



School of Social Work

## Invitation and Information for Participants

**Project Name:** Gathering and Sharing Eating Dis/Order Stories through Performing Research-Infused Poetry

**Researcher:** Dr. Nicole Schott, Banting Postdoctoral Researcher, School of Social Work, Memorial University of Newfoundland and Labrador

**Co-Supervisor:** Dr. Bren LeFrançois, University Research Professor, School of Social Work, Memorial University of Newfoundland and Labrador

**Co-Supervisor:** Dr. Julia Janes, Assistant Professor, School of Social Work, Memorial University of Newfoundland and Labrador

**Ethics application #:** 36018

### Introduction to project

I have collaborated with local dramaturg and director Santiago Guzmán to produce a 30-minute multi-media performance inspired by the research-informed poem called “Under the Psychiatric Treatment Regime: The Impossibility Paradoxes of Eating Dis/Order Recovery.” This research-infused poem was written by me with the verbatim and close to verbatim words of those who participated in my PhD dissertation’s research-informed play called *Pro-Anorexia/Bulimia Embedded*. Participants identified as having personal and/or professional relationships with dis/ordered eating. Additionally, the poem includes lines that portray my everyday observations and is imbued with my intimate experiences with dis/ordered eating and sanism. Sanism is “a devastating form of oppression...” that “...describes the systematic subjugation of people who have received ‘mental health’ diagnoses or treatment” (Poole et al., 2012, p. 20) or have been understood and/or responded to as “mentally ill” or otherwise “insane.” The poem and the performances of the poem are acts of protest against sanism, diet culture, fat hatred, eating orders and psychiatric violence. This art piece is overtly political. The post-performance workshop with audience participants will be guided by Nicole, Bren, and Julia in collaboration with audience participants.

## **Performance Schedule**

Thursday, April 25 @ LSPU Hall:

1. Performance starts at 5pm \*Open to anyone\*
2. Performance starts at 7:30pm  
\*Exclusive to only people with lived eating dis/order experience\*

Saturday, April 27<sup>th</sup> @ The Loft (UC-3013), Memorial Campus

1. Performance starts at 5pm  
\*Exclusive to only people with lived eating dis/order experience\*
2. Performance starts at 7:30pm \*Open to anyone\*

Monday, April 29<sup>th</sup> @ LSPU Hall:

1. Performance starts at 5pm \*Exclusive to professionals\*
2. Performance starts at 7:30pm \*Open to anyone\*

## **Honorarium**

Research participants will receive a \$30 cash honorarium as a thank you for contributing to this project.

## **What is the purpose of the project?**

The purpose of this research is to learn from and gather stories of treatment, recovery, resistance, and survival of “eating disorders” and “eating orders” from those with lived expertise/experience as well as other stakeholders, such as professionals, family and friends, policy makers and educators. We hope to contribute to knowledge co-creation, community building and activist mobilization that supports eating order resistance towards joyful and fulfilling eating, such as social movement organizing strategies. These contributions are central objectives to what we are calling Critical Eating Dis/Order Studies. Critical Eating Dis/Order Studies works to bridge the academic-community divide while contributing research and community-led activism that begins beyond pathologization and centers those with lived eating dis/order experience/expertise as valid and vital producers of knowledge. Through focusing on *eating orders* as a starting perspective for gathering and generating knowledge, this Critical Eating Dis/Order Studies project works against dominating approaches to researching eating disorders as an object of study and turns the gaze on socially sanctioned eating orders (i.e., dictated by fitness magazines, elementary school curriculum, psychiatric treatment etc.). This research also seeks to explore how performance facilitates story sharing and how community

story sharing can (re)shape and (re)direct our understanding of local NL responses to eating dis/orders.

### **What benefit is this project to you and the community?**

Participating in this research project also offers benefits such as the opportunity to: 1) attend a free performance and workshop, 2) reflect on your own experiences, feelings, and practices through engaging with the show and community, 3) have your voices heard and your knowledge engaged to inform research that could impact practice, and 4) facilitate community connections and building that could inspire hope and feelings of solidarity, and possibilities for resistance.

### **Who are we looking for?**

We are looking for people who have experienced eating disorders and/or eating orders (official diagnosis not required); people who work with people experiencing eating disorders and/or eating orders (e.g., psychiatrists; social workers; nutritionists; therapists); family and friends of people who have experienced eating disorders and/or eating orders; and other eating dis/order stakeholders (e.g., policy makers; academics; teachers; fitness coaches). Please note that we will have designated shows where only people who have personally experienced eating dis/orders and/or eating orders are welcome to attend.

### **What will participation involve?**

Participation will involve attending a 30-minute performance and engaging in a 60–90-minute post-performance workshop with 8-12 other participants. The workshop will be audio-recorded. The workshop will be an opportunity to “play” with poetry performance, share stories together and engage in community discussion. Water, snacks, and fidget toys (e.g., markers) will be available and welcomed. We have a quiet space available that you can go to at any time. You are welcome to go alone or with our designated support person who has lived eating dis/order experience/expertise. Participants are welcome to enter and reenter the performance and workshop at any time. We will request a thumbs up or other accessible signal to let us know you are okay and a wave or other accessible signal to let us know you’d like our support person to accompany you.

The proposal for this research has been reviewed by the Interdisciplinary Committee on Ethics in Human Research and found to be in compliance with Memorial University’s ethics policy. If you have ethical concerns about the research, you may contact the Chairperson of the ICEHR at [icehr.chair@mun.ca](mailto:icehr.chair@mun.ca) or by calling (709) 864-2861.

If you have questions about the project or are interested in participating, please contact the Principal Investigator, Dr. Nicole Schott at [nschott@mun.ca](mailto:nschott@mun.ca) or (647) 828-9743. We look forward to hearing from you.

**Please note, pre-registration with Dr. Nicole Schott ([nschott@mun.ca](mailto:nschott@mun.ca)) is required to attend; each performance and workshop will be able to accommodate a maximum of 12 participants.**