

Document III

Appendix: Portfolio of practice 5

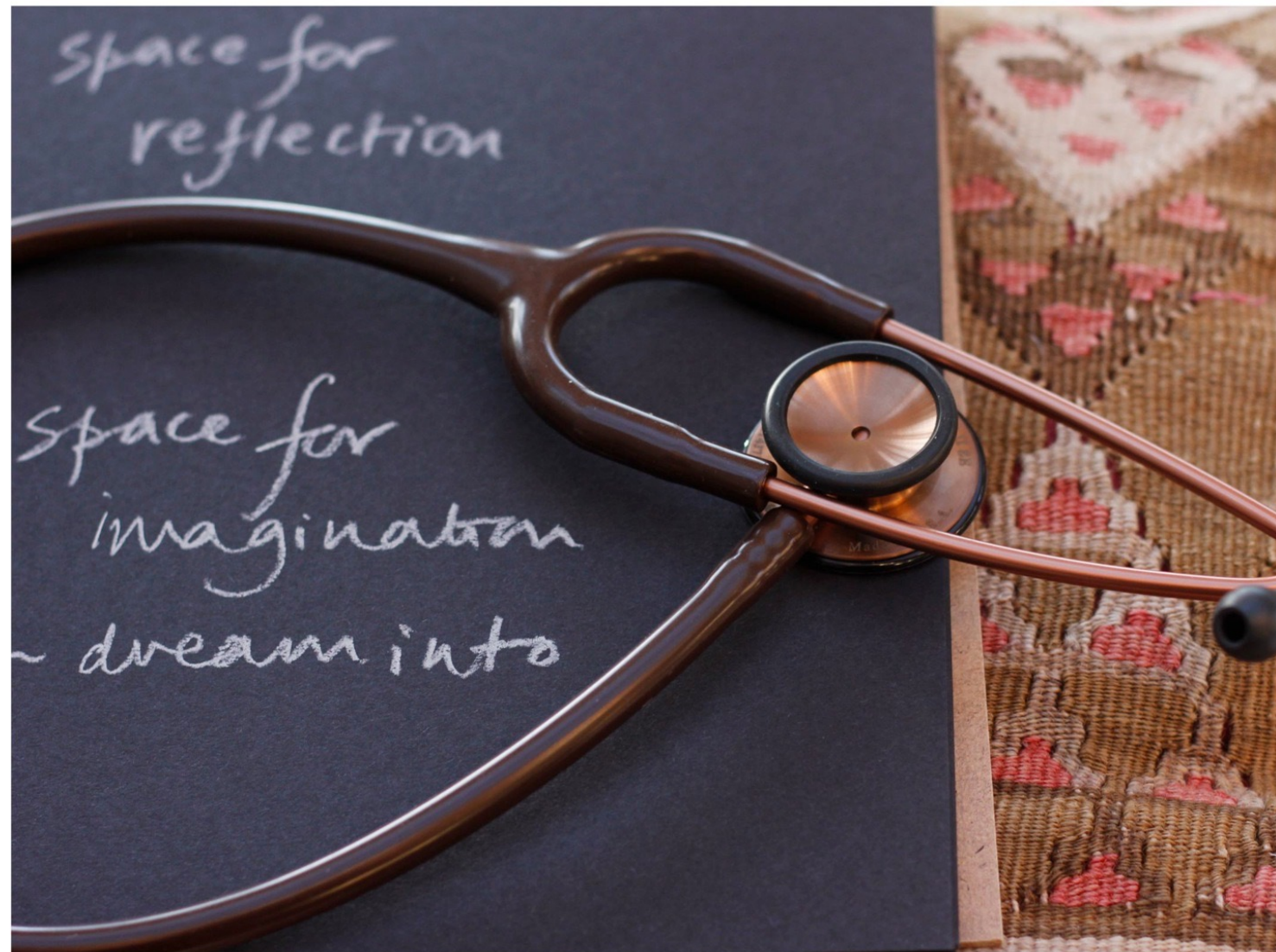
Artist's Introductory Talk Slides 1-45

These slides formed the presentation given online to newly recruited healthcare participants for the study, to the examiners and further audience

Portfolio of Practice - Artist's Introductory Talk

Introductory slide

(An outline of the script for this talk can be seen in document II pp 56-58)



Anaesthetic to Aesthetic in the Clinic

An arts & practice-based inquiry into everyday aesthetic experience - Sensory Perception & the Imaginative Dimension

- Background: medical and arts, inspired by Social Sculpture
- Draws on and spans various disciplines

Oxford Brookes University, School of Art.

Research Aims

What?

- Explore & describe everyday aesthetic experience in relation to clinic work.
- Develop & design new participatory experiences that generate this for others as a reflective tool
- Evaluate design

Why?

