Workshop 1
J. Callaghan (Editor, POWS Review) & R. Capdevila (Editor, Feminism & Psychology)

Publishing feminist research: opportunities and challenges
This interactive round-table discussion aims to demystify the process of publishing in scholarly journals by taking a behind-the-scenes peek at the publishing process. The panel members will discuss the processes around submission, review, feedback and revision, including some strategies for writing publishable manuscripts. The workshop is primarily aimed at those interested in learning more about the process of publishing and, particularly, publishing in feminist journals. It will give participants a chance to meet the editors of both the Psychology of Women Section Review and Feminism & Psychology and have your questions answered. While it may be of most benefit to those relatively new to publishing and those not located within the academy, we welcome discussion with people at all stages of their academic careers.

Workshop 2
A. S. Perl

Women and Mindfulness: How to Create Movement for Change whilst Safely Standing Still
This personal development workshop is suitable for all clinical practitioners, trainee therapists and those seeking greater awareness of the self and others

The author defines the effects of mindfulness for women as: “the ability to wake up more empowered as a non-judgmental observer completely immersed in the presenting moments of life”

Produced by the author as a stand-alone therapeutic intervention for women who are contemplating making changes in their lives, this workshop takes a dualistic therapeutic approach incorporating ideas from both Mindfulness-Based Cognitive Therapy (“MBCT”) and Transactional Analysis (“TA”).

The aim is that women will leave behind core beliefs and automatic thoughts which create doubt, fear and confusion and move towards peace, flexibility and freedom from stress and anxiety. This strengths-based approach eliminates past introjected eroded images of the female body as women’s site of “locus of self”. No longer “the second sex”, women will be guided towards thinking positively about what they can to today to make changes which will ensure a happier future.

This workshop will appeal to women who encounter amongst themselves or [female] others false beliefs or “thinking errors” which place barriers against creating desired changes. The author’s experience of working with women from diverse backgrounds resonates with Bordo’s ideas that regardless of any variety in cultural-dependent upbringing, women across cultures are exposed to “homogenizing and normalizing images and ideologies concerning “femininity” and female beauty”. Creating “Movement for Change” helps women give up resulting internalised feelings of guilt, shame, anxiety and depression which trap them in their child ego state raising them up into their natural adult ego state by teaching patience, compassion and empathy towards the self.

Mindfulness-based practice facilitates equality by empowering women to make better career, relationship and life choices.

Exercises will include the art of mindful eating, flexible thinking together with kindness towards the self as well as a simple meditation. Regular practice can be followed at home and incorporated into daily life.
Workshop 3
P. Nicolson

**Life at work: the psychology of gender, power and organisation**

This workshop focuses on women’s experiences of both leadership and followership in a gendered organisational context. The aims are to think about the particular issues that each person faces in relation to gender – both conscious and possibly unconscious.

The workshop is also thus intended to help women in particular be more aware of the systemic and personal issues that women in leadership roles have to deal with on a) a day to day and b) a career context that are related to gender issues.

I think the workshop fits into both the themes of this conference (the politics of women’s work for example) and the general themes that concern all members of POWs (female and male).

The workshop will begin with a 20-minute introduction by Paula about the theories – open systems theory, psychoanalysis and mentalisation/attachment – leading to taking a reflective-relational approach to leadership and organisational life. This approach is based upon work undertaken by Paula via the Tavistock and Portman NHS Foundation Trust – using (and adapting) their model and work by the Anna Freud Centre on mentalisation and attachment.

Then participants will be asked to think about key dilemmas they face/have faced in their organisations – they can choose whether to reveal material but it is hoped that participants will feel able to share their experiences and offer support to those of others.

The workshop addresses the role of feminism as a means of understanding what goes on in organisations and should appeal to all members who work in the NHS and Universities in particular.

All participants and the workshop leader will be asked to ensure all data presented is anonymously and that confidentiality of all discussions during the workshop will be maintained.

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Workshop 4
H. Owton

**Poetry Inquiry: An analysis workshop**

Poetry is not a turning loose of emotion, but an escape from emotion; it is not the expression of personality, but an escape from personality. But, of course, only those who have personality and emotions know what it means to want to escape from these things (T.S. Eliot, 1921, Section II: 36-39).

The use of Poetic Inquiry is not particularly new in qualitative research, however, it is relatively new in Psychology fields where it can be used to “re-create lived experience and evoke emotional responses” (Richardson, 1994, p. 521). My approach to research is guided by feminist principles and I adopt a ‘friendship as method’ approach in an attempt to get to know others in meaningful and sustained ways (Tillmann-Healy, 2003). During my research with sportspeople with asthma I wanted to share my participant’s stories in ways that painted pictures in the mind, allowing us to walk inside these pictures and to step into someone else’s world (Sissay, 2006). Therefore, I employed poetic representation as a way to capture the nuances of any one’s experiences and often, listeners and readers tend to be moved by a poem’s simplicity and power (Poindexter, 2002).

The power of poetic representation (if done well) lies in its ability to create evocative and open-ended connections to the data for the researcher, the reader and the listener (Rapport & Sparkes, 2009). Poetic representation is designed to stimulate and encourage multiple interpretations which invite and allow readers...
a greater interpretive freedom to make their own conclusions so that they are able better to understand this as they transfer this understanding into their own lives (Rapport & Sparkes, 2009; Sparkes et al., 2003). The aim of this workshop is to breakdown the process of poetic analysis by showing you how this process can be done effectively. In order to construct a poem, firstly, one needs to know what a poem is so firstly, I will outline in a powerpoint presentation and discuss techniques, such as rhythm, rhyme and repetition which is what differentiates poetry from prose. We will engage in various self-reflective tasks and then work in groups to understand how poems can be constructed from our own experiences. This is where many of the themes of this year’s conference will be covered due to the attendance of conference members. Then workshop participants will have the opportunity to practice crafting someone’s interview data, which I will hand out to people, into a poetic text. This workshop will appeal to those who would like to venture into new forms of representing data and appealing to wider audiences with their research. Additionally, through a crafting into poetry, one may also notice the significant reduction in words whilst also maintaining the meaning. Given the obsession with language that often accompanies qualitative researchers, the reduction of word content, appears to be quite a vantage point. During this workshop, ethical considerations about the nature of autoethnographic material will be addressed by ensuring that confidentiality and sensitivity of the material is maintained. Ethical considerations about the nature of poetic inquiry will also be discussed; about taking poems back to participants to check that poems are accurate and respectful.

**Workshop 5**

**N. J. McGowan**

**Exploring feminist issues through Dramatic techniques**

Through this workshop we as a group will explore feminist issues affecting young girls using real life case studies taken from the outreach and in-house work we do with Girls who have been effected by gang related violence and domestic violence, young people who are counted as NEET, young people with learning difficulties and special needs, and young people who have experienced bullying, depression or mental health issues.

This will be done using dramatic techniques inspired by James Thompson in ‘Drama for Anger Management and offending behaviour’ and Boal in ‘Games for actors and non actors’. These techniques both investigate and are great way to get across meaning and alter or identify unconscious and potentially damaging behaviour. In this workshop we will use the given techniques to practically explore specific cases within the contexts of society, family and friends. We will use games, activities and more advanced role play to open up wider discussions, highlighting and demonstrating the ways we would explore and address the issues raised with the young people, and showing how a practical perspective can sometimes free and inspire things that other methods cannot. The aim is to demonstrate what these techniques can help us to address, how they can inspire and evoke questioning and explorative behaviour in the young people we work with. We hope to arm participants with some practical games and activities that they might use in a one-to-one situation as a way to initiate group discussion or address and educate on various issues.