

# Embodied Methodologies: The Body as Research Instrument

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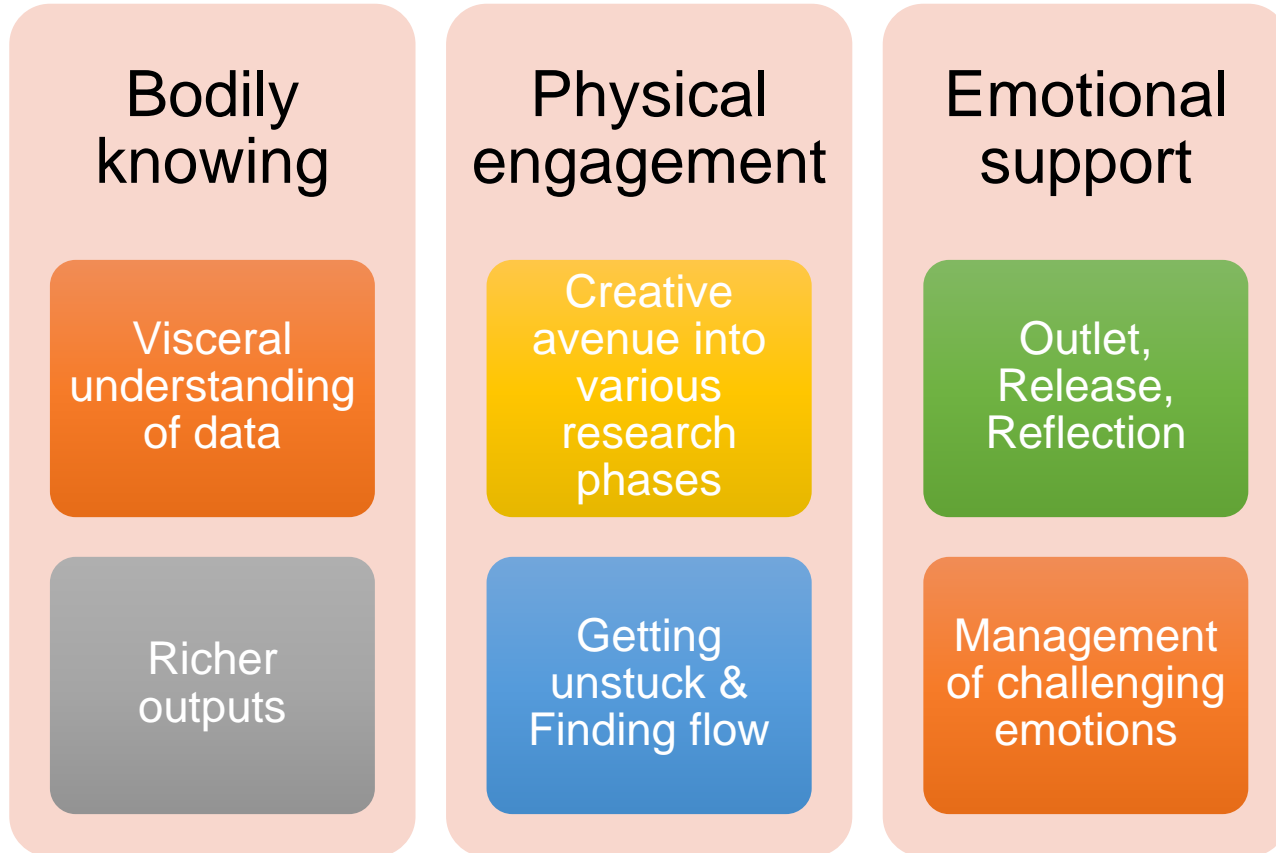
# Three videos on Embodied Methodologies

Video 1 Somatic Introduction and Knowing with the Body

Video 2 Movement Exploration of Lines and Angles

Video 3 The body as research instrument in *your* research cycle

# Benefits of Body as Research Tool



# Development of Somatics

(from Greek, *sōma*: 'body')

1. End 19<sup>th</sup> century: breaking free from Victorian limitations, often in response to illness, disabilities, and possible through exposure to 'exotic' practice (Eddy, 2009)
2. Phenomenological/existential theorists (Dewey, Merleau-Ponty, and Whitehead)
3. Expressionist dance (Mary Wigman, Rudolf von Laban, Kurt Jooss, Ruth St. Denis, Martha Graham)
4. Mid 1980s commonalities between various approaches started to be recognised (Reed, 2011)

