



DR EMILY TAMARISK TROSCIANKO

Research Associate, The Oxford Research Centre in the Humanities (TORCH)
Radcliffe Humanities, Radcliffe Observatory Quarter, Woodstock Road, Oxford OX2 6GG, UK
emily.troscianko@humanities.ox.ac.uk ▪ +44 (0)7786 065175
www.troscianko.com ▪ www.hungerartist.org

• **EDUCATION**

- 2006-10 **DPhil (PhD)**, Faculty of Medieval and Modern Languages (Subfaculty of German), University of Oxford, UK. Supervisor: K. Kohl. Thesis title: *The Literary Science of the 'Kafkaesque'*.
Asking where the weirdness of the 'Kafkaesque' comes from, and finding cognitive answers.
- 2005-06 **Master of Studies**, European Literature (German), University of Oxford, UK. Distinction.
- 2000-04 **BA (Hons)**, Modern Languages (French and German), St Hilda's College, Oxford. First-class degree (top in year).

• **UNIVERSITY EMPLOYMENT AND AFFILIATIONS**

- 2018-2021 **Baillie Gifford Writing Partnerships Programme Coordinator**, Humanities Division, University of Oxford, UK
Full responsibility for designing, running, and evaluating a humanities writing programme—including matching writing partners, running writing events, offering regular writing tips for skills development, and providing 1-1 writing, organisational, and welfare advice
- Jan-Mar 2018 **Careers Advisor for Researchers**, Careers Service, University of Oxford, UK
A short-term contract focused on organising the 2018 Careers Conference for Researchers and generating resources on portfolio careers, academic resilience, and academic failure (see below)
- 2017- **Research Associate**, The Oxford Research Centre in the Humanities (TORCH), University of Oxford, UK
Investigating the therapeutic and anti-therapeutic effects of literary reading for eating disorders
- 2013-2017 **Associate researcher**, Faculty of Medieval and Modern Languages, University of Oxford, UK. From 2020: **DPhil (PhD) cosupervisor** (with Dr Tim Farrant), Srinandini Mukherjee.
- 2015-16 **Postdoctoral Training Coordinator**, Humanities Division, University of Oxford, UK
Full responsibility for designing and providing postdoctoral training and support for Humanities early-career researchers at Oxford (9 months)
- 2015 **Research Assistant** to Katrin Kohl's [successful](#) AHRC Open World Research Initiative grant bid, Faculty of Medieval and Modern Languages, University of Oxford, UK
- 2014-15 **Knowledge Exchange Fellow**, The Oxford Research Centre in the Humanities (TORCH), University of Oxford, UK, in collaboration with [Beat](#)
Development of a bibliotherapy-focused partnership with the leading UK eating disorder charity via collaborative research and public engagement (6 months)
- 2010-14 **Junior Research Fellow** in Modern Languages, St John's College, Oxford, UK
Highly competitive independent stipendiary research fellowship, during which my research focus shifted from the cognitive to the medical humanities



- **FUNDING AWARDED**

- 2015-16 Balliol Interdisciplinary Institute project grant **Books, Minds, and Bodies** (with Emily Holman and others) (£2,250).
- 2012-14 St John's College Research Centre pump-priming grant (with Kate Nation and Karin Kukkonen), **Eye Movements in Literary Reading** project (incl. 1-year full-time postdoc funding, total £40,500).
- 2012 St John's College Research Centre conference grant, **Science and Literary Criticism** symposium (£3,000)
- 2010-14 Stipendiary **Junior Research Fellowship**, St John's College (four years' full-time salary plus accommodation, dining rights, and £1,200pa personal research allowance)
- 2005-09 AHRB/AHRC **Masters and doctoral research funding** 2005-09 (approx. £60,000)

- **MAJOR COLLABORATIONS**

Susan Blackmore (University of Plymouth, UK): consciousness

An intensive collaboration resulting in the publication, in April 2018, of the third edition of the textbook Consciousness: An Introduction. The co-authoring process involved multistage peer review with 12 readers based in psychology and philosophy departments internationally, as well as the design of a substantial website to accompany the main text.

