



‘This cannot be sorted by three men in London telling people what to do. It's got to be **social mobilisation by people’. We need ‘multidisciplinary science’ and ‘engagement with public’. **‘Culture change’ requires the ‘community's lived experience’****



Prof Dr John Ashton, President, UK Faculty of Public Health 2013-2016
C4 news interview 14/3/20

10 reasons to collaborate with neurodiverse + creative allies

2020 CoCA Annual Meeting Lecture & Masterclass, University Hospital Frankfurt

by Dr Kai Syng Tan FRSA SFHEA

King's Visiting Artist, Manchester School of Art Senior Lecturer



#NeurodiversityCreativeResearch @kaisyngtan @mindgap_psy

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**1. WE MUST
STEP UP OUR
GAME**



Chinatown, San Francisco (Banksy 2010)



2. LET'S BECOME

CRITICAL

FRIENDS

critical friend:

‘A trusted person who asks provocative questions, provides data to be examined through another lens, and offers critiques of a person’s work as a friend. A critical friend takes the time to fully understand the context of the work presented and the outcomes that the person or group is working toward. The friend is an advocate for the success of that work.

-- Desmond Nuttall. In: Costa, A. and Kallick, B.(1993) "Through the Lens of a Critical Friend". Educational Leadership 51(2) 49-51



THE LANCET

PERSPECTIVES | THE ART OF MEDICINE | VOLUME 389, ISSUE 10076, P1290-1291, APRIL 01, 2017

The body as image: image as body

Deborah Padfield  Tom Chadwick  Helen Omand

Published: April 01, 2017 • DOI: [https://doi.org/10.1016/S0140-6736\(17\)30828-0](https://doi.org/10.1016/S0140-6736(17)30828-0)

 PlumX Metrics

Pain is invisible and its experience highly subjective, making it hard to communicate. This essay grew out of the Encountering Pain Conference at University College London that shared the findings of the *face2face* and *Pain: Speaking the Threshold* projects with patients, clinicians, academics, and artists. We explore narratives triggered by images co-created with pain patients and placed between doctor and patient in the pain clinic during the *face2face* project.

Patients with chronic pain frequently undergo countless investigations and imaging processes, often with no cause visible. Psychologist Dianna Kenny describes how patients can search for

***Pain: Speaking the Threshold* led by Dr Deborah Padfield
In conversation with Professor Joanna Zakrzewska (UCLH) 2014 -2017**

<https://www.ucl.ac.uk/encountering-pain/past-projects>

**3. LET'S CREATE
PRODUCTIVE
ANTAGONISMS**

productive antagonisms:

... a willingness to explore, experiment, mess around with unexpected and indeed unlikely lines of connection and influence. [...] this is something artists are very skilled at. making good art involves a willingness to practice a bit of ill-discipline. a willingness to run across the boundaries that separate disciplines. [...] it is often where antagonistic disciplinary knowledges rub up against each other where the most fertile paths are to be found.

-- Latham and Tan, Cultural Geographies, 2016

<https://journals.sagepub.com/doi/abs/10.1177/1474474017702511>



South London Gallery 'speed dating' for experts in the arts and sciences of the mind. Arts in Mind Festival 2009 commission, #MagicCarpet by Kai Syng Tan 2017-2019

4. LET'S

PLAY!



Puppets are used in the autism project, as demonstrated by Dr Melissa Trimmingham

New research to begin on autism and girls following major AHRC grant

***Playing A/Part:
Investigating the
experiences of
autistic girls through
drama, interactive
media and
participatory arts
2019-2022***

**Led by Professor of
Performance Nicola
Shaughnessy
School of Arts,
University of Kent**

<https://www.kent.ac.uk/news/society/19989/new-research-to-begin-on-autism-and-girls-following-major-arts-and-humanities-research-council-grant>

NICE

1.2.2 Be aware that ADHD is thought to be under-recognised in girls and women and that:

- they are **less likely to be referred for assessment for ADHD**
- they may be more likely to have **undiagnosed ADHD**
- they may be more likely to receive an **incorrect diagnosis** of another mental health or neurodevelopmental condition. [2018]

Attention deficit hyperactivity disorder: diagnosis and management. NICE guideline [NG87] March 2018
<https://www.nice.org.uk/guidance/ng87/chapter/Recommendations>

If the **male stereotype** is seen as the norm, potentially only the girls with the most severe, or most “male-like” symptoms that manifest as disruptive behaviour will be identified. – Flo Mowlem. ‘Girls have ADHD too – here’s why we may be missing them’. *The Conversation* Aug. 2018

There are widely held preconceptions that autism is a male disorder. [...] We know that some females **deliberately hide** their autism **by consciously copying how another woman or girl acts, dresses and talks**. – Francesca Happé, ‘Finding the female face of autism’. *The Academy of Medical Sciences*. May 2018.

