

Change is Inevitable; Growth is Intentional (Paper 2)

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Thematic Context for Own Presentation

- The Times, They Are A-Changin' (Nobel Literature Prize Winner)
- Given this, How Can We Grow, Innovate and (even) Thrive?
- By Changing With Them
- So *What* Can We Change? My paper:
- Lighting Up the Borderlands Between Theory & Experience and
- Between the Professional and Personal
- Public and Private

Researching the Borderlands

- Researching a specific male health condition, participants were curious as to my own health status (CP/CPPS – anyone?)
- Dilemma: To Disclose – or Not? (Ethical Q too – put in ethics clearance)
- Usual jujitsu psychology response: What would it mean to **you** IF I were sick (or well)?
- Objective quantitative approach: withhold own data/self as this may ‘contaminate’ findings.
- Qualitative research more ambiguous – ‘it depends’...
- But ALWAYS with self-reflexivity, as to the potential impact of this.

Changing Tack: Outsider V Insider

- Jujitsu not very productive: 1st 3 interviews – short and terse
- End of 3rd interview turned off recorder and disclosed.
- Sat for another +-90 minutes talking with RICH emergent data
- In this research scenario, sharing HELPED.
- Narrative approach – co-constructed stories.
- Treading the Borderlands between Researcher and
- ‘Experiencing Subject’ (Own status reduced felt shame/stigma)

Change and Growth

- The Borderlands Between Professional and 'Service User' is paper thin
- Occupying both positions is NOT necessarily a disadvantage, if we can accept and share this.
- Two publications aimed towards both sides of the 'border':
- What Your Patient is Thinking (BMJ): '***How to Talk to Someone with an 'Untreatable' Lifelong Condition***' (November 2015)
<http://www.bmj.com/content/bmj/351/bmj.h5037.full.pdf>
- '***Positioning, telling, and performing a male illness: Chronic prostatitis/chronic pelvic pain syndrome.***' British Journal of Health Psychology (November 2017) <**Although women have CPPS too!**>

Borderlands: We All Hold Dual Citizenship

- As Susan Sontag reminds us, at some point we all tread the Borderlands.
- “Illness is the night side of life, a more onerous citizenship. Everyone who is born holds dual citizenship, in the kingdom of the well and in the kingdom of the sick. Although we all prefer to use the good passport, sooner or later each of us is obliged, at least for a spell, to identify ourselves as citizens of that other place.”
- Susan Sontag, *Illness as Metaphor*, 1978.
- The Borders between Sickness & Health are Permeable
- Like ALL Borders, in the end?