# Characteristics of Somatic Practice

- Awareness of breath and the senses
- Conscious relaxation
- Connection between inner/outer; self/world
- Active agency, choice and time-space dimensions
- Role of memory, images and imagination
- Exploring different points of view and transitions between those
- Recognising and investigating habitual movement responses, and exploring new movement possibilities

# Related Concepts

- felt sense (Gendlin, 1978)
- somatic mind (Fleckenstein, 1999)
- somatosensory awareness (Fraleigh, 2000)
- bodily intelligence (Grau, 1995)
- somatic markers (Damasio, 1999)
- somaesthetics (Shusterman, 1999)



# Other Embodied Scholarship

- Embodied Cognition (Chemero, 2009, Clark, 2016, Shapiro, 2011)
- Sensory anthropology (Classen, 1997, Grau, 2012, Pink, 2015)
- Autoethnography (Buzard, 2003, Ellis, 2004, Anderson, 2006, Strathern, 1987)
- Dance Studies (Fraleigh, 2004, Sheets-Johnston 2011)
- Sensual Scholarship (Stoller, 1997)
- Embodied Research & E/Inquiry (Todres, 2007, Spatz, 2015, Snowber, 2016)

# Tacit or Explicit knowledge?

## Explicit (know that):

- Codified knowledge found in documents, databases
- Factual, structured
- Favoured by educational system

## Tacit (know-how):

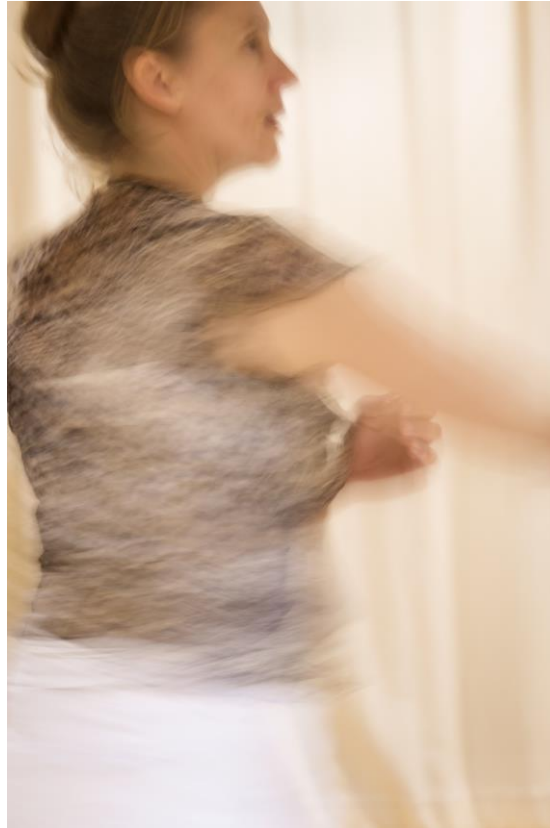
- Intuitive, rooted in context & experience
- Hard to communicate as it resides in the mind of the knower
- Learned through socialisation
- Not well handled by IT



# Multiple Intelligences

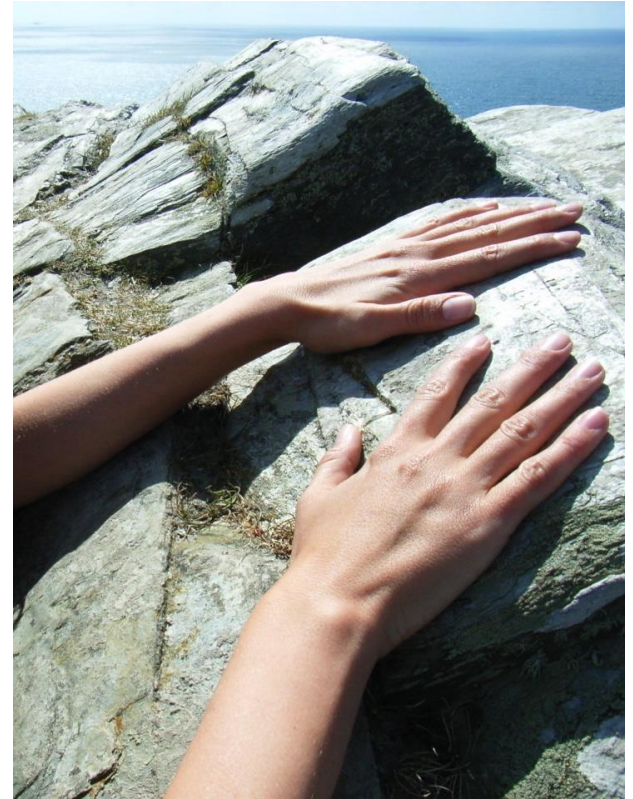
(Gardner, 1983)