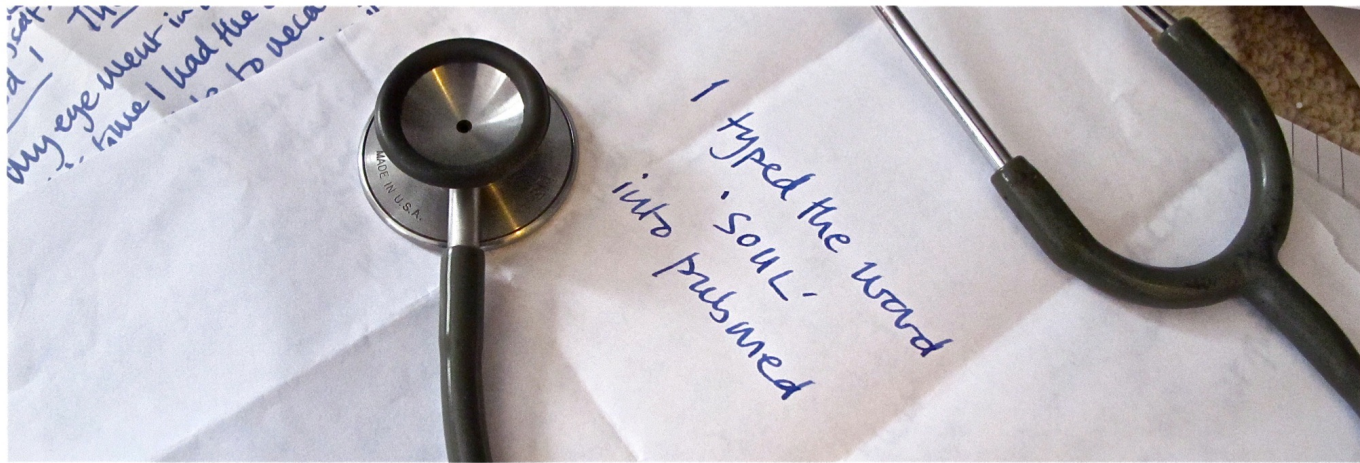
- Objective evidence has primacy
- Personal, subjective experience often overlooked, yet could broaden ways of knowing.

Definitions in this study

- **‘Aesthetic’** - sense perception (Greek origin) and the imaginative dimension
- **‘Aesthetic experience’** - complex bundle of human sensibilities ie. the above + thoughts, feelings, emotions, the tacit, embodied and pre-reflective: lived-experience all entwined -‘more than words can say’
- Sense of enlivenment cf numbed or ‘anaesthetized’

How? Arts & practice-based approach

‘Felt sense, imagination, intuition, soul, aesthetic’....beyond words







A poetic rendering of an image may bring about an expansion of multisensorial and imaginal detail - aesthetic experience

More than words could say

In a very short space of time

"...a whole load of tiny details in the world in which we are working can have quite a profound effect - we need reminding sometimes. We need to be very very mindful. That's the business we are in."

(Psychiatrist colleague: RCPsych Conference 2012)

Non-clinical settings

Experiments in ‘Close Noticing’

‘Stick with the image – it tells all’ (Hillman)

- Arts & practice-based explorations: small actions, processes -‘sketches’
- Poetic twist

Examples of methods explored...

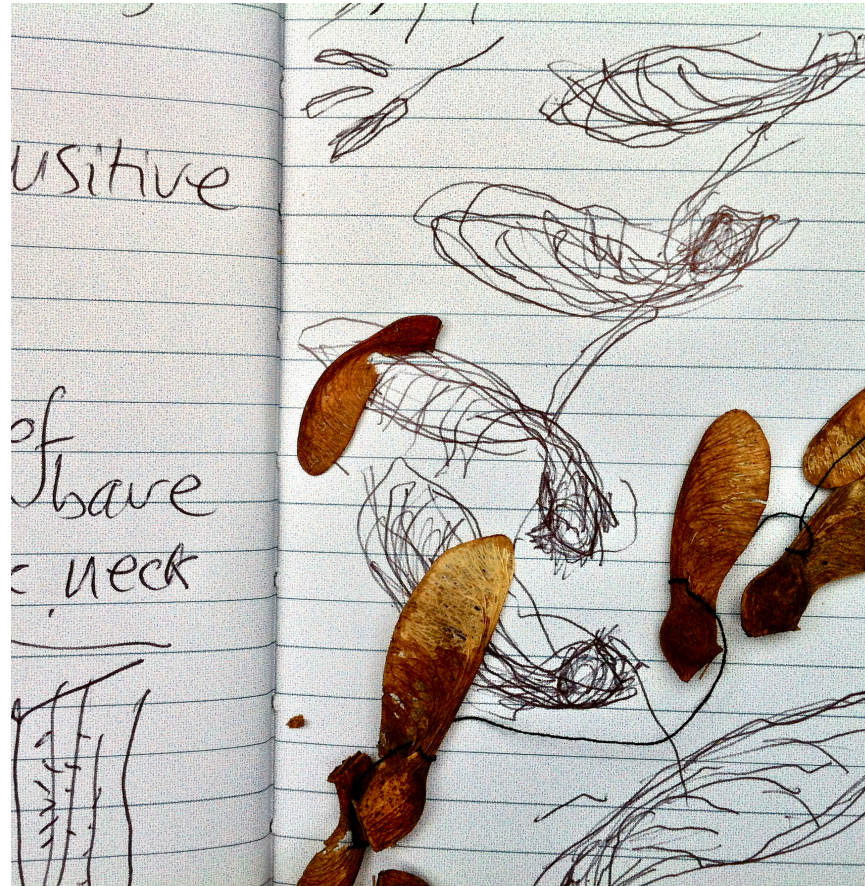
Experiments in Close Noticing

Each of these early experiments explores aspects of aesthetic experience: sense perception and imagination. Poetic actions aim to raise curiosity and heighten attention to this.



Sycamore Keys - skin sensing

Blown lightly in the breeze,
these draw attention to sense
perception and stir imagination.
Touch can trigger aesthetic
experience. This small poetic act
raises curiosity and heightens
attention to this.

