

2. Feeling to Thought, Thought to Action: a Learning Journey

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Nicky will be talking about the journey her D.Prof has taken her on, the opportunities and challenges it has presented and the progress made. She will talk about the types of learning that happen in a D.Prof and the ways that it can be a life-changing experience. She will be exploring this topic from the perspective of health and wellbeing, and considering the learning journey in terms of both the measurable and the hidden outputs that result from undertaking this form of study.

Academic productivity is often seen as the entire 'point' of learning at this level - however it is just one aspect of the journey. Outputs that impact practice are another outcome and one of ways that D.Profs are differentiated from other types of programme. This work has generated tangible benefits to the health and wellbeing of others and in addition, professional growth has occurred over the timespan of this project. Nicky will describe the ways the D.Prof has redefined the ways that she envisages her role and purpose as a nurse.

Of equal value, in terms of wellbeing, are the personal changes generated by the programme. Nicky will discuss the impact of evolving alongside your D.Prof, of getting through the bleak times and finding your voice.

Notes on contributor

Nicky Lambert

Nicky is an Associate Professor (Practice) at Middlesex University, where she is Director of Teaching and Learning for Mental Health and Social Work. She is registered as a Specialist Practitioner (NMC)

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and is a Senior Teaching Fellow (SFHEA). She is also a co-director of the Centre for Coproduction in Mental Health and Social Care.

Nicky has worked across a range of mental health services both in the UK and internationally supporting staff and practice development in acute and mental health trusts, councils, businesses and charities. She is also a Trustee for West Hampstead Women's centre. Nicky has a professional Twitter feed: <https://twitter.com/niadla> (@niadla) and is keen that all people with an interest in mental health engage together as a community to support good practice and challenge discrimination. She has teaching and research interests in women's health, physical and mental health, co-production, social media and health education (**ORCID iD** [0000-0001-8785-4719](https://orcid.org/0000-0001-8785-4719))

Her Dprof journey began with a chance encounter with someone crying in a hospital corridor and is still unfolding. Her research began looking at the Experiences of Women with Mental and Physical Health Issues in Accessing and Receiving Care - a topic well within the remit of a mental health nurse. However it's taken her out of her comfort zone and on a journey as an educator, a writer, a broadcaster, a trustee, a spokesperson, and an activist.

Enhancing Mental Health and Emotional Well-Being: The Impact of the Professional Doctorate

Nicky Lambert: Assoc. Prof. (Practice) at Middlesex University, and Dir. of Teaching and Learning for Mental Health and Social Work.

I am registered as a Specialist Practitioner (NMC) and a Senior Teaching Fellow (SFHEA). I am also co-director of the Centre for Coproduction in Mental Health and Social Care

This poster explores how working on a D.Prof has redefined the ways that I envisage my role and purpose as a nurse.

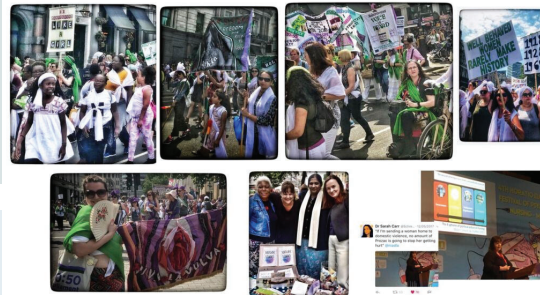
Academic productivity is often seen as the 'point' of learning at this level - arguably it is just one aspect of the journey. Outputs that impact practice are another outcome and one of ways that D.Profs are differentiated from other types of programme. My own work has generated tangible benefits to the health and wellbeing of others and in addition, it has also supported my professional development and this has linked symbiotically to personal growth which has occurred over the timespan of this project.

This poster was adapted from a talk which contends that in terms of wellbeing, recognising and celebrating the personal changes generated by the programme are equal value to the traditional outputs.

Getting through the bleak times

Developing your critical resilience and understanding your strengths and learning needs is key to any successful professional career. These skills often honed from the rigours of a long term applied project.

- Build links to your community of learning and get a support team in place.
- Expect there to be low points and plan for them. Learn from other people's coping strategies.



Evolving alongside your D.Prof.

My D.prof journey began with a chance encounter with someone crying in a hospital corridor and is still unfolding. My research looks at the Experiences of Women with Mental and Physical Health Issues in Accessing and Receiving Care - a topic well within the remit of a mental health nurse.

However, my learning quickly removed me from my comfort zone and took me onto a journey with many new roles: as an educator, a writer, a broadcaster, a trustee, a spokesperson, and an activist. All of which have been equally valuable outputs.

Finding your voice.

- **Engage with your research community.** Try to go to conferences (in person or follow along online), attend workshops, special interest groups... go anywhere practitioners from your area of interest meet.
- **Write whenever possible:** Blogs, articles, journalistic articles as well as peer reviewed work.
- **Say yes!** Present your work as often as you can, and for as many different audiences as possible - talk to the public as much as to your peers - use podcasts, festivals, talks.
- **Use Social Media:** link your tweets/Instagram etc. to your blogs, use infographics to make your ideas accessible, use platforms like The Conversation to connect your work to current concerns.
- **Don't be afraid to speak up on your topic** ... you have earned your expertise!



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