1. Logico-Mathematical
2. Linguistic
3. Musical
4. Spatial
5. Bodily-Kinesthetic
6. Intrapersonal
7. Interpersonal



# Embodied Perception

- Exteroception: outside world
- Proprioception: bodily movement and orientation
- Interoception: internal physical and emotional states

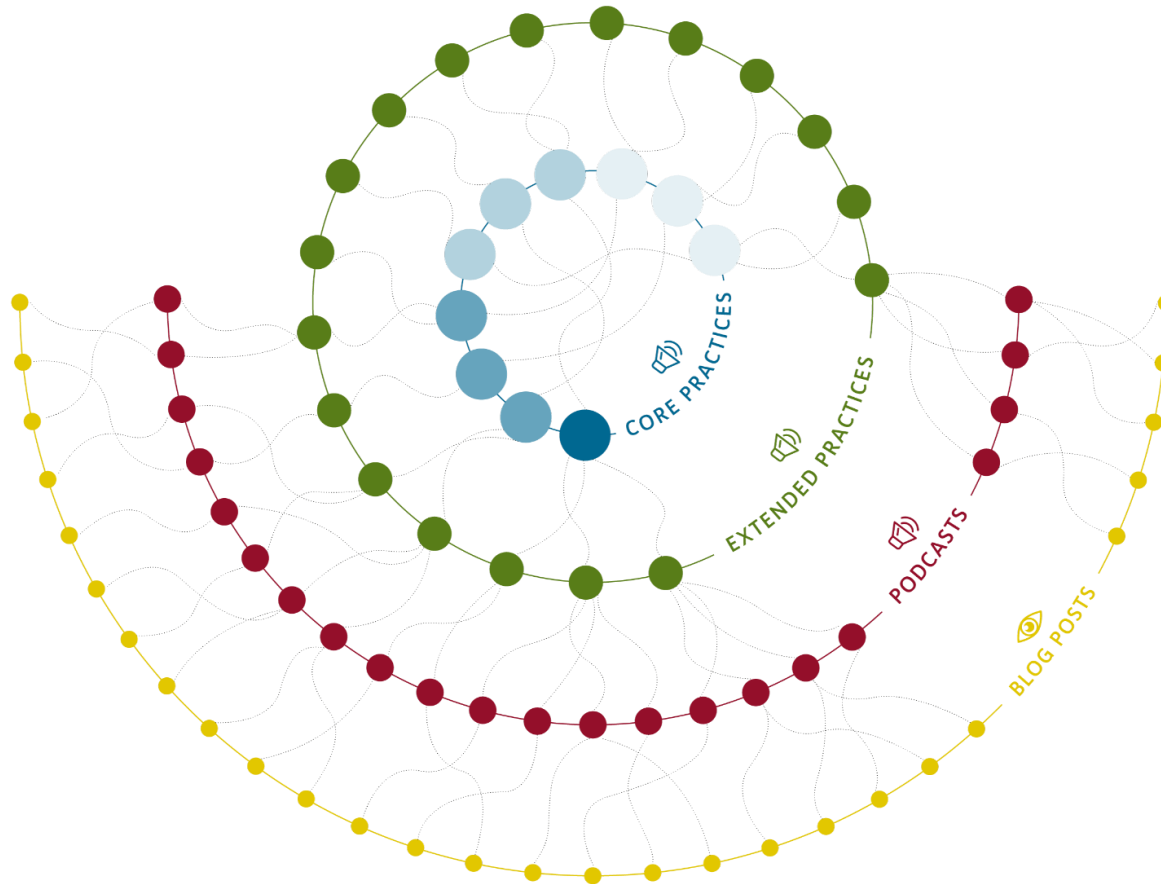


(See for example Cameron & Hamilton, 2002, Shusterman, 2008, Henley, 2014)

# Preparation for Movement Task

1. Make space to work undisturbed: close the door, switch off your phone, notify housemates if needed
2. Clear some room to move freely (2x2m).
3. If you do this exercise seated, follow the instructions with your upper body and arms.
4. Gather post-it notes or paper, and a pen.
5. Pause the video now until you have organised this.

