

Weekly Planner

Subject to adaptations and change

Semester One

Teaching	Themes	On-Campus Teaching Tuesday 9-12	On-Campus teaching Tuesdays 9-12pm
Week 1:	Introduction to the Module and Module Delivery	Sept 28th. (Online session of introduction 3-4pm) The Reflexive Practitioner - The Reflexive Researcher Heuristic inquiry-Philosophical and Theoretical foundations <i>Exploring and making sense of the human experience and the world.</i> Contributors: Edmund Husserl, Martin Buber, Carl Rogers, Abraham Maslow, Michael Polanyi, Eugene Gendlin and Maurice Merleau-Ponty <i>'Ways of being and ways of knowing'</i> <i>Etherington, K. (2004) Becoming a Reflexive Researcher: Using Our Selves In Research: London: Jessica Kingsley Publications (EBOOK)</i> <i>Moustakas, C. (1990) Heuristic Research: Design, methodology and applications. Sage. You will want to have your own copy</i> <i>Sultan, N. (2019) Heuristic Inquiry: Researching Human Experience Holistically. Thousand Oaks, CA: Sage</i>	Sept 29th Group Process ○ Group Contracting & Online Contracting ○ Module expectations/assessment expectations. The Heuristic Journey ○ Reflexive process ○ Keeping a research Journal - Journal as a reflexive Tool ○ Sensing Exercise. ○ Exploring your story Reflective Journal Writing Personal Tutor Meeting
Week 2:	Making a start	October 5th Focusing: Eugene Gendlin Exploration of Heuristic Process and Phases	Oct 6th Group Process ○ Focusing: Eugene Gendlin

		<i>Summary of Moustakas' core processes of heuristic inquiry (Moustakas, 1990, p. 15-27)</i> Summary of Moustakas' phases of heuristic inquiry (p. 27-37) Dave Hiles: Heuristic Inquiry and Transpersonal Research http://www.psy.dmu.ac.uk/drhiles/HIpaper.htm Initial engagement The task of the first phase is to discover an intense interest, a passionate concern that calls out to the researcher, one that holds important social meanings and personal, compelling implications. The research question that emerges lingers with the researcher, awaiting the disciplined commitment that will reveal its underlying meaning. <i>Moussakas, C. (1990) Heuristic Research: Design, methodology and applications. Sage.</i>	○ Exploring the phenomenon – Initial Engagement Phase – Soul Searching ○ Examples of Heuristic Inquiry Research ○ Ethical Consideration Reflective Journal Writing
Week 3:	Heuristic Design and Methodology	Oct 12th Heuristic Design and Methodology ○ 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 <i>Ethics form Submission (General One for the Group)</i>	Oct 11th Group Process ○ Focusing Exercise ○ Phenomenological Approach/Phenomenological noticing's ○ What phenomenon is emerging within yourself, within practice, personal therapy, supervision, etc.? ○ Is there a question or question?

			Reflective Journal Writing
Week 4:	Heuristic Data Collection Organisation and Analysis	Oct 19th Heuristic Data Collection Organisation and Analysis ○ Heuristic Analysis – Thematic Analysis (Bev Cole) - Lecture (Recorded Lecture) <i>Braun, V. and Clark, V. (2006) Using Thematic Analysis in Psychology</i> ○ Immersion Phase – Theory, Thoughts and Reflection The research question is lived in waking, sleeping and even dream states. This requires alertness, concentration and self-searching. Virtually anything connected with the question becomes raw material for immersion. Examples of Heuristic Inquiry	Oct 20th Group Process ○ Reflective meditation ○ Immersion Phase – Self Dialogue - Reflecting on your being Reflective Journal Writing Individual Tutorial Meetings on your Heuristic Inquiry
Reading Week October 26th			
Week 5:	Guidance to Academic Interview	Nov 2nd Guidance to Academic Interview What is the Research saying about your phenomenon Incubation Phase – Theory, Thoughts and Reflection This involves a retreat from the intense, concentrated focus, allowing the expansion of knowledge to take place at a more subtle level, enabling the inner tacit dimension and intuition to clarify and extend understanding.	Nov 3rd Group Process ○ Focusing Exercise ○ Incubation Phase ○ Preparation of the Academic Interview Reflective Journal Writing .
Week 6:	Making Meaning	Nov 9th Illumination Phase – Theory Thoughts and Reflection This involves a breakthrough, a process of awakening that occurs naturally when the researcher is open and receptive to tacit knowledge and intuition. It involves opening a door to new awareness, a modification	Nov 10th Group Process ○ Reflective Meditation ○ Illumination Phase Reflective Journal Writing

		of an old understanding, a synthesis of fragmented knowledge, or new discovery. Relationally, Reflexivity and Meaning-Making	
Week 7:	Academic Interview – AC1	Nov 16th Preparation for the Academic Interview Q &A Session	Nov 17th Assessment: Academic Interviews
Week 8:	Evaluation of the Research	Nov 23rd Explication Phase – Theory, Thoughts and Reflection This involves a full examination of what has been awakened in consciousness. What is required is organization and a comprehensive depiction of the core themes Evaluating the Research: A Collaborative Process	Nov 24th Group Process ○ Reflective Meditation ○ Explication Phase Reflective Journal Writing
Week 9:	Creative Expressions	Nov 30th Reflective Journal Writing Creative Synthesis Phase – Theory, Thoughts and Reflection Thoroughly familiar with the data, and following a preparatory phase of solitude and meditation, the researcher puts the components and core themes usually into the form of creative synthesis expressed as a narrative account, a report, a thesis, a poem, story, drawing, painting, etc. Writing a Living Manuscript: An Embodied Relational Approach.	Dec 1st Group Process ○ Reflective Meditation ○ Creative synthesis Phase ○ Creative Expressions within this personal research
Week 10:	Critiques and Observations	Dec 7th Validation of Heuristic Inquiry – Theory, Thoughts and Reflection The question of validity is one of meaning. Does the synthesis present comprehensively, vividly, and accurately the meanings and essences of the	Dec 8th Group Process ○ Reflective Meditation

Semester TWO	experience? Returning again and again to the data to check whether they embrace the necessary and sufficient meanings. Finally, feedback is obtained through participant validation, and receiving responses from others Critiques and observations of Heuristic Inquiry Assessment 2 Submission Date – <i>Please see Proforma (End of January)</i>	○ Validation of the heuristic inquiry Reflective Journal Writing
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