5. LET'S BE

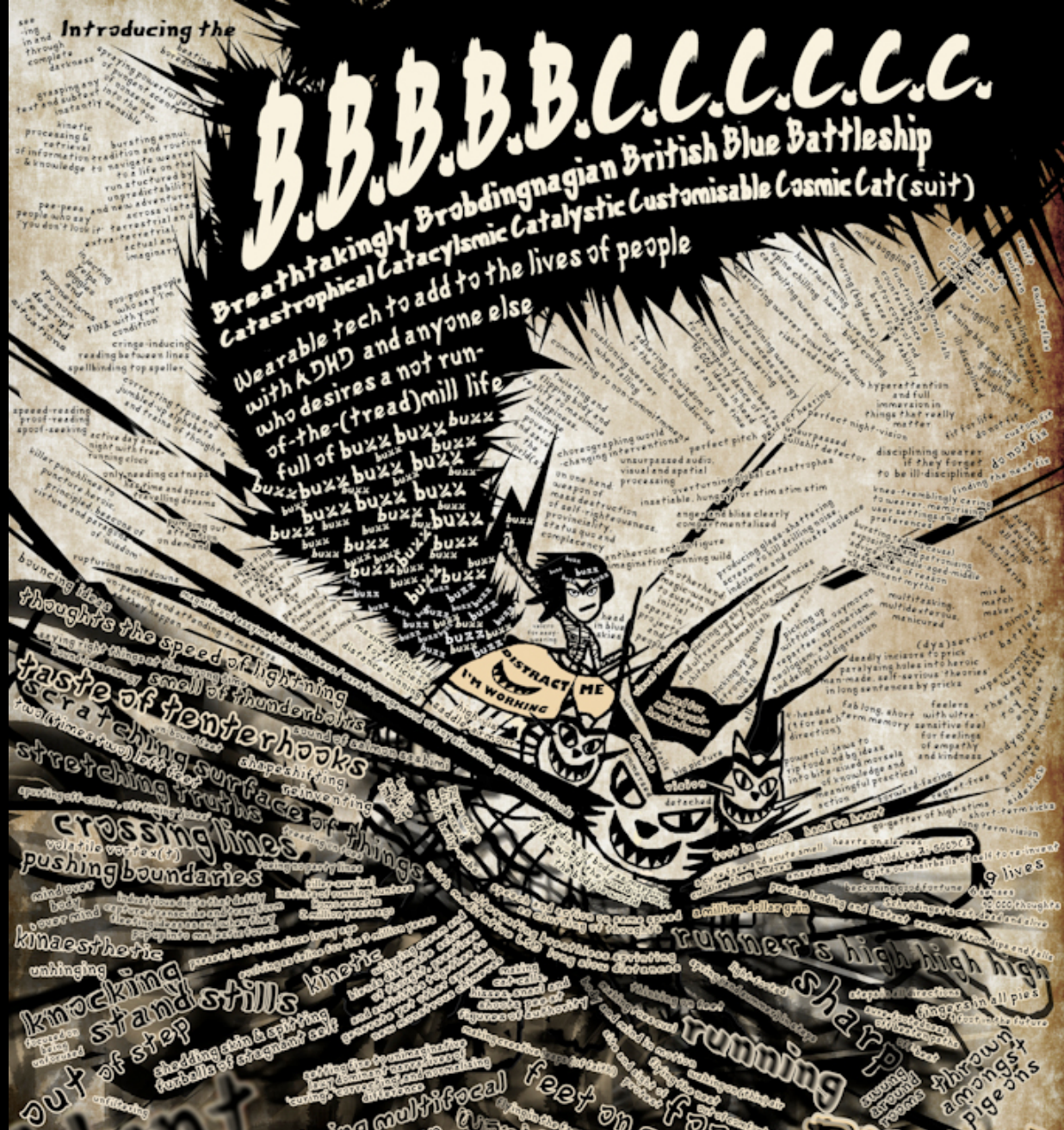
ILL

DISCIPLINED

**Ill-disciplined:
playfulness,
subverting notions
of 'illness', inter-
disciplinary**

-- Tan & Asherson 2018

<https://theconversation.com/how-lofty-art-can-help-the-medical-world-reimagine-mental-health-105689>



(Dys)service cat (suit) 2016 Kai Syng Tan

2 results

 Digital Images

Empty bottle for Ritalin tablets, England, 1954-1970

Science Museum, London



 Digital Images

ADHD, dyslexia and dyspraxia, conceptual artwork

Kai Syng Tan



**6. LET'S STEP
OUT OF SILOS &
EMBRACE 360°
VANTAGE POINT**

NOT ALL
DEAD WHITE
MEN

~~Unit~~ Unit 1 - You in Context
LOCAL
NATIONAL
GLOBAL
HISTORICAL
CONTEMPORARY

A TAXO
Cu
- Divers
- Divers
- play
- Provo
-

unit

Post-It notes by participants of workshop at Plymouth College of Art, 2019
Participants came up with manifesto statements of an inclusive curriculum.

