

	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 of the current key developments in the field</p>	<p>Research Methods in Arts in Health I Introduction to research methods that are applicable to arts in health, overview of epistemology, hierarchies of evidence, and evidence synthesis methods</p>	<p>Research Methods in Arts in Health II Introduction to experimental & mixed methods research for arts and health. Learn how to critically review academic research.</p>	<p>Research methods III An overview of survey, observational, narrative inquiry and grounded theory 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
1.30-3.00pm	<p>An introduction to research & the logic model Introduction to research and how to use a logic model in arts & health</p>	<p>Designing Arts in Health Research: creating a study model Mini lecture and practical session introducing and then applying an implementation matrix and study model to support with research design.</p>	<p>Designing Arts in Health Research: Complexity science Mini lecture and practical session exploring how to apply the INNATE and Multi-level Leisure Mechanisms' Frameworks</p>	<p>Designing arts and health evaluation: the range of toolkits Mini lecture and practical session introducing a new evaluation mapping tool to support with choosing evaluation toolkits and tools</p>	1.30pm finish - end of Research Intensive
3.00-3.15pm	BREAK	BREAK	BREAK		
3.15-3.45pm	<p>Walking tour of the grounds of Snape Maltings</p>	<p>Let's reflect Facilitated reflection on learnings of the Intensive so far</p>	<p>Getting creative: practice and arts-based approaches Practical session on learning and applying creative research approaches and tools</p>	<p>Let's reflect Facilitated reflection on learnings of the Intensive so far</p>	
3.45-4.30pm	<p>Welcome drinks reception</p>	<p>Group work and peer learning Small group discussions on today's content and opportunity to develop activities from the day</p>	<p>Group work and peer learning Small group discussions on today's content and opportunity to develop activities from the day</p>	<p>Group work and peer learning Small group discussions on today's content and opportunity to develop activities from the day.</p>	