

## **Joy Liddicoat, Assistant Commissioner - Policy and Operations, Office of the Privacy Commissioner**

In her day job, Joy oversees investigations, dispute resolution and policy advice in the Office of the Privacy Commissioner. Joy is a lawyer and worked in her own law practice offering legal services to the public and private sectors for more than 20 years. Joy specialised in public law, including dispute resolution, privacy and human rights. From 2011 to 2014 Joy worked for the Association for Progressive Communications, a global network of civil society organisations advocating affordable access to a free and open internet and other aspects of technology-related human rights issues. She was a Commissioner with the Human Rights Commission from 2002-2010 and is currently Vice-President of InternetNZ.

Joy came out at the age of 23 and joined a variety of lesbian legal support groups: the start of a life-time involvement in the queer community. In 2008 Joy led the Human Rights Commission's inquiry into discrimination against transgender people and was invited to be a trustee of the Intersex Trust Aotearoa New Zealand. Joy has worked with sexual and gender rights activists in Africa, Asia, South America and the Pacific to bring sexual rights issues to the United Nations and to support the development of the Feminist Principles for the Internet: <https://www.apc.org/en/pubs/feminist-principles-internet-version-20> Joy lives with her partner, Jo in the cosy confines of Wellington.

## **Jackie Liggins**

What I would like to be able to do is weave personal story and research together to discuss the concept of healing in relation to mental illness. A tentative title might be "Growing into my skin: mental illness, healing and place".

Dr Jackie Liggins, MBChB, PhD (Psychiatry), FRANZCP, Adv. Cert. in C-L Psychiatry  
Jackie began her medical career as a family doctor working in a general practice. In 1995, having recovered from a period of mental ill health, she decided to undertake psychiatric specialist training. For the last 13 years she has worked as a Liaison Psychiatrist based at Middlemore Hospital, Auckland.

Jackie has a particular interest in the ways and means by which the lived experience of illness can inform mental health care and service development. In 2016 she completed an autoethnographic PhD thesis that explored how place and places can facilitate processes of healing and recovery. This research and thesis drew explicitly on her experiences both as service user and psychiatrist, serving the purpose of 'breaking the silence' (Hinshaw, 2008) that shrouds the psychiatrist's personal encounter with mental illness, with the potential to counter stigma and also to offer hope. The research and resulting PhD thesis (Liggins, 2016) developed ideas in several domains: firstly, the potential in exploring subjectivity, and specifically the service user experience, to better understand and inform service development and delivery: valuing the wisdom of experience; next was the explicit exploration of place as it facilitates healing, indirectly questioning the current organisational structures of acute mental health units and other options for mental health care; the third was a reflection on the concept of recovery, arguing for a consideration of the universal phenomenon of healing as integral to recovery: healing the heart of recovery. The fourth area of interest, somewhat peripherally, was an observation of the intersection of Jackie's particular positionality, and what her service user experience means and contributes to her identity and work as a psychiatrist.

## References

- Hinshaw, S. P. (Ed.) (2008). *Breaking the silence: mental health professionals disclose their personal and family experiences of mental illness*. New York, NY: Oxford University Press.
- Liggins, J. (2016). *A place for healing in mental health care and recovery*. Thesis (PhD-Psychiatry), University of Auckland.

# Biography for Kathryn Whitehead

Kathryn Whitehead (PGDipClinPSych, MA, MNZCCP) is a clinical psychologist at the Mothers and Babies Inpatient Service in Christchurch, NZ, where she has worked for the past ten years, interspersed with stints in youth mental health. She is the co-author, with Sonya Watson, of *Pulling the Trigger Postpartum Depression and Anxiety: the Ultimate Survival and Recovery Guide* (2017). Specialising in Acceptance and Commitment Therapy alongside attachment, Kathryn cares about helping diverse clients, infants and their families build strong, connected and compassionate lives and relationships. These values flow into Kathryn's work as a supervisor, mentor and reflective-practice facilitator for colleagues. Kathryn coordinates the Otautahi ACT Interest Group, chairs a hui on making the Mothers and Babies service more accessible to Maori, and features as a guest lecturer at the University of Canterbury Clinical Psychology programme. With a longstanding interest in queer mental health, Kathryn was involved in founding q-topia (a Christchurch LGBTIQ support group for youth), later served on the q-topia board, and also coordinated UniQ at the University of Canterbury for two years. She has conducted and worked on research projects related to temperament, impulsivity and borderline personality disorder.

## Dr Lucy OHagan

I spent 20 years as a GP in Wanaka, listening to stories, and in a small town, being part of those stories. Now in Dunedin, I teach an enthusiastic new generation of GPs, run a free clinic at the Dunedin needle exchange service and work as a GP at Mataora, a new low-cost health centre set up by Ngai Tahu. I also write a monthly column for NZ Doctor call "Just Wondering"

In 2016 I treated myself to a certificate programme with the Centre for Narrative Practice in Boston, and I am now preparing for a Masters in GP looking at the doctor's narrative. My preliminary essay Narrating Ourselves is available at <http://www.publish.csiro.au/HC/HC15925>. I am also involved in theatre and have performed at college conferences in both 'Patient X Doctor Y' and 'Girl with no Words -listening to the language of cutting'.

My interest always is in creating conversation. How do we think and behave as doctors, what are our assumptions, how can we be visionary about creating wellbeing for all?

I live with the lovely Lizzi Yates who is an artist. We have shared in many creative collaborations. We also share 3 children between 18 and 22 who keep us up to date with the urban dictionary, the nuances of non-binary gender and all the mistakes our generation have made!

Oh yes and I had a spectacular case of burnout-best thing that ever happened ....apart from falling in love at 50.