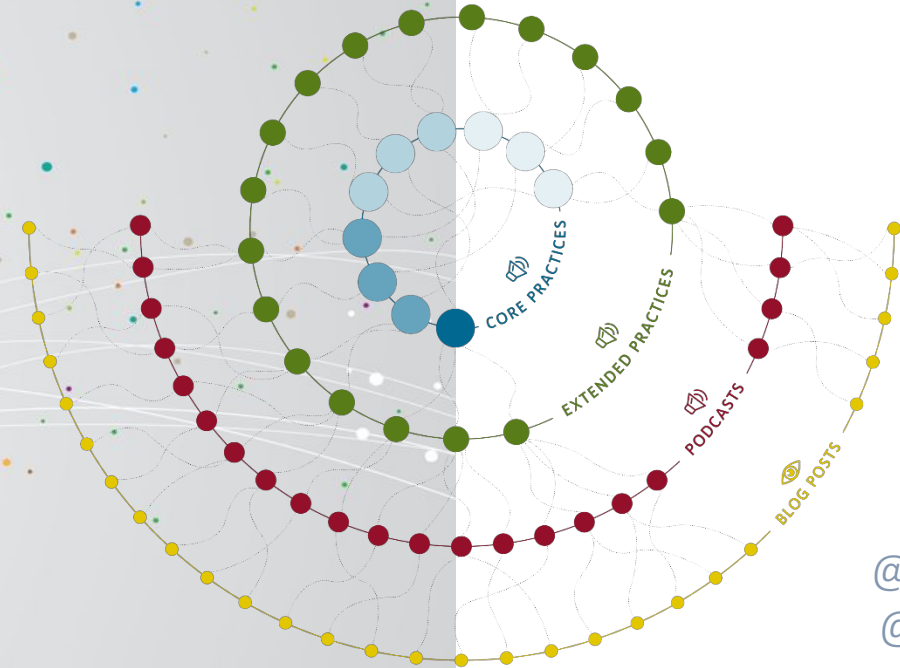


# LAUNCH EVENT

22 March 2019

Dr. Eline Kieft  
Dr. Ben Spatz  
Dr. Doerte Weig



S ● M A T I C S   T ● ● L K I T

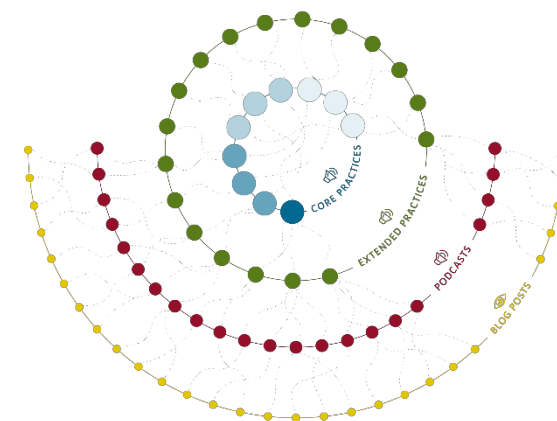
@ElineKieft  
@benspatz  
@DoerteWeig  
@SomaticsToolkit  
@NCRMUK  
@ESRC  
@CDaRE\_CU

# Research with a Twist

S●MATICS T●●LKIT for Ethnographers

NCRM Commissioned Research Projects  
Innovation in Ethnographic Approaches

18 months (1/9/17- 28/2/19)



## MORNING

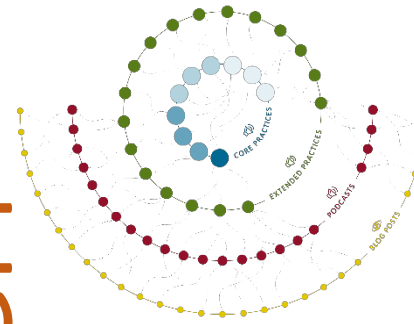
10.00-10.15 Welcome & Practicalities

10:15-11.00 Introductions to the project

11.00-11.30 Break

11.30-1.00 Keynote 1 Sandra Reeve:  
The Moving Body as Involved Witness

1.00-2.00 LUNCH



## AFTERNOON

2.00-3.30 Keynote 2 Vero Benei:  
Ethnography as Alchemy

3.30-4.30 Circular Reflection time

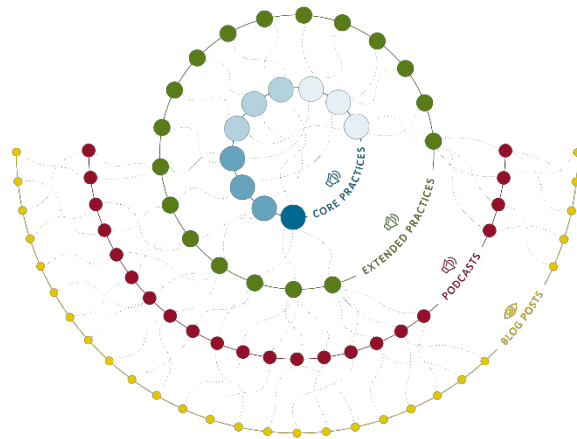
4.30-5.00 Individually relocate to RAI

5.00-7.00 Reception RAI plus buffet



# S●MATICS T●●LKIT

## People



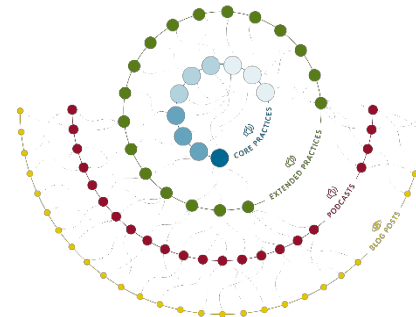
# Aims

# S●MATICS T●●LKIT

1. explore the role of physicality, embodiment and the contribution of somatic techniques to ethnography
2. build a toolkit that utilises the body as a research tool for anthropology students, employing ethnographic methods
3. contribute to somatic training within UK anthropology teaching and research, enhancing quality and depth of training
4. supporting physical and emotional wellbeing of researchers



