

Jay Cavanagh
PhD Student

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EDUCATION

University of Calgary, Calgary, Alberta (Canada)
2022 – Ph.D., Sociology

University of Toronto, Toronto, Ontario (Canada)
2019 – 2020 M.A., History

University of Leicester, Leicester (United Kingdom)
2016 – 2019 B.A. (Honours), History *First Class*

EMPLOYMENT

Graduate Teaching Assistant, Calgary, Alberta (Canada)
2022 – *Faculty of Arts, Department of Sociology*
Cumming School of Medicine, Department of Community Health Sciences
University of Calgary

Student Editorial Assistant to the Co-Editor-in-Chief, Calgary, Alberta (Canada)
2022 – *Journal of the History of the Neurosciences*

Lead Research Assistant, Calgary, Alberta (Canada)
2023 – 2024 *Dr Michael Adorjan, Youth and Cyber-risk during the pandemic*
University of Calgary

Research Coach, Calgary, Alberta (Canada)
2023 *Cumming School of Medicine, Department of Community Health Sciences*
University of Calgary

Private Tutor (International Baccalaureate), Joinville, Santa Catarina (Brazil)
2022

English Teacher, Joinville, Santa Catarina (Brazil)
2022 *Elementary and Middle School Teacher*
Escola Americana Kids Ltd.

Middle School Teacher, Joinville, Santa Catarina (Brazil)
2021 *Social Studies and Creativity, Activity, and Service (CAS) Teacher, IB MYP*
Coree International School (Escola Internacional de Joinville)

High School Teacher, Joinville, Santa Catarina (Brazil)
2021 *Standard and Higher-Level History Teacher, IB DP*
Supervisor, Extended Essay in History, IB DP
Coree International School (Escola Internacional de Joinville)

Coordinator – Creativity, Activity and Service (CAS), Joinville, Santa Catarina (Brazil)
2021 *Elementary and Middle School Teacher, IB MYP & DP*
Coree International School (Escola Internacional de Joinville)

FELLOWSHIPS & HONOURS

The Graduate College, University of Calgary
2022 – *Graduate Scholar* [competitive]

Massey College, University of Toronto
2019 – 2020 *Resident Junior Fellow* [competitive]

SCHOLARLY PUBLICATIONS

Under Review

Cavanagh, Jay, Adorjan, Michael, & Ricciardelli, Rosemary. Ethical processes and dilemmas during research with youth on cyber-risk. Simonetto, Deana, & Puddephatt, Antony, *Practicing Ethics in Qualitative Research: Transcending the Biomedical Model*. University of Alberta Press. (Winter 2025).

PUBLIC-FACING & CREATIVE WORK

“Still Here? In the darkest moments, hope calls,” short film for [Be Beyond Borders](#) (October 2024). Screened by the [Little Venice Film Festival](#); [Lift-Off New Voices Film Festival](#); [This is My Brave Australia 7th International Mental Health Film Festival](#). Starring Ally Austin, Georgette Swain, **Jay Cavanagh**, Madhurima Lahira, Melanie Goldman, Rafael Chavez, Solène Anglaret, Sophie Jagne & Xannie Stavert. Written by Solène Anglaret. Directed by Solène Anglaret & Robert Stanley Crampton. Produced by Isaac Harvey.

“I have these experiences and am not afraid to talk about them,” campaign story for [Deconstructing Stigma: Changing Attitudes About Mental Health](#) by **Jay Cavanagh** with the McLean Hospital, Massachusetts (USA). October 2024.

“The Borderline Empathy Paradox,” podcast episode, [The BPD Bunch](#) by Xannie Stavert (Season 5, The BPD Bunch: BPD Bites). Featuring Xannie Stavert, **Jay Cavanagh**, Madhurima Lahiri, Jack Lame & Katja Pavlovna. October 18, 2024.

“BPD & Empathy,” podcast episode, [The BPD Bunch](#) by Xannie Stavert (Season 5, Episode 3). Featuring Xannie Stavert, **Jay Cavanagh**, Madhurima Lahiri, Jack Lame & Katja Pavlovna. October 16, 2024.

“Getting Accommodations for BPD at School,” podcast episode, [The BPD Bunch](#) by Xannie Stavert (Season 5, The BPD Bunch: BPD Bites). Featuring Xannie Stavert, **Jay Cavanagh**, Georgette Swain, Jack Lame & Katja Pavlovna. October 11, 2024.

