

## **How can these resources be used for promoting discussion or for training purposes?**

### **Script**

We have included in the resources a copy of the script from the original version, This includes a copy of the poems as well as the voice-overs. This can be used as a memory aid when discussing the film, if a particular point wants to be addressed. There are a multitude of issues that come up throughout the film. It can be useful for a group afterwards to focus on particular ones, along with a copy of the poems or the script.

### **Poems**

The poems are available, without the script, to print out in a 16 page A6 booklet format. Some of the artworks from the film sit alongside the poems. There are also some quotes printed along with this booklet, which are from contributions during the original research undertaken by Swings and Roundabouts. This 16 page booklet was part of the original booklet that went alongside the video of Insight in Mind.

### **Suggestions**

The suggestions act mainly as a starting point – to be used for individuals and groups to explore their own ideas. Peoples experiences are varied and different, although it is compiled from people who have these experiences, everyone's experiences are different.

Please remember that all ideas are not intended to be "authoritative" but rather to help others explore their own ideas. Some of the ideas and suggestions may be considered controversial, remember these are the views of the person who was suggesting them.

### **Group work**

For a group discussion or for training, the suggestions could be printed out, shared amongst the group. Or the groups split up and choose particular suggestions to discuss. One option could be to get the group to come up with their own ideas for suggestions before looking at the ones we present and then to explore these. Or perhaps start with a few of our suggestions to stimulate a groups own ideas.

### **Survivors**

For people with their own experiences, the suggestions could be used for exploring what helps or doesn't help **for them**. Often it is easier to broach these matters when you have a starting point to work from. They can be use to explore how people feel about their coping mechanism or help them think of new ways of seeing or dealing with things. Groups that are helping support one another could discuss particular sections – quotes could be given out or put up on a wall and then chosen and discussed.

For mixed groups of survivors and carers they might help promote discussion in a non-threatening way and allow someone with similar experiences a safer way of exploring and sharing their own thoughts with others.

They could help promote memories that may give people opportunities to speak more freely.

### **Carer**

If you are reading the suggestions and you are a new carer or want to help support someone who is experiencing these feelings, you could try to find out how the person themselves feels & what is helpful to them. It may be useful to do this when the person is not in a period of having distressful feelings.

## **Film**

The film can be used for training purposes to stimulate discussion or as a starting point for group creative work. Particular filmed poems could be used as an introduction to someone sharing own experiences of mania or depression (for training or other reasons).

The film gives emotive, vivid and direct accounts and it is important to note that some viewers may find parts of the film upsetting. It may be helpful when showing the film (particularly for groups of survivors or carers) to build time for reflection.

## **The difference between the film versions**

### **The short version**

Is more artistic, in that the more education parts between the poems have been edited  
Poem 10, *Lie Here* has been edited & opening titles and credits differ  
Moves at a faster pace

### **The original version differs in that :**

It is more educational in that it contains more 'talky' bits between the poems.  
It contains a subtitle option  
It has chapter selection, making it easier to select particular poems, or parts of the film.

The broad categories of the film can be split up in the following way

|                     |   |                     |
|---------------------|---|---------------------|
| Mania               | <i>Sun, Moon, Manic Story</i>                         | Chapter 2,3,4       |
| Medication          | <i>The meds, Medicated agitation</i>                  | Chapter 5,6         |
| Depression          | <i>Pain,, Stay up late, Lie here, Despair, Friend</i> | Chapter 7,8,9,10,11 |
| Feeling Stable/OK   | <i>I can be happy, Many Faces</i>                     | Chapter 12,13       |
| More general issues | <i>Mutter, ABC</i>                                    | Chapter 1,14        |

There are many other additional messages throughout the film. If a group of individuals have not explored these kinds of issues before, then the printed poems or script could be looked at in addition, or after watching particular parts. This can help aid discussion and help encourage people to think about the kinds of things that are being said.

Some of the poems lend themselves well to stimulate group or individual exercises. The **mania poems**, could be used to help someone think or write about their past experiences of a manic journey whereas coming up with additional lines for the poem **I lie here** could be an useful challenge. The **medication poems** could be used for groups of survivors to share the effects medication has had on them and how it makes them feel. This could be particularly useful for carers to hear, in a mixed group. **I can be happy** can help people to think about what is normal for them and to help them think about sharing these thoughts with carers/friends.

## **Challenging Stigma and discrimination**

**ABC** – the final poem can be used to help provoke discussion about the labels that people use. It can serve as an excellent tool, especially with groups of young people or children. It could be a prelude to a more serious discussion on the labels people use and how they can be hurtful or inappropriate.

With group work one suggested method is that the group collectively or in smaller groups come up with as many labels as they can before showing this poem to them. Alternatively, the first half of ABC could be shown, with the group coming up with suggestions for the second half of the alphabet before showing them the rest of the poem.

## **Creative work**

For a creative writing or art group the poems could act as a springboard for new ideas. The filmed poems could be shown to help evoke feelings and memories. Alternatively, the group could think of other imagery that would work with particular poems or with parts of the script.