DR EMILY TAMARISK TROSCIANKO
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I am a coach, researcher, and writer.

I provide recovery coaching for people with eating disorders and career/life coaching for students and researchers.

I design courses and events to enhance academic performance and wellbeing—on writing, habit change, failure, and other aspects of what it means to work and live well.

Affiliated with Oxford University's humanities research centre (TORCH), I conduct research on the psychological and health-relevant effects of reading narrative.

I blog on eating disorders for Psychology Today and am co-author of the world's leading textbook on consciousness.

- **EDUCATION**

2006-10 **DPhil (PhD)**, Faculty of Medieval and Modern Languages (Subfaculty of German), University of Oxford, UK. Supervisor: Katrin 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. Distinction.

2000-04 **BA (Hons)**, Modern Languages (French and German), St Hilda's College, Oxford. First-class degree (top in year).

- **EMPLOYMENT AND AFFILIATIONS**

2020-23 **DPhil (PhD) co-supervisor** (with Dr Tim Farrant), Srinandini Mukherjee, Faculty of Medieval and Modern Languages and Pembroke College, University of Oxford
Thesis title: 'Visualising Todorov's Hesitation in Fantastic Fiction: A Cognitive Literary Approach'

2018- Founder, **Hunger Artist eating disorder recovery coaching** and **LiveWrite career/life coaching**
Intelligent, intensive, ultra-personalized coaching for health, happiness, and performance

2017- **Research Associate**, The Oxford Research Centre in the Humanities (TORCH), University of Oxford
Investigating the therapeutic and anti-therapeutic effects of literary reading for eating disorders

2018-2021 **Baillie Gifford Writing Partnerships Programme Coordinator**, Humanities Division, University of Oxford
Designed, ran, and evaluated a writing programme for grads and postdocs, including: matching writing partners; running writing events; creating writing technique guides; providing 1-1 consults on writing, welfare, and habit change

2018 **Careers Advisor for Researchers**, Careers Service, University of Oxford

Organized the 2018 Careers Conference for Researchers; generated resources on portfolio careers, academic resilience, and academic failure

2013-2017 **Associate researcher**, Faculty of Medieval and Modern Languages, University of Oxford

2015-16 **Postdoctoral Training Coordinator**, Humanities Division, University of Oxford
Designed and provided postdoctoral training and support for Humanities early-career researchers

2015 **Research Assistant** to Katrin Kohl's successful AHRC Open World Research Initiative grant bid, Faculty of Medieval and Modern Languages, University of Oxford

2014-15 **Knowledge Exchange Fellow**, The Oxford Research Centre in the Humanities (TORCH), University of Oxford, in collaboration with Beat
Developed a bibliotherapy-focused partnership with the leading UK eating disorder charity via collaborative research and public engagement

2010-14 **Junior Research Fellow** in Modern Languages, St John's College, Oxford
A highly competitive research fellowship during which my research focus shifted from the cognitive to the medical humanities

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)

2010-14 **Tutorial teaching in German**, Christ Church, Magdalen, Pembroke, St Catherine's, St Hilda's, and St John's Colleges, Oxford

2009-10 **Stipendiary Lecturer in German**, Jesus and Oriel Colleges, Oxford
Full responsibility for German language and literature tutorial and class teaching for 17 undergrads, plus Faculty lecturing and graduate special subject supervision

- **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.

- **COMMISSIONS OF TRUST**

2022 Research grant reviewer, Medical Research Council, UK Research and Innovation

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

2014   Research monograph proposal reviewer, Routledge USA
2013   Journal reviewer, *Modernism/Modernity*

- **PROFESSIONAL MEMBERSHIPS**

2013-present   Member, Society of Authors

- **CONFERENCE PRESENTATIONS**

Recent invited talks (selected—for all past and future talks, see https://troscianko.com/talks/):
- Invited keynote, **Cognitive and health humanities in the borderlands of academia** (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" that 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, and neuroscience, and touching on many other fields. The 4th edition is forthcoming in 2023.

Peer-reviewed journal articles:
(Full-text versions of most of my journal papers are available on my website at https://troscianko.com/publications/)

Troscianko, E.T., Holman, E., & Carney, J. (2022). **Quantitative methods for group bibliotherapy research: A pilot study.** *Wellcome Open Research*, *7*, 79
Offers an overview of existing research in group bibliotherapy research and reports on the use of methods for modelling emotional variance and linguistic similarity in the narratives being read and the group discussions of them.

Troscianko, E.T., & 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., & 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., & 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, & 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 & 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, & 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., & 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., & 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 & 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 3.8 million all-time views and thousands of comments (sadly, all comments were removed from 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 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:
- Seven Health interview, eating disorders and recovery (2022)
- 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., & 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, reindeer to army rations.

Hart-Davis, A., & 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