“How to Deal with BPD at School,” podcast episode, [The BPD Bunch](#) by Xannie Stavert (Season 5, Episode 2). Featuring Xannie Stavert, **Jay Cavanagh**, Georgette Swain, Jack Lane & Katja Pavlovna. October 9, 2024.

“These Myths About BPD in Men and Women HAVE to Go,” podcast episode, [The BPD Bunch](#) by Xannie Stavert (Season 5, The BPD Bunch: BPD Bites). Featuring Xannie Stavert, **Jay Cavanagh**, Michelle Correll, Jack Lane, André Fergus & Hak Ja De Sousa. October 4, 2024.

“Is BPD Different in Men vs Women? EXPLAINED,” podcast episode, [The BPD Bunch](#) by Xannie Stavert (Season 5, Episode 1). Featuring Xannie Stavert, **Jay Cavanagh**, Michelle Correll, Jack Lane, André Fergus & Hak Ja De Sousa. October 2, 2024.

“What is the BPD Friendship Cycle?” podcast episode, [The BPD Bunch](#) by Xannie Stavert (Season 4, The BPD Bunch: BPD Bites). Featuring Xannie Stavert, **Jay Cavanagh**, Madhurima Lahiri & Katja Pavlovna. Guest featuring Rebekkah Adams, Georgia Hadjis, Shoi & Kay Garbett. April 21, 2024.

“Can Two People with BPD Be Friends?” podcast episode, [The BPD Bunch](#) by Xannie Stavert (Season 4, The BPD Bunch: BPD Bites). Featuring Xannie Stavert, **Jay Cavanagh**, Madhurima Lahiri & Katja Pavlovna. Guest featuring Rebekkah Adams, Georgia Hadjis, Shoi & Kay Garbett. April 19, 2024.

“BPD BFFS: Maintaining Friendships with BPD,” podcast episode, [The BPD Bunch](#) by Xannie Stavert (Season 4, Episode 3). Featuring Xannie Stavert, **Jay Cavanagh**, Madhurima Lahiri & Katja Pavlovna. Guest featuring Rebekkah Adams, Georgia Hadjis, Shoi & Kay Garbett. April 17, 2024.

“How Do I Know If I Have a Favorite Person?” podcast episode, [The BPD Bunch](#) by Xannie Stavert (Season 4, The BPD Bunch: BPD Bites). Featuring Xannie Stavert, **Jay Cavanagh**, Alex Stein, Georgette Swain, Madhurima Lahiri & Katja Pavlovna. April 3, 2024.

“The BPD Favorite Person,” podcast episode, [The BPD Bunch](#) by Xannie Stavert (Season 4, Episode 1). Featuring Xannie Stavert, **Jay Cavanagh**, Alex Stein, Georgette Swain, Madhurima Lahiri & Katja Pavlovna. April 3, 2024.

“Make a Love List with Us!,” podcast episode, [The BPD Bunch](#) by Xannie Stavert (Season 3, The BPD Bunch Brunch). Featuring Xannie Stavert, **Jay Cavanagh**, Andrea Martinez & Katja Pavlovna. February 4, 2024.

“Online Dating with BPD,” podcast episode, [The BPD Bunch](#) by Xannie Stavert (Season 3, The BPD Bunch: BPD Bites). Featuring Xannie Stavert, **Jay Cavanagh**, Darren Hammer, Rafael Chavez & Katja Pavlovna. February 2, 2024.

“Dating with BPD,” podcast episode, [The BPD Bunch](#) by Xannie Stavert (Season 3, Episode 11). Featuring Xannie Stavert, **Jay Cavanagh**, Darren Hammer, Rafael Chavez & Katja Pavlovna. January 31, 2024.

