRC research network project. Nadia graduated in Medicine in Italy before moving to the UK to train as a Child Psychiatrist. She is currently Professor of Child and Adolescent Psychiatry at the University of Geneva, and head of the Division of Child and Adolescent Psychiatry, Geneva University

Hospital, Switzerland and Senior Lecturer in Child and Adolescent Psychiatry, UCL. Nadia has trained clinically in eating disorders, and her research for the last 17 years has been mostly focusing on eating disorders.

Danielle Mills (PhD student, University of Nottingham)

Danielle Mills' career so far has been spent working predominantly with young people affected by mental health difficulties; this has been in statutory inpatient care, statutory local authority provision and in the community and voluntary sector. She is a qualified counsellor, NLP Practitioner, and Equine Assisted Psychotherapist. Danielle is also in the final stage of a PhD at the University of Nottingham looking at young men and their perspectives of health and a healthy body within the Schools of Health Sciences and Education.

Daniel Mills - Da'Bell, (Therapeutic Lead, MBACP Accred)

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Daniel Mills - Da'Bell has a wealth of experience working with children and young people Looked After who have suffered childhood trauma and attachment difficulties. Moving from managing children's homes to training and working as an accredited Psychotherapist and Counsellor, Daniel has also provided integrated and systemic support within therapeutic communities to children and young people with Developmental Trauma. Daniel currently manages online and face-to-face counselling services across the Midlands and North East as part of a wider Nationwide counselling organisation for children and young people, leading a research project to look at the engagement of boys and young men in emotional and mental health services in order to address male suicide, which is a particular passion for him. He is also a current Therapeutic Lead for a number of children's homes and independent school, providing consultation, support, and direct work utilising Dyadic Developmental Psychotherapy.

Dr. Elvira Perez Vallejos (Associate Professor, University of Nottingham)

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Dr. Elvira Perez Vallejos is an Associate Professor of Digital Technology for Mental Health at the NIHR BRC in Mental Health, Division of Psychiatry, Nottingham University. She is interested in the ethical challenges of introducing new technologies such as AI (Artificial Intelligence) and Deep Learning methods to promote mental health and wellbeing. Elvira has experience on RRI (Responsible Research and Innovation) and Data Ethics as well as on the Internet of Things (IoT), Data Privacy, Research Ethics, Human Factors, Creative Practices for Mutual Recovery, Experimental Psychology, Participatory research, Children and Young People, Older Adults and Co-Production.

Dr. Stefan Rennick-Egglestone (Senior Research Fellow, University of Nottingham)

Dr. Stefan Rennick-Egglestone is a Senior Research Fellow in the School of Health Sciences, University of Nottingham, and works in the Nottingham Institute of Mental Health. His expertise is in the design and evaluation of digital interventions for healthcare. Much of his recent research has focused on understanding the user's experience of engagement with healthcare technologies, and he has a particular interest in the use of digital narratives to support people living with mental health problems. His PhD, written as a member of staff at the University of Nottingham, considered the use of inexpensive commodity technologies to support rehabilitation after abrain injury, and focused on the complex challenge of finding a place in the home for digital rehabilitation technologies. Stefan has a degree in Computer Science from the University of Cambridge.

Aaron Sefi (Director of Business Development and Research Lead for XenZone)

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Aaron Sefi is a Director of Business Development and Research Lead for XenZone, which provides Kooth services. Aaron has managed and delivered online and face-to-face services across the UK for the past 8 years. In this time he has worked closely with many CCG and Local Authority commissioners to help shape models for integrated services that provide early help and support for emerging mental health problems.

Based in Cornwall, he plays an active role on the local CAMHS Transformation Board, as well as the Headstart Board. He has been Digital Lead for the (Big Lottery) Headstart Initiative in Cornwall. He has recently led on a digital inclusion project in partnership with Minded to provide professionals with a resource to better understand young people's digital lives.

Aaron has conducted and implemented research projects evaluating school based and online counselling, and goal-based outcome measures. He has been published in peer-reviewed journals such as the Journal of Psychologists and Counsellors in Schools (DOI: 10.1017/jgc.2016.20); Pastoral Care in Education (2011, 30:1) and Counselling Psychotherapy Research (2011, 11:4). He has also contributed chapters to The Handbook of Pluralistic Counselling and Psychotherapy (Cooper and Dryden, 2016); Adolescent Counselling Psychology: Theory, Research and Practice (Hanley et al, 2013), and has written numerous training sessions for the Counselling MindED e-learning programme, and has presented papers at numerous research conferences.

