

About Professor Tina Koch

In 2009 Tina Koch was awarded the Leverhulme Visiting Professorship at the University of Surrey, hosted by Professor Pam Smith, Centre for Research in Nursing and Midwifery Education (CRNME), Division of Health & Social Care. The Visiting Professorship is for ten months from October 2009 to July 2010. Six Public Leverhulme lectures will be given on the theme of storytelling in research.

Tina's own story began in Arnhem, the Netherlands. She then migrated to Australia aged nine. In 1967 Tina became a registered general nurse, graduating from the Royal Adelaide Hospital in South Australia (SA). She has worked as a nurse in Australia, the Netherlands and the United Kingdom. She completed her Bachelor of Arts degree in Sociology (honours) at Flinders University SA in 1983 and in 1993 her PhD in Nursing at the University of Manchester, UK.

Tina has always been interested in stimulating debates and she initiated discussion on the way in which a qualitative research text could be considered as trustworthy. As a result, Tina was invited as an international expert to speak on rigour in qualitative research. She has given talks at numerous locations including: Plymouth, Bournemouth, Swansea, Dublin, Tokyo and Brunei.

An active researcher since the 1980s, Tina Koch held the position of Professor of Community Nursing at Flinders University of SA from 1996 to 2005. A programme of research was developed in the area of chronic illness experience, with a theoretical focus on transition, or the way in which people learn to take the consequences of chronic conditions into their lives and move on. External funding sources included competitive National Health & Medical Research Council (NHMRC) and prestigious Australian Research Council (Discovery) grants. In collaboration

with an eight person research team, she produced 14 book chapters and 78 peer reviewed journal publications from this research programme using Participatory Action Research (PAR). Outcomes from PAR are usually sustained in both policy and practice.

Tina has supported eighteen higher degree students towards PhD completion. She is currently supervising five PhD candidates who are using PAR. These PhD candidates are from Iran, Thailand, South Korea and Papua New Guinea and have selected PAR for fostering development in their community as the most suitable methodology for the reform of health care practice and policy. Tina holds professorial status as Conjoint Professor of Nursing, University of Newcastle, New South Wales Australia; Clinical Professor, Department of Clinical Nursing, Adelaide University, South Australia; Adjunct Professor of Nursing, Flinders University of South Australia; Fellow of The Queen's Nursing Institute, London, United Kingdom and Adjunct Professor, University of Surrey, Guildford, United Kingdom.

Tina has been interested in promoting healthy and active ageing and has used popular media and story telling with older people to achieve the aim of reversing societal ageism. In 1999, the International Year of the Older Person, two books: 'Still me' and 'Still doing', were published by Wakefield Press. The content of the books was based on interviews with 24 well known older Australians. Presented as creative non-fiction and written for the popular media these books achieved equal opportunity awards and were best sellers. In 2004 Penguin published a book on conversations with 24 Australian centenarians. Whilst in the UK Tina and colleagues at Surrey University will interview 24 UK centenarians with a published book in mind. More recently, another creative non-fictional account of grey nomads travelling around Australia was published in 2008.

**For further information please contact Penny Robinson:
Telephone: 01483 683120 or Email:
P.J.Robinson@surrey.ac.uk**



Storytelling in Research Public Lectures

Leverhulme Visiting Professor
Tina Koch



Location: Lecture Theatre M
University of Surrey
Guildford, GU2 7TE
6:00pm—7:00pm

Followed by drinks reception
Attendance at these **FREE** events will be by
ticket only

To register for any one or all of these lectures
please contact ticket the University of Surrey
Box Office: 01483 686 876 or
boxoffice@surrey.ac.uk

**DEADLINE for bookings is one week prior
to each lecture**

Leverhulme Public Lectures—Professor Tina Koch: Story Telling Series 1

Wednesday 20 January 2010

6:00pm—7:00pm

Storytelling with Australian and UK Centenarians

What is it like to have lived one hundred years? In the opinion of centenarians what has contributed to their longevity? Is it important to manage stress and emotion well in order to live a long time? Does being able to transition through or move on from stressful events provide a strong link with longevity? These are a few of the interview questions that will be asked of 24 UK centenarians. In a 2004 Australian version of this project, 24 centenarians answered some standard questions, but many chose to talk about aspects of their life that was foremost in their minds. Each interview was woven into a story about their ideas for longevity, healthy ageing and their attempt to answer some of the questions posed above. Each person was given space to retell, using their own words, something about themselves and the social context that had shaped their lives. Interviews often included interested friends or relatives. Their accounts ran to several thousand words. Together these stories comprise a social history of ordinary lives lived during the 20th century. In 2009 and 2010 the Research Team (Koch, Smith and Hutnik) at the University of Surrey propose to interview 24 UK centenarians about their lives. Using the same 2004 interview format and storytelling, we envisage that we will generate some interesting stories about health and ageing for publication. We would expect the social context and historical experience to vary between Australia and the UK, but we do not know whether the UK centenarians will share other aspects and secrets of living a long life. In this Public Leverhulme lecture you are invited to listen to centenarian stories from Australia and the United Kingdom.

Wednesday 10 February 2010

6:00pm—7:00pm

Reform: Storytelling and participatory action research

In the last 15 years and covering over 40 independent studies I have researched alongside people who live with chronic conditions. Most participants have been community dwelling older people. Using a collaborative approach the research process usually commences with storytelling. The biographical work or storytelling celebrates a particular mode of self expression and individualized versions of experience. Findings from personal narratives strongly support that illness disrupts our way of being in the world and that telling one's story is helpful for reflection and prompting further self understanding. The actual telling of their story, as an intervention, fosters transition as participants reflect and learn to incorporate the consequences of living with an illness into their lives. Storytelling is the first phase of Koch & Kralik (2006) participatory action research (PAR) process. Storytelling or one to one interviews take place, then we invite all participants to join us in ongoing PAR group conversations. These group discussions often result in social action. In this Leverhulme Public lecture, I will address some of the key issues for participants of this potentially empowering PAR research experience. Most importantly, I will share individual stories from participants and from PAR groups which demonstrate significant reforms in health and social care driven by people themselves.

Wednesday 3 March 2010

6:00pm—7:00pm

Storytelling with grey nomads

Who'd be a grey nomad? The Australian colloquial meaning of grey nomad is a retired person who travels extensively. Initially the 26 grey nomads interviewed for this book rejected the label, a few participants argued that they did not have grey hair, a few were not yet 'retired' and it was generally thought that the term described 'others' travelling on the road, not them. These older travellers, far from being over the hill, were much more likely to be up it – climbing, caving, trekking or skiing. In this active phase of retirement, this group was fitter and bolder, presenting an alternative model of ageing. In this Public Leverhulme lecture, let us listen to their travel stories as they drive, anti clockwise, across and over the wide Australian continent. And let us ask; is there an equivalent group of grey nomads in the UK? Where do they travel? Are they also advocates of active ageing? Henry James said 'Adventures happen to people who know how to tell about them'.

Storytelling Series 2 will be given by Professor Tina Koch on:

21 April 2010

Lecture 4: *Telling stories in participatory action research*

5 May 2010

Lecture 5: *Telling stories or telling lies: Rigour in qualitative research revisited*

26 May 2010

Lecture 6: *Laura: Storytelling and dementia*

Further information about the second series is forthcoming but if you wish register in advance contact: the University of Surrey Box Office on 01483 689905 or boxoffice@surrey.ac.uk

DEADLINE for bookings is one week prior to each lecture