

Toni King

Phd Student Yr 1
University of Brighton

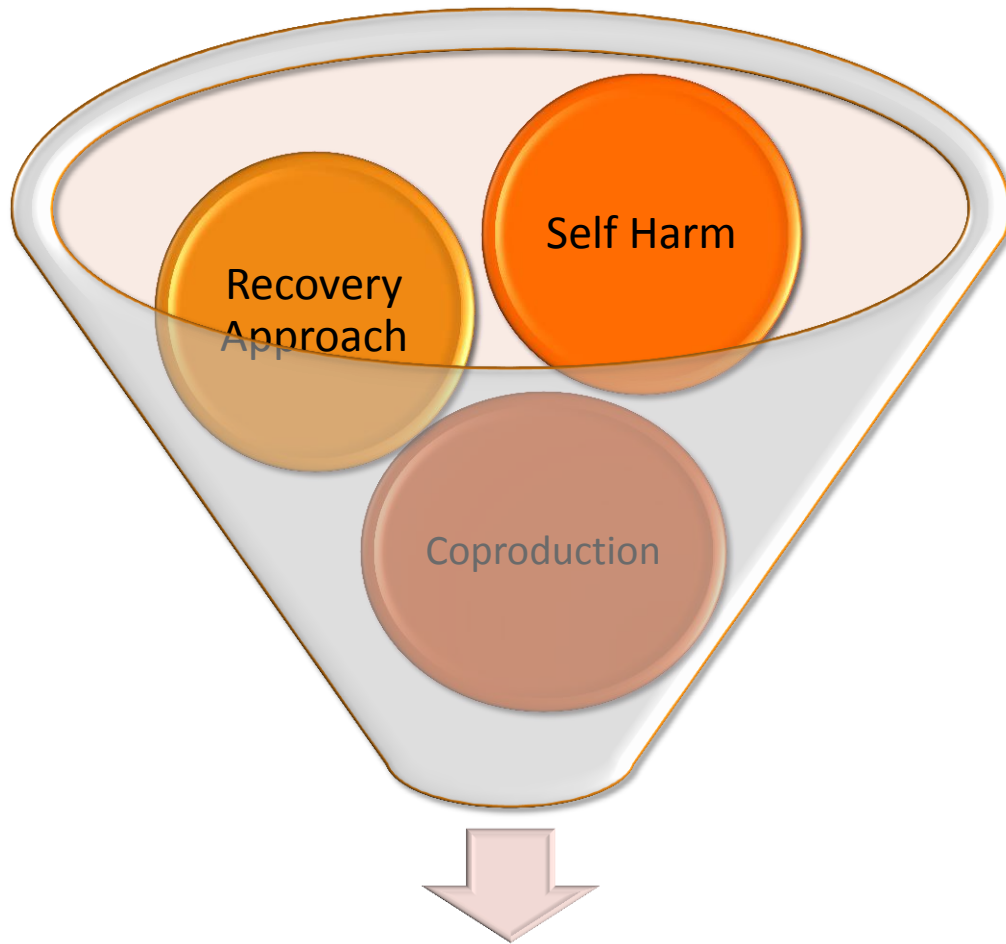
T.King2@brighton.ac.uk

@ToniKingOT

Getting Started Before You Have Started – Coproduction In A Phd

Exploring Experiences Of Power And Control
In Interactions Between
People Who Self Harm
And
Staff In Community Mental Health Services





What is it about power?

“..at the heart of such co-production lies a fundamental shift in the balance of power at all levels..”

Coproduction in Research

‘an approach in which researchers, practitioners and the public work together, sharing power and responsibility from the start to the end of the project, including the generation of knowledge.’

