

To Whom It May Concern.

Re: Tina McGuff

I am a lecturer in mental health nursing at the university and have known Tina for two years. We met when I invited her to present a session on the 'lived experience of eating disorders' to year 2 students. Tina had already shared her experiences with Abertay students before I took over the module. I had been made aware by students and other lecturers of Tina's positive impact on them and this prompted me to invite her back.

I sat in on the first session out of curiosity and interest but got so much from it that I made a point of being free to attend the next one.

Tina radiates personal warmth, serenity and a natural authority that intuitively draws the observers' attention and sustains it. Looking around the class this was a phenomenon clearly experienced by everyone there and it was repeated at the next session.

As a lecturer I am sensitive to the signs that students are losing interest and was gratified to note their absence during Tina's presentation. Of course, Tina's sessions are more than just a presentation of information; they involve a dialogue with those present which is often sensitive and moving, frequently touching on personal matters but always meaningful with a sense of purpose and hope.

Although the topics explored could be harrowing, they were consistently pertinent to the students' learning (both personal and in relation to their developing nursing skills). I have been a nurse for 40 years and can only say that I similarly benefitted from Tina's classes.

In conclusion, Tina is at peace with herself; her narrative is underpinned by an authenticity that communicates itself to those around her and demonstrates without words that recovery is a reality.

I look forward to inviting Tina back to Abertay for the benefit of the current year 2 students



Ron Johansen
Lecturer (Mental Health Nursing)

r.johansen@abertay.ac.uk

14 September 2016