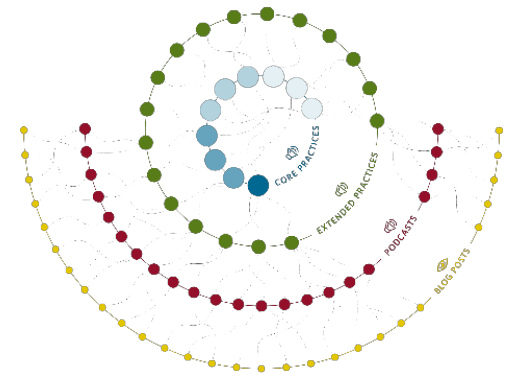
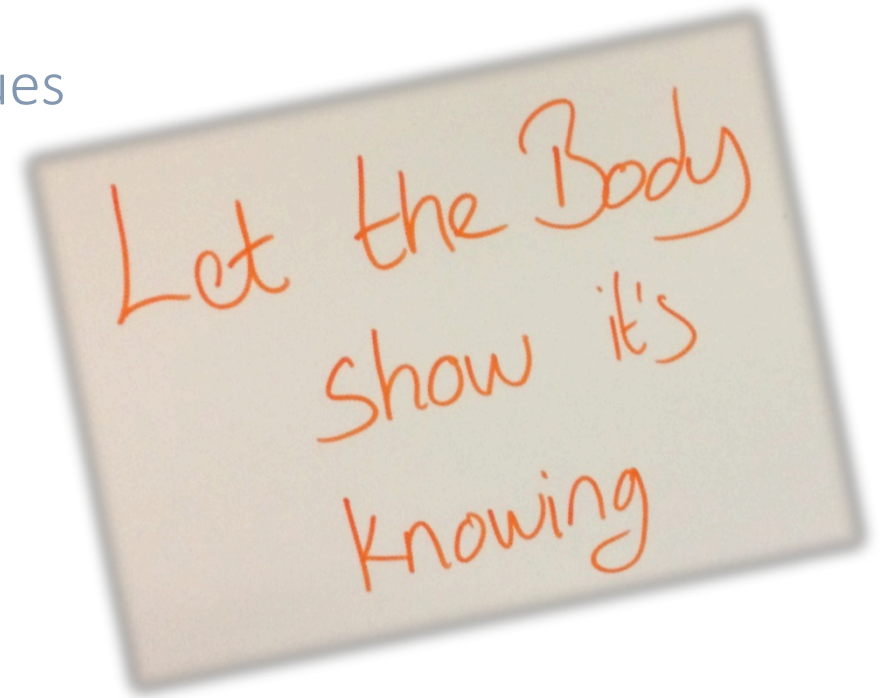
ELIA Conference 7/7/17 Central  
St. Martins, London



# Research Questions

# S●MATICS T●●LKIT

1. What activities and (contextual) conditions will support researchers in bringing body-based and somatic techniques into their specific research context?
2. How can improvised, conscious movement and somatic practice in a studio setting support thinking, knowing, analysing and connecting research activities?
3. What, if any, are the effects or influences on ethnographic work of engaging more deeply with somatic attention and enhanced 'physical literacy'?





# Development of Somatics

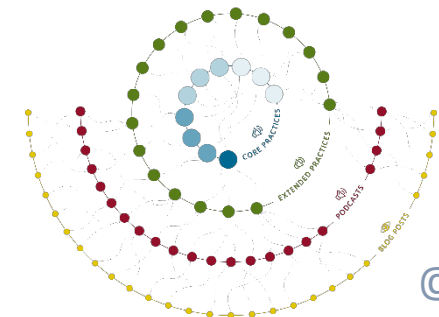
(from Greek, *sōma*: 'body')

## S ● M A T I C S T ● L K I T

1. End 19<sup>th</sup> century: breaking free from Victorian limitations, often in response to illness, disabilities, and possible through exposure to 'exotic' practices (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



Somatic Practice Conference,  
9/7/17, Coventry University

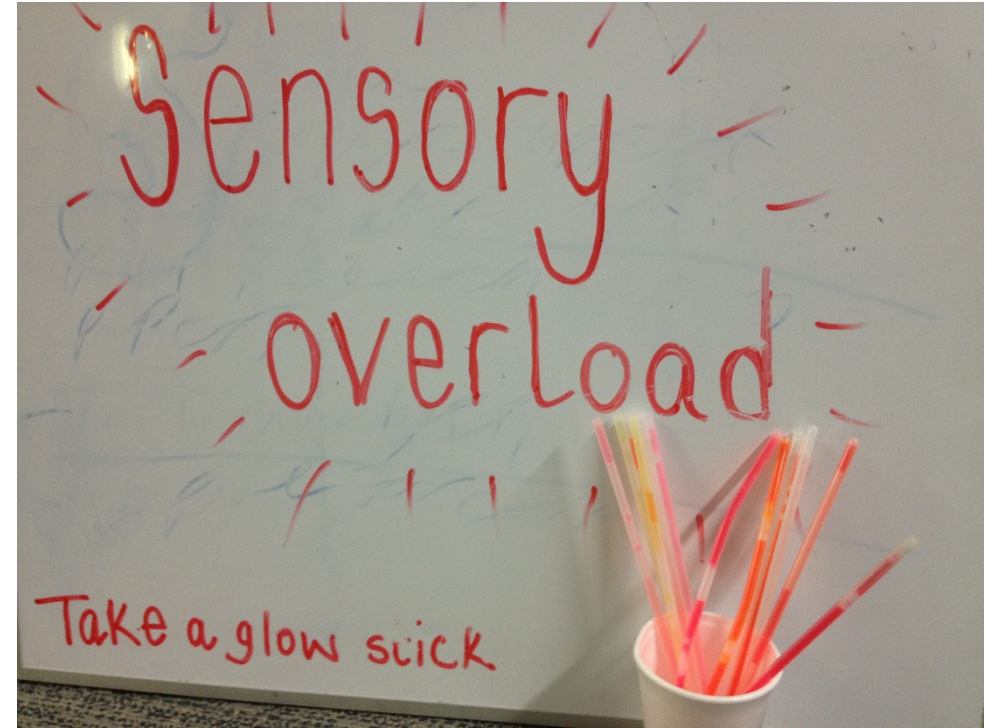


© Eline Kieft

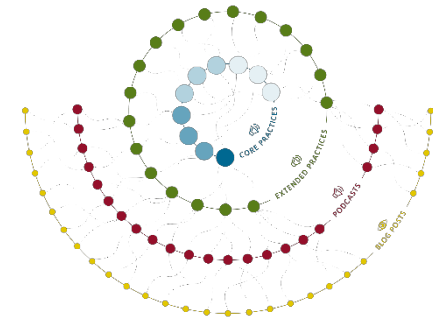
# Somatic Practice

## S●MATICS T●●LKIT

- Awareness of breath and the senses
- Conscious relaxation
- Connection between inner/outer; self/world
- 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