Michael Burke (Roosevelt College, Utrecht University, The Netherlands): CLSci

Our collaborations have included a symposium, a co-edited journal special issue, and a co-edited book, all exploring the present and future of what we call cognitive literary science (CLSci)

James Carney (Brunel University London, UK): bibliotherapy

Our work together so far includes a [Manifesto for the Literary Humanities](#); the Books, Minds, and Bodies reading group project; and a new project investigating the therapeutic and anti-therapeutic potential of eating disorder-themed language via analysis of the temporal dynamics of Twitter users' language creation and reception

Kate Nation, Titus von der Malsburg, and Karin Kukkonen (University of Oxford, UK; University of Potsdam, Germany; University of Oslo, Norway): literary eye tracking

As psychologists and cognitive literary scholars, we explored the viability of transferring eye-tracking methods used in the study of reading development to the analysis of literary reading. My duties included contributing to funding bids and supervising our PDRA (von der Malsburg).

- **TEACHING**

- 2016 Session leader, Cognitive Approaches to Classical Literature graduate workshop, Institute of Classical Studies
- 2012 Lecturer, 'Literature and Your Mind' (a new interdisciplinary course developed with Karin Kukkonen, for the Faculties of English and Modern Languages, University of Oxford, UK)
- 2010-14 Tutorial teaching: Christ Church, Magdalen, Pembroke, St Catherine's, St Hilda's, and St John's Colleges, Oxford, UK
- 2009-10 Stipendiary Lecturer in German, Jesus and Oriel Colleges, Oxford, UK
Full responsibility for German language and literature tutorial and class teaching for 17 undergrads, plus Faculty lecturing and graduate special subject supervision



- **CONFERENCE AND EVENT ORGANISATION**

- 2019 Designer and leader, **Is Your Web Presence Working for You?** (Careers Conference for Researchers, University of Oxford, UK; AHRC-TORCH Public Engagement with Research Summer School, Oxford, UK)
- 2018 Designer and leader, **Food, Your Body, and the Wider World** (Merton College, Oxford, UK)
A welfare-orientated workshop for undergraduates, graduates, postdocs, and staff, exploring food and bodies in the academic context
- 2016 Co-convenor (with Emily Holman, University of Oxford) **Books, Minds, and Bodies** workshop (Balliol College, Oxford, UK), 20 participants
An exploratory workshop with participants from academia as well as the healthcare and charity sectors and student welfare teams
- 2015-16 Designer and coordinator of 20 **support and training events for Humanities Division early-career academics**
Events included writing bootcamps, brain-training breakfast taster sessions, body awareness sessions, workshops on web presence and coping with complexity, plus a major cross-Divisional event on 'Overcoming a sense of academic failure'. I also launched a year-long writing partnerships scheme which became the model for the programme I now run for the Division.
- 2015 Co-convenor (with Jonathan Kelly, Beat), **Fiction and Eating Disorders** workshop (TORCH, University of Oxford, UK), 10 participants
An unconventional workshop involving science and humanities researchers, creative writers, and medics in collaborative fiction-reading and -writing
- 2012 Co-convenor (with Michael Burke, University of Utrecht), **Science and Literary Criticism** (international interdisciplinary 1-day symposium, St John's College, Oxford, UK), 50 participants (delegates and speakers)
An intensive day-long exploration of a wide range of intersections between literary studies and the cognitive sciences, involving leading experts and emerging scholars from both fields

- **PROFESSIONAL TRAINING**

- 2014-15 Selected participant, **New Generations Programme**, Centre for Medical Humanities, Durham University
A year-long programme designed to develop the skills, experiences, and resources needed to meet the interdisciplinary challenges of medical-humanities research. It involved six intensive workshops at different UK institutions with a strong medical-humanities presence, including three days hosted by the Wellcome Trust.

