



**Diversity & Research  
in Critical Times**  
Power in the Polyvocality

**CONFERENCE BROCHURE**

**13TH ANNUAL**  
**MANCHESTER METROPOLITAN UNIVERSITY**  
**POSTGRADUATE CONFERENCE**  
**17TH MARCH 2021**

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Every effort has been made to ensure that all aspects of the PGR conference are accessible and available to all. All texts are available as plain black and white, as well as in large text and in printable PDF format on request. To make any requests or for further information please contact us at [pgrconference@mmu.ac.uk](mailto:pgrconference@mmu.ac.uk)

**#PGRPOLYVOCALITY**



**Diversity & Research  
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**13TH ANNUAL**  
**MANCHESTER**  
**METROPOLITAN UNIVERSITY**  
**POSTGRADUATE CONFERENCE**

The 13th Annual Manchester Met Postgraduate Research Conference will be held on Wednesday 17 March 2021 on a purely digital platform. The theme for this year's conference will be "Diversity and Research in Critical Times: Power in Polyvocality". With two distinct strands; "New World" and "Global Challenges"; this conference has been designed to bring together PGRs from all backgrounds, to celebrate diversity during critical times.

Each research journey is unique, and we have all been influenced and inspired in some form throughout the development of our research projects. We wanted to share PGRs' research journeys, which we feel incorporates all stages of a project. This could be anything from their fundamental motivations behind their research journey, to their ultimate aims and goals for a project.

We hope that this showcase of PGR work will not only be informative and an opportunity to reflect on everything we have achieved throughout our individual journeys; not least working through the Covid-19 pandemic; but also serve as motivation and inspiration for everyone who joins us in celebrating diversity and research.

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# IMPORTANT LINKS

Visit our eventbrite page to book your free conference delegate tickets:

eventbrite

Visit our official website for further information:



Listen to our "In the spotlight" podcast series on spotify:



Join the conversation using  
#pgrpolyvocality

 @mcrmetpgrconf

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Scroll left for  
the introduction  
to the conference.

Scroll right for key  
note speakers and  
abstracts, as well as  
additional content.



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# THE GRADUATE SCHOOL

The Graduate School at Manchester Metropolitan University centres postgraduate researchers in all of their work. A key part of the work of the Graduate School is PGR development and the student experience. It is with this in mind that the Graduate School offers current PGRs the opportunity to organise and hold a national conference, with the support of Graduate School staff. This year, however, organising the conference has been a completely new experience not just for the PGR committee, but for the Graduate School too. The staff have gone above and beyond to support the committee in organising an event that is inclusive, accessible and, for the first time, completely digital. The committee would like to thank the Graduate School for the opportunity and their unwavering support, especially:



**MANY THANKS TO CATHY COOMBS,  
STEPHANIE BARKER & NATASHA  
HOWELLS FOR THEIR CONTINUED  
SUPPORT & GUIDANCE. ”**

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**ANITA  
HASHMI**

Committee Chair  
Marketing & Communications

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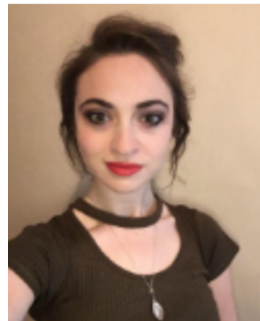
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I'm a PhD researcher focussing on the conservation genetics of endangered African megafauna and working to evaluate the One Plan approach to conservation. My background is in biological sciences with a minor in German, but I have always had interests in genetics and conservation biology – my current project allows me to combine these to assess our current conservation strategies and hopefully improve outcomes for endangered species.




**REBECCA  
WYNNE-WALSH**

Event Manager

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I am a second year PhD student based in the Gothic Centre in the Department of English. My research centres on contemporary Gothic horror cinema emanating from the Basque Autonomous Community in Northern Spain. I hope my research will add to the growing conversation on not only Hispanic horror but the growing importance of regionally focussed research within cinema, art and literature.



**CHLOE  
TURNBULL**

Academic Lead

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I am currently finalising my thesis on the Doctor of Education programme at Manchester Metropolitan University and my research focuses on exploring the autonomy and agency of children in the early years using notions of figured worlds. I have worked as a primary school teacher for 5 years. I have a passion for working with children in the early years but have recently worked with children up to 8 years old.








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## ANTON ROBERTS

Event Manager

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 anton-roberts  
 @Social\_Nomad  
 @Social\_Nomad





I worked in education for over 10 years before being frustrated with my ability to make real change, my old 'life' was working with youth offenders, people in the care system and those with SEN needs in the high school environment. My background is psychology and sociology with a special interest in anything to do with the criminal justice system. I also currently work as a social policy researcher at McrMet's Policy Evaluation and Research Unit (PERU), and hope my research into the rough sleeper communities will help these marginalised groups in some way.



## ZARAH EVE

Academic Lead

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 zarah-eve-  
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I am a first-year part time PhD student in the Department of Psychology. My research is focusing on emerging multiplicity (the experience of having more than one self in the same body) and psychosocial functioning, with the hope to understand the non-clinical experiences. I hope my research will help reduce the stigma often attached to these experiences.



## DOMINIC BARRON-CARTER

Volunteer Lead



I'm a third year PhD student here at MMU. My research focuses on the importance of space and place to urban radical groups in nineteenth century UK popular politics. It uses an overarching space-place-location framework like a magnifying glass on the core sites and beliefs held by the radical diaspora of four distinctive settlements, during the fifty-two years between the end of the French Wars and the passing of the 1867 Reform Act.



THE CONFERENCE  
ORGANISING COMMITTEE

# THE CONFERENCE ORGANISING COMMITTEE



**SALMA  
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I'm a 2nd year PhD student in the department of Healthcare Science. My background is in nutritional sciences and I am a registered Associate Nutritionist with the Association for Nutrition. The main focus of my research is novel approaches to diagnosing and treating chronic, fatigue related diseases. My doctoral project has allowed me to explore nutrition and lifestyle as both, a potential cause and a plausible holistic approach to treating such chronic disorders.



**FATIMA  
HABBI**

Distance engagement  
lead

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I am a third year PhD student in Education. My research explores teacher's belief about language education policy and How they negotiate into classroom practice . Hopefully my research provides better understanding about teachers' perspective about educational policies. My academic background is Applied linguistics and teaching English for specific purposes.



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# CONFERENCE SESSIONS

8:00 - 9:00	Registration
9:00 - 9:15	Welcome Session
9:20 - 10:00	Global Challenges Presentations Part 1
10:00 - 10:10	Comfort break
10:10 - 11:00	Global Challenges Presentations Part 2
11:00 - 12:00	Interactive Sessions & Poster Viewing Session
12:00 - 12:15	Comfort Break
12:15 - 13:00	Prof. Richard Preziosi - Keynote Presentation
13:00 - 13:30	Lunch
13:30 - 14:15	New World Presentations Part 1
14:15 - 14:20	Comfort Break
14:20 - 15:05	New World Presentations Part 2
15.05 - 15:10	Break
15:10 - 16:00	Round Table Discussions
16:00 - 16:45	Haleh Moravej - Keynote Presentation
16:45 - 17:00	Award Winner Announcements
17:00	Closing Statement

**CHECK OUT OUR  
PROGRAMME OF  
COMPLEMENTARY  
SESSIONS**



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# COMPLIMENTARY SESSIONS

11:00 - 12:00



## Big Livestock Vs The Planet - Feedback Global

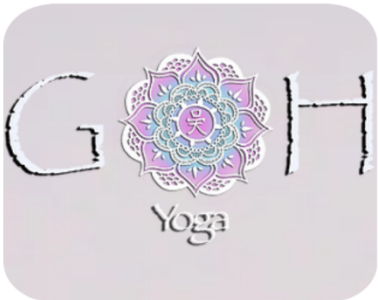
This workshop will explore the impacts of our globalised, industrialised food system through the lens of industrial meat and dairy corporations, or what we call 'Big Livestock'. In questioning the food that's in front of us, we'll investigate how colonial capitalism and market consolidation has affected the way it ends up on our plates. The session will consider who our food system really benefits, and we'll consider how, as students, we can act to change this.

