

	Monday	Tuesday	Wednesday	Thursday	Friday
9-9.30am	Creative Time	Creative Time	Creative Time	Creative Time	Creative Time
9.30-10.45am	<p>Intros & Program Overview Welcome to the Research Intensive, getting to know one another, what to expect this week</p> <p>Speed networking A break with facilitated networking opportunities</p>	<p>The psycho-physiological effects of the arts Learn how the arts affect us psychologically, neurologically and biologically and the implications for major health conditions</p>	<p>The social effects of the arts Learn about the social effects of the arts on individuals and communities and the implications for mental and physical health</p>	<p>The behavioural effects of the arts Learn about how the arts affect our behaviours including an introduction to behaviour change theories from health psychology</p>	<p>Practicalities in Arts in Health: Panel discussion Facilitated Q&A with our teaching faculty, drawing on questions and points raised throughout the week</p> <p>Issues in Arts in Health Fast-fire participatory session considering cutting-edge issues in the field of arts in health</p>
10.45-11.00am		BREAK	BREAK	BREAK	BREAK
11.00-12.30pm	<p>What is Arts in Health? Discover what ‘arts in health’ encompasses, its ‘active ingredients’ and ‘mechanisms of action’ and some current key field developments.</p>	<p>Research Methods in Arts in Health I Introduction to research methods applicable to arts in health; overview of epistemology, forms of evidence, evidence synthesis methods, and critical appraisal.</p>	<p>Research Methods in Arts in Health II Introduction to experimental, mixed methods, and critical participatory research methods for arts and health.</p>	<p>Research methods III An overview of survey, observational, narrative, and grounded theory methods for arts in health research, including data collection and analysis methods.</p>	<p>Group sharing Sharing of posters/tools developed across the week in small groups, with feedback from our teaching faculty.</p>
12.30-1.30pm	LUNCH	LUNCH 1.15 – Mindfulness	LUNCH	LUNCH 1.15 – Mindfulness	LUNCH
1.30-2.15pm	<p>Advancing your project: Frameworks I Mini lecture and practical session exploring how to apply the INNATE framework</p>	<p>Advancing your project: Frameworks II Mini lecture and practical session exploring how to apply the Multi-level Leisure Mechanisms’ Frameworks</p>	<p>Advancing your project: Frameworks III Mini lecture and practical session introducing a new evaluation mapping tool to support with choosing evaluation frameworks</p>	<p>Advancing your project: Getting stuck in Spend time with the course faculty and with your peers to develop and apply the frameworks and tools from the week, and to prepare for the Friday sharing session.</p>	<p>1.30 pm finish - end of Research Intensive</p>
2.15-3.00pm	<p>Advancing your project: Tools I Practical session on creating and using a logic model to clarify your project.</p>	<p>Advancing your project: Tools II Practical session on using an implementation matrix and introduction to study modelling.</p>	<p>Advancing your project: Tools III Practical session to develop a study model for grounding and communicating your project.</p>		
3.00-3.15pm	BREAK				
3.15-3.45pm	<p>Walking tour of the grounds of Snape Maltings</p>	<p>BREAK</p> <p>Let’s reflect Facilitated reflection on learnings of the Intensive so far</p>	<p>BREAK</p> <p>Getting creative: practice and arts-based approaches Practical session on learning and applying creative research approaches and tools</p>	<p>BREAK</p> <p>Let’s reflect Facilitated reflection on learnings of the Intensive so far</p>	
3.45-4.30pm	<p>Welcome drinks reception</p>				