- “Are You Engaging in Validation Seeking Behavior?,” podcast episode, [The BPD Bunch](#) by Xannie Stavert (Season 3, The BPD Bunch: BPD Bites). Featuring Xannie Stavert, **Jay Cavanagh**, Michelle Correll, Melanie Goldman & Solène Anglaret. January 12, 2024.
- “BPD & Validation Seeking,” podcast episode, [The BPD Bunch](#) by Xannie Stavert (Season 3, Episode 8). Featuring Xannie Stavert, **Jay Cavanagh**, Michelle Correll, Melanie Goldman & Solène Anglaret. January 10, 2024.
- “BPD Insights: Understanding States of Mind and Trusting Your Gut,” podcast episode, [The BPD Bunch](#) by Xannie Stavert (Season 3, The BPD Bunch: BPD Insights). Featuring Xannie Stavert, **Jay Cavanagh**, Michelle Correll, Georgette Swain & Madhurima Lahiri. January 5, 2024.
- “How to Trust Yourself When You Live With BPD,” podcast episode, [The BPD Bunch](#) by Xannie Stavert (Season 3, Episode 7). Featuring Xannie Stavert, **Jay Cavanagh**, Michelle Correll, Georgette Swain & Madhurima Lahiri. January 3, 2024.
- “BPD & Graduate School,” individual visual essay for [The BPD Bunch](#) by **Jay Cavanagh**. December 4, 2023.
- “How do you stay motivated in your recovery from BPD?,” collaborative visual essay for [The BPD Bunch](#) by Xannie Stavert, **Jay Cavanagh**, C., Georgette Swain, Michelle Correll, Katja Pavlovna, Melanie Goldman & Andrea Martinez. November 28, 2023.
- “Burnout, Teaching with A Personality Disorder and... Disney Songs? Q&A,” podcast episode, [The BPD Bunch](#) by Xannie Stavert (Season 3, The BPD Bunch Brunch). Featuring Xannie Stavert, **Jay Cavanagh**, Michelle Correll, Katja Pavlovna & André Fergus. November 26, 2023.
- “How to Leave Relationships You’ve Outgrown,” podcast episode, [The BPD Bunch](#) by Xannie Stavert (Season 3, The BPD Bunch: BPD Bites). Featuring Xannie Stavert, **Jay Cavanagh**, Michelle Correll, Katja Pavlovna & André Fergus. November 24, 2023.
- “Dream Guests, Horror Movies and... Taxidermy? Q&A,” podcast episode, [The BPD Bunch](#) by Xannie Stavert (Season 3, The BPD Bunch Brunch). Featuring Xannie Stavert, **Jay Cavanagh**, Michelle Correll, Katja Pavlovna & André Fergus. November 5, 2023.
- “Living with BPD not only involves handling immediate crises, but also the subsequent burden of guilt and shame from our actions...,” collaborative visual essay for [The BPD Bunch](#) by Xannie Stavert, **Jay Cavanagh**, Solène Anglaret, Sophie Jagne, Lorena Reynoso, Michelle Correll, Katja Pavlovna, Melanie Goldman & Andrea Martinez. August 7, 2023.
- “BPD & Dating: A Queer Perspective,” individual visual essay for [The BPD Bunch](#) by **Jay Cavanagh**. July 24, 2023.
- “BPD & Grief,” collaborative visual essay for [The BPD Bunch](#) by **Jay Cavanagh**, Michelle Correll, Céline Winham, Katja Pavlovna, Solène Anglaret, Darren Hammer, Melanie Goldman & Andrea Martinez. June 3, 2023.

“BPD in Movies & Shows,” podcast episode, [The BPD Bunch](#) by Xannie Stavert (Season 2, Episode 11). Featuring Xannie Stavert, **Jay Cavanagh**, Rafael Chavez, Lena Nicodemus & Alex Stein. May 24, 2023.

“BPD & Holistic Healing: An Interview with Pranjali Singh,” podcast episode, [The BPD Bunch](#) by Xannie Stavert (Season 2, The BPD Bunch Brunch). Featuring Xannie Stavert, **Jay Cavanagh**, Solène Anglaret, Jessica Gadea Hawkins & Pranjali Singh. May 6, 2023.

“Navigating the Decision to Disclose Your BPD Diagnosis,” podcast episode, [The BPD Bunch](#) by Xannie Stavert (Season 2, Episode 7). Featuring Xannie Stavert, **Jay Cavanagh**, Rafael Chavez, Solène Anglaret, Melanie Goldman & Alex Stein. April 26, 2023.

“What are some non-therapy things that help you through recovery from BPD?,” collaborative visual essay for [The BPD Bunch](#) by **Jay Cavanagh**, Michelle Correll, Céline Winham, Katja Pavlovna, Solène Anglaret & Melanie Goldman. April 11, 2023.

“Dealing with Invalidation About BPD Diagnosis,” collaborative visual essay for [The BPD Bunch](#) by **Jay Cavanagh**, Michelle Correll, Andrea Martinez, Katja Pavlovna & Solène Anglaret. April 3, 2023.