No prior experience or knowledge is needed to attend! Everything covered will be accessible for anyone new to thinking about food systems, with opportunities to also delve deeper into specific topics.

The workshop will end with a chance to mingle and meet like-minded people interested in food, finance, and responsible investment.

You will need a stable internet connection and access to zoom. There will be access breaks and a safe spaces policy.

Available all day



## Yoga & meditation sessions

Take some time-out and find your centre with a choice of 4 short meditation or yoga sessions

"Hi, I am Rosanne - a local yoga teacher. As you can imagine yoga is one of my favourite things to do and share.

It stems from the curiosity of understanding myself more, a passion of finding peace to be my authentic self and for others to find this and feel good in themselves too; to build a healthy relationship with their mind, body and soul.

I approach yoga and meditation through an embodied approach; that is mindful, explorative and aimed to meet you where you are at. We arrive in each practice with intention, guided by the breath."

No prior experience or knowledge is needed to attend! Everything covered will be accessible for anyone new to yoga and meditation.

You will need a stable internet connection and access to zoom.

15:10 - 16:00



## Benefits and barriers: Mobilising a mass shift to plant-based diets - Veganuary

Veganuary's 2021 campaign inspired more than half a million people to sign-up and try vegan. Impressive, but not nearly enough. Animal agriculture is a leading driver of climate change, deforestation and species loss so we need mass global action now. Most people know that we should be changing our diets, but only a small proportion are putting that belief into action. This workshop will present the case for a mass shift to plant-diets and look at some of the most common barriers to diet change and how we can overcome them.

You will need a stable internet connection and access to zoom.

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## PROF. RICHARD PREZIOSI



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 richard-preziosi

 @EcolGenLab

Richard Preziosi is Professor of Conservation Genetics and joined Manchester Metropolitan University in October 2016. Prior to this he was Professor of Ecological Genetics in the Faculty of Life Sciences, The University of Manchester.

Richard obtained his MSc from Concordia University in Montreal in 1990, and His PhD from McGill University in Montreal in 1997. From 1997 to 1999 he was an NSF (USA) Post Doctoral Scholar and an NSERC (Canada) Research Fellow in the Department of Entomology at the University of Kentucky. In 1999 he became a lecturer at The University of Manchester where he became a professor in 2012. In 2004/5 he was a Visiting Professor at Grinnel College (USA). He is a Fellow of the Royal Entomological Society and of the Royal Society of Biology, and a Certified Senior Ecologist (ESA). At the University of Manchester he was founding director of the Environment and Ecology Research Theme and of the Centre for the Genetics of Ecosystem Services. From 2014 to 2016 He was Section Head for the Faculty of Life Sciences. He has acted as faculty lead for sustainability (2008 to 2014) and Member and Chair of the University research ethics committees for both human and animal research (2005 to 2015).

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# DIVERSITY, BIODIVERSITY, VIRUSES AND CLIMATE CHANGE:

How 2020 altered our view of Science

12:15 - 13:00


Richard will talk about how the key scientific events and findings of 2020 may have affected our view of the scientific community and it's work.

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## HALEH MORAVEJ



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   [@growmeatfree](https://www.instagram.com/growmeatfree)

Haleh Moravej is an Advance HE National Teaching Fellow of 2018, a multi-award winning senior lecturer in Nutritional Sciences at Manchester Metropolitan University, a social entrepreneur and a highly experienced media nutritionist. She has pioneered a highly creative and innovative program of nutritional intervention that examines how individuals' diets, and other lifestyle behaviours, interact with the risk for mental health problems. Haleh is also the clinical advisor to Anxiety UK, and has worked with GMP, Manchester Council, Manchester Science and Industry Museum, and the National Association of Care Home Catering, to name a few. Haleh has been a senior food consultant working with the food industry and small to medium size enterprises. She has been instrumental in facilitating many brand journeys from inception to supermarket shelves. Her recent research projects include future food trends, sustainable diets across the EU, exploring links between health, nutrition and poverty, and nutritional psychiatry.

Haleh is the creative entrepreneur and founder of MetMUnch, an international award winning student social enterprise; bringing nutrition, community, creativity, employability and sustainability together. MetMUnch not only enhances student's experiences but provides work experience and community in which they can grow in knowledge, skills and confidence. MetMUnch have achieved numerous awards including National and International EAUC Green Gown Award winners in Student Engagement 2014; UnLtd/ HEFCE SEE Changemakers: Social Enterprise Outstanding Achievement Award 2017; and Advance HE Collaborative Award for Teaching Excellence 2020.

Haleh led on a pioneering collaborative venture; Grow Meat Free; between MetMUnch, the Manchester Metropolitan University's Catering Team and some amazing students. GROW features a meat free café serving delicious, healthy, locally sourced, student-led vegan and vegetarian food. The café is staffed with students, and has a packed programme of activities promoting healthy and sustainable habits.

Haleh has been honoured with numerous awards, including MMU Union Best Teacher of the Year 2012; MMU Union Outstanding Teaching for Employability winner 2016; and a 2020 WISE Woman of Inspiration.

# HUNGRY FOR CHANGE

16:00 - 16:45

The world has enough resources to feed everyone sustainably; it's just a matter of how. People in wealthier countries switching to more sustainable diets can have a massive impact on driving that change.

Haleh will focus on how our diets are linked to health and environmental sustainability and can nurture or damage both.

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## PROFESSOR LAURA SERRANT OBE PHD MA BA RGN PGCE QUEENS NURSE



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Professor Laura Serrant is Regional Lead Nurse for Health Education England (North East and Yorkshire) and Professor of Community and Public Health Nursing in the Faculty of Health, Psychology and Social Care at Manchester Metropolitan University, UK. Professor Serrant has an extensive experience in national and international health policy development with particular specialist input on racial and ethnic inequalities and cultural safety. It was her work in this area which led to her being awarded an OBE in the Queen's Birthday Honours list 2018 for services to Health Policy.

She is one of the 2017 BBC Expert women, Chair of the Chief Nursing Officer for England's BME Strategic Advisory group and a 2017 Florence Nightingale Scholar. She is an ambassador of the Mary Seacole Memorial Statue and the Equality Challenge Unit Race Equality Charter for Higher Education. Her work has been recognised with numbers awards and prizes, including Queens Nurse status and Fellowship of the Queens Nursing Institute to those who have shown leadership in community nursing. In 2014, she was named as one of the top 50 leaders in the UK by The Health Services Journal in three separate categories: Inspirational Women in Healthcare, BME Pioneers and Clinical Leader awards. In October 2019 she was listed in the top 100 most influential Black people in the UK by the Powerlist 2020.



