

Making Sense through Creative Intervention: an experimental experience for Arts & Health practitioners



THE AIM

The aim is to engage each member of the team in an *immersive creative experience* in order to understand from the personal perspective, core principles within the *Making Sense* research programme. This experiment asks us how we might make sense of challenging and unsettling stimuli and situations in order to develop a kind of 'creative resilience'. This in turn may contribute to developing understandings of 'wellbeing'.

Building on previous *Making Sense* projects (Burnett & Gray, UG craft students), the intervention is designed to:

- provide a shared experience from which to develop a more effective research team; a multidisciplinary group that share an *embodied understanding of creative intervention*
- test a different and *more developed version of the earlier projects*
- consider *embedded experimental evaluation methods* in the process.

AN EXPERIMENTAL PROCESS

The experience will involve both *individual and collaborative action and reflection*. Emphasising the process of engagement of making sense and not the outcome - *with no preconceptions or expectations of what that outcome might be*. The experiment asks us to encounter and make sense of diverse and unusual stimuli generated by chance and by choice.

PROCESS and TIMESCALE ...