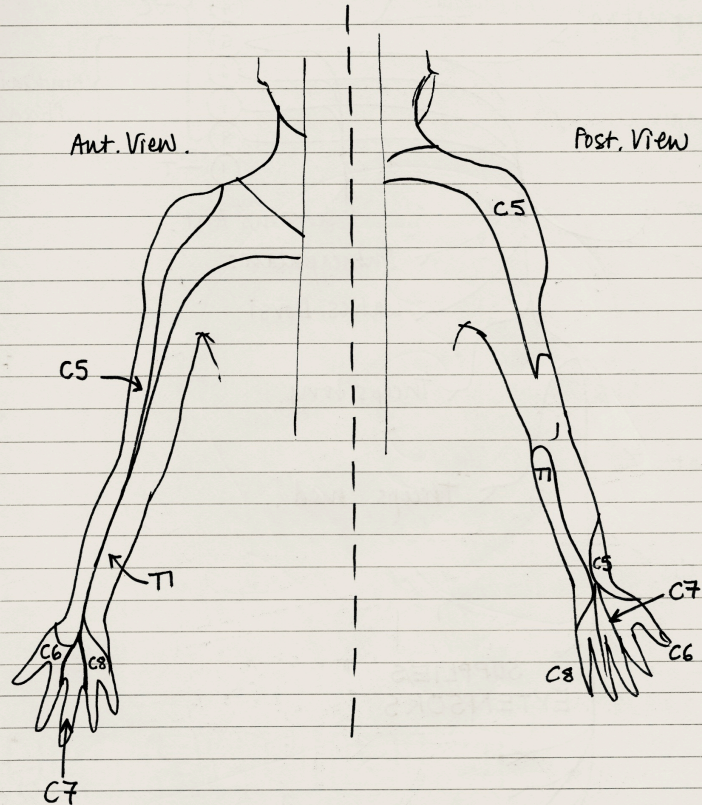




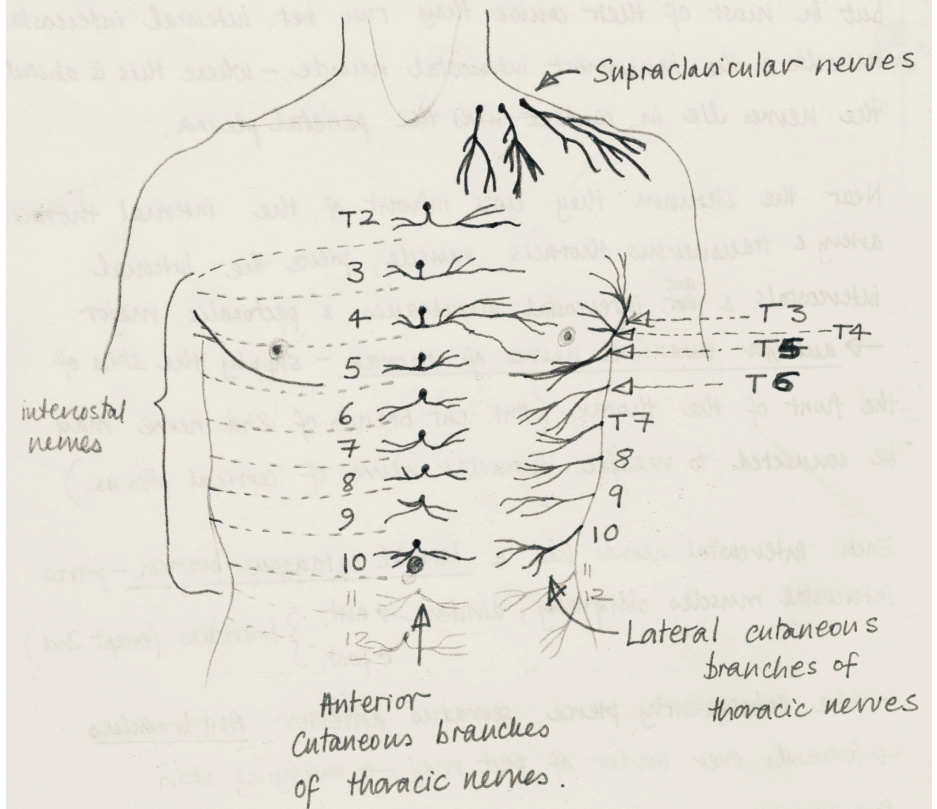
Sensory supply of Upper Limb

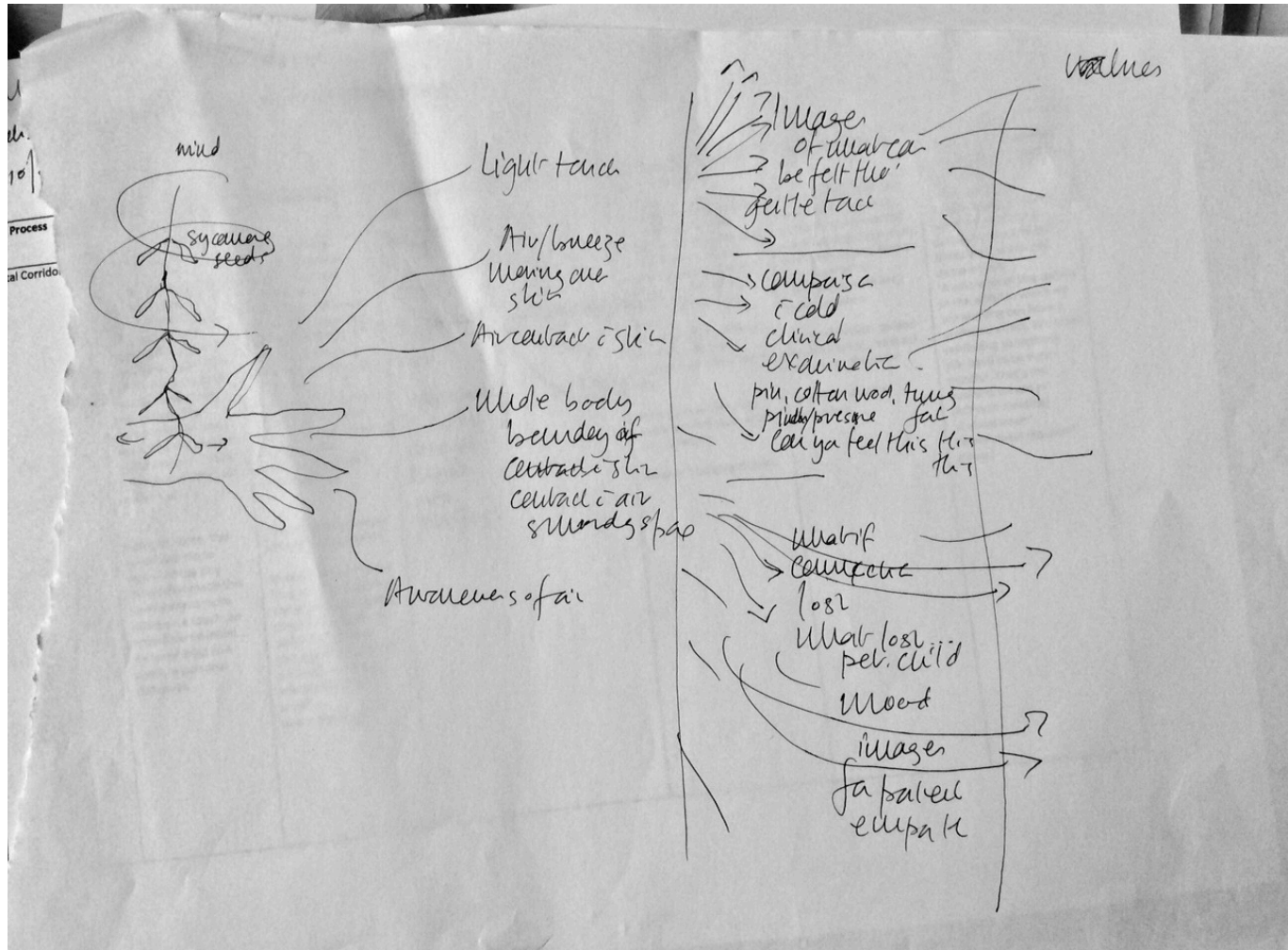
- Areas can be tested & loss in sensation