“BPD & Friendships,” podcast episode, [The BPD Bunch](#) by Xannie Stavert (Season 2, Episode 4). Featuring Xannie Stavert, **Jay Cavanagh**, Solène Anglaret, Georgette Swain & Madhurima Lahiri. March 15, 2023.

“Life in Functional Recovery from Borderline Personality Disorder,” podcast episode, [The BPD Bunch](#) by Xannie Stavert (Season 2, The BPD Bunch Brunch). Featuring Xannie Stavert, **Jay Cavanagh**, Lena Nicodemus & Katja Pavlovna. February 25, 2023.

“BPD & Dating: A Queer Perspective,” individual visual essay for [The BPD Bunch](#) by **Jay Cavanagh**. July 24, 2023.

“What was your first thought/feeling when you found out you have Borderline Personality Disorder?,” collaborative visual essay for [The BPD Bunch](#) by **Jay Cavanagh**, Solène Anglaret, Devon Plaster, Lena Nicodemus, Céline Winham, Michelle Correll, Katja Pavlovna, Melanie Goldman, Madhurima Lahiri & Andrea Martinez. February 21, 2023.

“BPD & The “High Functioning” Label,” individual visual essay for [The BPD Bunch](#) by **Jay Cavanagh**. December 19, 2022.

COMMUNITY-BASED VOLUNTEER WORK

The BPD Society of British Columbia, Vancouver, British Columbia (Canada)		
2024 –	<i>Volunteer Coordinator</i>	[internal promotion]
2023 –	<i>Peer Facilitator</i>	[invited to apply]

The BPD Bunch, Season 2-5, video podcast, Albuquerque, New Mexico (USA)		
2022 –	<i>Cast Member</i>	[invited to audition]
2023	<i>Review Team Member</i>	

TRANSLATION

“TPB & O Rótulo de ‘Alto Funcionamento’” [BPD & The “High Functioning” Label], visual essay for [The BPD Bunch](#). Translation by **Jay Cavanagh** & Danúbia Floriano. British English to Brazilian Portuguese, October 16, 2023.

Department Head Research Scholarship, University of Calgary
2024 \$2,000 (CAD)

Eyes High International Doctoral Scholarship, University of Calgary
2024 – 2025 \$15,000 (CAD)

International Graduate Tuition Award, University of Calgary
2024 – 2025 \$3,060 (CAD)

Department of Sociology Special Recognition Award, University of Calgary
2024 \$500 (CAD)

Department Head Research Scholarship, University of Calgary
2024 \$2,000 (CAD)

Department of Sociology Summer Research Scholarship, University of Calgary
2024 \$625 (CAD)

Department of Sociology Travel Award, University of Calgary
2024 \$1000 (CAD)

Michael & Michelle Williams STEM-Studies Award, History of Medicine Days Conference
2023 – 2024 \$5,000 (CAD)

International Graduate Tuition Award, University of Calgary
2023 – 2024 \$3,060 (CAD)

Ben Haneman Memorial Conference Grant, ANZSHM 2023	\$1000 (AUD)	[declined]
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Doctoral Entrance Scholarship, University of Calgary
2023 – 2024 \$20,000 (CAD)

Suzanne Kanuka Award Scholarship, Department of Sociology, University of Calgary
2022 – 2023 \$2,000 (CAD)

Department of Sociology Scholarship, University of Calgary
2022 – 2023 \$4,000 (CAD)

International Graduate Tuition Award, University of Calgary
2022 – 2023 \$3,000 (CAD)

Full Tuition Scholarship, Goldsmith's College, University of London
2020 – 2021 £7,030 (GBP) [declined]

OTHER AWARDS

LGBT+ Campaign of the Year Award, National Union of Students (NUS)
2018 – 2019

Most Impactful Officer Project of the Year, University of Leicester Students' Union
2018 – 2019

New Volunteer of the Year, University of Leicester Students' Union
2018 – 2019

Outstanding Volunteer Award, University of Leicester Students' Union
2018 – 2019

Making History: Top 3, Department of History, Politics & International Relations, University of Leicester
2016 – 2017

PRESENTATIONS & CONFERENCES

* - *invited*

“Youth experiences of online harm and aggression during the COVID-19 pandemic,” with Michael Adorjan and Rosemary Ricciardelli, American Society of Criminology (ASC) Annual Meeting, San Francisco - CA, USA, November 15th, 2024

* “Mediating Madness: Community Mental Health Spaces as Heterotopias of Deviation,” Universidade da Região de Joinville (Univille), Joinville – SC, Brazil, October 30th, 2024

