



AUTHOR TALKS AND LITERARY QUIZZES FROM ANNE GOODWIN



Exploring Identity through Fiction



Identity is a common theme in fiction, but what does it actually mean? Author, book blogger and former psychologist, Anne Goodwin invites you to explore the concept through extracts from classical and contemporary novels and readings from her first short story collection, *Becoming Someone*. Test your literary knowledge in the quiz by identifying the sources of the quotations. Sit back and enjoy the stories from the collection described as “a thought-provoking look at what it is to ‘be’”.

The dying days of the old asylums

In the early 1900s there were over 100 long-stay psychiatric hospitals in England and Wales, housing over 100,000 patients. By the beginning of the twenty-first century, none remained. The Victorian asylums were designed to protect vulnerable people but soon descended into the indignities of batch bathing, communal clothing and tea served with the milk and sugar already added to the pot. Author Anne Goodwin, a former clinical psychologist, discusses her humorous and heart-breaking novel, *Matilda Windsor Is Coming Home*, in the context of asylum history and the ‘delusions’ that help us heal.



Fictional therapists



A psychological therapist can make for an interesting fictional character: keen observers of human nature with the ability to ask searching questions, they are well-placed to get to the core of the emotional issues driving the novel.

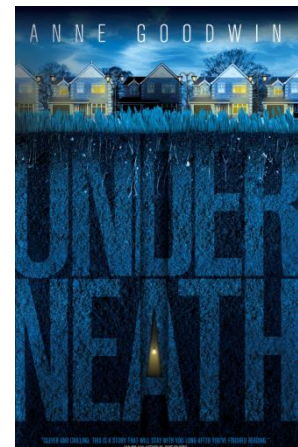
But how successful are such characters *really* in contemporary fiction? And how do invented psychotherapists compare with those we might meet in real life?

As a former clinical psychologist, Anne Goodwin has experienced therapy from both sides of the “couch”. As a book blogger, she has reviewed over eighty novels featuring a fictional therapist, and has published articles in print and online magazines.

Concepts of home and away in contemporary fiction

Home is not only a physical place, but the metaphorical building blocks of who we are. The idea of home we develop in childhood influences our adult relationships, mental health and well-being. For some, home spells security and comfort; for others it's a source of pain. Then, going away can be less about where we're heading, than what we're leaving behind.

These themes bring emotional depth and narrative tension to fiction, in a way that can help us understand ourselves. Author, book blogger and former clinical psychologist, Anne Goodwin will introduce you to some of these ideas through readings and a literary quiz. She will also share relevant extracts from her own novels, *Underneath*, about a man whose problems begin when he gives up travelling to try to make a home for himself and *Matilda Windsor Is Coming Home*, set in a long-stay psychiatric hospital in the process of closure.



Literary Christmas

Christmas wouldn't be Christmas without any presents ... and, for some, it wouldn't be Christmas without a quiz. From Winter Wonderlands to Bah humbug this light-hearted literary quiz on fictional Christmases should get you in the mood to celebrate, or offer some reading recommendations to while away the hours until normality resumes.

Note: this is aimed at adult readers.



No specialist knowledge required beyond an interest in fiction

Suitable for book groups, library events and literary festivals

OHP useful but not essential

Get in touch: <https://annegoodwin.weebly.com/author-talks.html>



Anne Goodwin brings her experience as an author, book blogger and former clinical psychologist to deliver entertaining and informative talks and workshops for readers and writers.

Inspired
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