neurodiversity

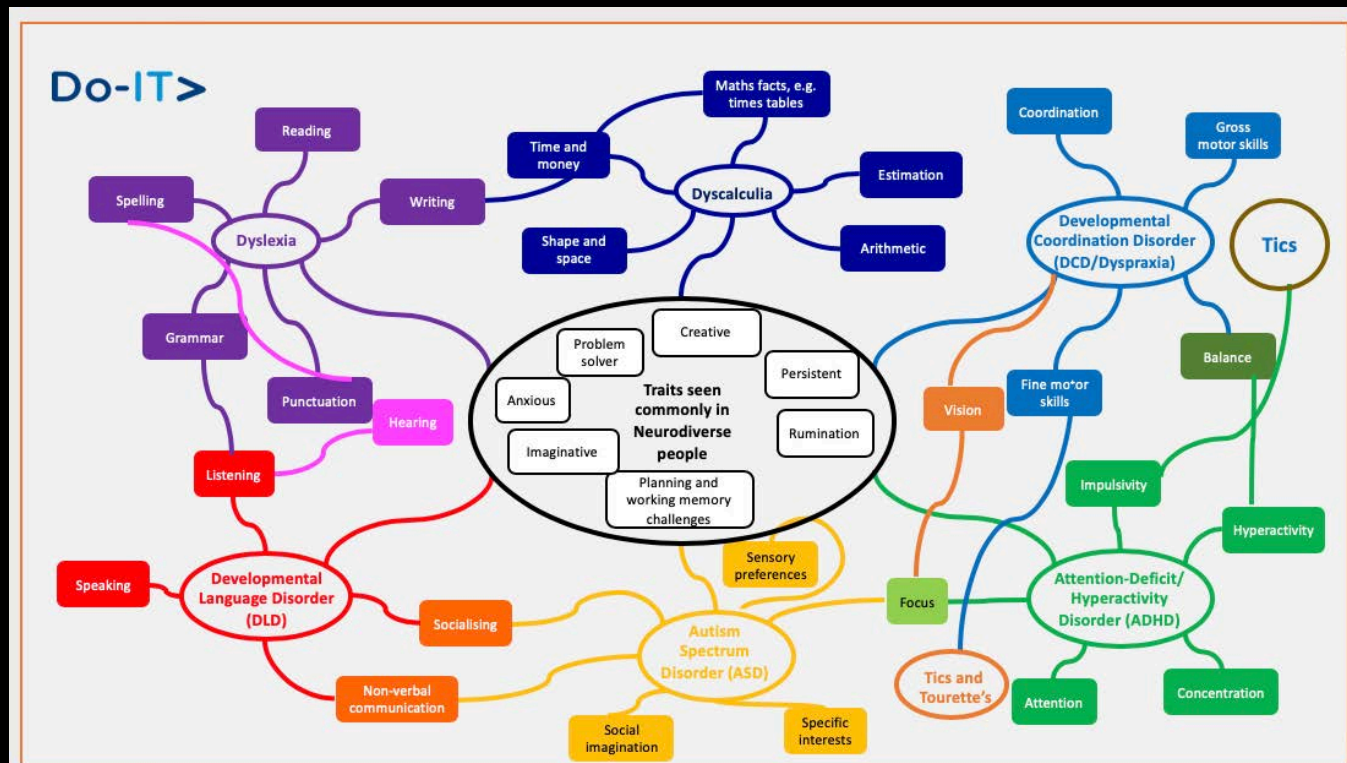
neurodiversity



CoCA (Comorbid Conditions of ADHD) studies the comorbidity between the most frequent psychiatric conditions, ADHD, mood / anxiety and substance use disorders, and a highly prevalent somatic disease, obesity.

<https://coca-project.eu/>

neurodiversity



By Prof of
Development
Disorders
Amanda Kirby
University of
South Wales

https://twitter.com/profama_ndakirby/status/1226424042036645890

neurodiversity

... (related to) '**biodiversity**, and we now recognise the importance of respecting our environment, with the rich diversity of life forms that inhabit it. In many ways, the concept of neurodiversity is just the **next step in this more respectful way of thinking about our planet and our communities** – Simon Baron Cohen

'Editorial Perspective: Neurodiversity –
A Revolutionary Concept for Autism & Psychiatry'

The Journal of Child
Psychology and Psychiatry



58, no. 6 (1 June 2017): 744–47. <https://doi.org/10.1111/jcpp.12703> .

**7. LET'S STEP OUT
OF COMFORT
ZONES**



**#MagicCarpet 2017-2019 with Professor of Psychiatry Philip Asherson.
Booklet: https://issuu.com/kaisyngtan/docs/2019_magiccarpet_booklet_drkaisyngtan
Still from film by Gemma Riggs**



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Art Workers' Guild 2018





Innovator's Showcase at NESTA's The Future of People Powered Health



5th European Network for Hyperkinetic Disorders Conference (Edinburgh)

