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LIRIC
LIRIC



The Lapidus
International Research and
Innovation Community
Journal

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About the Journal

The Lapidus International Research and Innovation Community (LIRIC) Journal is an international, peer reviewed, scholarly journal. It aims to provide a forum for contemporary critical debate on the relationship between the written (and spoken) word and (mental) health and wellbeing. This includes writing as a social practice.

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Editor's Foreword

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Hello and welcome to *LIRIC Journal*!

The papers on offer this issue speak to the range of interpretations of practice as research, moving between creative and therapeutic spaces but always demonstrating the ability to bring these together in work which seeks and celebrates connection, strength, and healing through creative practice.

Emma Decent's **Full Circle: Heuristic Inquiry into the Experience and Therapeutic Value of Revisiting and Exploring Personal Historic Diary Material Using Writing and Performance** provides us with a self-rediscovery and reimagining through her active dialogue with her adolescent diaries.

Janet Kuhnke explores the process of academic promotions through poetic and artistic reflection on the experience in **Lessons from the Raspberry Patch: Poetry and Art Come Alive**.

Lucy and Shaamil Windridge-Floris show us, through their dialogic practice of duoethnography in **Unpicking Horrifying Moments of Uneasy Silence: Writing Responses to Gestures of Islamophobia in the UK**, how Islamophobia affects their public and private lives together, illustrating how the personal is the political.

In her essay **Insight into the Process of Writing the Same Memoir in Two Languages: Different Languages, Different Personalities?** Jasna Levinger-Goy narrates and explores the experience of working with her own words in two languages and the effect this has on her relationship to that experience and to language itself.

Kim Etherington provides us with a book review that is also dialogical in nature, as she finds echoes of her own experience in Laurel Richardson's autoethnographic account of living with and caring for a partner with a dementia.

There is so much news to report at *LIRIC* at present:

Our editor, Aathira Nair, stepped down from editorial duties due to illness and has taken the decision to focus on her professional role. I volunteered my services as editor and was voted in by the editorial board, moving over from my previous role as assistant editor. The whole Board thank Aathira for her service and leadership, and wish her well in her career.

This issue marks our third volume, and the diversity and quality of work included shows how we continue to attract high-quality writing and scholarship, and how the field of writing for wellbeing and CWTP (creative writing for therapeutic purposes) is growing.

My presence as a new editor reflects this expansion. My background is in mental health practice: I have a nursing registration and worked in early intervention before moving into academia, where I have worked in healthcare education for seven years. I feel more at home working with words, and as a result, am taking my MA in creative writing. Having spent a couple of years as assistant editor for *LIRIC Journal*, I am familiar with the people and processes, but there is much to learn, particularly about the contemporary writing for wellbeing/CWTP field. I look forward to growing as the journal does.

I wonder where you see writing for wellbeing/CWTP in terms of practice? Is it a discrete practice of its own? Or perhaps it is a literary practice which aims to serve therapeutic ends? Or is it therapeutic practice which engages the literary? As far as I can make out so far in my role as wanderer in these rich lands, there appears to be a spectrum of practice, ranging from the more therapeutic to the more arts-based, with all of it incorporating both. I must admit to feeling more comfortable as an educational practitioner when I am using tools from creative writing. I learn more about my practitioner self through engaging with authors and board members at *LIRIC*, and that should not be too surprising, as much CWTP practice focuses on *becoming*.

Mel Perry has kindly stepped in to take over my former role as assistant editor, bringing an expert organisational skillset and a poet's soul to the role. Many of you will be familiar with Mel from her key role in organising *Creative Bridges*, frequent attendance and help at LLRC ([Lapidus Living Research Community](#)), where she has presented, and her published work in *LIRIC Journal*. Kim Etherington will act as deputy editor, for which we are extremely

grateful! Kim's experience and drive have been and continue to be the engine, heart, and soul of *LIRIC*.

Creative Bridges 2023 was a tremendous event which has received praise from attendees and presenters alike for the smoothness of the operation and for the rich variety of workshops and presentations on offer. Kim Etherington addressed the conference with an impassioned appeal for members of Lapidus to get involved with *LIRIC*. From this, several presenters have expressed an interest in submitting papers for review, and/or joining our editorial board and reviewing team to help with the running of the journal. We welcomed Elisabeth Winkler at our October board meeting as a result. Huge thanks to everyone for this wonderful response and to Kim for such a captivating appeal.

Speaking of which...the Editorial Board are exploring routes to make *LIRIC Journal* indexed through a recognised academic database. This process will take some time, and there is work to do here, but in the end it will mean that the work we publish can be found by students and staff at academic institutions for use in teaching, research, and assignments, as well as by practitioners to enhance their work. Early information has revealed that papers published in *LIRIC* have already made their way into reference lists around the world, but indexing will make them easier to find for everyone, and as an open access journal, that is what we are about—sharing knowledge.

Some of you will have attended the Practice as Research event with Nicole Brown on 29th August. Dr. Brown showed us how she sees the two things as one, really; how methods and ideas move between practice and research and bring the two together in many creative ways. One thing we'd like to achieve at *LIRIC* is to promote this idea of practice-as-research and to bring practitioner research to people's attention, showing how there are creative ways to do research other than large studies with big grant funds.

With all of these matters, if you would like to contact us, contribute, comment, or join the Board or reviewing team, please contact us at liriceditor@lapidus.org

Look forward to hearing from you,

Tim

Tim Buescher
Editor, *LIRIC Journal*