

Jay Cavanagh, M.A.

Killam Laureate & Ph.D. Candidate

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RESEARCH INTERESTS & AREAS OF SPECIALISATION

Sociology of Health and Illness; Sociology of Mental Health; Sociology of Knowledge; Affect; Embodiment; Intersectionality; Critical Phenomenology; Emotions; History of Psychiatry; Qualitative Methods; Brazil.

ACADEMIC PREPARATION

- 2022 – Ph.D. in Sociology, University of Calgary, Calgary – AB., Canada.
Thesis: Afeto Catalisador and Encounters with Care at the Borders: An Ethnography of Casa das Palmeiras
CGPA: 4.0 | *Candidacy Achieved:* August 2025 | *Qualifying Exams:*
1. Marginalised subjectivities and embodiment.
 2. Conceptualizations of madness and disciplinarity.
 3. Methods: Critical phenomenology, standpoint and grounded theory.
- 2019 – 2020 M.A. in History, University of Toronto, Toronto – ON., Canada.
- 2016 – 2019 B.A. (Hons.) in History, University of Leicester, Leicester, UK.
Classification: *First Class Honours*
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ACADEMIC EMPLOYMENT

- 2025 – **Research Assistant to Dr. Nazario Robles Bastida**
Department of Sociology, University of Calgary
- 2022 – 2025 **Graduate Teaching Assistant**
Department of Sociology, University of Calgary
Cumming School of Medicine, Department of Community Health Sciences,
University of Calgary

2022 – 2025	Student Editorial Assistant to the Co-Editor-in-Chief Journal of the History of the Neurosciences
2023 – 2025	Lead Research Assistant to Dr. Michael Adorjan Department of Sociology, University of Calgary
2023	Research Coach Cumming School of Medicine, Department of Community Health Sciences, University of Calgary

FELLOWSHIPS & HONOURS

* - Competitive

2023 – 2025	*Graduate Scholar, The Graduate College, University of Calgary.
2019 – 2020	*Resident Junior Fellow, Massey College, University of Toronto.

SCHOLARSHIPS & AWARDS

* - Competitive

2025 –	Izaak Walton Killam Memorial Scholarship, Killam Trusts* Value: <i>\$90,000 CAD</i> Tenure: <i>2 years</i>
2025	Affective Ambush Symposium Grant, Roderick Centre* Value: <i>\$500 AUD</i>
2024	Department Head Research Scholarship, University of Calgary Value: <i>\$2,000 CAD</i>
2024 – 2025	Eyes High International Doctoral Scholarship, University of Calgary* Value: <i>\$15,000 CAD</i>
2024 – 2025	International Graduate Tuition Award, University of Calgary Value: <i>\$3,060 CAD</i>
2024	Department of Sociology Special Recognition Award Value: <i>\$500 CAD</i>
2024	Department Head Research Scholarship, University of Calgary Value: <i>\$2,000 CAD</i>
2024	Department of Sociology Summer Research Scholarship Value: <i>\$625 CAD</i>
2024	Department of Sociology Travel Award Value: <i>\$1000 CAD</i>
2024	Michael & Michelle Williams STEM-Studies Award* Value: <i>\$5,000 CAD</i>

2023 – 2024	International Graduate Tuition Award, University of Calgary Value: \$3,060 CAD
2023	Ben Haneman Memorial Conference Grant, ANZSHM* Value: \$1000 AUD <i>Declined</i>
2023 – 2024	Doctoral Entrance Scholarship, University of Calgary* Value: \$20,000 CAD
2022 – 2023	Suzanne Kanuka Award for Studies in Mental Health Value: \$2,000 CAD
2022 – 2023	Department of Sociology Scholarship Value: \$4,000 CAD
2022 – 2023	International Graduate Tuition Award, University of Calgary Value: \$3,000 CAD
2020 – 2021	Full Tuition Scholarship, Goldsmith’s College, University of London* Value: £7,030 GBP <i>Declined</i>
2018 – 2019	LGBT+ Campaign of the Year Award, National Union of Students*
2018 – 2019	Most Impactful Project of the Year Award, Leicester Students’ Union
2018 – 2019	New Volunteer of the Year, Leicester Students’ Union
2018 – 2019	Outstanding Volunteer Award, Leicester Students’ Union
2016 – 2017	Making History: Top 3 of the Cohort, University of Leicester Department of History, Politics & International Relations

PUBLICATIONS

* - Peer Reviewed | #1 – First Author | ^^ - Equal Co-authors

Under Review

*Cavanagh, J. ‘Big Feelings’: Researcher Cognition from the Borderlines of Experience. *Life Writing*. Under review by Editors of the Special Issue on ‘Affective Ambush’.

Published

*Cavanagh, J.^{#1}, Adorjan, M.^{^^}, & Ricciardelli, R.^{^^} (2025). Ethical Processes and Dilemmas during Research with Youth on Cyber-Risk. *Qualitative Sociology Review*, 21(3), 48-70. DOI: 10.18778/1733-8077.21.3.03.

PRESENTATIONS

* - Invited

- “Big Feelings’: Researcher Cognition from the Borderlines of Experience,” Researcher Wellbeing and Affective Ambush: Engaging with Emotions During Research Symposium, James Cook University, Townsville - Queensland, Australia, June 20th, 2025.
- “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 Brazillian 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 (BPDDBC), virtual, May 9th, 2024.
- * “*Imagens do Inconsciente: Reimagining 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.