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## DR. SARAH CHAN

Dr Sarah Chan is a Reader in Bioethics at the Usher Institute, University of Edinburgh; she is currently a Deputy Director of the Mason Institute for Medicine, Life Sciences and Law, and an Associate Director of the Centre for Biomedicine, Self and Society. Previously, from 2005 to 2015, she was a Research Fellow in Bioethics at the University of Manchester, first at the Centre for Social Ethics and Policy and from 2008 the Institute for Science Ethics and Innovation. Sarah's research focuses on the ethics of new biomedical technologies, including gene therapy and genetic modification; stem cell and embryo research; reproductive medicine; synthetic biology; and human and animal enhancement. Her current work draws on these interests to explore the ethics of emerging modes of biomedicine at the interface of health care research, medical treatment and consumer medicine, including population-level health and genetic data research; the use of human biomaterials in both research and treatment; and access to experimental treatments and medical innovation.

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**ROUNDTABLE DISCUSSIONS**



# KEYNOTE SPEAKERS

## DR. ROB RALPHS



Dr Rob Ralphs is a Reader in Criminology, Deputy Director of the Research Centre for Applied Social Science (RCASS) and co-convenor of the interdisciplinary Substance Use and Associated Behaviours (SUAB) research centre at Manchester Metropolitan University. He has over 20 years of research experience dating back to 1997, spanning both substance use and drug markets. He is a qualitative researcher; with a diverse research portfolio of ethnographic research that is driven by an ethos of providing a platform for those whose voices are often unheard (young people, drug dealers, gang members, substance users, prisoners, people with lived experience of homelessness, victims of crime). Rob's interest in drug markets emerged from the three year ESRC funded 'Youth Gangs in an English City: Social Exclusion, Drugs and Violence' study for which he was lead researcher. Now, with over a decade of gang focused research experience, he is widely regarded as one of the leading UK gang experts. More recently, he has conducted seminal research exploring prison new psychoactive substance (NPS) use and markets and the use of 'Spice' amongst homeless and people with street based lifestyles. His current research is focused on emerging drug trends, in particular, the consumption of NPS and image and performance enhancing drugs (IPEDs). Rob is the research lead on annual Emergent Substance Use Surveys in Manchester and Greater Manchester. In addition to an expert survey and interviews with stakeholders and drug users, these research projects include the routine testing of drugs through the MANDARKE drug testing partnership with Greater Manchester Police and Man Met. It includes a specific focus on drug use trends amongst young people, students, clubbers, prisoners, adult treatment and homeless populations. Rob also sits on the Greater Manchester Drug Alerts Expert Panel that is responsible for sending out warning in relation to any drugs of concern such as particularly high purity drugs or drugs being mis-sold e.g. containing dangerous new psychoactive substances. Beyond his university work, Rob is a Trustee of the Manchester based charity Mothers Against Violence.



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**ROUNDTABLE DISCUSSIONS**

**QUDSIA AKHTAR**

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PhD Creative Writing Pathway

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## Exploring the Fourth Space: Writing the "I" of the British Pakistani Experience

As an aspiring British Pakistani writer, I faced the uncertainty of existing in a literary void where my voice felt misplaced. Caught in constructing an innovative poetic voice that expressed, authentically, marginalised experiences, I felt it was crucial to create and contribute to the urgent conversation of Race and Poetry in order to offer insight, creative thought, and expression. I wish to discuss my motivations and my desired outcomes for undertaking my research in exploring the 'Fourth Space', posited by writers Nuar Alsadir and Sandeep Parmar, and writing the lyric 'I' of the British Pakistani experience. The 'Fourth Space' rejects cultural hierarchies and borders, and explores the poetics of displaced histories and experiences. I am working towards a collection of innovative poetry that experiments in this fourth dimension, and seek to speak with British Pakistani poets to document their poetics and to critically explore what kind of poetic approaches the 'Fourth Space' invites. My aim is to encourage not only British Pakistanis to engage in conversations about their dual life experiences, but through recognising and addressing British Pakistani experiences, we may strengthen our shared selves to project the 'I' of the British Pakistani in to the future of the literary world.

**ELENA HILL-ARTAMONOVA**

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PhD Psychology

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## Cross-cultural study of dark triad and five factor personality model in relation to prejudice and aggression.

Imagine moving to a new country, a country with completely different language to your own, different cultures, traditions and even religions. Now imagine to that feeling of fear and intimidation we add comments from random people, people that you either never met before or people maybe you work with or study. This is a reality for at least 14% of immigrants in the UK, including myself. Prejudice and aggression is a reality of modern world, and now more than ever, we need to move away from malevolent behaviours that jeopardise our future as a developed society. When examining socially malevolent outcomes in the form of prejudice and aggression, previous research in the area of personality has failed to consider cross-cultural comparisons. My research, first of its kind, looks at potential causes of prejudice and aggression through personality via cross-cultural comparison. Personality effects all of our day to day behaviours, including prejudice and aggression. By using established questionnaires, I gathered data from over 2000 participants in United Kingdom and data from over 3000 participants in Russia. The results showed that not only prejudice and aggression were global phenomenons, with some distinct culture specific elements, which has never been done before for western vs non-western big samples, but also revealed that our personality and in particular people who are high in narcissism, psychopathy, and low on extraversion and conscientious are more like to exhibit prejudice and aggression, through moral disengagement and political ideologies. My project creates a new platform for further cross cultural studies, and most importantly creates a new literature branch for assessing prejudice and aggression through cultural differences.

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## FFION BROWN

 @Ffion\_A\_Brown

Department of Languages, Information and Communications, Manchester Metropolitan University  
PhD Applied Linguistics

### Is mental health discourse gendered?

My PhD research is concerned with how mental health is represented within different media contexts in reference to male mental health and how men discuss and linguistically frame their experiences with mental illness. Taking the position that mental health discourse in the media currently demonstrates a lack of male representation, the project addresses how mental health has become gendered and how that gendering can negatively impact those that do not see themselves as being represented. The project especially argues that the impact of considering and critiquing gender when exploring mental health discourse would allow for a more representative approach to mental illness both in the media and in society. By exploring current societal gender expectations and stereotypes, the project identifies how a more fluid approach to gender would bring about a more equal representation of mental health experience into the public sphere.

## ELIZABETH COWDEAN

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School of Psychology, University of Ulster  
PhD Psychology

### An exploration of LGBTQIA+ professional's experience of working in the screen industries in Northern Ireland and associations with their mental health and wellbeing - Looking through an intersectional lens'

The current PhD research project is focused on the exploration of LGBTQIA+ professional's experience of working in the screen industries in Northern Ireland (NI) and associations with mental health and wellbeing. This presentation will provide a narrative overview of the research and methods to be employed. The presentation will begin by addressing the separate strands within the project by responding to core questions; (1) What do we know about creativity and mental health? (2) What are, and why, the screen industries? (3) Why LGBTQIA+ professionals? (4) Why NI? These important questions are what amalgamate the separate aspects of the thesis which aim to understand the intersectionality issues of being part of a sexual minority group and a screen sector worker in NI. We will consider the important similarities and differences relating to sexual minority status's (e.g., cisgender lesbian differing from a transgender man) and how being both a member of a sexual minority group, and a screen sector worker in NI during Covid-19 has impacted such individuals. The presentation will end with an overview of methods proposed to address such questions and consideration for future implications of the work. The methodology and study design include online interviews and photovoice project.

**BETTY DOYLE**

Department of English, Manchester Metropolitan University  
PhD Creative Writing

## Researching the global challenge of pronatalism, and showcasing the diversity and polyvocality of women's infertility poetry

Someone asks if I feed the birds to care,  
to nurture, to serve a woman's purpose.