- **INSTITUTIONAL RESPONSIBILITIES**

- 2013-14 Coordinator, Personal Perspectives on Mental Health workshop series, St John's College, Oxford, UK
An intimate set of workshops in which senior members of college discussed their own experiences of mental health difficulties with graduates and undergraduates
- 2013-14 Co-convenor, Cognitive Humanities Writing Group, University of Oxford
For science and humanities researchers to share and critique each other's work

- **COMMISSIONS OF TRUST**

- 2021 Journal reviewer, *The Arts in Psychotherapy, i-Perception*
- 2020-21 Journal/book reviewer, *Literature and Medicine, Frontiers in Psychiatry, French*



- Studies*, Routledge
- 2019-20 Journal reviewer, *Medical Humanities*
- 2019 External examiner, MPhil candidate, Department of English Literature, University of Birmingham, UK
- 2019 Book proposal reviewer, Edinburgh University Press and Peter Lang
- 2019 Research monograph reviewer, Routledge Psychology
- 2018 Journal reviewer, *New Literary History*
- 2017 Journal reviewer, *Review of General Psychology*
- 2016 Member, peer-review panel, *The Dovetail Journal*
- 2015 Article editor, SAGE Open
- 2014 Panel reviewer, knowledge exchange proposals, LERU Doctoral Summer School and AHRC-TORCH, University of Oxford, UK
- 2014 Research monograph proposal reviewer, Routledge USA
- 2013 Journal reviewer, *Modernism/Modernity*

- **PROFESSIONAL MEMBERSHIPS**

2013-present Member, Society of Authors

- **ENTREPRENEURIAL ACTIVITIES**

2017 2nd place, Humanities Innovation Challenge Competition, University of Oxford, UK. Awarded for an app to support recovery from anorexia, now in the design phase of development, and described in [this blog post](#). The project also featured in the 'Started in Oxford' video series [here](#).

- **FREELANCE ROLES**

2018- Academic performance coach. Recovery coach for people with eating disorders. <https://hungerartist.org/recovery-coaching/>

2018- Data scientist for ad tech startup textureAI Ltd

- **CONFERENCE PRESENTATIONS**

Recent invited talks (selected – for all past and future talks, see <http://troscianko.com/events>):

- Invited keynote (annual conference of the International Society for the Empirical Study of Literature and Other Media (IGEL), University of Central Florida, Orlando, July 2022)
- Invited talk, **How do we read (old) texts about disordered eating?** (Faculty of History, University of Cambridge, January 2019)
- Invited talk, **Creative bibliotherapy and mental health: Why we need to assume less and find out more**; invited reading-group session leader, **Cognitive science and literary studies** (Department of Literature, Uppsala University, Sweden, March 2018)
- Invited talk, **Kafka and perception** (Swedish Literature Society, Department of Literature, Uppsala University, Sweden, March 2018)
- Invited talk, **Why we need the humanities to understand and treat mental illness** (Egenis seminar, The Centre for the Study of Life Sciences, University of Exeter, UK, January 2018)

- **PUBLICATIONS**

Monograph:

Troscianko, E.T. (2014). *Kafka's cognitive realism*. London: Routledge.

Sets out the value of cognitive realism – a convergence between cognitive faculties as they operate in readers' minds and are evoked in literary texts – for the theoretical and empirical study of



literature, taking Kafka's evocations of vision, imagination, and emotion as the case study. Appraised in Modern Language Review 110(4) as an 'engagingly written interdisciplinary study' which presents its main thesis with 'exemplary clarity', and makes 'an important contribution to this area of Kafka studies'.

Co-authored textbook:

Blackmore, S., and Troscianko, E.T. (2018). **Consciousness: An introduction**. 3rd edition. London: Routledge.

I took the lead on fully restructuring and generating much new material for the third edition of the world's only textbook on the mystery of consciousness, embracing psychology, philosophy, neuroscience, and touching on many other fields.

Peer-reviewed journal articles:

(Full-text pre-publication versions of most of my journal papers are available on the [Oxford University Research Archive](#) and via [ResearchGate](#).)

