

	Monday	Tuesday	Wednesday	Thursday	Friday
9-9.30am	Creative Time	Creative Time	Creative Time	Creative Time	Creative Time
9.30-10.45am	<b>Intros &amp; Program Overview</b> Welcome to the Research Intensive, getting to know one another, and what to expect this week	<b>The psycho-physiological effects of the arts</b> Learn how the arts affect us psychologically, neurologically and biologically and the implications for major health conditions	<b>The social 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>Practicalities in Arts in Health: Panel discussion</b> Facilitated Q&A with an expert arts in health panel, including discussing ethics, protocols, funding, and publications. Bring your own questions!
10.45-11.00am	BREAK	BREAK	BREAK	BREAK	BREAK
11.00-12.30pm	<b>What is Arts in Health?</b> Discover what 'arts in health' encompasses, its 'active ingredients' and 'mechanisms of action' and some of the current key developments in the field	<b>Research Methods in Arts in Health I</b> Introduction to research methods that are applicable to arts in health, overview of epistemology, hierarchies of evidence, and evidence synthesis methods	<b>Research Methods in Arts in Health II</b> Introduction to experimental & mixed methods research for arts and health. Learn how to critically review academic research.	<b>Research methods III</b> An overview of survey, observational, narrative inquiry and arts-based methods	<b>Poster preparation session</b> Preparation of posters for the presentation of research studies after lunch
12.30-1.30pm	LUNCH 1.15 - Mindfulness	LUNCH 1.15 - Mindfulness	LUNCH 1.15 - Mindfulness	LUNCH 1.15 - Mindfulness	LUNCH 1.15 - Mindfulness
1.30-3.00pm	<b>An introduction to research &amp; the logic model</b> Introduction to research and how to use a logic model in arts & health.	<b>Designing Arts in Health Research: Interventions</b> Mini lecture and practical session introducing and then applying the INNATE Framework to conceptualise and design and arts in health interventions.	<b>Designing Arts in Health Research: Outcomes</b> Mini lecture and practical session introducing and then applying an implementation matrix to specify research outcomes and outputs.	<b>Designing arts and health Research: Research design</b> Mini lecture and practical session introducing and then applying a study model to design a complete research study.	<b>Poster Presentations</b> Presentation of posters/tools developed across the week.
3.00-3.15pm	BREAK	BREAK	BREAK	BREAK	BREAK
3.15-4.05pm	<b>Walking tour of the grounds of Snape Maltings</b>	<b>Group work and peer learning</b> Small group discussions on today's content and opportunity to develop activities from the day	<b>Group work and peer learning</b> Small group discussions on today's content and opportunity to develop activities from the day	<b>Group work and peer learning</b> Small group discussions on today's content and opportunity to develop activities from the day as well as a chance to prepare posters for the Friday sharing.	<b>Summary, legacy and round-up</b>
4.05-4.30pm	<b>Welcome drinks reception</b>	<b>Issues in Arts in Health</b> Fast-fire participatory session considering cutting-edge issues in the field of arts in health	<b>Research meets practice: Networking</b> Meet local artists to talk about your research and build your professional network	<b>Creative reflection of the day</b>	<b>4pm finish - end of Research Intensive</b>
4.30-4.35pm		<b>Creative reflection of the day</b>			