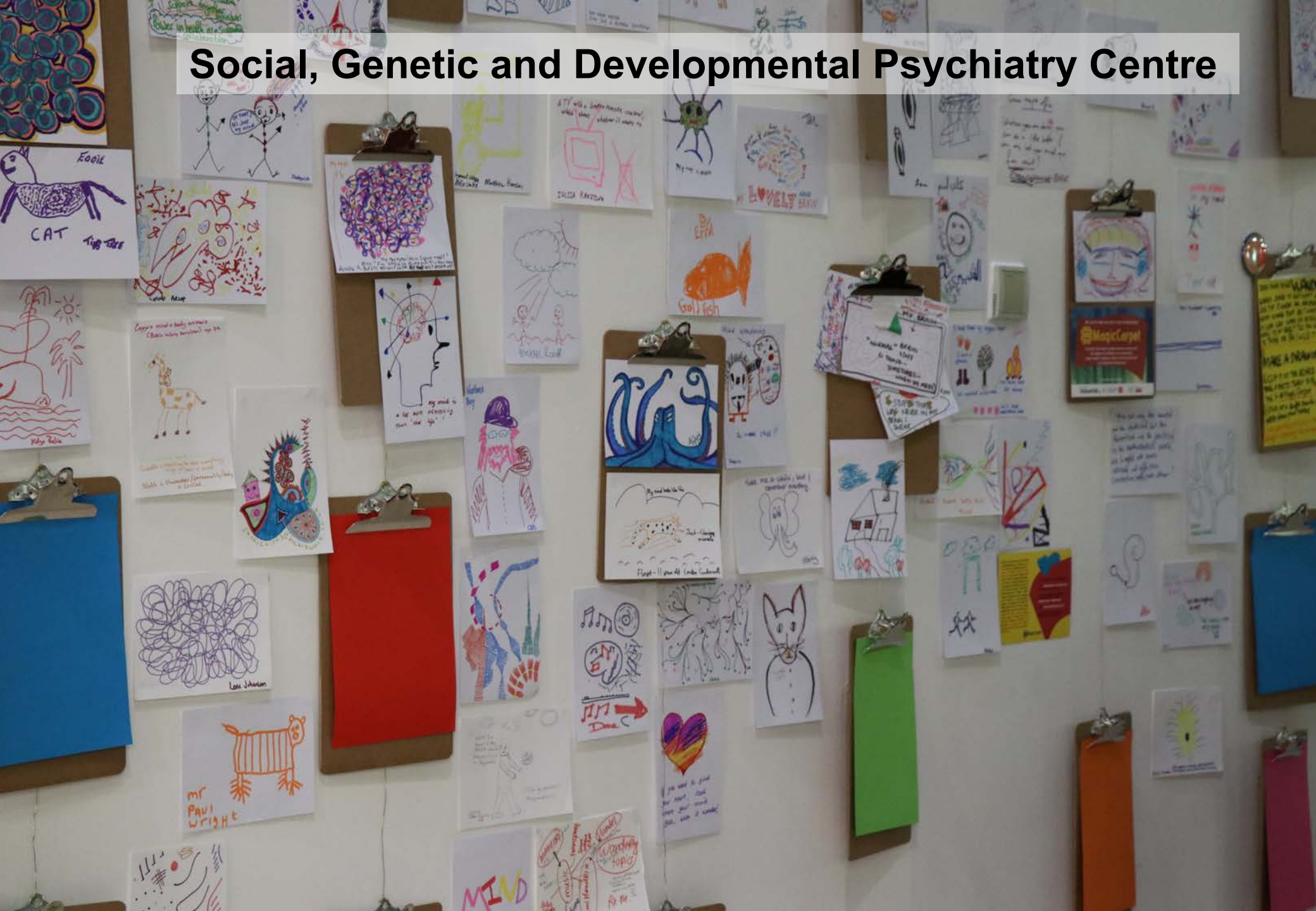
Social, Genetic and Developmental Psychiatry Centre



So, ma

Judgwick

Social, Genetic and Developmental Psychiatry Centre



Social, Genetic and Developmental Psychiatry Centre





Bush House Arcade, London 2018. Photo by Alex Lloyd



Birkbeck Arts Week 2019, in the same room that was Vanessa Bell's art studio (sister of Virginia Woolf)



