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Laughter is the best therapy

Robert G MacDonald
Liverpool John Moores University, UK

“The most honest form of art is comedy.” Lennie Bruce. My name is Doctor Robert, who actually featured in The Beatles, Revolver Album. He was a Psychiatrist in New York City who prescribed uppers and downers to the stars. I have written two books “Design for Dementia.” and have contributed to “Essential Nursing for Mental Health Care and “Dementia Care a Practical Guild” My research Question is: Can comedy push the boundaries of mental health and challenge the stigma? Thank You for your kind invitation to your Birmingham conference. I am a mental patient and have been sectioned under the Mental Health Act. This presentation is both tragic and comedic. It’s bi-polar...just like me. Its manic and depressive...most of all it’s my lived experience. I have been bi-polar since the age of 19. During this period I have experienced a number of episodes and I have been hospitalised under the Mental Health Acts. Normally, all my performances are for Mental Health Charities. I believe in the demystification of Mental Health. I have never addressed such a group of “Clinical Psychologists and Neuroscientist’s”. Whatever our discipline we all must talk about Mental Health and challenge the stigma that the 1.4 the population experience. Let’s put mental health under the spotlight because increasingly it affects young children and young people. It’s probably not really on the NHS radar? This presentation was first presented during World Mental Health Week 2017 for a Symposium of Psychologists, Mental Health Nurses, The International Day of Midwives and The Laughter house Comedy Store. The highest, literary, was at Millbank Tower, 30 floors up in Westminster for the BRE (Building Research Establishment). For me the only way to survive mental illness is with humour and comedy. I am actually a fully qualified Architect and The Design Champion for MerseyCare NHS Foundation Trust. I intend to talk about my lived experience of my bi-polar disorder. I suggest that clinical professionals need to understand more deeply, the nature of the bi-polar condition and draw lessons for their practice. Many Thanks for listening to me.



Image from “Design for Dementia” 2010 Halsall & MacDonald and the role of Jungian Psychology and Connecting Minds

Recent Publications

1. “Design for Dementia” (2016) Bill Halsall and Dr Rob MacDonald, 2 volumes.
2. Eyes of the Skin (1996) Juhani Pallasmas, a gift from the late Clare Wrigley.
3. Prescription for Psychiatry (2014) Peter Kinderman.
4. Andrew Soloman “Ted Talks” on Depression.
5. Development of Sand Tray Therapy and used with people living with Dementia (1956) Carl Jung.

Biography

Doctor Robert Garsden MacDonald RIBA, ARB, PFRSA, is Reader in Architecture, LJMU. Rob researches and teaches Architecture and design for mental illness and dementia. He applies his lived experience of Mental Health Facilities to the future design of new spaces for health and wellbeing. He was presented with The Roscoe Citizenship Award by Lord David Alton for Life Long Services to Mental Health.

r.g.macdonald@ljmu.ac.uk