Student presentation, Plymouth University, 8/4/16

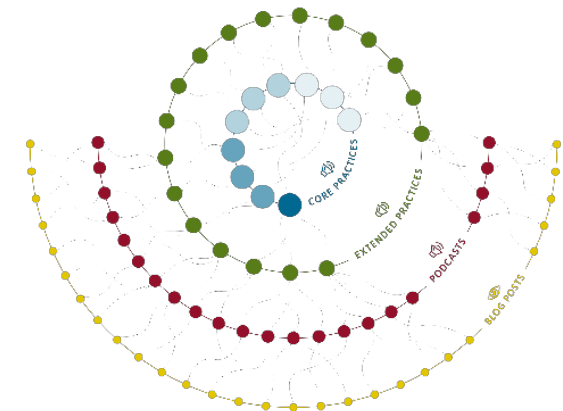




# Theoretical Framework

# S ● M A T I C S T ● L K I T

- **Sensory anthropology** considers the role and meaning of sensory experiences as culturally constituted, and part of knowledge creation
- **Autoethnography** also recognises the literacy of the body and has the capacity to embrace paradoxes such as body/mind, personal/scholarly, individual/social, evocative/analytical, without making the research less rigorous or theoretical
- **Hermeneutic cycle** to move between subject-object, pre-understanding and understanding, to address the intricacy of data and interpretation as an ongoing process, and reflect on meaning in multiple layers

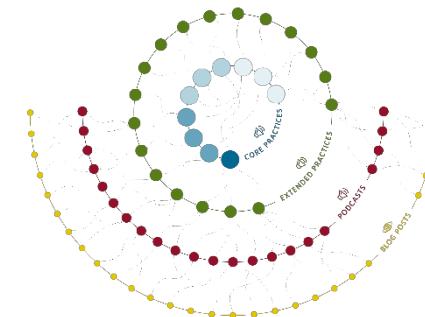


# Toolkit addresses

## SOMATICS TOOLKIT

1. Physical engagement with all aspects of the research process  
(literature review, data collection, analysis, writing, dissemination)
2. Avenues for emotional support during the often stressful aspects of the research cycle  
(drowning in data, personal responses to ethically challenging material, high pressures and demands of the academic endeavour, or writers block)