INVOLVE (2019) Co-production in Action: Number One. Southampton, INVOLVE



Lived
Experience
Advisory
Panel

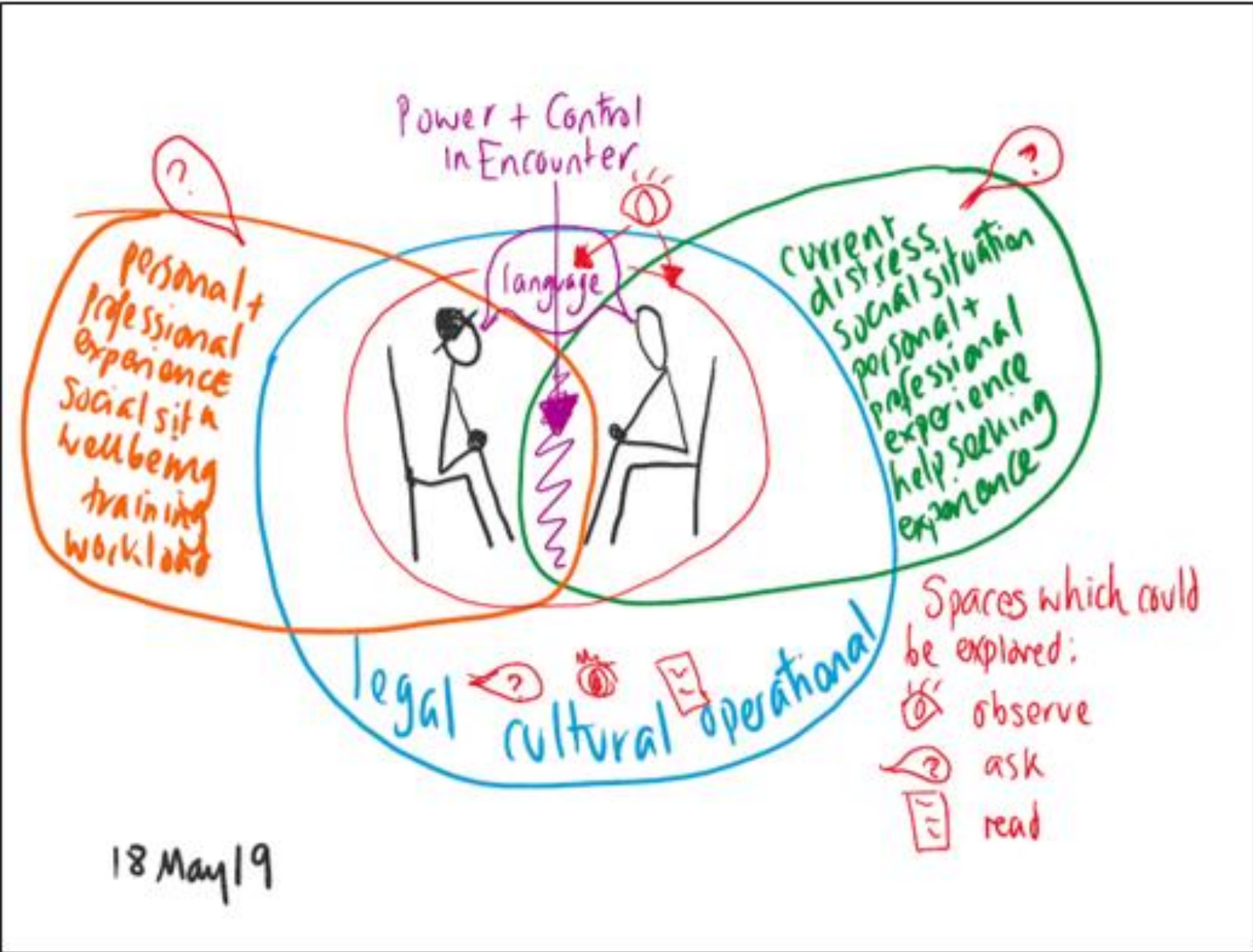
1^{ab} Is the Research
Question Worthy?

2 Trialling a Method to
Address Power

1a Title Shared

- 'Explore examples of what is going on – unpack the truths and assumptions'
- 'Self harm is about coping' **x2**
- 'How do people define and position self in relation to self harm (**including staff**)'
- 'Who holds the power? Yes **both views** important'
- 'Impact of burnout and ability to hear – lack of time – anxiety – cant help – cant do'
- 'First thoughts: shame, stigma, trust'

✓ **Yes**



1b Image Shared

- We (this group) discuss A&E , paramedics [as the problem] – this is ‘community’ are we uncomfortable to think about ourselves?
- ‘Yes – **the community** – I hid from others but trusted my CPN’
- ‘What is self harm’ - group agree ‘self defined’
- ‘Think about impact on family / carer too’ **x3**
- ‘Negative experience and outcomes – important topic to think about’
- Dissemination (accessible) will be very important

✓ **Yes**

2 Trialling a Method to Address Power

- Multi modal research
- Language is partial
- Use of image

Use of imagery to prepare for a conversation

Prepare for a 4 minute conversation with partner.

Tell them about any conversation you have had in the last 48 hours.

Please use this paper to **make notes of key points** so that your partner understands the whole situation.

OR

draw a picture of the conversation

(Please keep the topic simple and not too sensitive)

1. Prepare for a 4 minute conversation with partner.
2. Tell them a conversation you have had in the last 48 hours.
3. Please use this paper to draw a picture of the conversation so that your partner understands the whole situation.

(Please keep the topic simple and not too sensitive)



2 Preparation before a discussion

Words

'Words restrict me'
'Language can be more precise'
'I focussed on facts rather than emotion'
'Helped me to think back; to prepare'

Image

'Im not a draw-er'
'Level of panic'
'Using picture is not my default – helped me think differently'
'I shared it we talked together'
'I had to explain it – cant do without talking too'

- ✓ **Helpful to prepare**
- ✓ **Need Choice**

Conclusion

- ✓ Question is relevant & important
- ✓ Ensure both views
- ✓ Community is important
- ✓ Family is important
- ✓ Dissemination methods are important
- ✓ Range of ways to prepare BEFORE gathering data is helpful
- ✓ Need choice





Advice? Tips?
Thoughts? Questions?

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