



Collaborative work in practice and research

Saturday March 16<sup>th</sup> 2013 9.30am - 4.00pm

9.30 – 10.00	<b>Registration</b>
10.00 – 10.15	<b>Introduction</b> with Jason Jandu and Geoffery Unkovich
10.15 – 10.30	<b>'A Medley of Show Tunes'</b> Chilli Beans
10.30 – 11.15	<b>'Art Therapy &amp; Learning Disabilities: don't guess my happiness'</b> Kevin O'Farrell
11.15 – 11.45	<b>Break</b>
11.45 – 12.30	<b>'Making Connections &amp; Being Men'</b> Geoffery Unkovich with service users
12.30 – 1.30	<b>Lunch</b> (therapy rooms open for viewing)
1.30 – 2.15	<b>'Thinking outside the box.'</b> Innovations in service user led research and recovery Research Net with Ami Woods
2.15 – 2.30	<b>Break</b>
2.30 – 3.15	<b>'Dramatherapy and Learning Disabilities; a Bigger Picture.'</b> Dramatherapy workshop with Sonia Barrachina and Lucy Wasp
	<b>'Coming and going.'</b> Ambivalence and learning disabilities. Music and Movement Therapy workshop with Céline Butté, Diana Whelan , Sophie Hamilton, Janet and Mariska Barnett
	<b>'Arts Therapies collaboration; current and future possibilities'</b> Discussion group
3.15 – 3.30	<b>Break</b>
3.30 – 4.00	<b>Plenary – Q &amp; A</b> with presenters and hosts

## Conference Information

### Chilli Beans

#### 'A Medley of Show Tunes'

A short medley of some of our favourite songs that have been in the shows we have written. 'Welcome' and 'Circle of Life' are from our hit show 'The Runaway' - This followed a boy that ran away from home and joined the circus. 'Roll Out the Barrel' from our WW2 Musical 'Their Finest Hour'. 'Never Had a Dream Come True' was from our Christmas Concert and 'Night Fever' is from our most recent show 'Music of The Night'. A musical set in a wax museum where the figures have been brought to life. Jo Morrison (Theatre Director & choreographer)

### Kevin O'Farrell

#### 'Art Therapy & Learning Disabilities: don't guess my happiness'

Kevin O'Farrell co-edited the book 'Art Therapy and Learning Disabilities' in 2012, seeking to quantify what the common themes in LD are. In particular Kevin will talk about how the voice of people with learning disabilities came to be such an important element of the book. Capturing 'the voice' coincided with the development of AIR's (Audio, Image Recordings) and an example of this will be viewed. The presentation will be concluded by some post book reflections and some pointers for future research.

### Service Users with Geoffery Unkovich

#### 'Making Connections & Being Men'

This presentation will highlight the significance of connections within an Arts Therapies team and the wider context. 'Being Men' group members and Geoffery will also share insights and conundrums about the versatility of being men. Verbal and non-verbal shapes will amplify meaning.

### Research Net with Ami Woods

#### 'Thinking outside the box' New innovations in service user led research and recovery

Come and hear about exciting new research from the members of Researchnet who have personal experience of living with a Learning Disability/Autistic Spectrum Disorder.

### Dramatherapy Workshop with Sonia Barrachina and Lucy Wasp

#### 'Dramatherapy and Learning Disabilities, A Bigger Picture.'

This workshop will interlace the presentation of the collective thoughts, images and reflections we have requested and collated from Dramatherapists working in the field of learning disability, and the active engagement from the participants through some drama based exercises. We would like to create a forum for reflecting and sharing and hopefully an inspiration for working in the field of learning disability.

### Music and Movement Therapy Workshop with Céline Butté, Diana Whelan , Sophie Hamilton, Janet Ni and Mariska Barnett

#### 'Coming and going'. Ambivalence and learning disabilities.

This workshop will be facilitated by a team of two Arts Therapists: a Music Therapist and a Dance Movement Psychotherapist together with three assistants – with a qualification or interest in the Arts Therapies. It will focus on their practice within the context of a Movement and Music Therapy group for adults across the learning disabilities spectrum, for people who have ambivalence in engaging in and sustaining relationships. The aim of this workshop is to provide opportunities for participants to experience the structure of a de-briefing session as a means into reflecting on the theme of ambivalence across the learning disabilities spectrum.