PhD supervision, 30/3/16,  
C-DaRE



© Eline Kieft

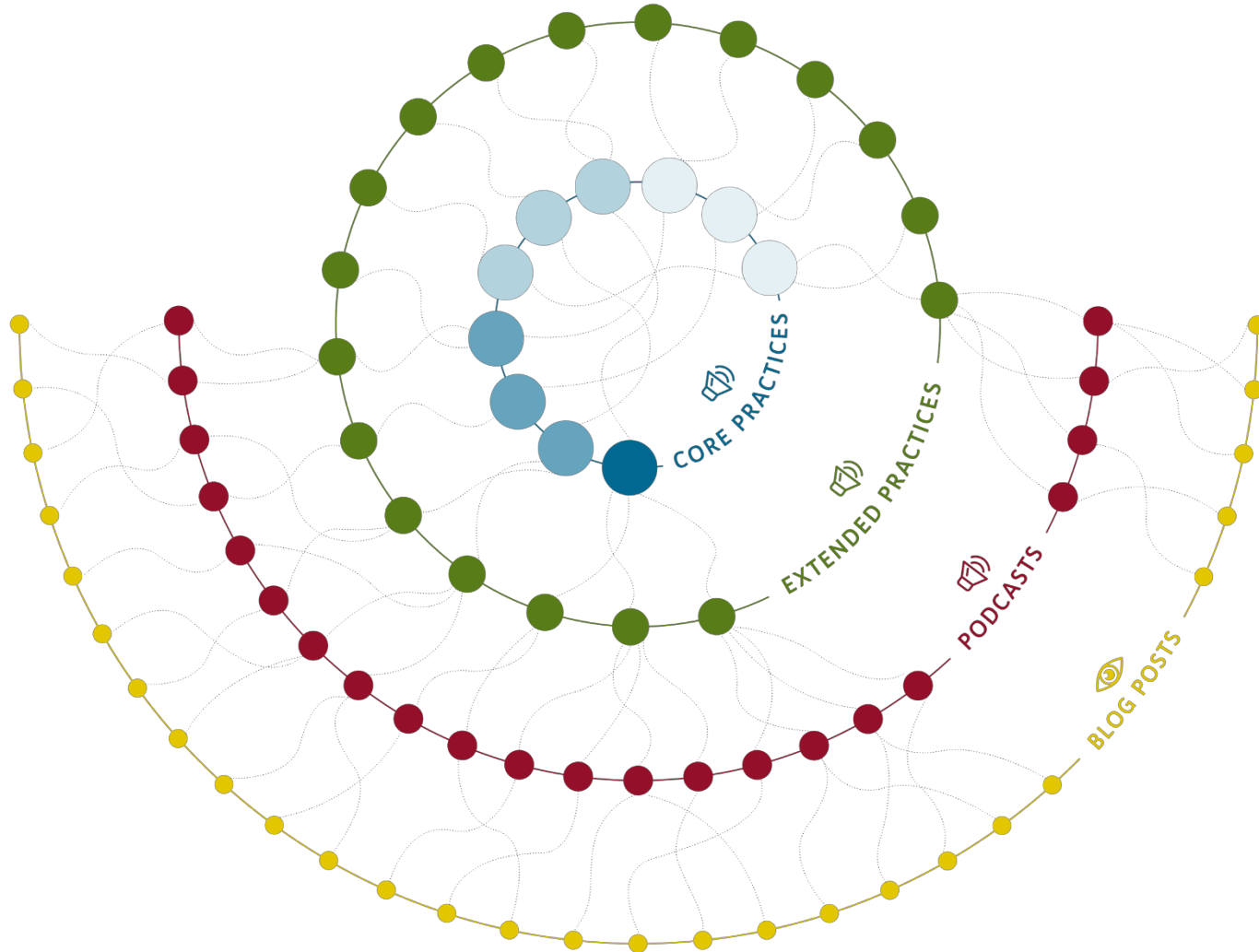
# Body in Entire Research Cycle

S●MATICS T●●LKIT

body as a source of  
information and  
understanding



# S●MATICS T●●LKIT



1. Core Practice

2. Extended Practice

3. Podcast series

4. Blog



# Core Practice

# SOMATICS TOOLKIT

## 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

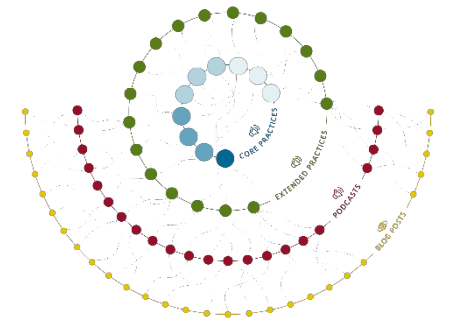
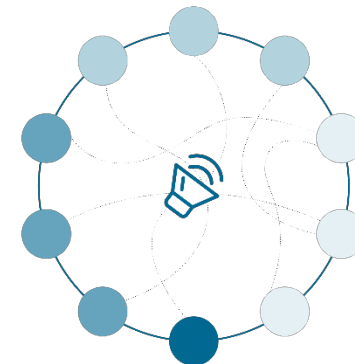
5. Observation: Seeing and Being Seen
6. Interviews: Intimacy and Reciprocity in the Field
7. Places: Being in the Unknown

### POST-FIELDWORK

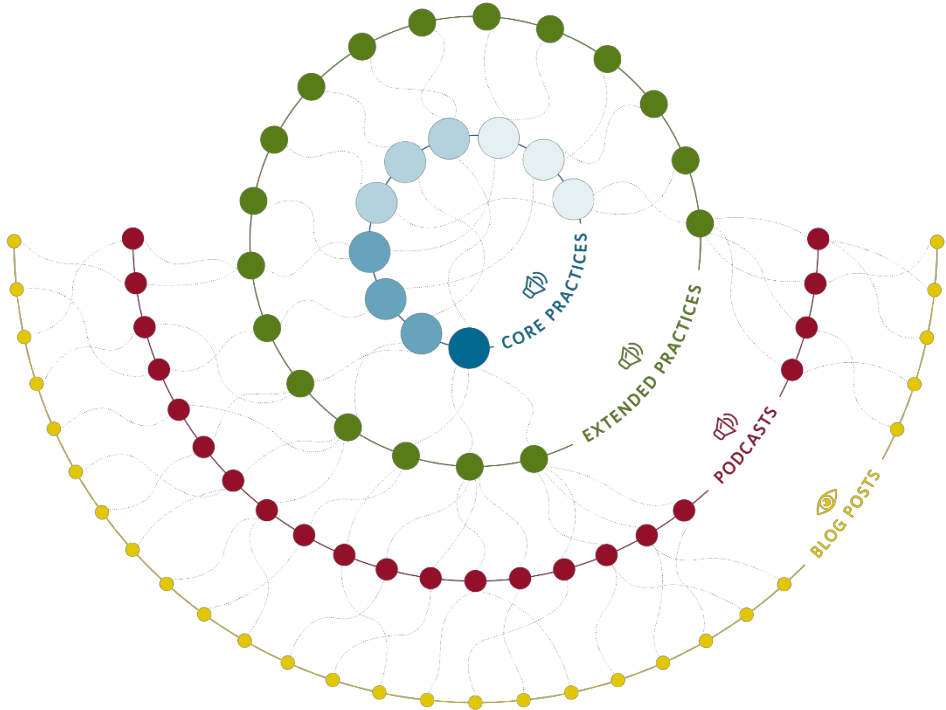
8. Analysis: Moving with Polarities
9. Writing: Embodying your Thoughts
10. Presenting: A full-bodied Performance

Designed through:

- Interviews with anthropology PhD students
- 1:1 and group practice sessions with somatic practitioners
- Case-studies with senior academics from other disciplines
- Writing and recording Scripts
- Testing and Refining



# Core Practice

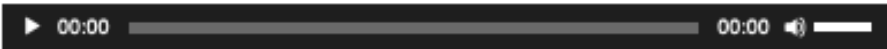


## Core Practice

### Core Practice 2 — Literature: A spatial approach

📅 18th March 2019 👤 Ben Spatz ✎ Edit

During literature review we easily get inundated with questions about what to read, where to start, and how to find our unique and original contribution amongst the forest of existing texts. This Exploration engages with these questions through the body and through physically arranging some literature around you. We assume that objects, such as books, as well as the space contain information beyond that which is immediately obvious. The body is a kind of 'Cognitive Plus' tool to access that information, and allows you to engage with your literature review in an embodied, spatial manner. This can give you fresh insights into familiar texts, clarify relationships between different pieces of literature, show gaps, and help you find your own flow in the landscape of readings. Allow your curiosity to take you on a journey, as you review and explore your literature in this novel way!




Further Reading

# Extended Practice

SOMATICS TOOLKIT

ABOUT PRACTICE PODCAST BLOG RESOURCES LAUNCH



Extended Practice

Extended Practice — Finding relief from overwhelm

20th March 2019 Ben Spatz Edit

By Elizabeth Maynard

This Exploration is intended to help reorient you when you're feeling overwhelmed by work. When we are in a state of overwhelm, it is hard to tell what we can do in order to shift our relationship with work and figure out what comes next. We are often instructed to focus or work harder, but often in order to reconnect to our project, it's necessary to take some time to rest and recuperate in a way that will soften the anxiety so that we can return to our project. To start, you are invited to connect with the felt sense of your (potential) stress so that you can better attune to when your body tells you to slow down. From there, you will explore what this "stress" sensation might be trying to communicate about how you can reorient.

00:00 00:00

Further Reading


Gendlin, E. T. (1978) *Focusing*. New York: Bantam Books.

Salzberg, S. (2011) *Real happiness: a 28-day programme to connect with the power of meditation*. New York: Workman Publishing Company.

