



ECHC 7002 The Counselling Reflexive Practitioner

WEEK 3: EXPLORATION OF HEURISTIC DESIGN

Aims for today

- ▶ Connection
- ▶ What have you been reading?
- ▶ Assessment Overview
- ▶ Exploration of Heuristic Design and Qualities
- ▶ Journal Article(s)
- ▶ Discussion & Feedback:
- ▶ Tuesdays Session

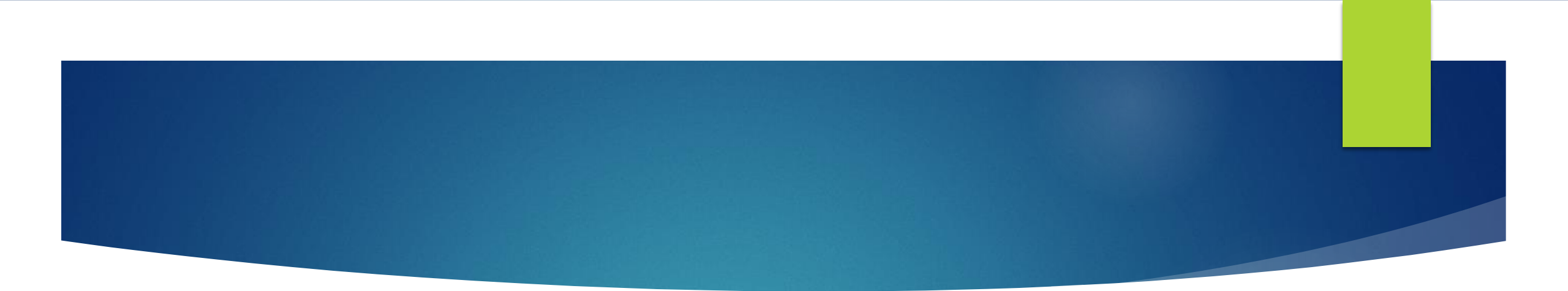


Assessment Guidance



What are you reading?



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- ▶ Qualities of Heuristic Inquiry
 - ▶ Becoming aware of a topic and formulating a research question(s)
 - ▶ Methods of Preparation
 - ▶ Methods of Collecting Data
 - ▶ What is Data?
 - ▶ Conducting a literature review
 - ▶ Preparing an Ethic form: Ethical Consideration
 - ▶ You as the researcher and research participant

Qualities of Heuristic Inquiry (Moustakas, 1990 p. 38)

- ▶ “Heuristic Inquiry leads to depictions of essential meaning and **portrayal of the intrigue and personal significance** that imbue the search to know.
- ▶ Heuristics may involve **reintegration of derived knowledge** that itself is an act of creative discovery, a synthesis that includes intuition and tacit understanding.
- ▶ Research participants (yourself) **remain visible** in the examination of data and continue to be portrayed as who persons
- ▶ Heuristics retains the essence of the **person in the experience**.
- ▶ The heuristic quest is on recreation of the **lived experience**; full and complete depictions of the experience from the frame of reference of the experiencing person”.