shows level of brachial plexus damage.

Lat. ← Med. → Lat.

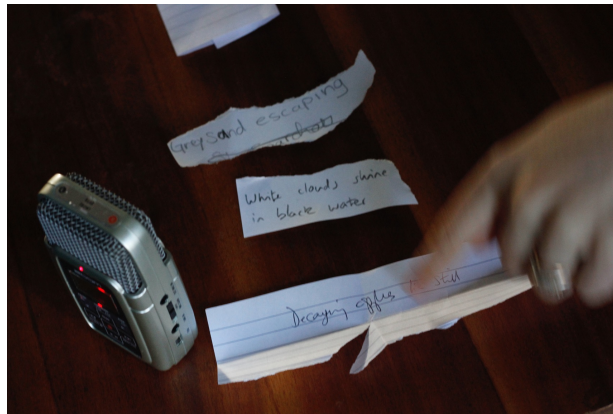
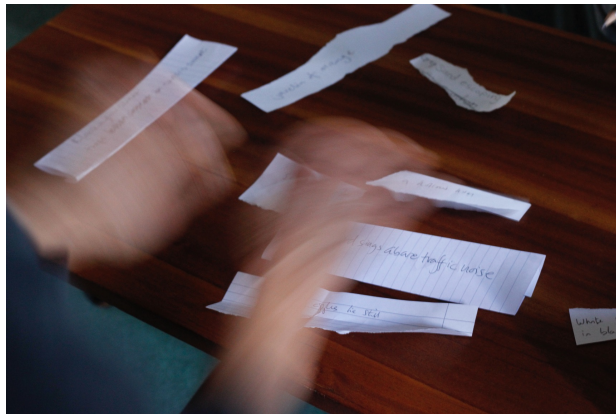


Nerve supply to skin of thorax (Cutaneous nerves.)

