Facilitating a ‘non-judgmental’ skills-based co-design environment

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OVERVIEW

• Introduction to ‘An Internet of Soft Things’
• Our interdisciplinary approach
• Problems
• Group agreement
• Projects
• Feedback
• Next stages
OVERVIEW

• Objectives:
  – To benefit non-medicalised care practices
  – To co-design meaningful networks of things
  – To develop a co-design methodology using relational approaches to mental wellbeing
1. Series of workshops at Mind
2. Group work sessions in smart flat augmented with textile interfaces
3. Work in the wild during days out with support staff and service users
AN INTERDISCIPLINARY APPROACH

- Computer Science (co-design model)
- Textiles (drawing on craft/making approaches to design)
- Person-Centred Approach (relational therapeutic model)
- Creating an environment which is non-directive and open-ended, and ultimately guided by the participants
A CO-DESIGN METHOD

Participatory learning / Co-design model for An Internet of Soft Things

Week 1  Week 2  Week 3  Week 4  Week 5  Week 6
Skills learning  Self-directed development
Facilitators
Skills teaching  Assisting development
Participants
Unconditional positive regard

‘versus’

Criticism and feedback

Things that work in therapy don’t always work in design.

Processes in design are not always helpful in therapy.
GROUP AGREEMENT
Group Agreement

Enjoy it!  
Hear people’s experiences

Confidentiality

Respectful of others, opinions/views

Non-judgmental

OK to be creative/make mistakes

Be constructive

Feel free!
• Personal objects
• Self-directed
• Facilitator acts as assistant
• Object brought in from participant’s personal life
• Augmented to include circuit for display
• Shared with band mates
• Topical project
• Complicated electronic system
• Not completed during workshops
• Finished with family and images sent by email
FEEDBACK FROM THE PILOT STUDY

People's reactions from the 'internet of soft things' meetings were that it made people relax and enjoy 3 hours as escaping working life.
FEEDBACK FROM THE PILOT STUDY

• ‘Feel like I’ve learned a lot about myself as well as smart textiles’

• ‘Nice to have a framework for listening and sharing with the group’

• ‘I found this (being involved in the group) comforting, as there wasn’t any pressure or prescriptive way to be’

• ‘It was nice to do something creative without being judged on it’

• ‘Encourages participants to share ideas and communicate their feelings’
NEXT STAGES
• Were the Mind group different?

• What changes did we have to make?