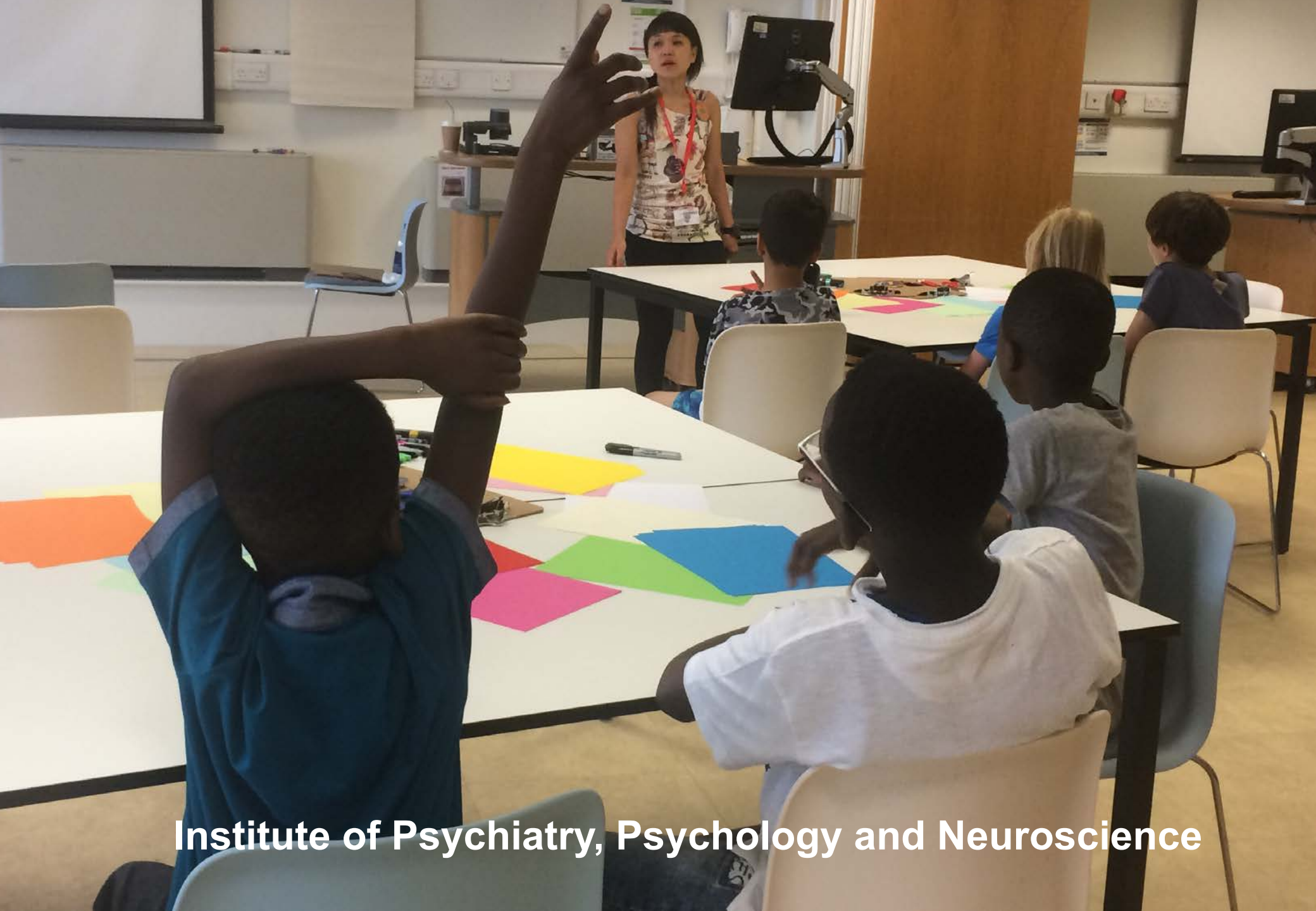
Manchester Craft and Design Centre, until 4 April 2020



UK Adult ADHD Network Congress 2017



Leadway East London (charity for people affected by brain injury)



Institute of Psychiatry, Psychology and Neuroscience

**8. STEP INTO
THE UN-
KNOWN
TOGETHER**

Editorial: ‘Shine bright like a diamond!’: is research on high-functioning ADHD at last entering the mainstream?

Atten Defic Hyperact Disord. 2019 Sep;11(3):241-253. doi: 10.1007/s12402-018-0277-6. Epub 2018 Oct 29.

The positive aspects of attention deficit hyperactivity disorder: a qualitative investigation of successful adults with ADHD.

Sedgwick JA^{1,2}, Merwood A³, Asherson P³.

HOLLY A. WHITE

Thinking “Outside the Box”: Unconstrained Creative Generation in Adults with Attention Deficit Hyperactivity Disorder

From positive psychology to psychopathology: the continuum of attention-deficit hyperactivity disorder

Corina U. Greven,^{1,2,3}  Jan K. Buitelaar,^{1,2}  and Giovanni A. Salum⁴

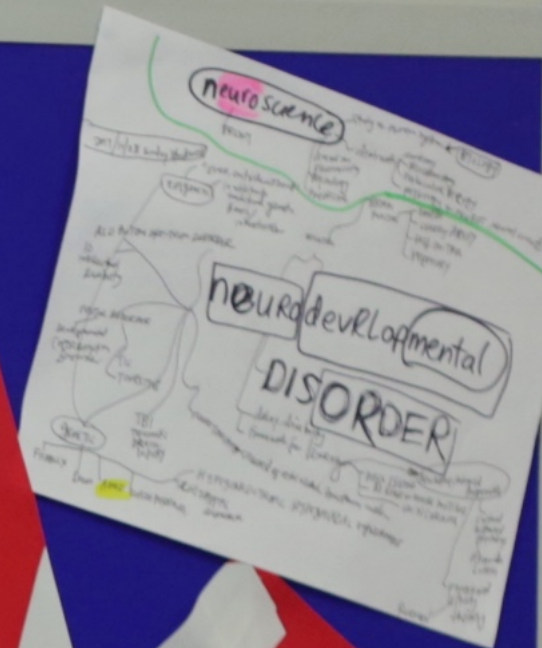
¹Department of Cognitive Neuroscience, Radboud University Medical Center, Donders Institute for Brain, Cognition and Behaviour, Nijmegen, The Netherlands; ²Karakter Child and Adolescent Psychiatry University Center, Nijmegen, The Netherlands; ³Medical Research Council Social, Genetic & Developmental Psychiatry Centre, Institute of Psychiatry, Psychology & Neuroscience, King’s College London, London, UK; ⁴Section on Negative Affect and Social Processes, Hospital de Clínicas de Porto Alegre, Universidade Federal do Rio Grande do Sul, Porto Alegre, Brazil