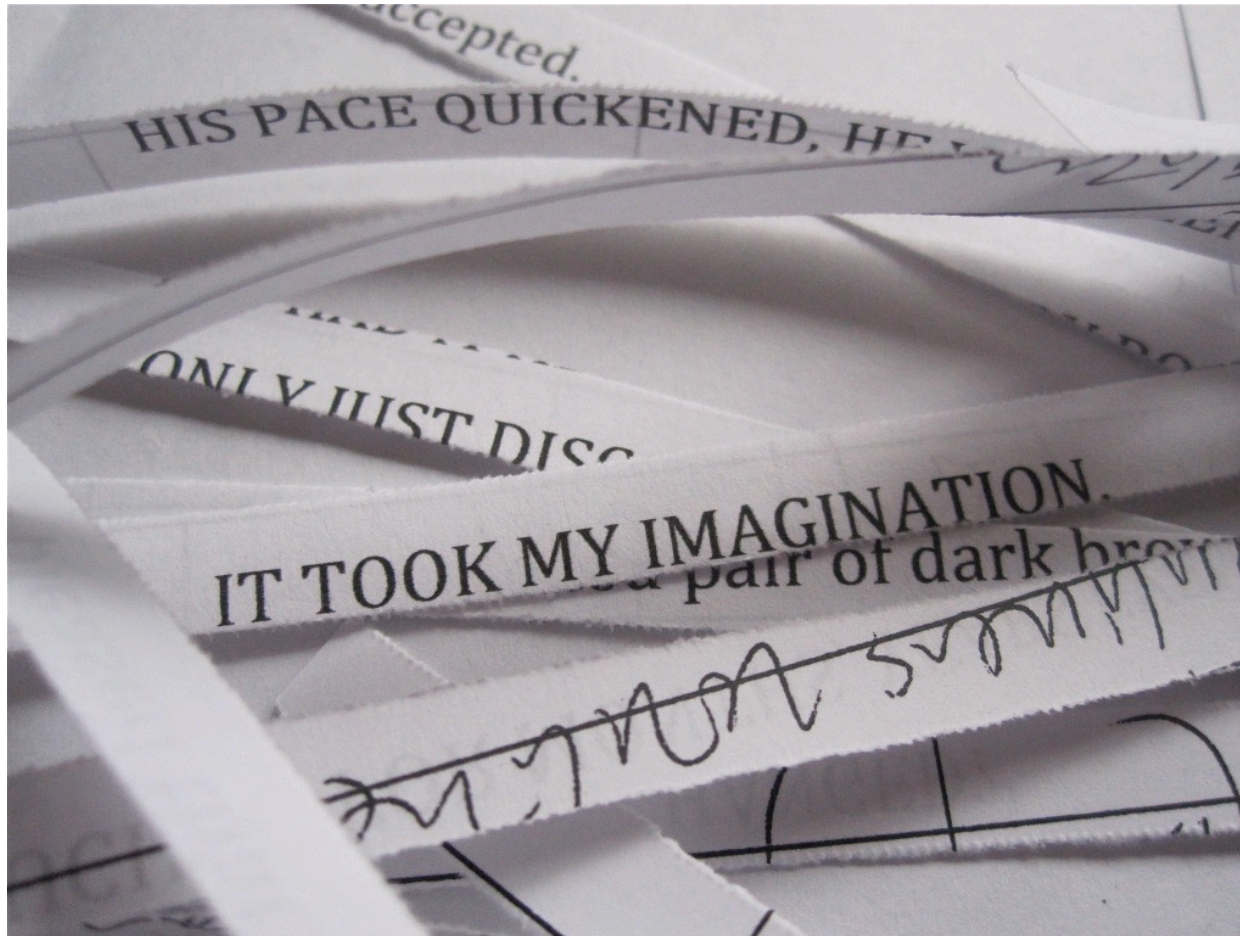




Experimental writing: Haiku workshop – minimal words, big aesthetic impact



Microscripts – very short moments of free-writing



Interconnectedness

Noticing felt sense - drawing it out



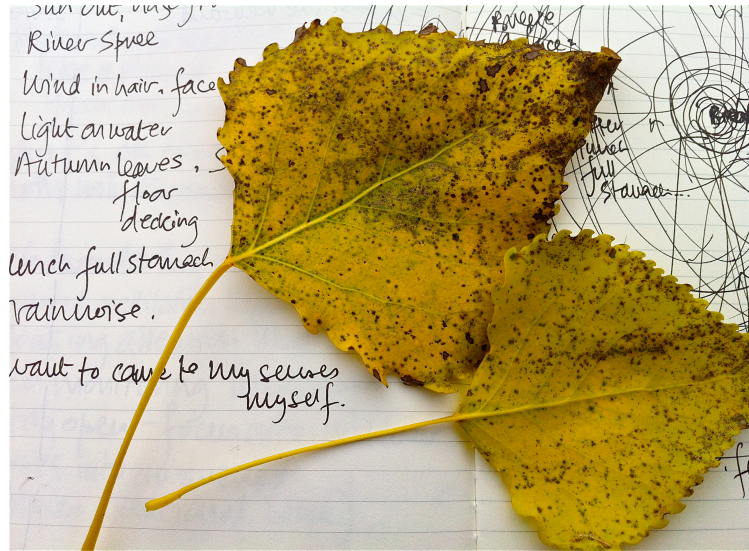
Interconnection

Walking in the shoes of someone else.