← Extended Practice — Working with challenges, working from inspiration

SOMATICS TOOLKIT

ABOUT PRACTICE PODCAST BLOG RESOURCES LAUNCH



Extended Practice

Extended Practice — Spatial awareness and gaze: a solo exploration

20th March 2019 Ben Spatz Edit

By Deborah Black

This audio file offers a preparation for the body and tools to guide you into observing and experiencing space with the whole body, in order to deepen the experience of the space you are in through your body and your gaze. You will learn how to get through boredom, use your gaze to take in more information, and bring a sense of curiosity and play into your research.

00:00 00:00

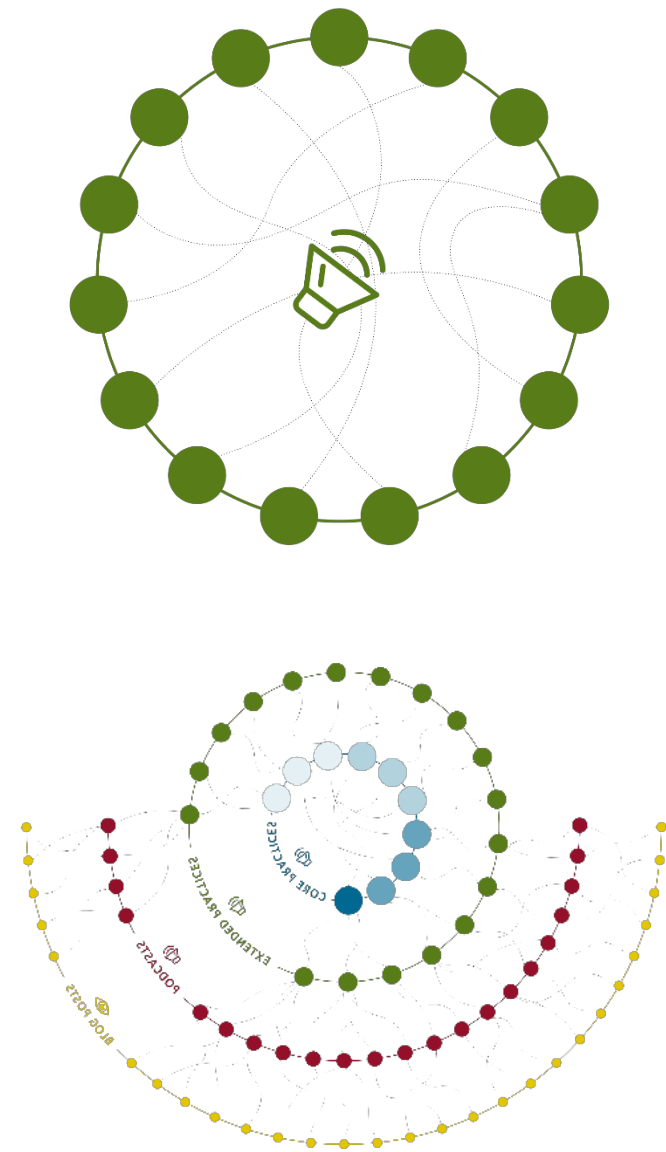
Further Reading

Overlie, M. (2016) 'Standing in Space', Mary Overlie. See also: [www.sixviewpoints.com](http://www.sixviewpoints.com).

Bogart, A.& Landau, T. (2005) *The Viewpoints Book: A Practical Guide to Viewpoints and Composition*, Theatre Communications Group.

Fabian, J. (1991) *Time and the work of anthropology. Critical Essays 1971-1991*. Studies in Anthropology and History Amsterdam: Harwood academic publishers.

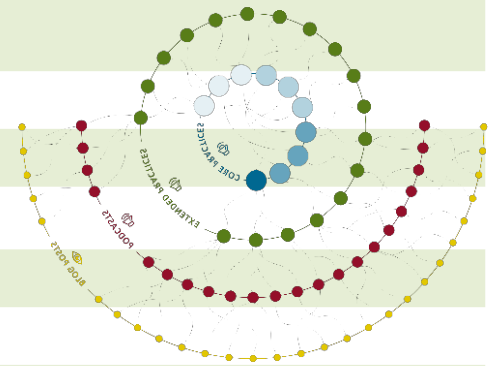
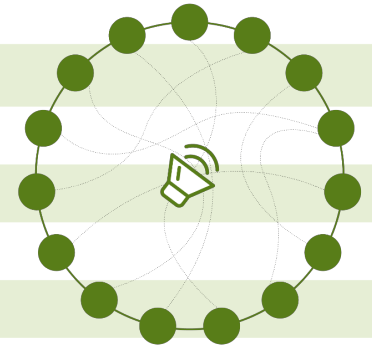
Land, R., Rattray, J. and Vivian, P. (2014) 'Learning in the liminal space: a semiotic approach to threshold concepts', *Higher Education*, 67(2), pp. 199-217.



# Extended Practice

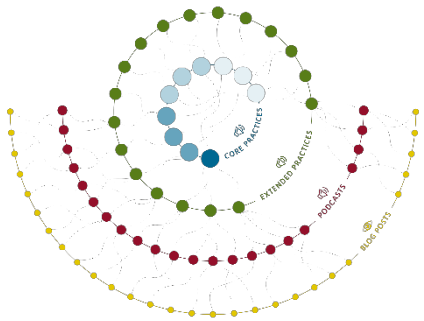
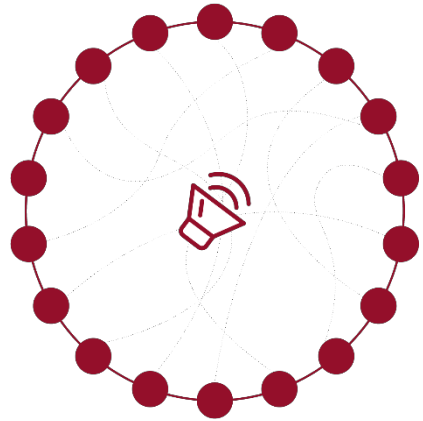
## SOMATICS TOOLKIT

A Non-Binary Guide to Embodying One's Embryonic Gonads	(Nicole Bindler)
Blood work (3 Recordings!)	(Mette Terp Høybye and Marie Hallager Andersen)
Butoh Walk	(Paola Esposito)
Comfort, Discomfort and the transformation of perception	(Andrew Suseno)
Dancing with the camera	(Claire Loussouarn)
Embodying epistemology and evolving research ethics	(Saskia von Diest)
Finding Relief from overwhelm	(Elizabeth Maynard)
Moving with the breath for presence and connection	(Marcia Donadel)
Spatial awareness and gaze: a solo exploration	(Deborah Black)
Spatial awareness and gaze: working with others as participant and observer exploration	(Deborah Black)
The Body as Homeland	(Dom Chatterjee )
The deep nerves of rest and restoration	(Roxlyn Moret)
Urban and Environmental somatics	(Andrew Suseno)
Working from challenges/from inspiration	(Elizabeth Maynard)
Working with empathic fatigue	(Elizabeth Maynard)
Yielding as an ecologically sensitive and somatic practice	(Tamara Ashley)





# Podcasts 1



almost 800 unique  
downloads!

