

Interdisciplinary research and implications for therapeutic practice in a connected world

Abstract

'An Internet of Soft Things' is an EPSRC-funded project (September 2014 – February 2016) based at Nottingham Trent University bringing together person-centred psychotherapists with textile designers and computer scientists. Its aim is to develop a co-design methodology for the Internet of Soft Things through practice-led critical reflection on person-centred approaches in order to benefit non-medicalised care practices, co-design a meaningful networks of things and to develop a co-design methodology using relational approaches to mental wellbeing.

We would like to report on our experience of the project so far and consider what we have to learned in creating and reflecting upon an interdisciplinary working methodology that identifies our shared practice and assumptions and acknowledges our differences. In doing so we have worked closely with the Mind community in Nottinghamshire in a proactive way both to inform our methodology and to give us feedback to assess the impact and effectiveness of the project.

This would take the form of a presentation with opportunities for questions and answers from the audience.

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