

Institute for Medical Humanities

Improving health by understanding hidden experience

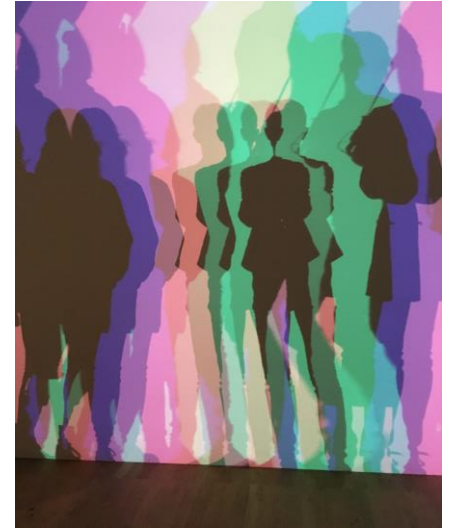
We conduct interdisciplinary research into ‘hidden experience’ – experiences which are marginalized, difficult, unspeakable, unacknowledged or invisible.

Collaborative and co-produced research

“No research about us without us”

- People and communities with lived experience
- Health practitioners
- Service providers and policy makers
- Creative arts
- Voluntary sector organisations

Interdisciplinary: Literary studies, Anthropology, Cognitive science, Sociology, Medicine, Psychology, History, Cultural studies, Theology, Philosophy, Sports sciences ...



Multi-method research to gain an in-depth understanding of experience

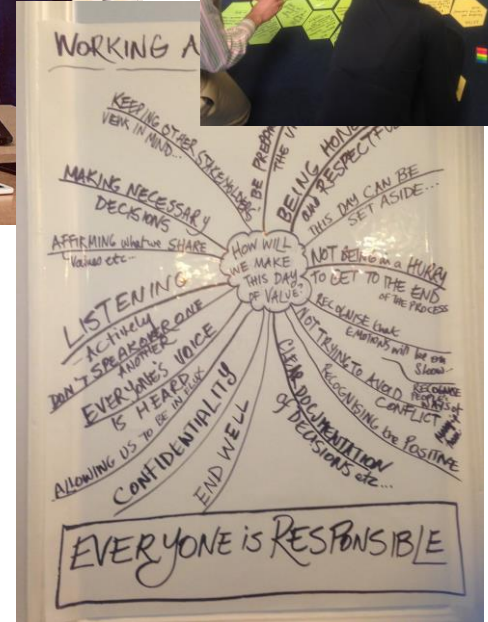
- Qualitative and quantitative methods
- Discussions guided by Creative Facilitation
- Interviews
- Workshops and co-creation workshops
- Surveys
- Interactive Apps and online forums
- Working on creative outputs together – zines, artwork, theatre productions, digital storytelling,
- Developing policy recommendations in partnership

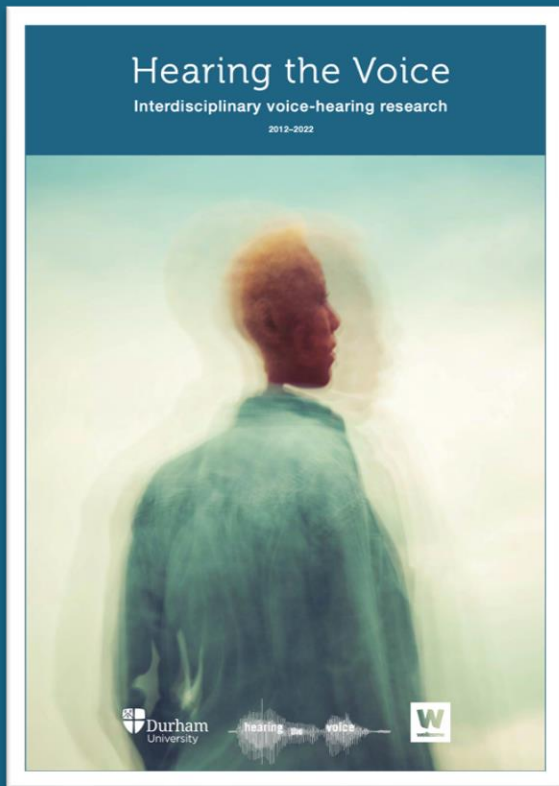


Photo by Lilith Cooper used in her blog on The Polyphony about her participatory zine making project.

