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Sommario/riassunto	 Theo Stickley trained in counselling and mental health nursing, and practised in both professions for many years. He now teaches mental health at the University of Nottingham and has published widely in the nursing and mental health press. The focus of his research is mental health and the arts, and he has led on a number of research projects in collaboration with people who use mental health services. Theo is a keen gardener, motorcyclist and artist (but has not yet found a way to combine all three simultaneously).