## SOMATICS TOOLKIT

ABOUT ▾ PRACTICE ▾ **PODCAST ▾** BLOG RESOURCES LAUNCH



### Series 1

In the first series of our podcast, Eline Kieft talks to academics who pioneer the body as a research tool in anthropology.

Podcast Series 1

### S01 Episode 03: Jonathan Skinner on Concerns regarding the body in fieldwork, analysis and writing

📅 4th December 2018 👤 Chris Garrington ✎ Edit

Dr Jonathan Skinner from Roehampton University talks to Eline Kieft about how dance has become integral to his research and

[Read more](#)

Podcast Series 1

### S01 Episode 02: Jerome Lewis on Learning about a culture through physical participation

📅 9th November 2018 👤 Chris Garrington 🏷️ Body, Dance, Embodied Research, Methods ✎ Edit

Doctor Jerome Lewis from University College London talks with Eline Kieft about using his body as part of his research

[Read more](#)

Podcast Series 1

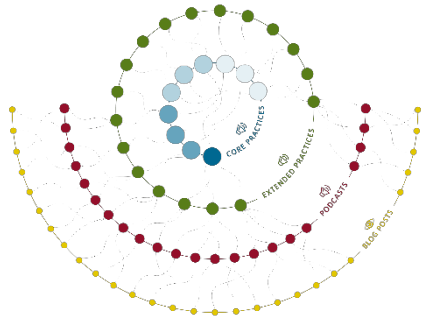
### S01 Episode 01: Véronique Bénéï on Body education in India and slavery history in Colombia

📅 29th October 2018 👤 Chris Garrington 💬 2 Comments 🏷️ Body, Methods ✎ Edit

Professor Véronique Bénéï from the French National Institute for Scientific Research talks with Eline Kieft about using her body as

[Read more](#)

# Podcasts 2



almost 800 unique  
downloads!

## SOMATIC TOOLKIT

ABOUT ▾ PRACTICE ▾ **PODCAST ▾** BLOG RESOURCES LAUNCH



### Series 2

In the second series, Doerte Weig talks about how our bodies can be related in a broader way to the fields of anatomy, economics, environment, architecture, mobility and systems thinking.

Podcast Series 2

### S02 Episode 03: Brian Massumi and Erin Manning on the economic challenge to collectively reorganize how we value money

📅 13th March 2019 👤 Chris Garrington 🗑 3 ecologies, Body, economy, environment, Guattari, money, somatic, value ✎ Edit

In Episode 3 of Series 2 we continue our discussion with Erin Manning and Brian Massumi from the SenseLab in

[Read more](#)

Podcast Series 2

### S02 Episode 2: Erin Manning and Brian Massumi on critical somatic individualisation and why we need more movement in university education and architecture

📅 7th March 2019 👤 Chris Garrington 🗑 autism, Body, movement, pilates, schiz, soma, somatic, somatics, stimming, yoga ✎ Edit

In Episode 2 of Series 2 Erin Manning and Brian Massumi talk to Doerte Weig about schizo-somatic workshops at the SenseLab,

[Read more](#)

Podcast Series 2

### S02 Episode 1: Gil Hedley on integral human anatomy, fascia and the link between body fat and consumer culture

📅 15th February 2019 👤 Chris Garrington 🗑 fascia, fat, somatic ✎ Edit

In Episode 1 of Series 2 Gil Hedley talks to Doerte Weig about how discovering our inner bodies allows us

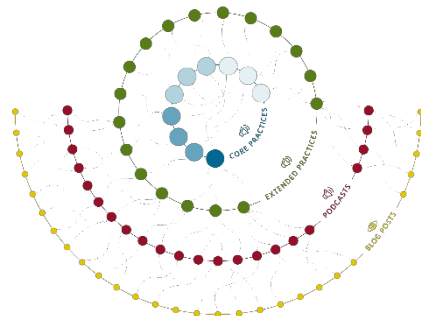
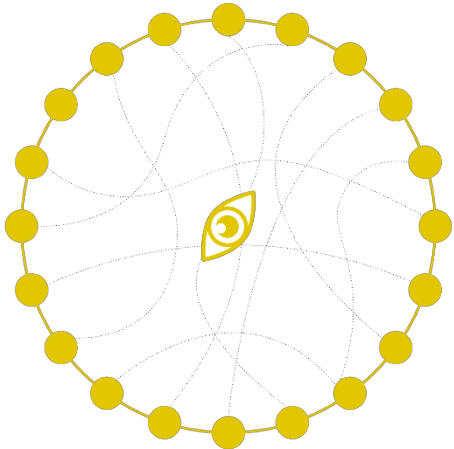
[Read more](#)

