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Type of Presentation: Workshop

Documentary 'I could also be Miranda'

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Learning Goal:

The documentary "I could also be Miranda" is shown in this workshop. It contains several personal stories, from the perspective of experience and next of kin. The focus is on living with psychosis and recovery. A professional view on these stories is included. Afterwards there's a conversation with the audience.

Abstract Text:

Nynka is a theatre maker and sister to a brother with the diagnosis of schizophrenia. She has taken her experiences as next of kin and put them in a number of plays and a documentary. For her last play, "Vind je het gek?" ("You think that's crazy?") she interviewed six other people with a psychiatric vulnerability and constructed a vibrant and touching play out of their stories. Miranda is one of these people. She suffers from bipolar I disorder and especially from the psychoses that she had a number of times. She is also a researcher, mother, policy officer, expert by experience and sometimes for fun: an improv-actor.

Upon meeting, Miranda and Nynka felt an immediate connection. As 'sister of', Nynka has always been intrigued by the question why the one person does and the other one does not develop a psychiatric disorder. What defines this border between so called "crazy" and "normal"? Miranda in her turn would like to look beyond her and others condition: What does recovery look like and what is needed for it to happen? Can one go back to being "normal"?

Their personal searches have led to the documentary "Ik zou ook Miranda kunnen zijn" ("I could also be Miranda"). Apart from interviews with Miranda and Nynka, giving both the family perspective and that of lived experience, also the professional perspective is represented in an interview with a well known Dutch professor in psychiatry. The film therefore combines two very personal stories with more general views on psychosis and recovery.

For this workshop we would like to show the documentary (50 minutes), followed by a conversation by the film makers with the audience on the film itself and the themes in it. In the future, the film will be available on internet.

**ON THE HEALING POWER
OF HUMAN RECONNECTION**