# S●MATICS T●●LKIT



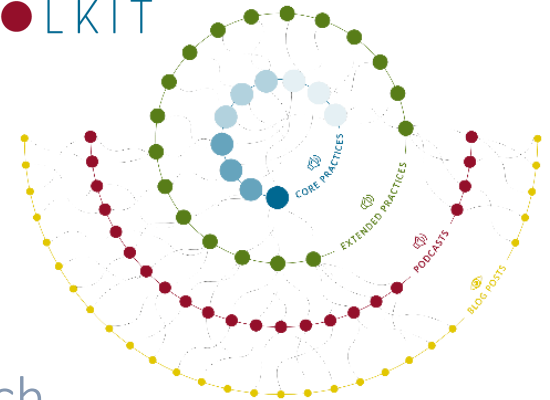
1. Core Practice
2. Extended Practice
3. Podcast series
4. Blog

[www.somatictoolkit.coventry.ac.uk](http://www.somatictoolkit.coventry.ac.uk)

Developed by Eline Kieft, Ben Spatz, Doerte Weig & Guests

# Core Practice

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## 1. Body Basics: Arriving

### PRE-FIELDWORK

## 2. Literature: A Spatial Approach

## 3. Identity: Noticing Your Lenses

## 4. Confidence: Taking on the Researcher's Mantel

### FIELDWORK

## 5. Observation: Seeing and Being Seen

## 6. Interviews: Intimacy and Reciprocity in the Field

## 7. Places: Being in the Unknown

### POST-FIELDWORK

## 8. Analysis: Moving with Polarities

## 9. Writing: Embodying your Thoughts

## 10. Presenting: A full-bodied Performance

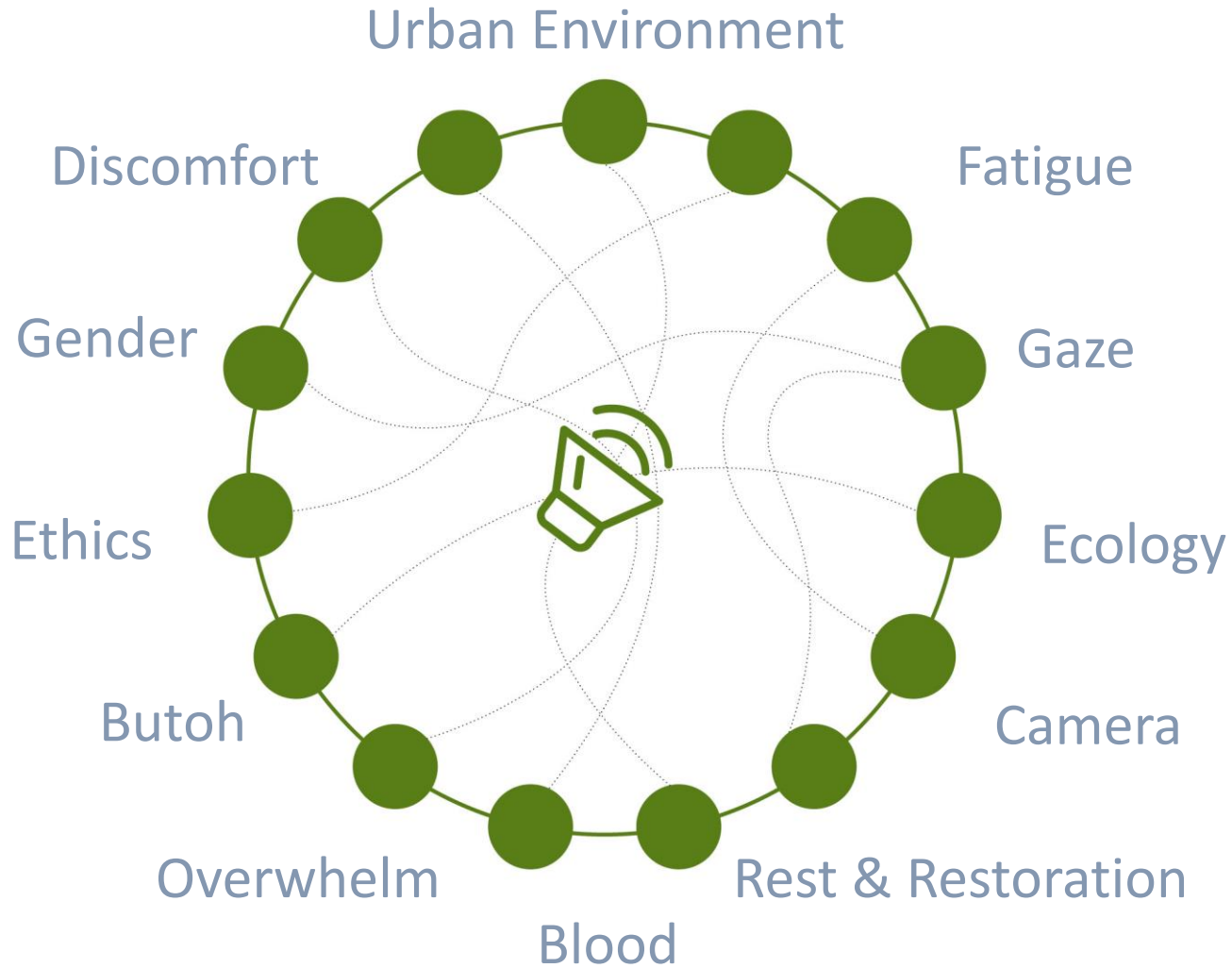
