THE ART AND SCIENCE OF EMBODIED RESEARCH DESIGN

Concepts, Methods and Cases

FID SOMMER CONTRACTOR PERSONAL ARCENCES OF POSTR PRZESENAL ARCENCES OF POSTR

Edited by Jennifer Frank Tantia



CONTENTS

Lis	t of figures	xii
Lis	t of tables	xiii
For	eword	xν
Ali	ce Ladas	
For	eword	xvii
Ro	byn Flaum Cruz	
Ack	enowledgements	xxi
List of contributors		xxii
Inti	Introduction	
	RT ا ncepts in embodied research	1
1	Embodied research design – a transformational paradigm in scientific discovery <i>Michael Changaris</i>	3
2	Open and reflective research: Methodological reflections on the importance of body awareness in qualitative research <i>Helena Dahlberg</i>	19
3	The concept of "felt sense" in embodied knowing and action Ann Weiser Cornell and Barbara McGavin	29

x	Contents

4	Embodied data: Toward a vocabulary for somatic and movement experience Jennifer Frank Tantia	40
5	Ethical considerations in embodied research Rae Johnson	52
	ethods and cases	61
	TION I matic systems of analysis	62
6	Methods for measuring embodiment, an instrument: The Multidimensional Assessment of Interoceptive Awareness (MAIA) Aaron Freedman and Wolf Mehling	63
7	Empirical evidence of the embodiment awareness changes in somatic focused gestalt psychotherapy Susan Grossman	75
8	Somatic phenomenology: Maps of body-felt experience Glenn Hartelius	87
SEC		
M	ovement systems of analysis	100
9	The three pillars of movement observation and analysis: A brief introduction to the LMA, KMP and MPI Karolina Bryl	101
10	Embodied and nonverbal indices of stress in intergenerational transmission Silvia B. Birklein	113
11	The skillful analyst: Investigating, analyzing, and reflecting on movement behavior through embodied knowledge <i>Karen Bradley</i>	128

SECTION III Embodied interviews and observations		
12	Ethnomethodologically informed ethnography: Recognising the potential and limitations of the researcher's body as tool for exploring embodied practice <i>Tara Woodyer</i>	141
13	Beyond Interpretative Phenomenological Analysis: Using body awareness and mindfulness meditation practices to research body psychotherapy <i>Gill Westland</i>	153
14	The Body-focused Interview: Explicating the implicit in embodied research Jennifer Frank Tantia	165
15	Embodied writing research applications: Giving the body "voice" through the vehicle of words Rosemarie Anderson	176
	TION IV eative and mixed methods	188
16	Body stories: Researching and performing the embodied experience of oppression Rae Johnson with Rebecca Morgan, Jessica Pink, and Masha Mikulinsky	189
17	The somatic impact of war and flight on the agent bodies of refugee women in Germany: A mixed-method approach including movement and body image sculptures <i>Beatrice Schlee and Mone Welsche</i>	200
18	Aesthetic answering: A method of embodied analysis and arts-based research in creative arts therapies Gudrun Lange, Nicole Hartmann, Marianne Eberhard-Kaechele and Sabine C. Koch	212
19	Mixed methods for evaluating embodied processes in higher education	229