run
way

ROAM!
ROAM!
ROAM!
(PORTALS/
POTTERINGS)



RAMBLING
ALLOWED



ADHD doesn't exist

Big pharma medication Bad pres, (Box, creaming) / parent top / anti psychiatry

cf Blood pressure & hypertension

cf dyslexia - many people with dyslexia

Robert Plomin (genetics)

dimensional vs/and disorder spectrum

Impairment v symptoms

Who gets a psychiatric in first place?

14/10 Thurs

KCL after a meeting

drift+

50 shades of gray
Solids pattern
color: luminosity average

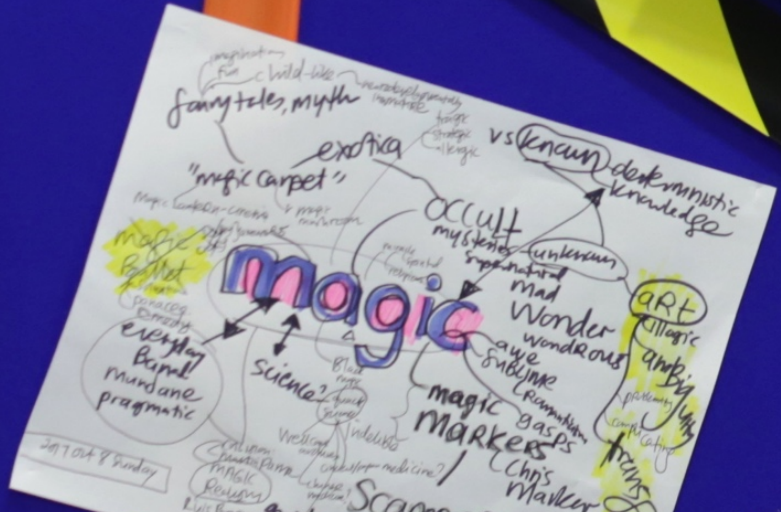
badge wearing
mind wanderer
in action
6 in tableau of 7
(photographer:
ENAMUL HOQUE)



Side
Line

one
way

trespass





mind/brain-place-body
in motion



mind in (com-) motion in a world in (com-) motion
(London 7/1/17)

convention

dérive

TURN OVER

MIND WANDERLIST
MIND WANDERLIST
MIND WANDERLIST

monkey mind

stand still

metaphors
tapestries

MIND WANDERING BEASTS
LEXICAN ZOO

don't cross

side step

#MagicCarpet @wesatonam at

Gender
SES
education attainment

inconsistencies

way out

PUSH TO CLOSE

my methodology

technology
superpower
barrier
free

why mu
why now

?