CREATIVE FACILITATION


Transforming approaches to interdisciplinary and cross-sector research






hearingthevoice.org
understandingvoices.com
hearingvoicesdu.com
writersinnvoices.com






"This website will now always be my 'go to' for info re voice hearing. I like that I can recommend to my patients and I know the website will be normalising and not stigmatising for them. It great that there is so much info/advice/support all in one place."
Therapist



"I believed something must be 'wrong' with me for hearing voices. UV gave me more confidence and understanding not only of my own experiences, but also others..."
Voice-hearer

Phenomenology and treatment of voice hearing

Type: Learning module
Duration: 90 minutes
Credits: 1.5
CPD domain: Clinical, Professional



Details ➔

Module

MUSE FEP



Managing Unusual Sensory Experiences in First Episode Psychosis

Make Space and changing policy on self-harm

Dr Veronica Heney
Research Fellow
Make Space CIC
makespaceco.org



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DO YOU WANT TO WRITE ABOUT SELF-HARM?

A resource for writers and creators thinking about depicting self-harm.

June 2022

By Veronica Heney

Co-authors: Ashley Uffindell, Bathsheba Wells Dion, Cat Chong, Cat Fischer, Catherine McGill, Courtney Sommer, Eleanor Higgins, Fiona Malpass, Francesca Lewis, Jessica Worner, Mariana Koudela, Naomi Salisbury, Neelam, Ruby Hake, Sarah-Jayne Hartley, and other anonymous members of the authorship collective.

Developed with and published by Make Space

WWW.MAKESPACECO.ORG | INFO@MAKESPACECO.ORG



HAVE YOU RECENTLY READ OR WATCHED A FICTIONAL DEPICTION OF SELF-HARM?

(This could be on TV, in theatre, books, or films)

A reading and thinking guide for professionals who support people that self-harm.

June 2022

By Veronica Heney

Co-authors: Ashley Uffindell, Bathsheba Wells Dion, Cat Chong, Cat Fischer, Catherine McGill, Courtney Sommer, Eleanor Higgins, Fiona Malpass, Francesca Lewis, Jessica Worner, Mariana Koudela, Naomi Salisbury, Neelam, Ruby Hake, Sarah-Jayne Hartley, and other anonymous members of the authorship collective.

Developed with and published by Make Space

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Make Space is a user-led collective. We create spaces for more generous, nuanced, and caring ways to support those with experience of self-harm.

TORBAY SELF-HARM
COMMUNITY RESEARCH

FOCUS GROUPS: ADULTS WITH EXPERIENCE OF SELF-HARM

ONLINE: WEDNESDAY 13TH JULY | 10.30AM - 12.00PM

TORQUAY LIBRARY: MONDAY 25TH JULY | 11.00AM - 12.30PM

makespaceco.org

Exploring Green Social Prescribing Using Ethnographic Methods

Tessa Pollard t.m.pollard@durham.ac.uk

19 key participants with type 2 diabetes: interviews and ‘hanging out’ - home visits, accompanying participants at link worker meetings, walking groups, on visits to foodbanks and for debt advice, helping on the allotment etc

+

Attending local walking groups and community gardening sessions, interviewing organisers and link workers



*‘It gives you the **kick-start**, **reminder** wise, and the **memory** of what you really **should be doing**’*

Andy – home owner, university educated, long-term stable employment

*‘I haven’t got anyone to go with, and everyone else seems to know someone, so **I don’t know what to do with myself.**’*

Tracy – rents, left school at 16, doesn’t work due to her poor health



Discovery Research Platform for Medical Humanities

A Wellcome Trust supported project to address barriers to research in the field of medical humanities, 2023-2030



- Targeting: Mental health and health inequalities
- Centring lived experience and prioritising co-production
- Valuing people in the research process
- Sustained engagement with the mental health voluntary sector locally and nationally – including VONNE, ReCoCo; Centre for Mental Health...
- Supporting researchers to develop meaningful research partnerships with the health & voluntary and community sectors



Please keep in touch

durham.ac.uk/IMH

@DurhamIMH

evelyn.tehrani@durham.ac.uk