Troscianko, E.T., and Carney, J. (2021). **Drawing Kafka's Castle: An experimental expansion of the theory of cognitive realism**. *Scientific Study of Literature*, 11(1), 35-73. *Reports on a study finding that narrative perspective makes no difference to whether readers include either a castle or the protagonist in their drawings of what they imagine on reading the opening paragraph of Kafka's novel The Castle.*

Troscianko, E.T., and Leon, M. (2020). **Treating eating: A dynamical systems model of eating disorders**. *Frontiers in Psychology*, 11, 1801. *Argues that to treat eating disorders effectively, we need to treat the eating, and more generally that behavioural change is often the best route to achieving psychological and/or physical change.*

Troscianko, E.T. (2018). **Literary reading and eating disorders: Survey evidence of therapeutic help and harm**. *Journal of Eating Disorders*, 6: 8. *Presents the findings from the major online survey conducted with Beat, which offer detailed self-report evidence of the links between reading and mental health from nearly 900 respondents, and contradict received wisdom about the types of literary text likely to be most therapeutically beneficial.*

Troscianko, E.T. (2018). **Fiction-reading for good or ill: Eating disorders and the case for creative-bibliotherapy research**. *Medical Humanities*, 44, 201-211. *Makes the broader argument for bringing research on eating disorders and on (literary) interpretation into dialogue, highlighting how much is assumed and how little really known. You can listen to an audio clip of me talking about how this research came about and why I think it's important on the [Medical Humanities blog](#).*

Willemsen, S., Kraglund, R.A., and Troscianko, E.T. (2018). **Interpretation: Its status as object or method of study in cognitive and unnatural narratology**. *Poetics Today*, 39(3), 597-622. *What is interpretation for the humanities? The cognitive/unnatural narratology schism offers a telling illustration of the difference between treating interpretation as a method or an object of inquiry.*

Troscianko, E.T. (2014). **First-person and second-generation perspectives on starvation in Kafka's 'Ein Hungerkünstler'**. In M. Caracciolo and K. Kukkonen (Eds), 'Cognitive literary study: Second-generation approaches'. Special issue, *Style*, 48(3), 331-348.



Argues for the importance of acknowledging both personal experience and embodiment in understanding the meanings and effects of Kafka's short story about a man who fasts to death for others' entertainment.

Troscianko, E.T. (2014). **Reading Kafka enactively.** In T. Cave, K. Kukkonen, and O. Smith (Eds), 'Reading literature cognitively'. Special issue, *Paragraph*, 37, 15-31.

Sets out the importance of understanding cognition as enactive (i.e. constituted by physical interaction between embodied minds and environments) for appreciating the effects of Kafka's novel Der Proceß (The Trial) in the contexts of vision and imagination, language, and emotion.

Troscianko, E.T. (2013). **Reading imaginatively: The imagination in cognitive science and cognitive literary studies.** In M. Burke and E.T. Troscianko (Eds), 'Explorations in cognitive literary science'. Special issue, *Journal of Literary Semantics*, 42(2), 181-198.

Shows how empirical findings on literary reading can and should inform the scientific study of mental imagery.

Burke, Michael, and Emily T. Troscianko. (2013). **Mind, brain, and literature: A Dialogue on what the humanities might offer the cognitive sciences.** In M. Burke and E.T. Troscianko (Eds), 'Explorations in Cognitive Literary Science'. Special issue, *Journal of Literary Semantics*, 42, 141-148.

Introduces the special issue with reasons why the study of literature is important to the study of the mind.

Troscianko, E.T. (2013). **Cognitive realism and memory in Proust's madeleine episode.** *Memory Studies*, 6, 437-456.

Investigates the divergences and discrepancies between the mechanisms of memory and Proust's evocation of it to explain the perennial popularity of the madeleine in the popular imagination.

Troscianko, E.T. (2012). **The cognitive realism of memory in Flaubert's Madame Bovary.** *Modern Language Review*, 107, 772-795.

Highlights the significance of memory in relation to cognitive dissonance in readers' engagements with Flaubert's eponymous heroine.

Troscianko, E.T. (2010). **Kafkaesque worlds in real time.** *Language and Literature*, 19, 171-191.

Argues that we need to understand cognition – and vision and imagination in particular – as embodied and enactive to grasp the essence of the 'Kafkaesque' as it plays with readers' experiences of space and time.

Co-edited book:

Burke, M., and Troscianko, E.T. (Eds) (2017). **Cognitive literary science: Dialogues between literature and cognition.** New York: Oxford University Press.

Showcases the three main variations on cognitive literary science, highlighting the potential for the literary to contribute to the scientific as well as vice versa.