bypass

LL SE

mor min don't wil

disorderly

waves
electrifying

Octopussy in transit

NO
TRESPASSING
BIEN

tentabilising tentacles

mark-making Biom





HERE entry the
DRAFT

duffy
DANCE

Here
WATCH
here
slimy
gently

feel
more
here
faster

touch
and
GO

here
here
here

and
rise

do
trespass
bypass

get
away
spirit
RUN
DON'T WALK

DRIFT
Digress on
ALLOWED

SECRET

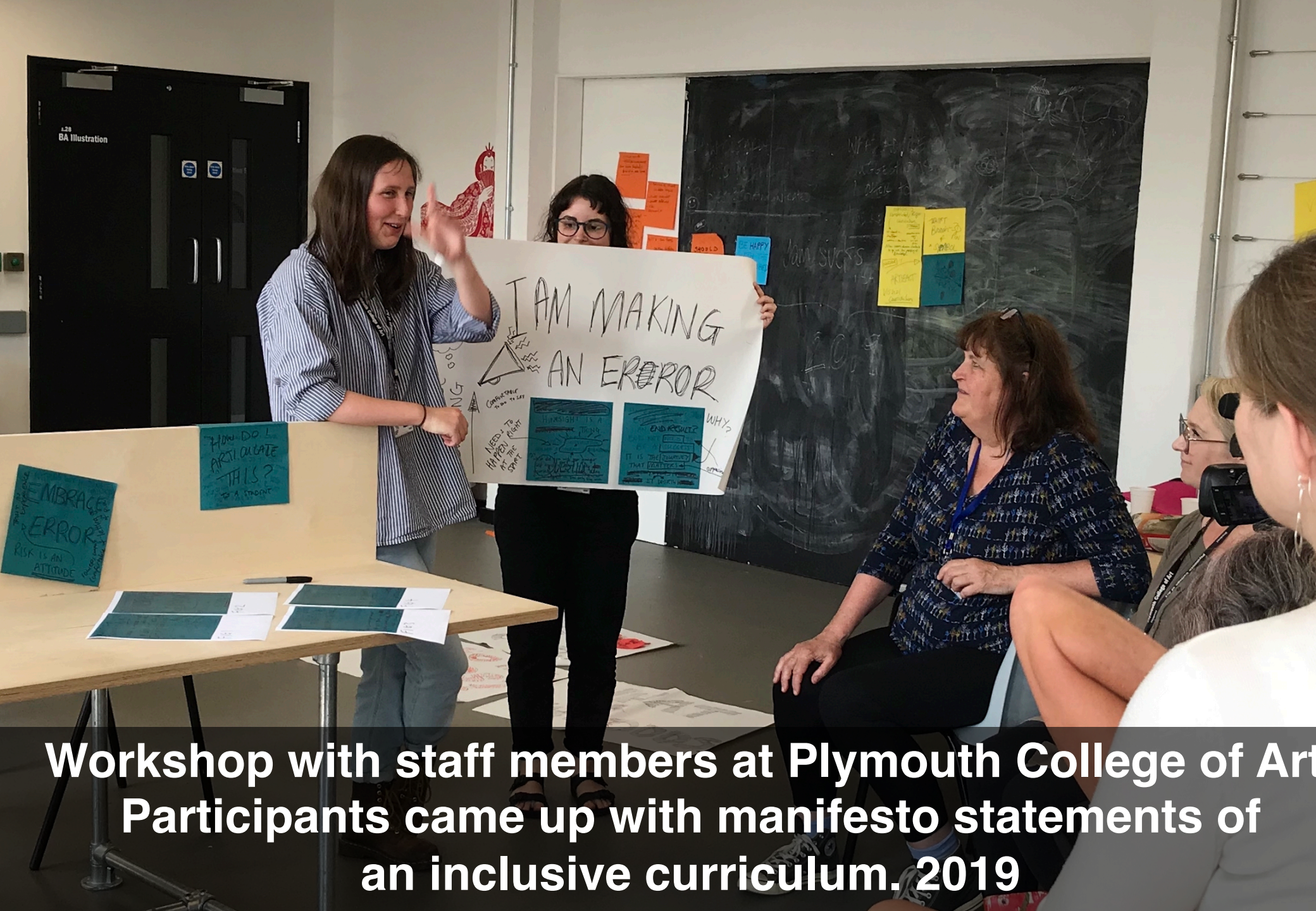
DERIVE
DETOUR







9. LET'S EMBRACE ERRORS

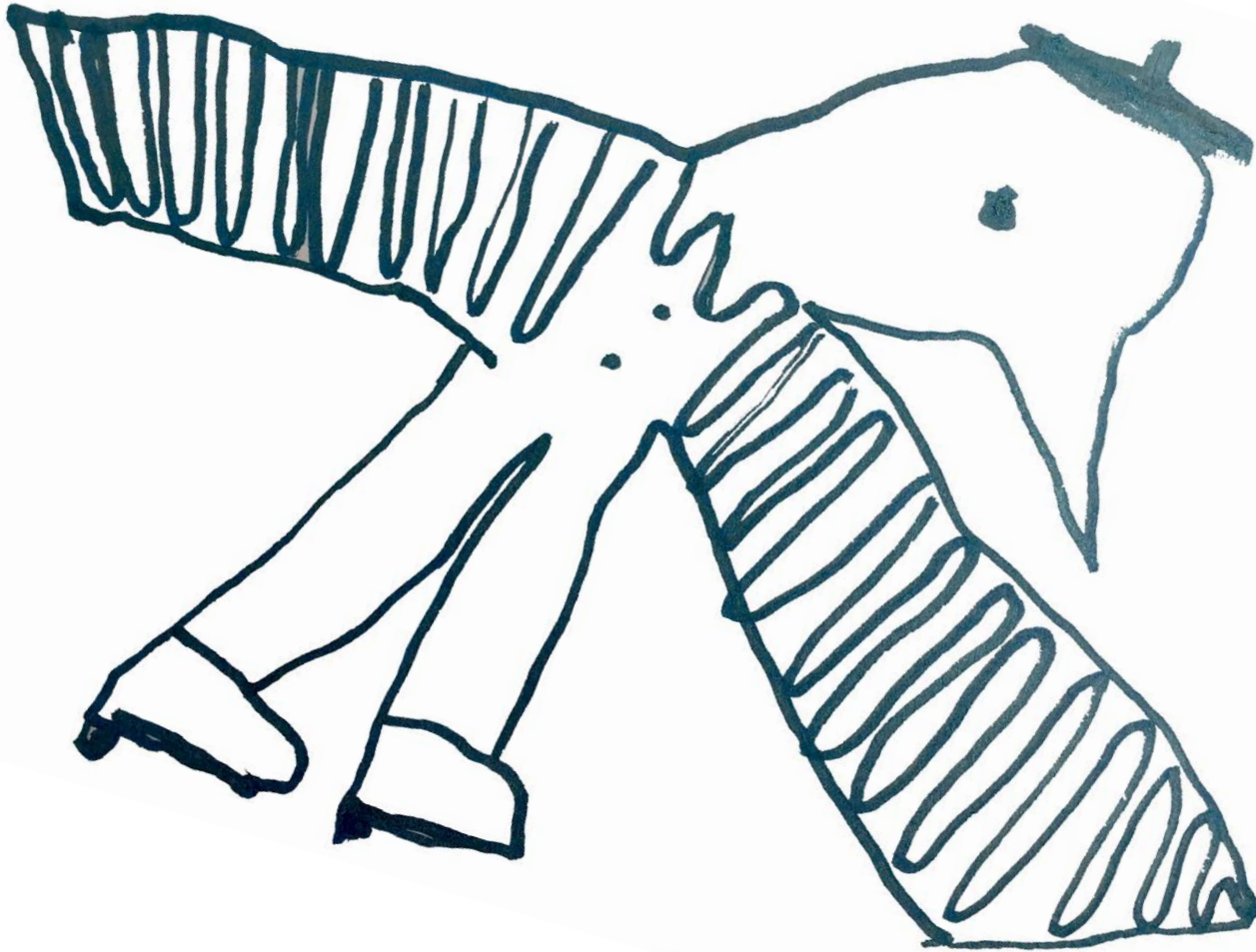


**Workshop with staff members at Plymouth College of Art
Participants came up with manifesto statements of
an inclusive curriculum. 2019**



Chimera.

Drawing by member
of Headway East
London
(charity for people
affected by
brain injury)



Chimera.

Drawing by member
of Headway East
London
(charity for people
affected by
brain injury)

**10. WE'RE
STRONGER
TOGETHER**

Please join the new **NEURODIVERSITY IN / AND CREATIVE RESEARCH NETWORK**

May I ask a question for people on this list: What are your creative, neurodiverse readings and responses to the uncertainties around and issues arising from the coronavirus epidemic?

A key takeaway from this evening's talk (thank you Dan) was Jos Boys' closing words (and I paraphrase): 'Now is the time to care for one another, and to be creative from having to isolate ourselves'.

I liked that. Social isolation may be nothing new for some neurodiverse people, but what are some of the approaches/insights /new ways of thinking / practical tips that people could share, so that it isn't just about despair or 'wait and see'? After all, this health crisis, alongside other crises (climate, mental ill health, recession, brexit...) seem here to stay. What we can do on personal/local levels? What are perspectives from beyond UK? ... I

JJSCM@il

I have been thinking about this too. How we can support people in our community who may be struggling with self isolation - what skills do we as neurodiverse people and practitioners have that we can share with others which would make it easier for them to manage. (i don't know about anyone else but ive been low key self isolating for my whole life). I have also on a practical level been wondering how to support people in my area who may have difficulty accessing products or services. The amazing skill of neurodiverse people is our ability to see the world differently and I think that using this to support in a public health crisis is a great idea.