I say no. What do I know.

I thought I'd be a mother someday –

I grew up knowing I'd have a child of my own.

I don't know where the healing is supposed  
to begin. In the birds?

Their joy to live? What could have been

- from 'A Thing with Feathers', Betty Doyle


Infertility is a topic that is defined by absence and silence and is still seen as taboo by pronatalist society. The grief, absence, and taboo nature of infertility all contribute to the silence that surrounds it, making it an uncomfortable topic to discuss and write about. Through my research, I want to contribute diversity to motherhood poetry, and impact the global challenge of silence surrounding infertility. My research explores how poets create narrative discourses and utilise poetics to convey the silence and absence of infertility. I am also writing my own poems that experiment with poetics to convey this silence and absence .

My own experience with being tested for PCOS is my motivation and inspiration for change. We turn to poetry in times of extreme emotions – poems are always read at weddings, funerals, and the Writing School's own Write Where We Are Now project has shown that poetry is powerful in times of uncertainty. Through my own writing, I want to create a space of diversity where previously silenced experiences are presented and represented.

I would like to present my research in a presentation or video exhibition; this would involve readings of my own poetry, alongside visual representations of these poems and explorations of my research.

**CONNIE HAMILTON**

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 connie-hamilton

## 'Renovating 'massa's' house: Reading and Writing YA Fantasy


Whilst young adult fiction is diversifying, in that there has been an increase in BAME authors and protagonists, only 6% of protagonists in young adult fantasy fiction are BAME, (Agosto, 2003). It is important that diversity increases across genres within YA fiction but particularly within the fantasy genre, as fantasy is important for readers to be 'empowered and afforded a sense of transcendence that can be elusive within the real world', (Thomas, 2019).

One of the global challenges we face is combatting racism and ensuring that future generations have the same access and opportunities regardless of their skin colour. Through analysing why the YA fantasy genre remains an exclusive space and writing my own novel within the genre, I aim to highlight why increasing positive and diverse representations of BAME people in YA fantasy fiction is important and what this would look like. This is particularly important in the UK publishing industry as Black children, specifically those like myself who are of Caribbean descent have the lowest levels of attainment in reading and writing in the UK, they are also the least represented in UK YA fantasy fiction, (GOV UK, 2020).

**PRESENTATIONS**

**ANDREA STEIN**

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## PGR Student Diversity: Mental Health, Well-being, Stress, Coping and Resilience in the Postgraduate community across the United Kingdom

This study addresses the limited research on postgraduate research (PGRs) student mental health. There has been more interest in undergraduate mental health with increasing demand for mental services, yet less understanding and research into PGR student community demands (Vitae, 2018). The Higher Education Academy's (HEA) PGR Experience Survey (PRES), calls for further investigation on PGR engagement and well-being. Well-being research is essential to the educational sector, as PGR's indicate higher stress levels, from additional and intensified requirements (Amponsah, 2010; Evans & Stevenson, 2011; RAND, 2017). This mixed method approach consists of multiple related studies. The first; interviews students from two different universities; University of Salford (completed) and University of Manchester using Interpretative Phenomenological Analysis (IPA), an in-depth technique of interviewing individuals on their lived experience, reflections and individual journeys. The second uses the auto-ethnography technique which uses self-reflection (where the researcher's own journey is documented). The third quantitatively investigates trends using an online survey with established psychological assessments measuring mental health, wellbeing, academic and non-academic resilience. This longitudinal study remedies cross-sectional limitations providing richer narratives and multiple student reflections. PGR's across the country will have the opportunity to complete the survey, adding to UK investigation.

# RICHARD REMELIE

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PhD

## Making Sense of Student Experience: Why Motivations Matter

My PhD research seeks to improve our understandings of the experiential outcomes of university students. I hope to achieve this by exploring two key concepts: 1) motivations (i.e. why do people come to university); and 2) reflexivity (i.e. how do people make decisions as students). At the 2020 Annual PGR Conference, I shared the personal experiences that inspired my research and I focused on the second key concept: reflexivity. This time, I will present a theoretical understanding of motivations which I have derived from Self-Determination Theory. I will explain how - in addition to being applicable to our daily lives - this theory of motivations and psychological wellbeing can help us make sense of the experiential outcomes of university students. I will end by summarising my progress over the past year, which has included creating a survey to measure different forms of reflexivity and different kinds of motivations among university students. This presentation will respond to questions about how students can influence the quality of their own experiences, and how universities can define and provide the conditions necessary to give every student the chance to flourish.

# SARA RICCARDI

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## Polyvocality in the communication of Art History: exploring forms of communication for non-specialist audiences outside of academia

In this presentation I will practically demonstrate a case study, derived from my practice: I will illustrate the same artwork in two different formats – one more traditionally academic, the other more interactive and aimed at connecting the lived experience of participants with the art, followed by a brief commentary on my methodology. As a first year PhD student, I will focus on the origin, inspirations and motivations behind my research, and as a practice-based researcher I will directly show my practice. My research questions explore how art-historical subjects can be communicated outside of academia to the wider public, and the core of my project is my own professional practice as an Art History communicator and events creator. After demonstrating the two different formats of art-historical communication, I will present how I am using iterative methodology to draw meaningful material from my practice, to be analysed and used for the creation of models for the communication of Art History. The need I see for a reconsideration of the voices Art History can use and express in being communicated stems from current transformations in the world, and my approach aims at multiplying and diversifying those voices, and the stories artworks can tell.



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## Study the influence of shear deformation on the flapwise vibration of horizontal axis wind turbine blade

Wind turbine blades sizes have been exploded in the recent years. Advancements in blades structure have been continued through to be more efficient design and material usage. To represent the complicated distribution characteristics of the structure and material of blade, a perspicuous model is necessary. In this study, free vibration analysis of horizontal axis wind turbine (HAWT) blade in the flapwise vibration is investigated. Rotating Timoshenko model is adopted to study the effect of shear deformation on the transverse vibration of the blade. The governing equations are derived using vibrational principles to determine the influence of shear deformation, rotary inertia, hub radius and rotational speed on the flapwise vibrations. The natural frequencies and mode-shapes are used as a yardstick to compare the influence of the incorporated parameters. Finding are based on the National Renewable Energy Laboratory (NREL) 5-MW wind turbine. Identifying the mode shapes of the blade's oscillations during the turbine operation could be used to detect abnormalities in the measured vibration that may be caused by blade structural problems.

**KATHERINE BROOMFIELD**

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PhD

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## Co-creating meaning in the space between screens: Remote data collection interviews with people who have communication difficulties

The Unspoken Voices Project is concerned with people who have difficulties speaking and who use an external communication aid, also known as augmentative and alternative communication (AAC), to help get their message across. People who use AAC may have complex physical and cognitive needs associated with the conditions that cause their communication difficulties. This project aims to learn from the experiences of people who use AAC in order to develop and improve the health care services that support them and their aids.

Prior to the covid pandemic, data collection interviews took place in person, capturing a range of communication media from participants using audio-visual recording equipment. Data transcribed for analysis included speech, synthetic speech from communication aids, text, pictures and non-verbal communication. Representing the co-construction of meaning inherent in interactions between people who use AAC and their communication partners was fundamental to the authenticity of the analysis of these data.

Following the pandemic data collection had to move online, engaging video-call technology. This presentation will discuss the challenges of conducting interviews remotely with people who use AAC, how the researcher maintained the quality and integrity of the data, and the impact that technology has on the development of shared meaning.