PUBLIC SOCIOLOGY & CREATIVE CONTRIBUTIONS

Audiovisual & Written

“Can you Really Find Balance? Discover the Secrets to Structure in BPD,” podcast episode, The BPD Bunch by Xannie Stavert (Season 6, The BPD Bunch). Featuring Xannie Stavert, **Jay Cavanagh**, André Fergus, Georgette Swain & Katja Pavlovna. May 16, 2025.

“BPD & Structure: The Battle Within - Are You Losing Control?,” podcast episode, The BPD Bunch by Xannie Stavert (Season 6, The BPD Bunch). Featuring Xannie Stavert, **Jay Cavanagh**, André Fergus, Georgette Swain & Katja Pavlovna. May 14, 2025.

“Breaking the Silence: Body Image and BPD in Men,” podcast episode, The BPD Bunch by Xannie Stavert (Season 6, The BPD Bunch). Featuring Xannie Stavert & **Jay Cavanagh**, March 23, 2025.

“BPD Crisis! Does the Psych Ward Help or Hurt?,” podcast episode, The BPD Bunch by Xannie Stavert (Season 6, The BPD Bunch: BPD Bites). Featuring Xannie Stavert, **Jay Cavanagh**, Hak Ja De Sousa & Michelle Correll. March 14, 2025.

“BPD in The Psych Ward: You Won’t Believe What Happened!!,” podcast episode, The BPD Bunch by Xannie Stavert (Season 6, The BPD Bunch). Featuring Xannie Stavert, **Jay Cavanagh**, Hak Ja De Sousa & Michelle Correll. March 12, 2025.

“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 Lame & 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 Lame, 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 Lame, 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 Martines. 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 Martines. 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 Martines. 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 Chaves, 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**, Rafeal 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.
- “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 Martines. February 21, 2023.
- “BPD & The “High Functioning” Label,” individual visual essay for The BPD Bunch by **Jay Cavanagh**. December 19, 2022.

Translations

- “TPB e Vida acadêmica Pós-Graduação” [BPD & Graduate School], visual essay for The BPD Bunch. Translation by **Jay Cavanagh** & Danúbia Floriano. British English to Brazilian Portuguese, February 23, 2025.

“TPB e Namoro: Uma Perspectiva Queer” [BPD & Dating: A Queer Perspective], visual essay for The BPD Bunch. Translation by **Jay Cavanagh** & Danúbia Floriano. British English to Brazilian Portuguese, October 22, 2023.

“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.

VOLUNTEERISM, LEADERSHIP & SERVICE

* - Invited | ** - Elected

Volunteer Positions

2023 – **Volunteer BPD Peer Support Facilitator***
Borderline Personality Disorder Society of British Columbia

Departmental Committees

2025 – **Department Hiring Committee***
Department of Sociology, University of Calgary

2023 – 2025 **Department Academic Programs Committee***
Department of Sociology, University of Calgary

Conference Organization

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

Student Representation & Activist Contributions

2022 – 2025 **Sociology Graduate Student Caucus (SGSC)**
Department of Sociology, University of Calgary
2024 - 2025 | **Vice Chair****
2023 - 2024 | **Chair****
2023 - 2024 | **Academic Programming Executive****
2022 - 2023 | **Annual Conference Executive (Co-Convener)****
2022 - 2023 | **Equity, Diversity & Inclusion Representative****

2023 – 2024 **Communications Team Lead****
The Graduate College, University of Calgary

2018 – 2019 **LGBT+ Part-time Officer****
Leicester Students’ Union, University of Leicester

2018 – 2019 **Assistant President****
Leicester Marrow: Anthony Nolan, University of Leicester

2016 – 2017 **Stonewall Young Campaigner***
Stonewall UK

OTHER EMPLOYMENT

2025 – **Volunteer Manager**
Borderline Personality Disorder Society of British Columbia

2022 **Private Tutor in Higher & Standard Level IB History**

2022 **Private English Teacher**

2022 **Elementary & Middle School Teacher**
Escola Americana Kids Ltd., Joinville - Santa Catarina, Brazil

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

2021 **Middle School IB-MYP Teacher in Social Studies & CAS**
Coree International School (Escola Internacional de Joinville), Joinville - Santa Catarina, Brazil

2021 **Supervisor of the Extended Essay in IB-DP History**
Coree International School (Escola Internacional de Joinville), Joinville - Santa Catarina, Brazil

2021 **Co-ordinator of Creativity, Activity and Service (CAS)**
Coree International School (Escola Internacional de Joinville), Joinville - Santa Catarina, Brazil

OTHER TRAINING & PROFESSIONAL DEVELOPMENT

2025 **Foundations in Volunteer Management**
Volunteer Victoria

2024 **Phenomenology as a Queer Method**
British Society for Phenomenology (BSP)

2024 **Introductory Social Statistics II (SOCI 315)**
Department of Sociology, University of Calgary | *Audited*

2023 **Social Statistics I (SOCI 301)**
Athabasca University | *Taken for Credit*

2021 **Category 1: History (Higher Level & Standard Level) in the IB-DP**
International Baccalaureate

2018 **Intern**
Institute of Historical Research (IHR) | *Competitive Position*

2018

Mental Health First Aid Champion

Mental Health First Aid England (MHFA-England)

LANGUAGE SKILLS

English	Native Proficiency
Brazilian Portuguese	Upper Intermediate Proficiency (B2 - CEFR)
German	Beginner Proficiency (A1 - CEFR) ^a