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## **13elephants third space lived experiences...**

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We live in a world of measure and ongoing statement of what it is we are to be, why we are to be and how we are to be. Manifestation, psychology, counselling method serve as indicators of direction to follow to meet requirements of our changeable mental health. Meeting these expectations is an impossible task in our attempt to move forward from trauma and harm – especially when absent, the lived experience of the practitioner; the retold story of practitioner as method of engagement with patients/clients. Manifestation of hope is dangerous, especially when the effort to manifest is informed by ‘social media therapy’ and absent of historic understanding and representation of our very own unique and authentic lived experiences. The 13elephants academic renegotiation of the ‘third space’ as a lived experience recognizes third space movement as movement of change, where third space lived experiences are retold by practitioner, storyteller or therapist, resembling therapeutic method, representing shared elements of authenticity and truth.

### **Biography**

Dr Brown has expertise in education, social services, human development, te ao Maori and philosophy. Dr Brown has developed a model of Wellbeing based on the third space academic understanding of movement between spaces and has incorporated this into the lived experiences of self and others. Dr Brown has years of experience working at senior level in mental health, child sexual and physical abuse, education and corporate organisation Wellbeing. Dr Brown’s nuanced approach to the Wellbeing and Mental Health of children and adults – where the third space journey informs change method, is transactional and transformative.

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