Mindfulness informed practice

For closer focussing and sustaining attention, ‘turning towards’ and exploring more deeply.



inner attention

path:

sensing

sound

bird

song

penet
chalk

remembering
memory

thinking

imagining

breath

train

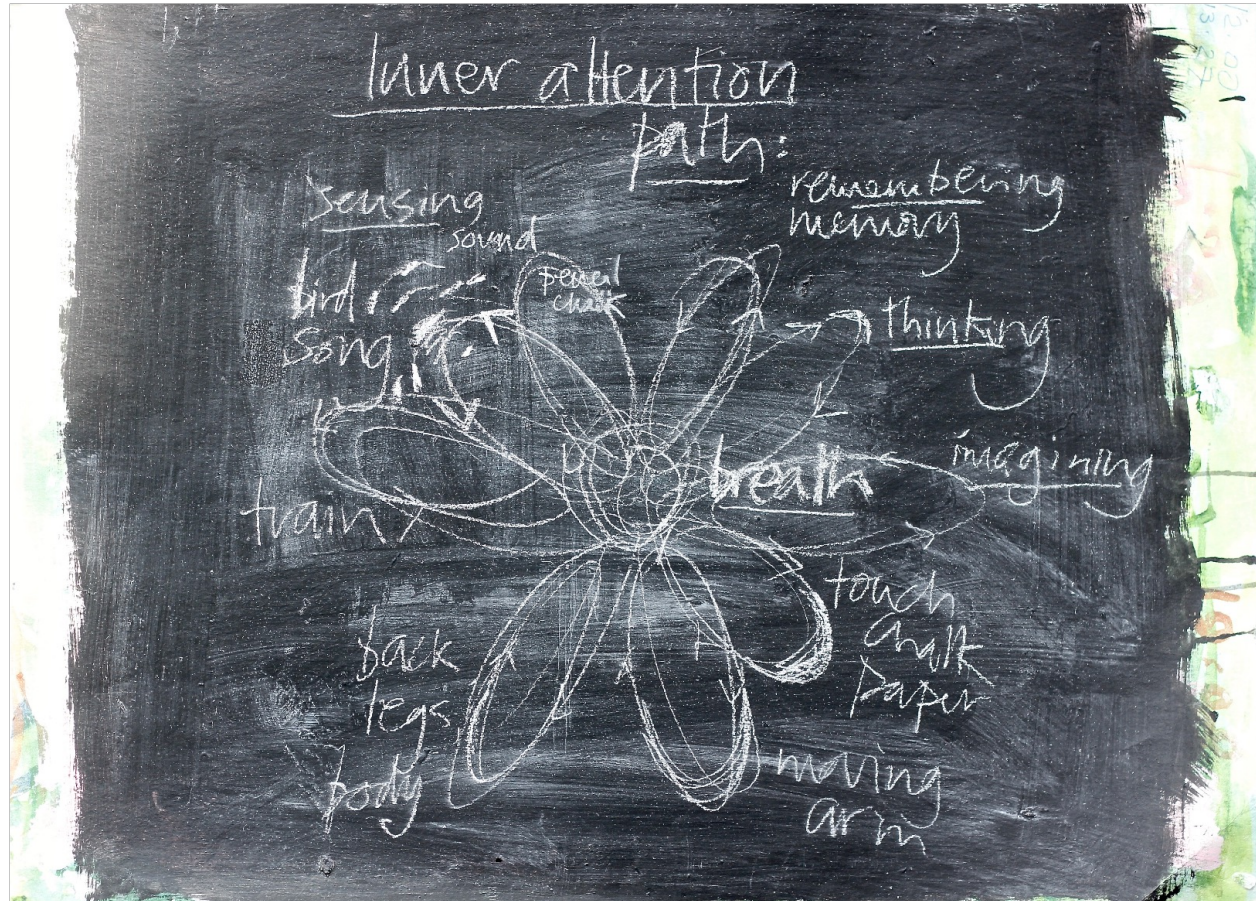
back

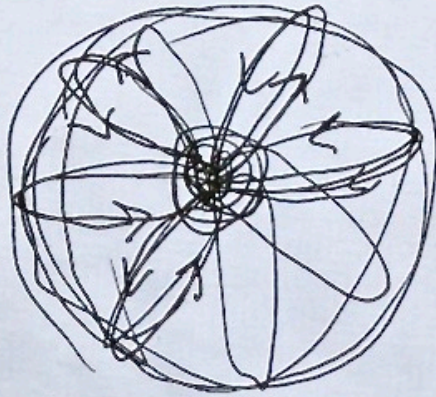
legs

body

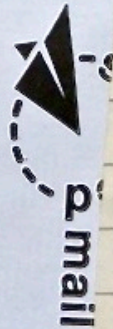
touch
chalk
paper

moving
arm

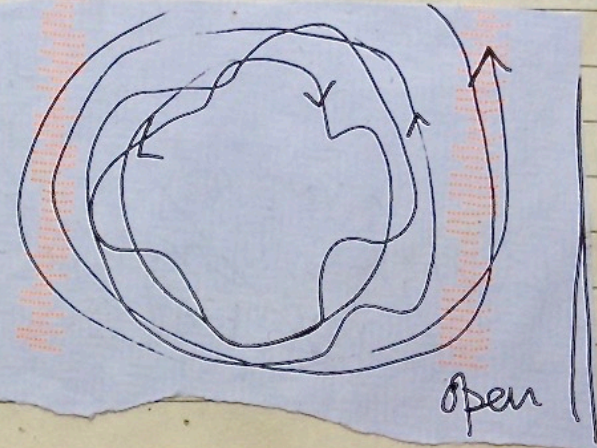




following
attention
mapping
internal events



C9 100
Royal M





Aesthetic experience so far...