# Blog

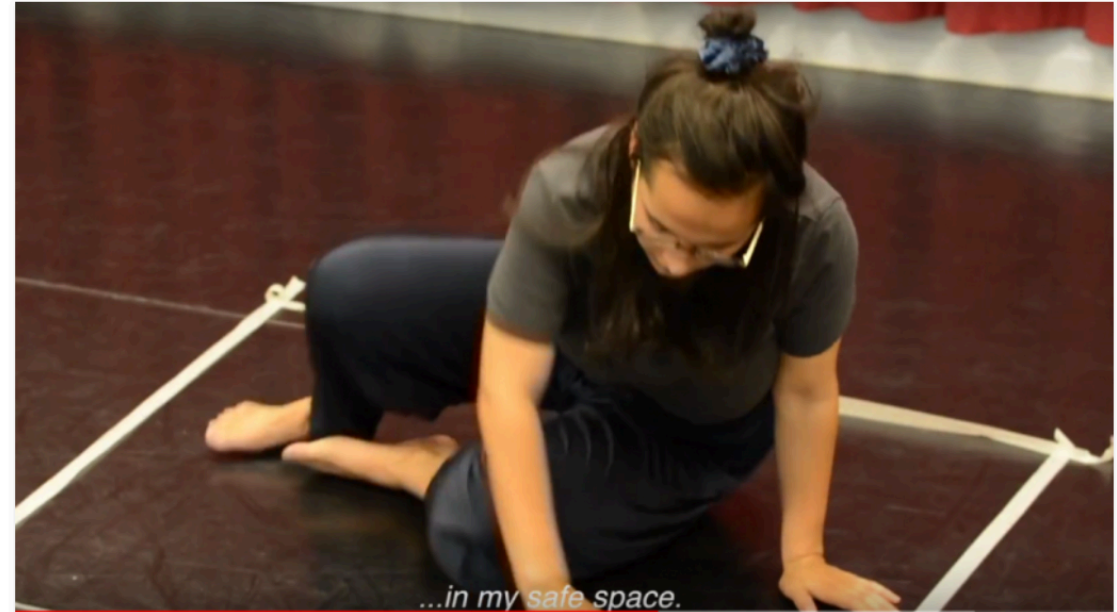
Reflects on applying the body within academic research.

Includes a variety of voices and experiences: from students to movement practitioners to senior researchers.

Represents different disciplines and backgrounds including anthropology, dance practice and scholarship, and theatre studies



## SOMATICS TOOLKIT



Blog

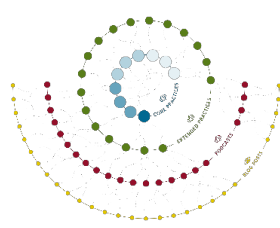
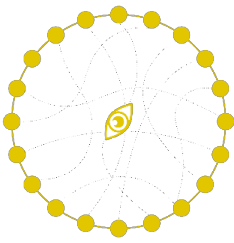
### Integrating different ways of knowing: deepening interviews through shared movement

23rd January 2019 Eline Kieft

By Mila Bammens I'm a fourth year BA cultural anthropology student at Utrecht University, the Netherlands. During my studies, I

Read more

# Blog



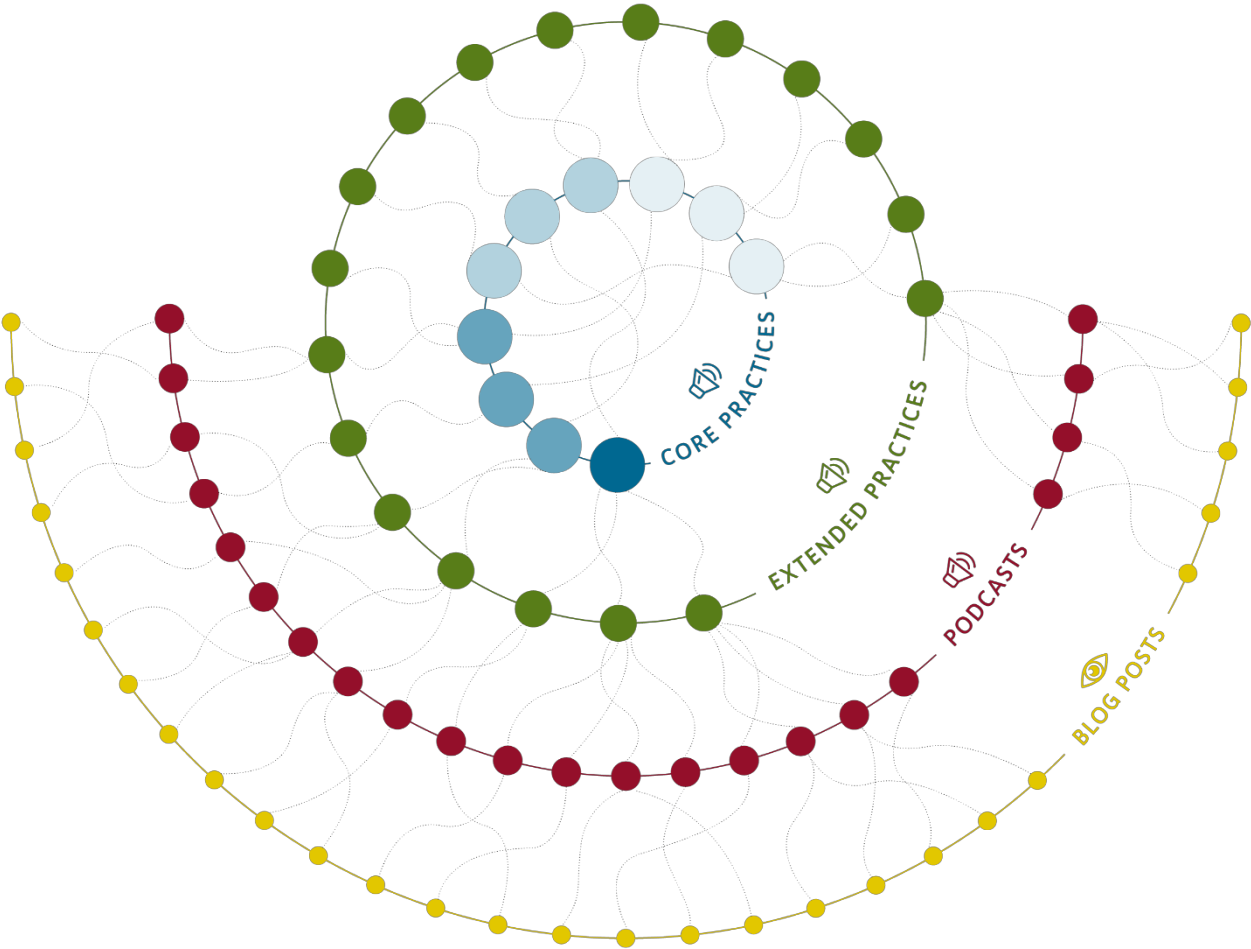
# SOMATICS TOOLKIT

The body as research instrument	Eline Kieft
The politics of somatics	Ben Spatz
Bringing research activities into the body	Eline Kieft
Em-Body-Ing an Other-ed Body	Fatima E. Adamu
Thoughts from Lisbon, Berlin and Madrid	Doerte Weig
Inspirations from the CultureMoves project	Rosa Cisneros and Marie-Louise Crawley
Integrating different ways of knowing: deepening interviews through shared movement	Mila Bammens
Embodied awareness as pedagogy and practice for academic resilience	Elizabeth Maynard
The Perils of Un-Physical Education: a personal narrative	Elizabeth Maynard
Palestinian Dance and the Obfuscation of Somatic Source Material	Nicole Bindler
Knowing the Body in the Virtual Field Site	Harsha Balasubramanian
<del>som</del> aties : an undichotomizing poetic : a provocative invitation	Bronwyn Preece
Autonomous Bodies	Deborah Black
Working with head and Blood	Hallager Andersen + Terp Høybye
Yielding as an ecologically sensitive and somatic practice	Tamara Ashley