* “From England to Canada: Experiencing Academia on Both Sides of the Pond,” Universidade da Região de Joinville (Univille), Joinville – SC, Brazil, October 29th, 2024

“*Imagens do Inconsciente*: Nise, Art & Sensing Mad Worlds in the Twentieth-century Brazilian Clinic,” North American Chapter for the History of Emotions (NACHE) Annual Conference, Vancouver - BC, Canada, June 2024 [withdrew]

* “A short Story of Lived-Experience,” BPD Awareness Day 2024, Borderline Personality Disorder Society of British Columbia (BPDBC), virtual, May 9th, 2024

* “*Imagens do Inconsciente*: Reimaging Mad Knowledge in the Twentieth-century Brazilian Clinic,” Department of Sociology, University of Calgary, Calgary – AB, Canada, March 2024

“*Imagens do Inconsciente*: Mad Arts and Identity in the Twentieth-century Brazilian Clinic,” History of Medicine Days Annual Conference, Calgary – AB, Canada, March 2024

- * “Critical Questions: Epistemologies, Ethics, and Methods in Research on the Global South,” Department of Community Health Sciences, Cumming School of Medicine, University of Calgary, Calgary – AB, Canada, November 2023
- * “Sensing Madness: A Critical Phenomenology of the Borderlines of Knowledge,” Department of Sociology, University of Calgary, Calgary – AB, Canada, November 2023
- * “Borderline Sensoriums: Experiencing Life on the Borderline,” Universidade da Região de Joinville (Univille), Joinville – SC, Brazil, virtual, February 2023 **[cancelled]**
- * “Peer Interventions to Support Recovery,” Emotions Matter Inc., BPD Festival 2023, New York City – NY, USA, virtual, May 13th, 2023
- * “Arbiters of our own Stories: Borderline Personality Disorder,” Department of Sociology, University of Calgary, Calgary – AB, Canada, November 2022
- * “Academia to Teaching: A British Teacher’s Experiences in Education,” Universidade da Região de Joinville (Univille), Joinville – SC, Brazil, May 27th, 2022
- * “Thatcher, HIV and Queer Liberation in British History,” Pride Week 2019, Massey College, University of Toronto, Toronto – ON, Canada, November 2019

CONFERENCE ORGANISATION

Co-convenor (with Maria Hughes, Department of Sociology, University of Calgary), “Towards Healing: Systems, Structures and Movements,” Student Research Symposium (43 papers in 11 sessions), Department of Sociology, University of Calgary, Calgary – AB, Canada, May 1 – May 3, 2023

OTHER LEADERSHIP

Sociology Graduate Student Caucus (SGSC), Calgary, Alberta (Canada) **[elected]**
 2024 – *Vice Chair*
Academic Programming Executive

2023 – 2024 *Chair*

2022 – 2023 *Annual Conference Executive (Co-convenor)*
Equity, Diversity and Inclusion (EDI) Representative
 Department of Sociology, University of Calgary

The Graduate College, Calgary, Alberta (Canada)
 2023 – 2024 *Communications Team Member*
 University of Calgary

University of Leicester Students’ Union, Leicester (UK) **[elected]**
 2018 – 2019 *LGBT+ Part-time Officer*
 University of Leicester

Leicester Marrow, Leicester (UK) **[elected]**
 2018 – 2019 *Assistant President*

Anthony Nolan

Stonewall, London (UK) [**nominated**]
2016 – 2017 *Young Campaigner*

LANGUAGES

English	<i>Native Proficiency</i>
Brazilian Portuguese	<i>Upper Intermediate Proficiency</i>
German	<i>Basic Proficiency</i>

PROFESSIONAL DEVELOPMENT

Institute of Historical Research (IHR), Bloomsbury, London (UK) [**competitive**]
2018 *Intern*
University of London

COURSES

Phenomenology as a Queer Method April 2024	<i>British Society for Phenomenology (BSP)</i>
SOCI 315: Introductory Social Statistics II 2024	<i>University of Calgary</i> [audited]
SOCI 301: Social Statistics 2023	<i>Athabasca University</i>
Category 1: History (HL & SL) February 2021	<i>International Baccalaureate (Diploma Programme)</i>

ACCREDITATIONS

Category 1: History (HL & SL) February 2021	<i>International Baccalaureate (Diploma Programme)</i>
Mental Health First Aid Champion 2018	<i>Mental Health First Aid (MHFA) England</i>