- The sensorium is much broader than we ‘think’
- Present & rich in routine, tiny moments - ‘everyday’
- Accessed minimal means – words, images, a poetic twist may stir imagination
- ‘Felt’ in interpersonal connections
- Can occur in a ‘flash’ or longer observation
- Imaginative dimension; feeling a closer connection & more holistic appreciation.
- Awareness of aesthetic experience requires shifting mode of mind to ‘experiencing’
- Only ‘notice’

Goethe's way of seeing

Brook (1998) 'Goethean Science as a Way to read Landscape'

J.W Goethe – Italian Journey 1786

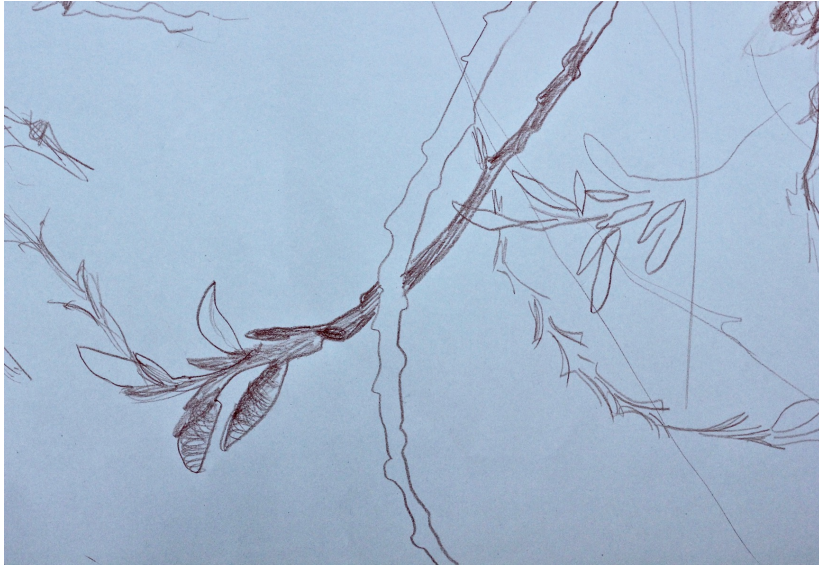


Reference made to a colleague's workshop: 'Conversations with a Tree'
(Ewald, A. 2016)

The painted and drawn images here are my experimental adaptations inspired by the processes above.

Goethean observation – ‘delicate empiricism’







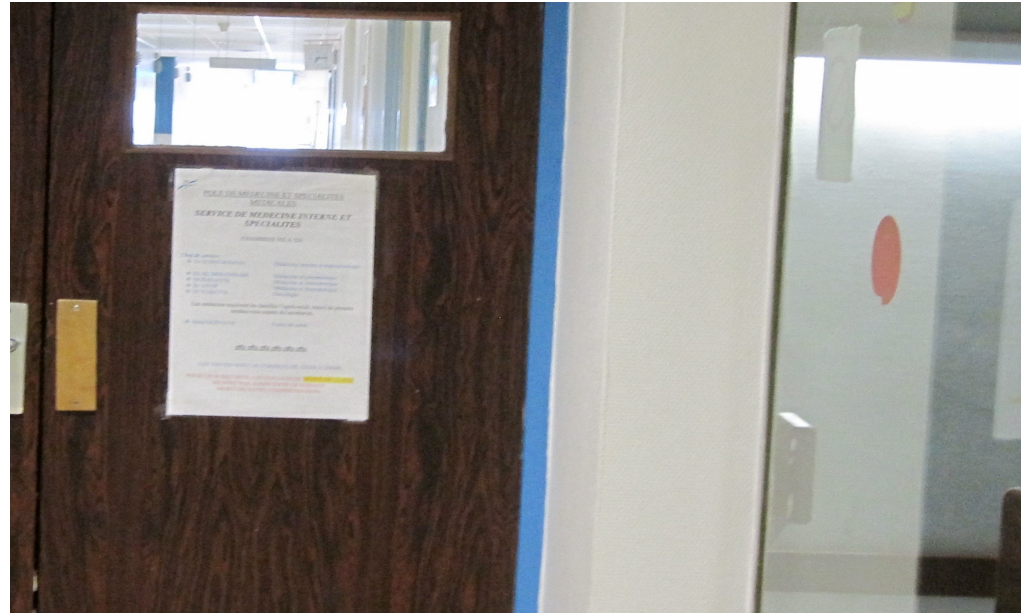


- What happens in the clinic, for example when we run an ECG through our hands?

How can aesthetic experience be
related to clinical settings?

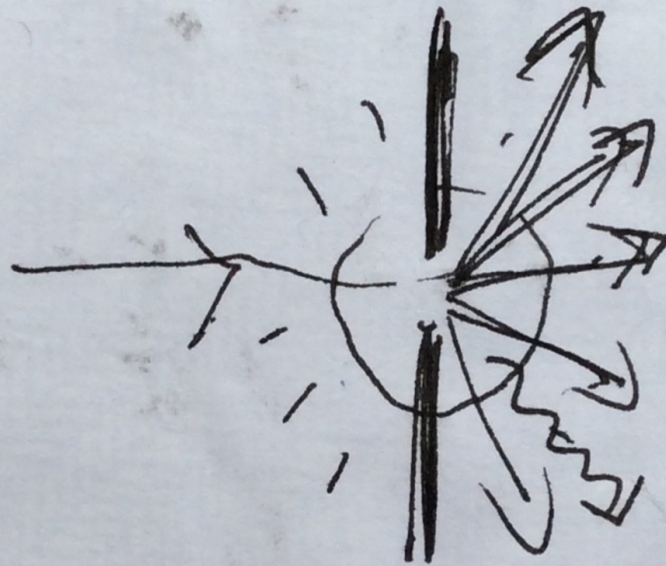
Everyday moments











Expansion



‘Resonances, Links & Activated fields’....