## ANITA HASHMI

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## The efficacy of translocation for conservation in African large and megaherbivores: a review

Translocation is an oft-used technique in conservation, and one of the most invasive. Defined as 'the human mediated movement of organisms from one area, with release in another' (IUCN SSC, 2013), translocation has been used for decades to satisfy different aims, from recreational hunting to resolving human-wildlife conflict (Griffith et al., 1989; Fischer & Lindenmeyer, 2000). Successful conservation translocations can mean the establishment of healthy, self-sustaining populations, important for the preservation and recovery of endangered species and for the human populations that rely upon them. Translocations take place on an intranational, intracontinental or global scale, with a variety of participants from non-governmental organisations to zoological institutions. Yet judging success of such operations from published literature can be a complex task, especially with no agreed criteria for success (Fischer & Lindenmeyer, 2000). This is important, especially in the case of charismatic species in which the public are invested. These charismatic taxa include African large and megaherbivores, such as elephants and rhinoceroses. In this study we investigated the efficacy of translocation as a conservation strategy for African large and megaherbivores, the representation of different species in translocation studies and events, and factors influencing their representation in conservation literature.

## CATHY JONES

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PhD

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## Exploring Feelings of Wellbeing within an Irish Prison Environment

"Do prisons damage or repair? Under what circumstances, and by what mechanisms? ...No single theory has been able to adequately conceptualize what happens inside the "black box" of imprisonment." (Auty and Liebling 2019:358).

Liebling (2011:530) suggests that some prisons are 'more survivable' than others and differences in the moral and social quality of prisons can be directly linked to the personal growth, well-being, and levels of distress experienced by men and women in custodial care. There is also mounting evidence that the built environment of the prison could have a significant bearing upon behaviour, rehabilitation and wellbeing (Shepherd and Lenton 2016, Jewkes 2018). However, these insights are rarely reflected in the way prisons are commissioned, designed or upgraded.

Over the last 20 years, UK and Irish prisons have been seeking to re-orient themselves from being places of punishment towards more rehabilitative environments (Costelloe, 2014). However, the role that prison plays in rehabilitation is failing to meet expectations of this current reform ideology (Karthaus et al, 2019).

"With nearly half of adult prisoners reoffending within a year of release, the cost of not tackling the root causes of crime has never been higher" (Shepherd and Lenton 2016:1).

However, as Auty and Liebling (2019) note, re-offending rates have inherent problems when it comes to recording. They instead suggest prisons have the capability of either facilitating or damaging "emergent personhood"

This presentation will be asking the question 'how does the prison environment influence feelings of wellbeing for men and women in a Prison context?' The presenter will refer to her PhD study which will explore these factors in an Irish Prison context in development.

## MICHAEL MARTIN

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### Using glaciers to identify, monitor, and predict volcanic activity


Many (about 250) volcanoes worldwide are occupied by glaciers. This can be problematic for volcano monitoring because glacier ice potentially masks evidence of volcanic activity. Both the deadliest and most costly volcanic eruptions of the last 100 years involved volcano-glacier interactions. The 1985 eruption of Nevado del Ruiz killed 23,000 people, and the 2010 eruption of Eyjafjallajökull led to the closure of many European airports. Therefore, improving methods for monitoring glacier-clad volcanoes is of clear societal benefit. Amongst several methods, satellite based remote sensing techniques are perhaps most promising, since they frequently have a relatively high temporal and spatial resolution, and are mostly freely available. They can help to identify the effects of volcanic activity on glaciers, including ice fracturing, ice surface subsidence and glacier acceleration potentially due to subglacial melt or subglacial dome growth. This study aims to link pre-, syn- and post-eruption glacier behavior to the type and timing of volcanic activity, and to develop a satellite based predictive tool for monitoring future eruptions. Despite several studies that link volcanic activity and changing glacier behavior, the potential of using the latter to predict the former has yet to be systematically tested. Our approach is to use satellite imagery to observe how glaciers responded to past volcanic events, and to build a training database of examples for automated detection and forecasting on a global scale.

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### An analysis of the associations between Vitamin B12 & Folate insufficiency, & Myalgic Encephalomyelitis (ME/CFS)

2020 has been a challenging year for researchers, but also an opportunity for innovation and discovery surrounding the Covid-19 virus (SARS-CoV-2), not least regarding post-Covid-19 viral exposure; or "Long-Covid"; which presents striking similarities with the development and symptomology associated with post-viral fatigue syndrome (PVFS) and Myalgic Encephalomyelitis (ME) (Ashton, 2020; Mahase, 2020). Myalgic Encephalomyelitis (ME); and associated disorders (CFS, PVFS); affects some 17 million worldwide (NICE, 2020). However, gold standard diagnostics and treatment approaches remain disputed. As a result, many complementary alternative medicine practitioners have explored and developed novel and holistic approaches; including addressing B12 and folate deficiencies. However, the efficacy and mechanisms by which such practices may operate remain unexplored, as do their potential application in treating those suffering from Long-Covid. This study aims to explore potential associations between vitamins B12 (cobalamin) and folate (B9) deficiency and ME or PVFS, specifically Long-Covid; through the exploration of the English Longitudinal Study of Aging (ELSA) and ELSA Covid-19 sub-study. We hypothesise that we will see a strong correlation between vitamin deficiency and the onset of fatigue related disorders, as well as the longevity and severity of post exposure chronic states. This study may uncover vital data towards the ongoing fight to treat and prevent long term implications of contracting viral infections such as Covid-19.



## HARRIET SLATER

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# Care work needs fixing: An overview of emotional labour and boundary management in care work

Care work is physically arduous and emotionally draining. Workers are typically underpaid, work long hours, and express poor job satisfaction. Workers are often expected to do multiple 15+-hour-shifts in a row and maintain a professional attitude despite this. One can imagine the physical and emotional exhaustion incurred after sustained periods of work. This work commonly lacks breaks, recognition, or financial reward.

My research focuses on how care workers manage emotions and boundaries. For my preliminary research, I got diaries from and interviewed six carers, exploring their experiences of emotional labour in care work. This data was analysed using Template Analysis, with the use of a priori themes such as burnout, job satisfaction and masking emotions, all developed from the emotional labour literature.

I found that participants focused on boundaries within their work. Boundaries are an umbrella term referring to the management of oneself and the boundaries set in work, to present oneself appropriately. For example, gifts, use of touch and professionalism. The preliminary findings, alongside the literature, were utilised to develop a study surrounding boundaries in care work. This presentation will disseminate the findings of the preliminary study and introduce the literature of the second stage of research.

## LAURA WALL

Edge Hill University  
MSc Psychotherapy & Counselling

in laura-wall

# Towards Healing Anxiety Disorders in Young Adults with Shinrin-Yoku (Forest Bathing) and Nature Based Expressive Art Activities

My Masters research is concerned with shinrin-yoku, also known as forest bathing, and the differing expressive arts based techniques that have been incorporated in to the different models and practices already studied. While this project is still in its early stages, I have so far been able to find numerous studies which apply a specific model of practice to time spent within a forest environment, in which the outcomes highlight the benefits on various health and wellbeing outcomes with particular positive implications for anxiety disorders in young adults. Given the need for individuals to restore and regulate, particularly during times of uncertainty such as Covid 19 lockdown, my aim is to evaluate the specific therapeutic activities conducted within a forest setting which helped alleviate anxiety.