Co-edited special issue:

Burke, M., and Troscianko, E.T. (Eds) (2013). **Explorations in cognitive literary science.** Special issue, *Journal of Literary Semantics*, 42(2).

Brings together contributions demonstrating the potential for disciplinary reciprocity in the field of cognitive literary science.

Book chapters:



Troscianko, E.T. (2020). **Nietzsche's *Genealogie der Moral* pro and contra distributed cognition.** In M. Anderson, M. Sprevak, and P. Garratt (Eds), *Distributed cognition in Victorian culture and modernism* (pp. 209-231). Edinburgh: Edinburgh University Press.
Takes a cognitive angle on Nietzsche's rhetorical philosophy to investigate its effects on readers' engagement as well as its implications for current theories of embodied and enactive cognition.

Troscianko, E.T. (2018). **Reading Kafka.** In C. Duttlinger (Ed.), *Franz Kafka in context*. Cambridge: Cambridge University Press.
Traces the history of professional ways of reading Kafka's texts, arguing that despite their varied theoretical agendas, they have always been trying to answer the question current cognitive approaches make explicit: what makes reading (Kafka) feel like this?

Troscianko, E.T. (2017). **How should we talk about reading experiences? Arguments and empirical evidence.** In T. Koblížek (Ed.), *Aesthetic illusion*. New York: Bloomsbury.
Criticises the concept of aesthetic illusion using both theoretical considerations and an analysis of free-response data from my survey on reading habits and mental health with the charity Beat.

Troscianko, E.T. (2017). **Feedback in reading and disordered eating.** In M. Burke and E.T. Troscianko (Eds), *Cognitive literary science: Dialogues between literature and cognition* (pp. 169-194). New York: Oxford University Press.
Demonstrates, theoretically and empirically, the importance of feedback – and especially unstable positive feedback loops – for understanding both disordered eating and the interpretation of fiction.

Blog:

Troscianko, E.T. (2009-present). **A hunger artist.**
<http://www.psychologytoday.com/gb/blog/hunger-artist>.
Brings together personal and scientific perspectives on disordered eating, with around 120 posts (including many chosen by PT editors as Essential Reads) to date. I engage in detailed dialogue, through public blog comments and private inquiry-form contact, with numerous readers on a near-daily basis. The blog has so far attracted over 3.5 million all-time views and thousands of comments (removed from the all blogs on the PT public site in 2021).

Online articles:

- **Treating eating disorders as disorders of eating**, psychotherapy.net (2018),
- **How do your reading habits shape your health—and vice versa?** Medium.com (2018)
- **New research explores how reading affects eating disorders – for good and ill** The Conversation (2018)
- **Artistic licence: Why a book might not save your life** Oxford Arts Blog (2018)

Guest blog posts:

- **Career planning: Your future is now** and **Resilience**, with Rachel Bray (Oxford University Careers Service), *The Early Career Blog* (Cambridge and Oxford Universities) (2018-20)
- **Thinking about Thinking with Literature** (2015) and **Prose or Prozac?** (2014), *What Literature Knows About Your Mind* (Cambridge University)
- **All that glitters...**, *Imperfect Cognitions* (University of Birmingham) (2015)
- **Early-career creativity**, Women in German Studies ECR Blog (2015)
- **Bodies, minds, and words: A new collaboration**, Beat news blog (2015)
- **How on earth will the medical humanities make you a better doctor?** Durham Centre for Medical Humanities (2015),



Podcast:

[Textual Therapies](#): aiming to crystallise, communicate, and expand our understanding of how texts and health interact. Episodes so far include:

- Bibliotherapy, academia, and portfolio careers, with me (interviewed by James Carney)
- Why public health needs narrative, with Lise Saffran
- Combating fat stigma through narrative, with Rachel Fox and Kelly Park
- What does Disney do to mental health? with Jenifer Fisher and Nikki York
- Computational literary studies and mental health, with James Carney

Guest podcast appearances:

