

### **Embedding Emotional Literacy in Education and Historical Literacy in Mental Health (via The Nervous State)**

An Ideas Lab event to be held at the [Stockport Garrick](#), Stockport, SK3 0EJ, on Saturday 5 July 2025. The venue is conveniently located a few minutes walk from Stockport Railway Station.

Project lead [Prof. Julie V. Gottlieb](#), University of Sheffield, and event organiser [Kevin Harris](#).

Please join and be part of this invitation-only laboratory of ideas exploring how to embed emotional literacy in history education and historical literacy in mental health policy and practice in our era of escalating permacrisis. We will follow a dynamic and participatory format that draws out the common concerns and synergies between educators, mental health practitioners, and the arts and heritage sectors in a way that will contribute to your continuous professional development.

Current debates and policy reorientation make this interactive and dynamic project more timely than ever in light of the Children's Wellbeing and Schools Bill (UK), the heated public debates generated by films like "Adolescence", and the deepening emergency in mental health against the backdrop of global conflict. We are excited to join forces to impact the strategic direction of building resilience and well-being in our respective fields, especially to better support young people by integrating disciplinary literacy with emotional (self) awareness.

This workshop emerges from "[The Nervous State](#)", an ongoing creative partnership between writer-filmmaker [Nicola Baldwin](#) and historian Julie Gottlieb, together with a broad range of stakeholders. This event is free to all registered participants, supported by the University of Sheffield's QR Policy funding. In addition, there will be the opportunity to contribute to a podcast, and thereby be part of the legacy and ongoing impact of this participatory research project.

#### **Itinerary**

**10.30-11.00** Coffee and registration (consent and ethics forms to be signed by all participants)

**11.00-11.15** Welcome and introduction (Julie Gottlieb)

**Session One: 11.15-11.45** Dr [Gábor Csikós](#) (ELTE, Budapest) presenting initial stimulus material session: The nexus of history teaching and youth mental health.

**Session Two: 11.45-1.00** Screening of "The Nervous State" (10 min introduction by writer-director Nicola Baldwin), followed by discussion in breakout groups about the use of this film and related resources in your practice in education, mental health provision, and the arts (teaching, therapy, policy).

**1.00-2.00** Lunch provided

**Session Three: 2.00- 3.15** Opportunities and Challenges of Integrating Emotional Literacy in your Practice in Breakout Groups

This session will begin with a journaling immersive exercise (25 min) introduced by Julie Gottlieb— a practice that draws together history education, arts practice and psychotherapy. We will explore the value (and obstacles) of interdisciplinarity and inter-sectoral collaborations for respective fields and professional contexts. Are we speaking the same language? Can we develop a shared vocabulary for emotional literacy that works in a variety of practical and pedagogical contexts? How can this be the basis for joint strategies for surviving the permacrisis?

**3.15-3.30** comfort break

**Session Four: 3.30-4.15** This session will explore avenues to policy intervention (via SHP, HA, RHS, Department of Education, NHS). Sarah Davis and [Mark Cottingham](#) will lead, and we will be working in breakout groups.

**Final Session: 4.30-5.00** Roundtable session: what next?

Optional drinks and dinner in a local restaurant

**Please RSVP using Eventbrite by scanning the QR code or following the link.**



**Embedding Emotional Literacy in Education(via The Nervous State)**

Saturday, 5 July 2025 from 10:30 to 17:00 (BST)

Wellington Road South - Stockport SK3 0EJ - United Kingdom



Tap the image or [click here for the link](#).