### Discussion Group with Geoffery Unkovich

#### 'Arts Therapies collaboration; current and future possibilities'

### Plenary/Q&A with presenters and hosts

**\*\* CPD certificates will be available on the day.**

## **BIOGRAPHIES**

**Mariska Barnett** is a London based professional jazz musician and music graduate. In addition to working with the Merton Arts Therapies team, she runs a community music project with young people in Wandsworth. She has worked for several years in the NHS in the fields of Learning Disabilities and Adult Safeguarding, and currently works in urgent care.

**Sonia Barrachina** has been working as a Dramatherapist since she graduated in 2004. She has worked in a variety of settings and client groups such as youth clubs for LD, elderly residential care, special schools for EBD and LD children, but her main practice has been in the field of adults with learning disability first in the NHS and currently in the Merton Arts Therapies team.

**Céline Butté** has been working as a Dance Movement Psychotherapist with people with learning disabilities for over ten years. She also runs a private practice as a movement psychotherapist specialising in short and long-term trauma work, and as a supervisor working creatively across modalities. Céline is currently part of the teaching team on the Dance Movement Psychotherapy MA programme at Goldsmiths University.

### **Chilli Beans**

The Chilli Beans are part of The Baked Bean Theatre Company. We provide performance based services for adults with learning disabilities for over 10 years. Within our company we have 7 performance groups as well as our popular 'Rewired DJ' project, a Life Skills project, A Media Department and we also provide Housing. For more information please visit our website - [www.acttoo.com](http://www.acttoo.com) or call us on 020 8944 0024.

**Sophie Hamilton** is an Art Psychotherapist who provides counselling and art therapy for young people with learning disabilities in a secondary school in London, and gives therapeutic support to adults with learning disabilities at the Jan Malinowski Centre. Her art practice explores the meanings of emotional health through painting, video and photography.

**Janet Ni** is volunteering in the Music & Movement Therapy Group at the Jan Malinowski Centre. Having trained as a dance/movement therapist in Sydney and completing an MSc Mental Health in Learning Disabilities at the Institute of Psychiatry London, she is excited to be a part of this group. Janet has worked as a SEN learning assistant for the past 2 years and runs Creative Movements classes for children in Wandsworth.

**Jason Jandu** has spoken at and hosted many conferences and presentations as a member of ResearchNet, a Bromley-based group of service users, carers and professionals who conduct research into all aspects of mental health. He has also carried out interviews and staged discussions for the group, and has helped to pass these skills on to others by acting as a mentor to the members of the Tooting-based learning disability ResearchNet group. Jason is also a keen writer, and in addition to writing scripts and publicity material for ResearchNet, he has written articles for the British Association of Art Therapists journal Newsbriefing and the newsletters of the Oxleas NHS Trust and the Burgess Autistic Trust, whom he has also made public speeches for.

**Kevin O'Farrell** gained a degree in history and sociology in 1992 and went on to qualify as an art therapist at the University of Hertfordshire in 1999. He has worked in the NHS for over ten years, within the Hampshire areas. Prior to this he worked for social services within a learning disability residential setting for four years. He is a Health Professions Council Registered Art Therapist and a member of BAAT.

## **BIOGRAPHIES continued**

**Geoffery Unkovich** is a dance movement psychotherapist whose ongoing clinical practice is with adults with learning disabilities; his practice has also supported elders with dementia, and LGBT clients. Geoffery is a lecturer in dance movement psychotherapy at Roehampton University.

**Lucy Wasp** is a Dramatherapist working as part of the Merton Arts therapies team. She has been working in the field of learning disability for ten years with children and adults in a variety of settings.

**Diana Whelan** is a Music Therapist and Lecturer in Music Therapy. She has also completed a further training in working therapeutically with drama and movement (Sesame Institute).

**Ami Woods** trained in Creative Arts and has worked full-time as an art therapist with adults with Learning Disabilities and Autistic Spectrum Disorder since 2005. She is a founder member of Researchnet and her interests are in service user led research as an evidence base for practice innovations in art therapy. She co-facilitates a Researchnet group for adults with Learning Disabilities and Autistic Spectrum Disorder. She co-ran a gallery based art group for staff and service users with the artist Kim Noble who has Dissociative Identity Disorder. She is an elected Council Member (British Association of Art Therapists) and currently works in Adult Learning Disability Services in the London Borough of Merton.