In this presentation, I would like to share with you my motivations for this particular choice of topic and the direction in which I would like to take it going further.

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Health and Social Care, Edgehill University  
 MSc Psychotherapy and Counselling: contemporary creative approaches

**The Creative Voice: using art therapies for healing racial trauma**

I will present the journey and motivations behind my current research exploring the 1980s Black Arts Movement, and the similarities in messages and expression in today’s Black Lives Matter campaign, sparked by the death of George Floyd. I am considering the effects of racial trauma and how creative therapy/work might help heal this. I will highlight how minority Black people like myself have turned to creative expression to evoke ‘a voice’ for ourselves as an outlet that amplifies our voices, so we are harder to ignore and oppress. Having our voices heard can in turn heal the interpersonal trauma oppression has caused us. My presentation will highlight current socio-political themes around racism in the UK. I want to share personal experiences that not only illustrate the conference themes, but also signifies how current and vital research for/around Black communities is and how creative expression can be a healing and liberating opportunity for change. This research stems from personal interest, however, it is imperative to share with fellow academics and bring much needed attention to it. Academia must be diversified and sharing work like my own in a conference which acknowledges this will help strengthen that message.

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 MPhil

**Population Genetics of the Black Eyed Tree Frog-  
 Why I decided to swap frog saliva for my MPhil**

A few years ago, I was fortunate to get the opportunity to work in the Amazonian rainforests of Ecuador. There I experienced first-hand the beauty and biodiversity of the Amazon, but also the rapid deforestation and urbanization that is consuming it, developing an acute appreciation of the amphibian denizens of the forest. Unfortunately, it is well known that amphibians are currently facing a rapid decline worldwide, and undoubted are the most threatened vertebrates in the world. Back in the university, I discovered how advances made in genetics have opened a new horizon of possibilities for conservation although we are still just scratching the surface. I have developed several ideas that I believe have the potential to use genetic tools in a highly effective way to conserve the severely threatened amphibians that I have come to love. One of them and my current project involves the Black Eyed Tree Frog *Agalychnis moreletii*, which has been recently downgraded to least concern from critically endangered by IUCN Red List. Using microsatellite markers and next generation sequencing I wish to determine if the species really deserves the classification change or if it is actually a compilation of several potentially threatened Evolutionary Distinct Groups.

**IAN COOKSON**

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## Transport choice in a New World

While rooted in my own personal interest in cycling, this research considers the form of transport a person currently uses, and how to move them towards more sustainable choices. According to the Department of Transport only 3% of trips completed in 2019 were cycling instead of by car, and the Covid-19 pandemic presents a unique opportunity to change ingrained habits with regards to transport.

Research into modal shift is often inter-disciplinary, but from a psychological perspective has focused on Azjen's (1991) theory of planned behavior. While the social identity approach has informed studies around bicycle use (Hoekstra, 2018), few studies have explicitly sought to understand how social identity contributes to bicycle use as a transport choice and the discourses around it.

In the first of three complementary studies, I apply thematic analysis to media representations of bicycle users and how they may influence intergroup attitudes. Findings suggest that there are six key themes in newspaper representations - Activist, Criminal, Culture Vulture, Healthy Bodies, Outdoorsman and Transporter. In all six themes, the othering of bicycle users presents them as extreme examples irrespective of the type of article, further marginalizing the minority transport group (Jensen, 2011).

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## Exploring factors that pre-dispose individuals with foetal alcohol spectrum disorder to involvement in the criminal justice system

Individuals with foetal alcohol spectrum disorders (FASD) are significantly more likely to be involved with the criminal justice system (CJS). Based on the existing and published literature, no single study has empirically explored factors that predispose the FASD population to encounters with the CJS. Employing three studies, I seek to contribute to the existing literature in this research area. The first study will be a qualitative study with an objective to explore the experiences of adults with FASD and parents/carers of children/teenagers/young adults with FASD regarding interrogative suggestibility and involvement with the criminal justice system. The objective of the second study is to, employing an epidemiological survey, compare the prevalence of the identified factors from study 1 in the autistic, ADHD, FASD and neurotypical population. Using psychological assessments, the third study will assess memory, IQ, impulsivity and interrogative suggestibility of adolescents with a history of FASD. The third study's objective is to establish the relationship between memory, IQ, impulsivity with interrogative suggestibility. The results from these studies could potentially impact the CJS's approach in the interrogation of individuals with FASD.

**IMRAN HASHMI**

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## Cultural Criticism Beyond Borders: Friedrich Nietzsche and Theodor W. Adorno

Friedrich Nietzsche (1844-1900) and Theodor W. Adorno (1903-1969) are two of Germany's most infamous cultural critics. They are often considered typically German thinkers, and for compelling reasons: the targets of their cultural criticism were often German figures such as the Enlightenment philosopher Immanuel Kant (1724-1804), and the troubling composer Richard Wagner (1813-1883). Though Nietzsche's and Adorno's interests in German cultural and intellectual history are indisputably clear, viewing the two critics as purely 'German' thinkers distorts our understanding of their thought by artificially limiting the scope of their interests.

In my presentation, aided by a poster, I will show how Nietzsche and Adorno were globally-minded thinkers whose thought engaged with global cultural developments. This argument is at the core of my doctoral research's method. I will demonstrate that, despite Nietzsche and Adorno writing in periods of significant German nationalism, both thinkers engaged with cultural issues from across a globalising New World. My poster will use different colours to represent the nationalities of the thinkers and artists with whom Nietzsche and Adorno engaged. This will emphasise the global focus of their works, and will highlight the advantage of viewing cultural and intellectual histories in the context of their reactions to global challenges.

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## Does strategic and business planning in the start-up phase improve the viability of a business?

Over 50% of Australian businesses fail in the first five years alone! Does strategic and business planning in the start-up phase improve the viability of a business? Surveys to 725 small and medium enterprises (SMEs) in one Australian region harnessed 112 responses. A further twelve in-depth interviews and two focus groups triangulated the findings. Strategy tool use, consciously setting a strategic direction and ongoing business planning all had a direct impact on long-term business. Government policy insights to influence direction of support and education needed to reduce business failure rates was a key outcome. Then Covid-19 struck, putting businesses in disarray. Six follow-up Covid-19 impact interview supported planning behavioural change. This behavioural change directly impacted business viability through these uncertain times. Could this be explored to understand whether the findings apply to the wider Australian landscape or even other countries as we learn to deal with the aftermath of Covid-19? Socially, business failure rates may be reduced by developing government policies and other mechanisms. Supporting and guiding the initial business planning phase may see more businesses survive. With SMEs accounting for over 99% of all Australian businesses and providing over 70% of Australian private sector employment, the value to the Australian community in reducing the failure rate is immense.



## **NURUDEEN MUHAMMAD KOKO**

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# The Supreme Court and the Management of Revenue Allocation in Nigeria.

Revenue Allocation has remained one of the most contentious issue in Nigeria. So contentious is the issue that the Federation is yet to review the revenue allocation formula for over two decades. Whereas, the 1999 Constitution stipulates the review of the formula for at least after every five years to be in tune with the changing realities, yet since the return to civil rule in 1999, despite several attempts, the Revenue Mobilization Allocation and Fiscal Commission (RMAFC), the President and the National Assembly (NA) could not fulfil their constitutional responsibility of reviewing the formula guiding the process of revenue allocation. The contentious issues revolve around resource control, onshore/offshore dichotomy, first line charges on the Federation Account (FA), and the state joint local government account etc. Given most of these issues appeared to be constitutional struggles between the levels of government, the Supreme Court has been summoned relentlessly in the management of the often recurring and inevitable intergovernmental fiscal conflicts. This paper deploying doctrinal research, examines the landmark judgements passed by the Supreme Court since the return to civil rule in 1999. Prominent judgements were identified and examined within the context of managing discords arising from fiscal intergovernmental transfers in the Federation.