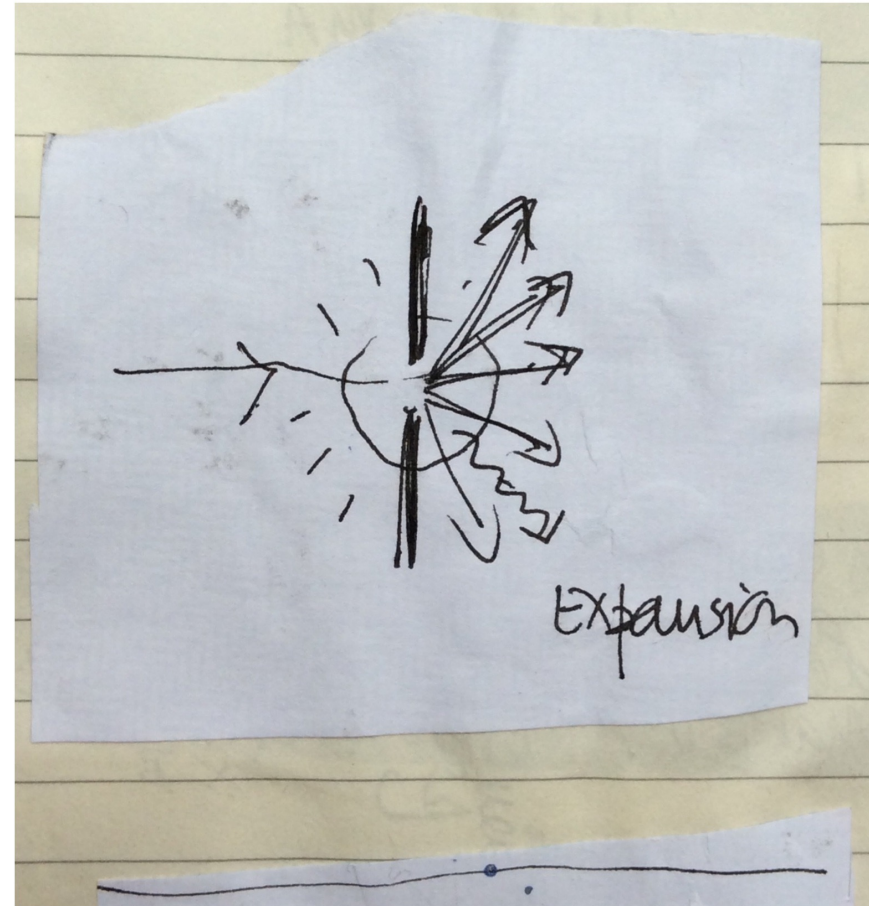
- Sacks - connective practice approach: mobilise imagination
- Brook – 4 stages in Goethean observation: connection through imagination
- Brady - amplified imagination
- Saito - sensibility - the power of ‘everyday aesthetics’
- Bachelard - reverberation
- Hillman - ‘aesthetic’ vv ‘anaesthetic’
- Abraham - ‘The Imaginative Mind’ – functions of the imagination

(See bibliography - document 1)

How to activate aesthetic
experience for others?
What happens?

Design of 6 experiential
participatory pieces

Participants are invited
to engage their senses
and imagination



Faculty of Technology, Design and Environment / School of Arts / Social Sculpture
Research Unit

Invitation to Healthcare Practitioners and Healthcare Students
to volunteer as participants
for an arts-led PhD in Connective Aesthetics and Medicine:

“From Anaesthetic to Aesthetic in the Clinic”

Volunteer to take part
in newly designed participatory aesthetic processes
as part of an arts-led PhD research enquiry.

If you are a healthcare practitioner or healthcare student your input and feedback is
invaluable.



What is the research about?

Medicine is full of emotive and soulful images, not only those we witness with our eyes, but those we perceive with all our senses, including thoughts, feelings, and imagination.

This research is to explore, design and develop 'connective aesthetic' processes that increase awareness and deepen attention to everyday aspects of healthcare. Such sensory 'aesthetic attention' can reflect our values about care and compassion. What happens when we pay close attention to this?

A series of experiential processes have been designed for use by healthcare practitioners and healthcare students. They aim to deepen practices of close noticing, lead to new insights and ways of 'seeing', stir imagination and through discussion, make space for reflection about values and choices of best compassionate practice in working in more connected ways with fellow humans.

The research is now at a stage where it will be valuable to have feedback from practitioners and students in the field to further shape the design. If you are interested in taking part, please read on.

Zoom Participatory Processes.

- Adapted for online – Covid
- Artist's Introductory Talk
- Experiential participatory processes, each 1hour. Could attend 1- 6 of processes over 6 months
- Small groups of healthcare workers & allied fields in total 'pool'. Postgraduate artists – involved in design
- Brief introduction
- Short guided experiential & contemplative component
- Informal mindfulness used in some.
- Sharing of feedback of experience, reflection, & discussion (as wished)
- Possible links with healthcare practice.
- Transcripts or words and phrases - participants reviewed

(Ethics approval gained)

Thank you for listening