

	Monday	Tuesday	Wednesday	Thursday	Friday
9-9.30am	<b>Creative session</b> Poetic play to conceptualize asking questions.	<b>Creative session</b> Artistic exploration of themes of the week like researcher identity.	<b>Creative session</b> Discover skills embedded in aesthetic and sensory experience.	<b>Creative session</b> Enjoy brain dance to prepare for sharing our work.	<b>Getting creative: Practice and arts-based approaches</b> Practical session on learning and applying creative research approaches and tools.
9.30-10.45am	<b>Intros &amp; Program Overview</b> Welcome to the Research Intensive, getting to know one another, what to expect this week & share virtual board.	<b>Research Methods in Arts in Health I</b> Introduction to research methods applicable to arts in health; overview of epistemology, forms of evidence, evidence synthesis methods, and critical appraisal.	<b>Research Methods in Arts in Health II</b> Introduction to experimental, mixed methods, and critical participatory research methods for arts and health.	<b>Research Methods in Arts in Health III</b> An overview of survey, observational, narrative, and grounded theory methods for arts in health research, including data collection and analysis methods.	
10.45-11.00am	<b>Speed networking</b> A break with facilitated networking opportunities.				BREAK (11-11.15)
11.00 or 11.15 - 12.30pm	<b>What is Arts in Health?</b> Discover what 'arts in health' encompasses, its 'active ingredients' and 'mechanisms of action' and an overview of major developments in policy and practice internationally.	<b>The psychological effects of the arts</b> Learn how the arts affect us psychologically, neurologically and biologically and the implications for major health conditions.	<b>The cognitive and physiological effects of the arts</b> Learn about the social effects of the arts on individuals and communities and the implications for mental and physical health.	<b>The behavioural effects of the arts</b> Learn about how the arts affect our behaviours including an introduction to behaviour change theories from health psychology.	<b>Where next?</b> Curated Q&A picking up topics that have emerged across the week, followed by a presentation on how to win grants and discussion about next steps beyond the Intensive.
12.30-1.30pm	LUNCH	LUNCH 1.15 – Mindfulness	LUNCH	LUNCH 1.15 – Mindfulness	
1.30-3.00pm	<b>Advancing your project: Tools I</b> Practical session on creating and using a logic model to clarify your project.	<b>Advancing your project: Tools II</b> Practical session on using an implementation matrix and introduction to study modelling.	<b>Advancing your project: Tools III</b> Practical session to develop a study model for grounding and communicating your project.	<b>Group sharing</b> Final hour for preparation and then a group sharing of posters/tools developed across the week in small groups, with feedback from our teaching faculty.	1.30pm finish – end of Research Intensive
3.00-3.15pm	BREAK	BREAK	BREAK	BREAK	
3.15-4.15pm	<b>Walking tour of the grounds of Snape Maltings</b>  <b>3.45-4.30pm Welcome drinks reception</b>	<b>Careers in Arts in Health</b> Panel discussion about careers in the field and a chance to ask questions from the course faculty.	<b>Issues in Arts in Health</b> Fast-fire participatory session considering cutting-edge issues in the field of arts in health.	<b>Group sharing continues...</b>	
4:15-4:30pm		<b>Closing creative exercise</b>	<b>Closing creative exercise</b>	<b>Closing creative exercise</b>	