## **OLUSEMILORE KUTI**

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COUNSELLING AND PSYCHOTHERAPY, CONTEMPORARY  
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# How can art therapy provide psychological support to adolescents?

Social media is known to have many benefits such as social networking, communication and entertainment purposes. However, despite these benefits, some age groups, particularly adolescents have been reported to experience long lasting negative experiences which include mental health issues such as: low self-esteem, feelings of comparison and lack of control on social media use. The social media platforms that are most popular and widely used among adolescents include Instagram and twitter. These are the platforms that contribute the most to these issues experienced by adolescents. Research has shown that Art Therapy has a positive impact on adolescent mental health, such as a decrease in depression and increased feelings of empowerment and self-identity. This systematic review aims to explore the experiences of adolescents who use art therapy to support the impact of social media and understand extent to which art therapy supports these negative adolescent experiences with social media. The investigations will also include the impact of Covid-19 which has enforced extended periods in isolation, resulting in an increased use of social media, particularly amongst adolescents. Currently, there is a limited research which links Art Therapy and the impact of social media on adolescents. This study, thus, aims to contribute to this gap, and contribute to wider research by provide an understanding which may possibly, encourage the use of Art Therapy to alleviate the negative impacts of social media use.

**PIPIT NOVITA**

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## The quality of teacher education in Indonesia: Stakeholders' views on preservice English teacher education in a state and private university in Indonesia

Teacher quality has long become a growing and competitive area of research to improve the quality of education. The reviews of national policies for education in 2015 called for more quality in teacher education to improve the quality of teachers. The purpose of this mixed-methods study is to explore how six types of stakeholders (student teachers, educators, Head of English Department, Dean of Faculty of Education, teacher graduates and their principals) perceive quality in teacher education regarding influential aspects, strengths, challenges, and possibilities for improvement at pre-service English teacher education in a private and state university in Indonesia. The study collected survey data from 409 student teachers and conducted 42 interviews. One of the results showed that the interest of student teachers in teaching profession is quite low. Meanwhile, the quality of inspiring educators and role model of effective teaching considered as the most significant factor in the quality of teacher education. The results of this study suggested the importance of educating future teachers beyond learning to teach to meet the demand of dynamic of education and linked the theory into practice throughout the program.

**KATE WHITTENBURY**

## The impact of listening to trauma stories

Secondary Traumatic Stress (STS) is a reaction to exposure to vicarious trauma seen in clinicians who work with survivors of trauma. The development of STS can result in a number of consequences such as professional burnout, maladaptive clinical practices, problems in personal and professional relationships and high staff turnover. The evidence for the severity, prevalence and predisposing risk factors of STS in helping professionals is unclear and therefore systematic implementation of interventions to prevent STS is not warranted as offering such help to individuals who may have never developed this psychological problem may have adverse consequences, and research needs to establish what factors may make an individual more likely to develop STS allowing treatment to be targeted at those who need it. Studies have investigated the use of a cognitive task in buffering the effects of exposure to trauma material and the development of intrusions at follow-up, however, this area is understudied in the context of STS compared to PTSD studies. The aim of this Ph.D. project is to identify individual predisposing factors that make an individual more or less likely to develop STS, and investigate whether a cognitive task could protect practitioners against the possible adverse effects of vicarious trauma.



# **Diversity & Research in Critical Times**

Power in the Polyvocality

**#PGRPOLYVOCALITY**



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PhD

## Independent advocacy and the Care Act 2014: A critical realist study of policy and practice

The Care Act 2014 created a statutory framework for adult social care in England. Within this, it introduced a duty for individuals to be supported by an independent advocate, where this is necessary to promote their involvement in processes such as needs assessment, care planning, and safeguarding. My research will provide the first scholarly exploration of independent Care Act advocacy (ICAA) that draws on the perspectives of various stakeholder groups including advocates themselves, social workers, and service users. It will engage with questions of how effective ICAA is and what factors affect this efficacy, taking critical realism as its paradigmatic approach and drawing upon methodological insights from realist evaluation. Hence, advocacy will be considered as a mechanism that aims to empower people so their 'voice' can be heard; this mechanism interacts with the diverse contexts of individuals' experiences of adult social care, encompassing the relational and social aspects of needs, circumstances and identity. The study—for which data collection is due to start in autumn 2021—will address these issues at a time when Covid-19 has led to heightened awareness of the acute pressures and systemic shortcomings that afflict adult social care, long pre-dating the pandemic but intensified by it.

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## Under the radar: amplifying the voices of Black and Minority Ethnic Children experiencing domestic abuse. Black Lives Matters X COVID-19- a catalyst for change.

The COVID-19 pandemic has highlighted inequitable racial disparities. Compounded further by the Black Lives Matter movement, whose chants can still be heard by a chorus of activists on an international campaign to dismantle systemic racism. The aforesaid collectively contributes to the motivation behind this research. Moreover, this backdrop highlights the intersectionality of inequalities, which includes gender-based violence (GBV) and the disproportionate effect on Black women and children. GBV is an underreported crime, research suggests Black Minority Ethnic (BME) women are at greater risk of experiencing GBV. Interestingly, ethnicity is negated from police reporting data at times, which has implications for policy and practice. Omissions of ethnicity when collecting data on GBV is problematic and contributes to GBV amongst BME remaining hidden. Most concerning this includes BME children who as a result are residing in high-risk households but are living under the radar. Further, negating the lived experiences of BME women who experience GBV leads to overgeneralisations of female victims' experiences of GBV and results in generic responses/services. Exposure to GBV in early childhood has many ramifications and contributes to intergenerational trauma. Whilst race is still under the spotlight, there can be a catalyst of change for BME women and children experiencing GBV

## CAROLINA FELIU JONES

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Faculty of Health, Social Care and Medicine, Edge Hill University  
MSc Counselling & Psychotherapy: Contemporary Creative Approaches

# Exploring the Impact of Expressive Art Techniques in the Experience of Acculturation

After moving to the UK to study creative psychotherapeutic approaches, I became deeply interested and curious on the complex process of settling in a new culture. Facing my own difficulties integrating, better known in the literature as 'acculturating', drove me to search and find underwhelming information on the subject. How to provide psychological support to this complex process from any psychotherapeutic approach is scarcely known. In this global world where we migrate to learn from each other more than ever, how can we find new creative ways to provide the necessary support for wandering people to achieve emotional well-being? It is my aim to contribute to this under-researched area because it is my belief that our personal struggles can be the most powerful driving forces to create the change we wish to see in the world. For this, I recruited postgraduate international students to undergo a series of expressive art experiential workshops. We discussed their subjective experiences in depth and learnt about the impact of the techniques. Their journeys informed theoretical and practical suggestions for future psychotherapeutic interventions. My findings will be shared through a pre-recorded podcast: the interview of a multicultural psychotherapy researcher by a curious UK national.

## JOAN MCELLIGOTT

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Faculty of Health, Social Care and Medicine, Edge Hill University  
MSc of Psychotherapy & Counselling with Contemporary Creative Approaches

# Art Therapy in Palliative Care

What do I want to do? I aim to do a systematized review to look at primary research investigating whether art therapy can reduce anxiety in individuals receiving end of life care.