Preparation

Data  
Collection

Analysis &  
Dissemination

# Extended Practice

Developed by Guests



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[http://somaticstoolkit.coventry.ac.uk/  
extended-practice-dealing-with-challenging-research-situations/](http://somaticstoolkit.coventry.ac.uk/extended-practice-dealing-with-challenging-research-situations/)

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ABOUT ▾ PRACTICE ▾ PODCAST ▾ BLOG RESOURCES ▾



Extended Practice

## Extended Practice — Dealing with challenging research situations

📅 20th March 2019 👤 Eline Kieft ✎ Edit

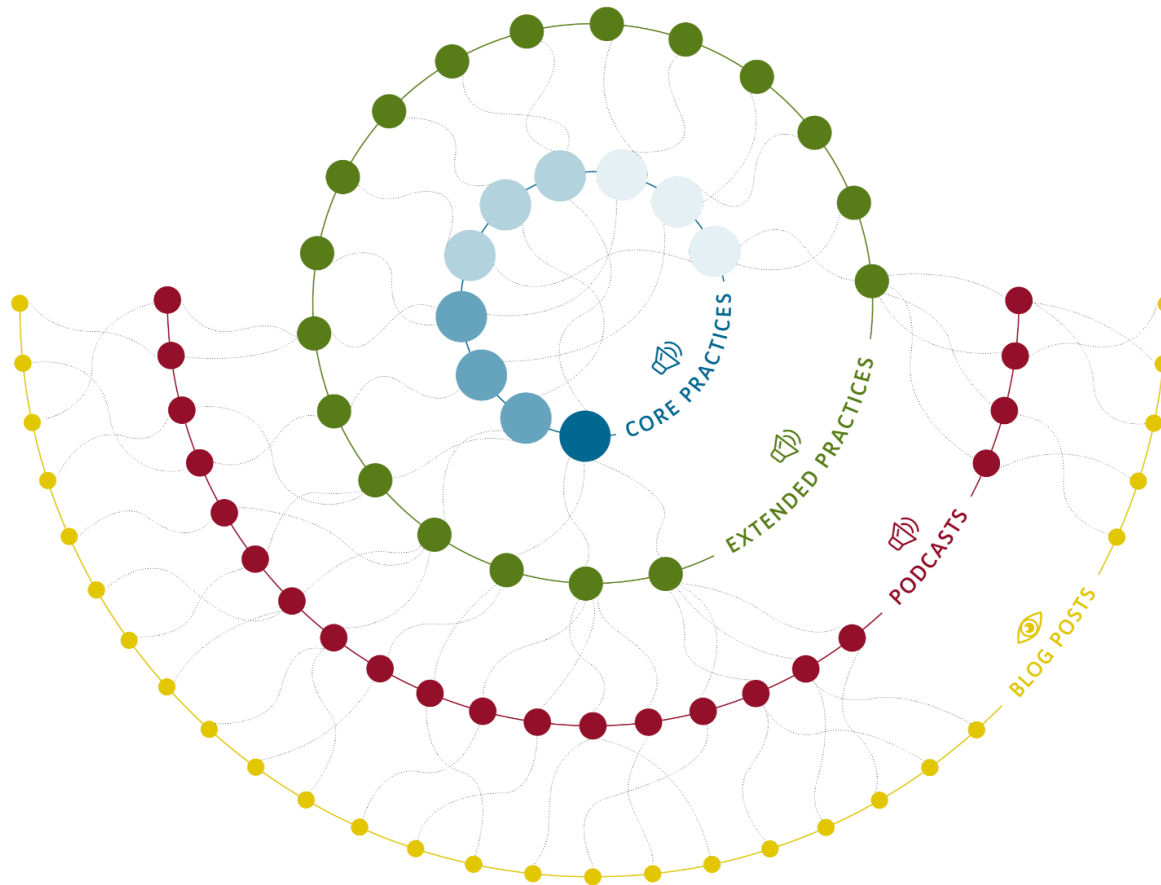
By Lene Faust and Simone Pfeifer

# To Explore through and with Body

- Place
- People
- Research Aspects
- Analytical concepts
- Emotions



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