Dr. Judith Still (Professor, University of Nottingham)

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Dr. Judith Still is Professor of French and Critical Theory at the University of Nottingham, UK. She is the author of Justice and

difference in the Works of Rousseau (1993), *Feminine Economies: Thinking about the Market in the Enlightenment and the Late Twentieth Century* (1997), *Derrida and Hospitality* (2010, Gapper Prize winner 2011), *Enlightenment Hospitality* (2011) and *Derrida and Other Animals: the Boundaries of the Human* (2015). She is also the editor of *Men's Bodies* (2003), and co-editor with M. Worton of *Intertextuality* (1990) and *Textuality and Sexuality* (1993); with D. Knight of *Women and Representation* (1995) and *Theory-tinged Criticism* (2009); with S. Ribeiro de Oliveira of *Brazilian Feminisms* (1999); with Atack et al of *Women, Genre and Circumstance* (2012). She is currently co-editing, with S. Jordan, a volume on *Disorderly Eating: Food and Disruption in Contemporary Women's Writing*.

Sam Thomas (MGEDT Director)

sam@mengetedstoo.co.uk

Sam founded MGEDT in Spring 2009 following his own experience of an eating disorder throughout his teens. Having had bulimia for eight years, he managed to recover in his early twenties. Reflecting on his experiences he realised being male was largely why he found it difficult to get appropriate support. In response to this he set up the original MGEDT website with the support of Fixers UK to raise awareness of male eating disorders and provide information and advice that is specific to men's needs. Sam is dedicated to raising awareness of male eating disorders and frequently talks about his experiences and of the issue of male eating disorders in the media and at conferences. Sam's work has been recognised in the Shelia McKechnie Campaigner Awards, Beacon Prize, Beat Awards and the Talk Talk Digital Heroes Awards.

Dr. Yves van Gennip (Lecturer, School of Mathematical Sciences, University of Nottingham)

Yves van Gennip is a lecturer in applicable analysis in the School of Mathematical Sciences at the University of Nottingham. His work

focuses on partial differential equations, variational methods, and network theory, with a specific interest in applications to image and data analysis and processing. The intersection of his interests with those of the 'Hungry for Words' workshop are in the area of 'topic modelling'. This refers to a collection of data analysis techniques that aims to aid understanding of corpora of documents by creating low dimensional (simpler) descriptions of the documents (in terms of so-called 'topics') based on high dimensional descriptions that are easier to extract, but harder to interpret, such as word count per document.

Dr. Anna Walas (Impact Officer, University of Nottingham)

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Dr. Anna Walas works as an Impact Officer as part of the Faculty of Arts, at the University of Nottingham which involves project management, setting out directions for impact, intelligence gathering, research into previous case studies to inform case study design, linking up projects with external organisations and internally with other parts of the university, drafting Impact Case Studies and capacity and network building.

Tara Webster-Deakin (Widening participation and Outreach Manager and UAS lecturer, University of Nottingham)

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Since leaving the teaching profession Tara has worked mainly in the third sector, managing regional projects and programmes to promote social justice with and on behalf of hard to reach client groups, but mainly young people. Organisations have included: Unitas; Home-Start UK, Age UK and TMC. She has worked as a consultant and freelance trainer for the third and public sectors and have been a project consultant for Ecotec Research and Consulting.

At the University of Nottingham Tara works to develop and maintain relationships with schools and colleges to promote our subjects and university study. She teaches the final year Undergraduate Ambassador academic module which is part of a national scheme (<http://www.uas.ac.uk/>). Students are placed in local primary and secondary schools and teach classes or groups of pupils for half a school term. This practical experience is supported by a weekly education seminar which introduces students to learning theory and pedagogy.

Tara's doctoral research is focused on the role of the academic researcher in widening participation (WP) and outreach. This emanates from her own experience as WP practitioner and the struggle to recruit academic staff to deliver sessions for schools and colleges events. Using action research Tara is exploring the barriers and challenges academic staff have in engaging with cohorts of younger pupils from non-traditional university backgrounds. Action research has been described as "a small-scale intervention in the functioning of the real world" (Cohen and Manion 1984; 186) and this is what the research entails.

Dr. Colin Wright (Associate Professor, University of Nottingham)

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Dr. Colin Wright is an Associate Professor in Critical Theory, School of Cultures, Languages, and Area Studies at the University of Nottingham. His general areas of interests include French Critical Theory, Continental Philosophy, Psychoanalysis and the Intersections between Political and Post-Colonial Theory. Colin is also a practising Lacanian psychoanalyst in training with the Centre for Freudian Analysis and Research. He has worked analytically in the field of addiction, primarily gambling addiction.