- [Kafka in Quarantine](#), Institute of Modern Languages Research, with Seán Williams (2020)
- [New Books Network](#) (New Books in Literature series), interview on *Kafka's Cognitive Realism* (2016)
- [TORCH Book at Lunchtime](#) series, chair, on Terence Cave's *Thinking with Literature* (2016)
- [TORCH Humanities and Science in Conversation](#) series: Mental Health (2015)
- [TORCH Book at Lunchtime](#) series, *Kafka's Cognitive Realism* (2014)

Online bibliography:

- [Cognitive Humanities annotated bibliography](#) (lead author)
A selection of chapters and articles on a wide range of cognitive topics, to help literary scholars interested in cognitive approaches orientate themselves in existing scientific and cognitive-humanities research

Other resources:

- [Overcoming a sense of academic failure](#) (lead author of a workbook and creator and presenter of an audio podcast series)
Why and how to think and talk more and better about failure, with contributions from successful professionals who stayed in academia or left
- [Portfolio careers: How to optimise and manage them](#) (lead author of workbook)
How to make an enjoyable success of a multistranded career, including adapted excerpts from Barrie Hopson and Katie Ledger's book And What Do You Do? 10 Steps to Creating a Portfolio Career

Popular nonfiction:

Hart-Davis, A., and Troscianko, E. (2006). ***Taking the piss: A potted history of pee***. Stroud: Chalford.

Everything you never knew you needed to know about urine, from chemistry to Warhol to reindeer to army rations.

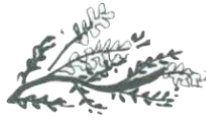
Hart-Davis, A., and Troscianko, E. (2002). ***Henry Winstanley and the Eddystone lighthouse***. Stroud: Sutton.

A tragic tale of engineering and hubris, centred on the first lighthouse ever to be built on a rock in the open sea.

- **FAILURES AND REJECTIONS**

Jobs, grants, and studentships:

- Career Development Fellowship, Birkbeck University of London, rejected 2017
- ERC Starting Grant, not awarded 2017
- Wellcome Trust small grant and seed award, not awarded 2016
- Lancaster University, Lecturership in Creative Futures, interviewed then rejected 2016
- University of Edinburgh, Chancellors Fellowship, interviewed then rejected 2016



- The Oxford Research Centre in the Humanities (TORCH) network grant, not awarded 2015
- Exeter University / World Health Organization Research Fellowship, interviewed then rejected 2015
- Ethox, Oxford, Caroline Miles visiting scholarship, not awarded 2015
- Leverhulme Early Career Fellowship, University of Leeds, not awarded 2015
- Wellcome Trust Medical Humanities Fellowship at the University of Oxford, not awarded 2014
- Jesus College, Oxford, Access and Career Development Fellowship, rejected 2014
- Queen's University Belfast, Queen's Research Fellowship, rejected 2014
- Leverhulme Early Career Fellowship, Durham University, two rejected expressions of interest 2010 and 2014
- St John's College, Oxford, Official Fellow and Tutor in German with a College Lecturership and Clarendon University Lecturership, rejected 2011
- Jesus College, Oxford, Junior Research Fellowship in Modern Languages, interviewed then rejected 2009
- Merton College, Oxford, Junior Research Fellowship, longlisted then rejected 2009
- Wadham College, Oxford, Stipendiary Lecturership in German, rejected 2009
- All Souls College, Oxford, Post-Doctoral Research Fellowship, rejected 2008
- Magdalen College, Oxford, undergraduate application for French and German, rejected 1999

Books and papers:

- "Quantitative methods for group bibliotherapy research: A pilot study." Rejected by *Frontiers in Psychology* and *Medical Humanities* (both before peer review), 2020.
- "Fiction-reading for good or ill: Eating disorders and the case for creative bibliotherapy research." Rejected by *Psychology & Health*, 2017
- "Fiction-reading can be therapeutically helpful or harmful for people with or without experience of an eating disorder." Rejected by *European Eating Disorders Review* and *Eating Disorders: The Journal of Treatment & Prevention*, 2017
- "Why literary studies needs experiments." Rejected by *Modern Language Review*, 2014
- "The cognitive realism of memory in Proust's madeleine episode." Rejected by *French Studies*, 2011
- *The Literary Science of the Kafkaesque*. Rejected by Oxford University Press, 2011