

Unsettling Assumptions:

Unpacking your engagement with the stigma of mental illness

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Workshop Agenda

- Introductions
- Objectives
- Background to the Workshop: Strength in Unity Project
- Activity: Labels
- Activity: Marker
- Activity: Circle
- Debrief and Conclusion

Background to the Research Study

Strength in Unity is a national (Vancouver, Calgary, Toronto) mixed-methods intervention-based study aimed at evaluating the effectiveness of workshops to reduce stigma. Participants were randomized into four intervention arms: Acceptance and Commitment Training (ACT), Contact-Based Empowerment Education (CEE), combo (ACT+CEE), or control.

Nominated PI : Sepali Guruge, PhD (Ryerson University)

Vancouver Co-Principal Investigator: Marina Morrow, PhD (York University)

Vancouver Co-investigators:

Stephanie Bryson, PhD, MSW (Portland State University);
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Vancouver Research Staff Team:

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Learning Objectives

Delegates will complete three anti-stigma activities and

1. Explore how they perceive and enact behaviours related to mental illness stigma in their work and life
2. Explore how social positions can interact with attitudes and behaviours to influence mental illness stigma
3. Identify how self-described adjectives have power in their lives and how to challenge the power of those adjectives

Activity: Labels

Take a moment to think of **3 words** to describe
what you do not like about yourself

Activity: Marker

What words come to mind when you see this object?

Activity: Circle

Get into a loose circle – instructions will follow

Activity: Marker

What words come to mind when you see this object?

Activity Debrief

Debrief: Labels & Marker

Defusion activity:

“De-literalizing” oneself from one’s thoughts

Thoughts are just thoughts

“I am useless” vs. “I am having a thought that ‘I am useless’”

Debrief: Inclusion/Exclusion Circle Game

- Defusion and values based activity
- Example of how social exclusion occurs implicitly due to social norms

Thank you!

Questions?

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