***"The Emotional Cost of Caring”- Managing emotional burden when working with laboratory animals: role of communicating and assessing the impact of animal welfare on the resilience of co-workers***

***By QMUL and The Learning Curve (Development) Ltd***





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Funding supported by **The Animal Welfare Research Network** [**https://awrn.co.uk/**](https://awrn.co.uk/)

Inevitably, individuals who work with animals in the context of biomedical research will sometimes form bonds with the animals with whom they interact. Although human-research animal relationships may enhance the well-being and welfare of laboratory animals, they involve a moral cost to staff. Institutions should acknowledge the existence of these bonds and provide support mechanisms to help laboratory personnel deal with the emotional challenges of their profession.

This one day workshop focuses on working practices and challenges faced by laboratory animal care professionals and researchers. It will provide a forum to assist with building emotional resilience whilst being proud ambassadors for the care and welfare of the animals they are taken care of. Invited speakers include those with an interest in the human-animal bond and will discuss how those closely working with animals can utilize psychological techniques to effectively manage emotion. This workshop also aims to improve delegates’ self-confidence at communicating any concerns about harm: benefit analysis for animals used in research and encourage greater openness, particularly across technical staff and researchers.

Invited speakers include those researching the emotions and challenges of animal technicians within this field from the Universities of Oxford and Cardiff. Experts on the roles of communication from the medical professional field who have assisted in developing mental health programmes and understand the possible benefits of psychological counselling with experience in Mindfulness will be also speaking in the meeting.

The workshop, with presentations from experts and questions/discussion forum, provides a platform for those working with animals to comment openly about animal welfare, how it impacts them emotionally and will provide an insight into observations commonly experienced. There is a growing interest for this topic, particularly as institutions are being asked to be more proactive on the care and welfare of their animals used for research purposes. Promoting care and welfare requires great communication skills and it is utmost important to provide the staff with appropriate platform to balance their emotions and commitments when working with animal used for experimental purposes.

The lectures have been designed to ensure that they are suitable for students, technicians, veterinarians, researchers, regulators, teachers, trainees, academics and everyone interested in laboratory animal science and welfare. We hope that attendance at this workshop will make a positive difference to you, whether that’s helping manage your own mental health and well-being or supporting animal welfare.

There will be an opportunity to network with attendees and speakers during the coffee and lunch breaks. Please note that registration is free but required. Deadline is 12/04/2019 and places are being allocated on a first come basis and may need to be limited to a maximum of 2 places per institute.

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**Organizer** of “The Emotional Cost of Caring”

The event is hosted by Blizard Institute at Queen Mary University of London in a collaboration between Queen Mary University of London and The Learning Curve (Development) Ltd.

**DATE AND TIME**

Friday 10th May 2019

9:30 AM – 4:30 PM GMT

**LOCATION**

Innovation Centre, Clark-Kennedy Lecture Theatre

Queen Mary University of London

London, EC1M 6BQ

View Map

Location: Blizard Institute QMUL

<http://www.blizard.qmul.ac.uk/contact.html>

**PROGRAM**

**9:30 Registration and coffee**

**10:00-10:15: Welcome and introduction** Dr Jordi L. Tremoleda,Queen Mary University London and Dr Angela Kerton, The Learning Curve (Development) Ltd.

**10:15-10:45: When is anthropomorphism ever right? Implications of homology and analogy for animal welfare.** Dr Charlotte Burn. Senior Lecturer in Animal Welfare and Behaviour Science Royal Veterinary College. London

**10:45-11:15: “Emotional dissonance faced by Animal Technologists: Why, when and what can we do?”** Dr Keith Davies, College of Biomedical & Life Sciences, Cardiff University.

**11:15-11:45:  Considerations for the effects of how human emotion can influence animal behaviour within the laboratory.** Dr Alison Hopkins, a-tune software AG.

**11:45-12:30: The division of emotional labour in animal research**. Dr Beth Greenhough. Associate Professor in Human Geography. University of Oxford. UK

**12:30-13:30 Lunch break and networking**

**13:30-14:00 Maintaining wellbeing in a frantic world: a medical education perspective.** Dr Helen Bintley,Lecturer in Clinical Skills Education, Queen Mary University London.

**14:00-14:30 Mind Matters: Addressing mental health and wellbeing issues across the veterinary team.** Dr Lizzie Lockett, CEO Royal College of Veterinary Surgeons, Director of the Mind Matters Initiative

**14:30-15:00 Coffee / Tea break**

**15:00-15:30 NVS perspectives and challenges within a complex preclinical modelling setting** Dr Belinda Farnfield, Named Veterinary Surgeon, The Defence Science and Technology Laboratory (Dstl)

**15-30-16:00 Professionalising emotion: Preliminary analysis of NVS data from the Animal Research Nexus.** Dr Vanessa Ashall, Senior Research Fellow, University of Nottingham

**16:00-16:30 Summary & Closing remarks**