# Navigating the Site

S●MATICS T●●LKIT



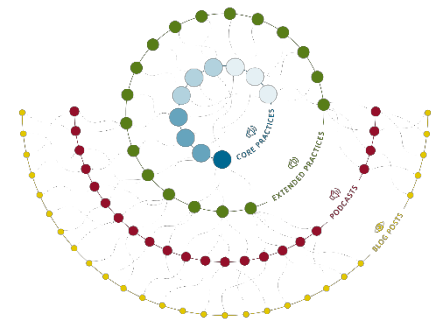
# Beneficiaries

## S●MATICS T●●LKIT

1. Anthropology students, ethnographers + designers  
(enhancing perception of research topic when working with own sensory experiences)
2. Informants + collaborators  
(through fair representations and culturally sensitive narratives)
3. Researchers within and outside of Arts and Humanities,  
employing ethnographic methods
4. Other disciplines such as health care professionals, business,  
education, sports



PhD supervision, 19/6/16, C-DaRE



# Feedback

# S●MATICS T●●LKIT

“body as source for creative, sensorial language with which I can bring my field data to life”

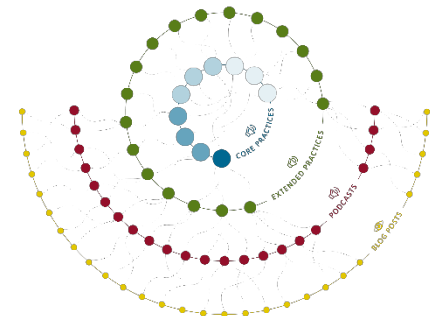
“using the body to imagine solutions for challenges in the field, such as establishing my identity as researcher and navigating the various roles I am assigned”

“don’t need to leave this part of me behind when I do research”

“support for speaking to ‘structuralist’ supervisors”

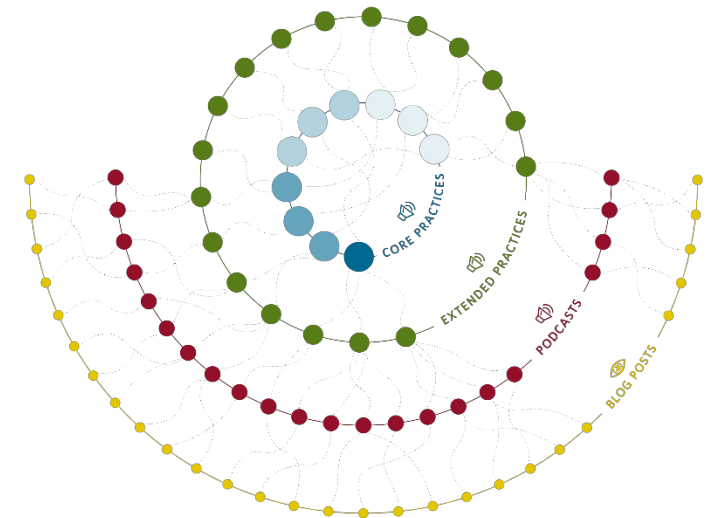
“importance and effectiveness of integrating body in mind-oriented activities”

“reflecting on *where* I work: screen not always the most optimal”



# Issues that we encountered S●MATICS T●●LKIT

1. Audio-files designed for *imagined* (and at the production stage: disembodied) listener
2. Functional diversity of listeners
3. Cultural positioning of us as designers
4. What do we even mean when we speak about the body?
5. Age-related discrepancy on relevance of toolkit

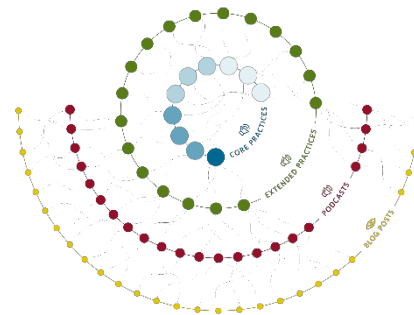




# Where to go from here? (1) S ● M A T I C S T ● L K I T

## What's already happening

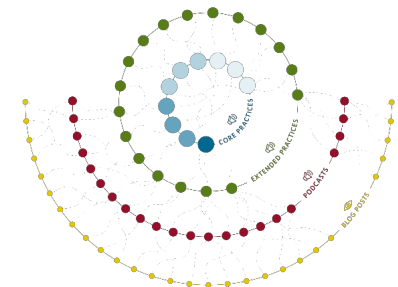
1. Expand the Extended Practice tracks and blog
2. Expand the podcast (Series 2...)
3. Prepare research publication on somatics & anthropology



# Where to go from here? (2) S ● M A T I C S T ● ● L K I T

What we would like your feedback on

1. Availability to and use by Undergraduate and Postgraduate students in anthropology across the UK
2. Survey of Somatics Training in Anthropological Teaching in UK Higher Education (indicating the absence of somatics in anthropological pedagogy)
3. Two key ideas
  - Student peer groups, within a department and/or online, to share their experiences with the Toolkit and ensure a continued motivation through being part of a group
  - Defining someone within an (anthropology) department, as contact person for the Toolkit
4. Translation into other languages and formats



# Thank you

# SOMATICS TOOLKIT

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b.spatz@hud.ac.uk

Dr. Doerte Weig (Co-Investigator):  
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@benspatz  
@DoerteWeig  
@SomaticsToolkit  
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# References 1

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# References 2

## S ● M A T I C S   T ● ● L K I T

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