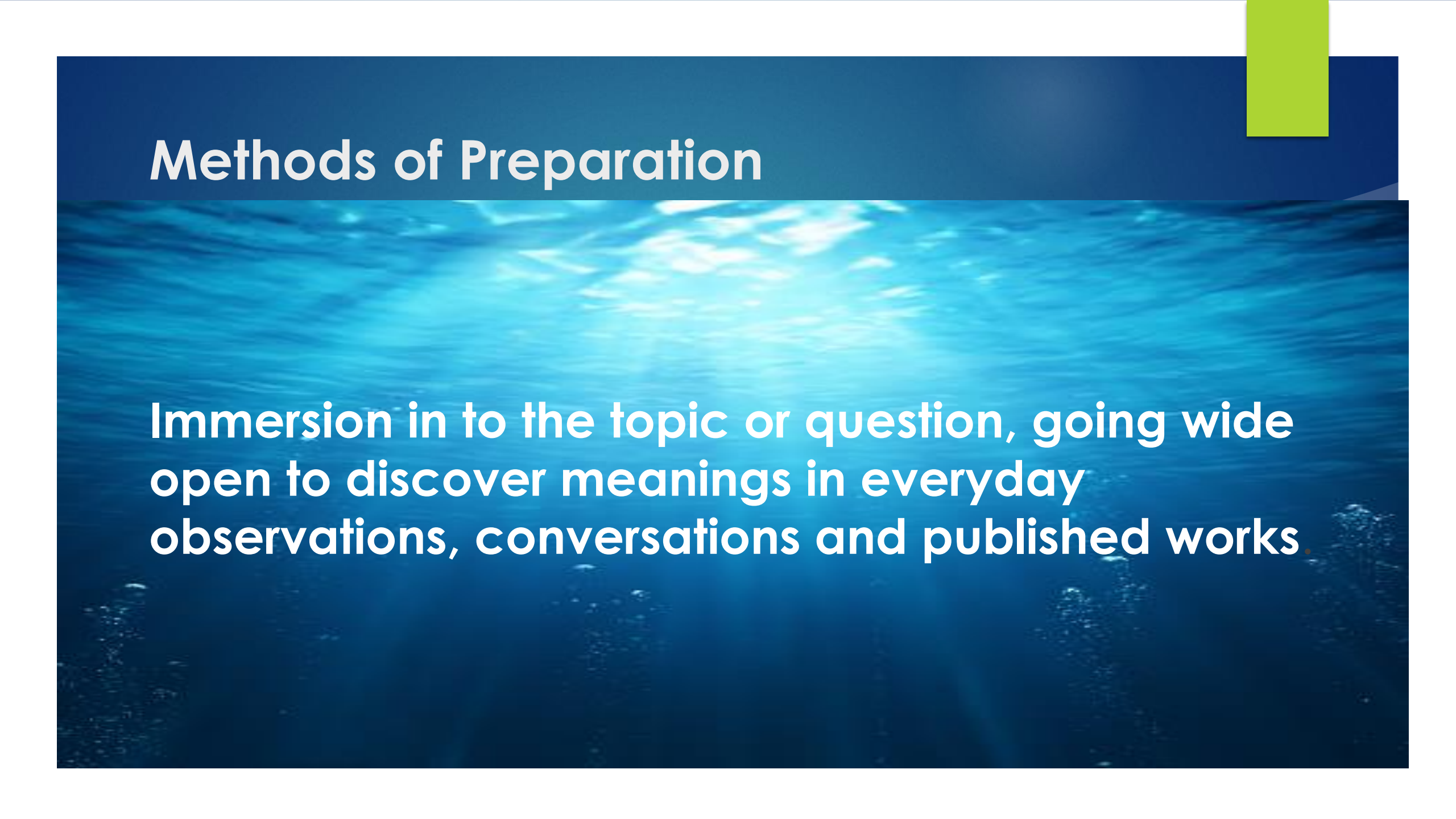
Gathering of Materials - Data

- ▶ Narrative descriptions
- ▶ Dialogues with oneself
- ▶ Stories,
- ▶ Poems,
- ▶ Artwork,
- ▶ Journals,
- ▶ Diaries,
- ▶ Autobiographical logs,
- ▶ Other personal documents



Exploring the Question

- ▶ Once the question is formulated, careful and disciplined organisation of methods for preparing to conduct that the study
- ▶ Construction of methods and procedures to guide a collection of data that will illuminate an answer to the questions.
- ▶ After the data is collected, they must be organised and presented in way that depicts and illustrates the themes, meanings, and essence of the experience.
- ▶ Methods are open ended
- ▶ Each research process unfolds in its own way.
- ▶ The heuristic research constructs methods that will explicate meanings and patterns of experience relevant to the question procedure that will encourage open expression and feelings.



Methods of Preparation

Immersion in to the topic or question, going wide open to discover meanings in everyday observations, conversations and published works.

Methods of Preparation – Self – Reflective Study Research

- ▶ Developing a set of instructions for your self
- ▶ Locating and acquiring the research participants, (Not for Self Research)
- ▶ Developing a Contract – What could this look like for Self-Research
- ▶ Considering ways of creating an atmosphere – How will this happen for you?
- ▶ Using relaxation/meditation activities to facilitate a sense of comfort, relaxation and at-homeness
- ▶ Constructing a way of apprising your research to yourself.