<https://www.jiscmail.ac.uk/cgi-bin/webadmin?A0=NEURODIVERSITY>

**Jess Thom /
Touretteshero**



**Michelle Beckett/
ADHD Action**

Hope is a belief that what we do might matter, an understanding that the future is not yet written. It's informed, astute open-mindedness about what can happen and what role we may play in it. [...] It means [...] not assuming you know what will happen when the future is unwritten, and part of what happens is up to us.

-- Rebecca Solnit 2017

<https://www.theguardian.com/world/2017/mar/13/protest-persist-hope-trump-activism-anti-nuclear-movement>

10 reasons to collaborate with neurodiverse + creative allies

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CHECKLIST

- **Which felt particularly relevant? Which could you apply to your research?**
- **Which point needs improvement?**
- **What *else* can we do to help one another? What can we share? What must we get better at?**
- **What are our asks for neurodiverse & creative researchers? What would you like to see or try out?**

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Read related articles by Kai in:

- ***The Conversation***: On the salience of high quality art in mental health, with ADHD and visual art as case study
- ***Birkbeck***: Podcast including 2 provocations: on the contested term 'neurodiversity', and on (the absence of) neurodivergent leaders
- ***BMJ medical humanities***: On thought-leadership of arts & philosophy in culture change (review of Mohammed Rashed's book on mad activism)
- ***Disability Arts Online***: On neurodiversity & women
- ***Mind the Gap*** (EU-funded consortium): On risk-taking with 15-min film
- ***PsychART***: On #ADHD women making #ADHD art
- ***A-N Artists' Information***: On mind wandering: Best Friend/Worst enemy
- ***KCL Culture***: On being the first artist-in-residence, Social, Genetic & Developmental Psychiatry Centre

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