Why? Coming from a nursing background and caring for service users at the end of their life it became apparent that side effects from anti-anxiety medications were a concern for individuals thus the increasing need for alternative approaches free from side effects became apparent. Lynch (2011), suggest that traditional pharmacological measures which are traditionally used in the clinical setting are being challenged by a rapid demand for alternative approaches.

What is the link to the themes, and why does this matter? According to the (WHO, 2020), approximately 40 million individuals require palliative care; 78% of these individuals are residing in low- and middle-income nations. According to (Dain et al., 2015) alternative, creative therapies may be a cost-effective alternative way for treating anxiety in palliative care. This, in turn, may benefit the palliative community globally.

Ways in which this systematized review may help other postgraduate students. This review may encourage other postgraduate students to investigate other alternative creative approaches in treating anxiety in palliative care.

How this contributes to new worlds or global challenges? I hope that the evidence which I find may offer healthcare professionals worldwide assistance in making informed decisions about alternative therapies, for the treatment of individuals who have a terminal illness and are experiencing anxiety

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*In the Spotlight*



# PODCAST SERIES



## JAMES MWENDA

In this episode, chair Anita talks to conservationist James Mwenda, caretaker of the last two northern white rhinos in the world about all things rhinos, conservation and COVID.



## KEVIN WONG

Event Manager, Anton, talks to researcher, Kevin Wong, Reader in Community Justice at Manchester Met. Listen to them discussing the criminal justice system and the impact of the COVID-19 pandemic has had.



## GIOVANNI QUINTAVALLE PASTORINO

Our chair Anita speaks to bear and big cat researcher Dr. Giovanni Quintavalle Pastorino about his research, public engagement, and moving forward from COVID-19.



## MIA WATANABE

Art Director Sals interviews Mia Watanabe, big livestock activist and part of the campaign group Feedback, about the campaign to transform our food systems.



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## JENNIFER ROWNTREE

On today's episode is a conversation with Dr Jenny Rowntree, an ecological geneticist and applied conservationist at Manchester Metropolitan University.



## NICOLA BISHOP

In this episode, Event Manager Rebecca speaks to Dr Nicola Bishop, Senior Lecturer in English at Manchester Metropolitan University.



## JAY MISTRY

In this episode, academic lead Zarah Eve talks to Jay Mistry, Department of Geography, Royal Holloway University of London and co-director of Leverhulme Centre for Wildfires, Environment and Society.



## BARBARA BRAY MBE

Today's episode is a chat with Barbara Bray MBE, Registered Nutritionist and advocate for positive changes to the food environment



## KATE WESTWOOD

In this episode of In the Spotlight, event manager Rebecca Wynne-Walsh talks to fellow PhD candidate Kathryn Westwood about her research of the language of exclusion in primary education.



## PGR CONFERENCE COMMITTEE SPECIAL

Hello everyone, and welcome to a special episode of In the Spotlight with your 2021 Conference Committee and special guest Dr Cathy Coombs! In this episode we discuss COVID, the conference and what inspired us to choose these themes for our conference event.





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## **MEET YOUR COMMITTEE MEMBERS PROMO**

Watch our initial promo video and meet some of your committee members.



## **IN THE SPOTLIGHT WITH HOLLY WILLIAMSON**

In this latest episode of 'In the Spotlight', we hear from the talented tutor (Manchester College) - Holly Williamson teaches criminology and forensic science and has an academic background in gender studies. As part of our pre-release series, in the run-up this years PGR's conference, please enjoy Holly's talk on the challenges involved in higher education. Her students insights into polyvocality, what gaps are there in further education and how factors like disadvantage can really influence students learning and achievement.



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**ADDITIONAL CONTENT**



# OUR SPONSORS AND PARTNERS



## VEGANUARY

Veganuary is a non-profit organisation that encourages people worldwide to try vegan for January and beyond. During the 2021 campaign, more than 500,000 people took their pledge to try a vegan diet, while more than 825 new vegan products and menu options were launched in their key campaign countries.

Throughout the year, Veganuary encourages and supports people and businesses alike to move to a plant-based diet as a way of protecting the environment, preventing animal suffering and improving the health of millions of people.

Make sure to visit their virtual stand at our live event for more information!

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## MIND MANCHESTER

Manchester Mind have been supporting better mental health for everyone for 30 years. Their belief is that everyone deserves to be supported in their mental health needs and that they have a part to play in that. They have an amazing, committed team of staff and volunteers who work hard to ensure that services are delivered in a way that enables people to feel heard and involved. Their services range from emergency food provisions, to support tailored for young people.

Make sure to visit their virtual stand at our live event for more information!

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## SCIENCE ON A POSTCARD

## SCIENCE ON A POSTCARD

Founded by Dr. Heidi Gardner, Science On A Postcard “started because someone told me I didn’t look like a scientist. After I finished rolling my eyes, I decided to do something to chip away at that point of view. I started the business to create cute and colourful products that would signal not only that I was a scientist, but that the vast majority of scientists don’t look like Einstein. These products have now made their way all over the world, and are sparking conversations about science as we speak.”

Make sure to visit their virtual stand on our conference day for science goodies designed to smash stereotypes and spark conversations 🤍

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## THE EIGHTH DAY CO-OPERATIVE LTD

Many thanks to Eighth Day Co-operative for providing the committee and keynote catering

<http://8thday.coop/>

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# SOME USEFUL INFORMATION ABOUT OUR LIVE EVENT

Our live event will be presented using a combination of Slack and Zoom

Download the apps here:



Registered attendees will receive all links the day before the event.

Not registered yet? Don't worry! There's still time! Visit our Eventbrite page:

**eventbrite**

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# ACCESSIBILITY

Every effort has been made to ensure that all aspects of the PGR conference are accessible and available to all.

All texts are available as plain black and white, as well as in large text and in printable PDF format on request.



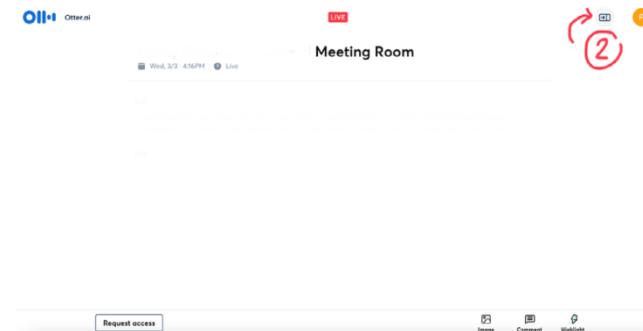
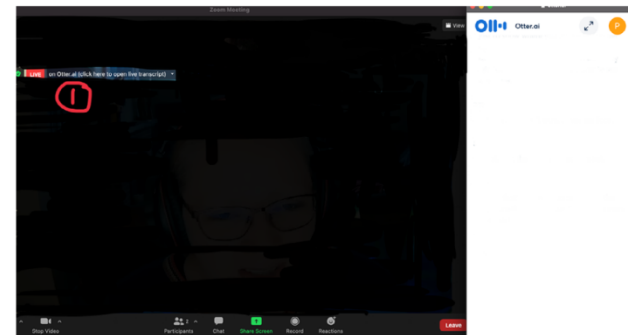
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To make any requests or for further information please contact us at [pgrconference@mmu.ac.uk](mailto:pgrconference@mmu.ac.uk)