Questions – Asking Self

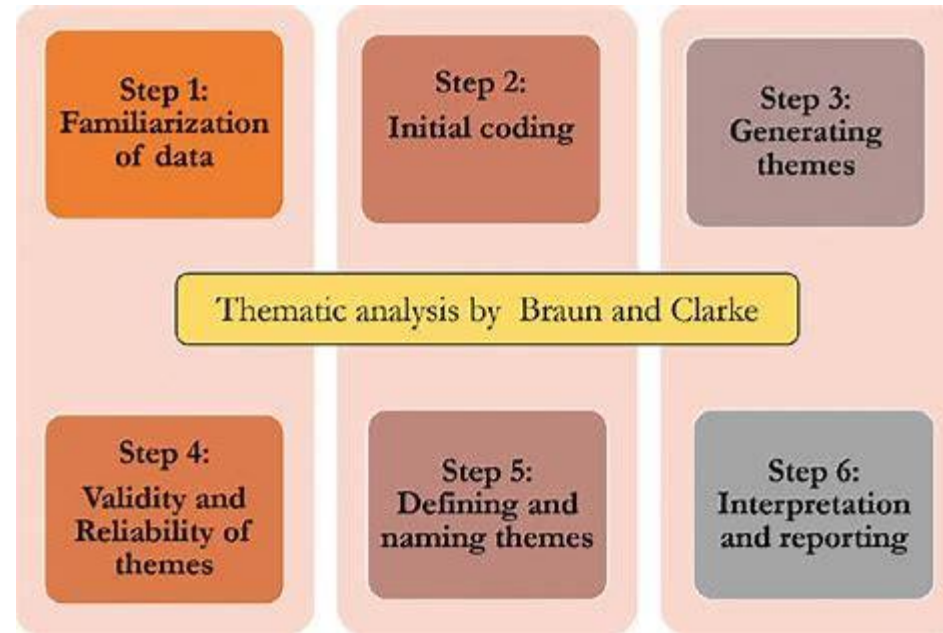
- ▶ What does this person know about the experience being studied?
- ▶ What qualities or dimensions of the experience stand out for the person?
- ▶ What example are vivid and alive?
- ▶ What events, situations, and people are connected with the experience?
- ▶ What bodily states or shift in bodily presence occur in the experience?
- ▶ What time and space factors affect the person's awareness and meaning of the experience?
- ▶ Has the person shared all of the significant ingredients or constituents of the experience?

Questions – Asking Self

- ▶ *The researcher must keep in mind throughout the process that the material collected must depict the experience in accurate, compressive, rich and vivid terms.*
- ▶ *In heuristic research, depictions are often presented in stories, examples, conversations, metaphors, and analogies.*

Method of organising the data

- Thematic Analysis (to explore in Advance Research Methods Module) –
Away to Analyse your data?



Literature Review



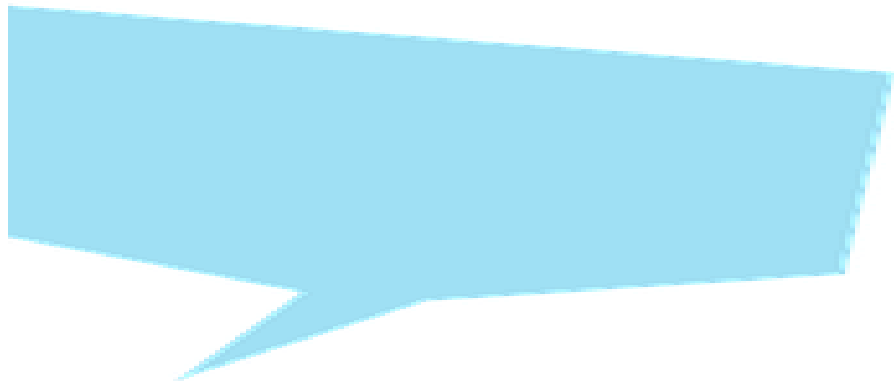
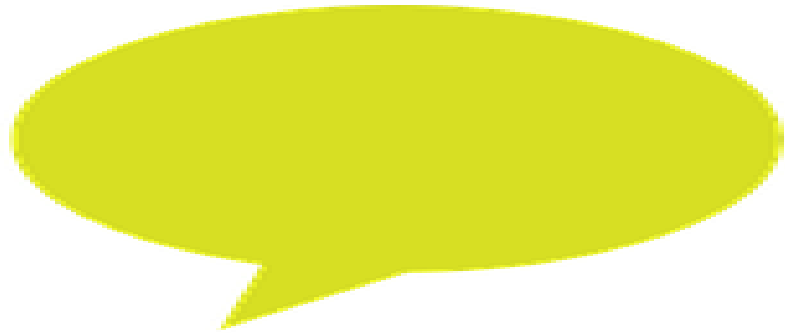
Literature Review

- ▶ This section will introduce and review the literature of your chosen topic area.
- ▶ It is not about Moustakas research method, that comes into the next section. This part is about your theme, e.g. bereavement, identity, shame etc.
- ▶ So discuss the literature that surrounds your theme.
Remember your word count

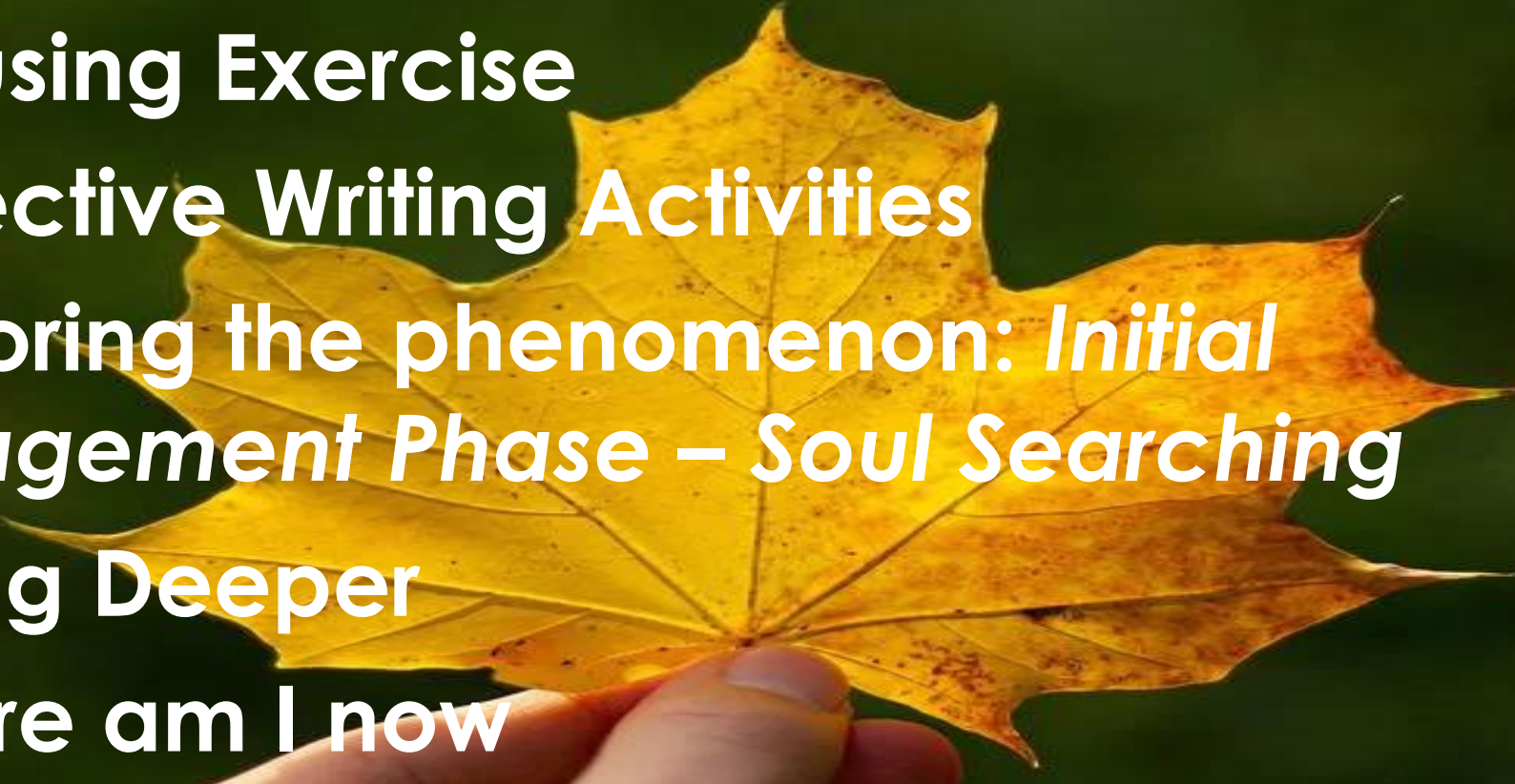
Preparing an Ethics form: Ethical Consideration for Self-Study Research

- ▶ Please See Example on Moodle

Discussion & Feedback



Tuesday Session:

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- A hand is holding a single, bright yellow maple leaf. The leaf is positioned in the center of the frame, with its veins clearly visible. The background is a dark, out-of-focus green, suggesting foliage. The lighting is soft, highlighting the texture of the leaf and the skin of the hand.
- ▶ Focusing Exercise
 - ▶ Reflective Writing Activities
 - ▶ Exploring the phenomenon: *Initial Engagement Phase – Soul Searching*
 - ▶ Going Deeper
 - ▶ Where am I now