



Workshop 1 (Two-day): Poetry and Research
From social science research to a life-giving practice
Saturday 11th & Sunday 12th July
10am – 2:30pm (BST) 5am (EDT) 6pm (JST)
With Kitrina Douglas, David Carless, Chihiro Suzuki and guests

As researchers, we know when we carry out research that important “stuff” will often be omitted. In part, this is because we don’t know how to include it and in part this relates to the methods and underpinning philosophy we use in our research. We should not be surprised, as Elliot Eisner reminded us, “form and content are inseparable” (2008), the form or method we use to investigate, understand, and explore a phenomena also limits what can be known, learned and shared about it. How might we move beyond this impasse? If the form or methods limits, omits, misrepresents or obscures what can be known – are we not duty bound to explore approaches that might shed light on what has been missed or is missing?

These concerns, questions and challenges form the backdrop to this workshop.

Poetry provides one alternative form of knowing that makes it possible to include what is often difficult or impossible to narrate, including felt sense, embodiment and emotions. In addition to engaging in tasks that develop creativity and writing skills, the workshop supports delegates to explore:

Day one

- Advantages of using poetry in your research
- Illustrations of how poetry is being used and developed by researchers in Health, Medicine, Nursing, Sport and Exercise Science, Pharmacology, Psychology and Sociology (to name a few) with examples from commissioned projects and published research
- Opportunity to experiment with different styles of poetry, and different approaches creating it
- Explore different traditions [from Haiku to Sonnets]

Day two

- An opportunity experiment creating poetry from transcripts, stories, autoethnography, and field work, messy texts, performance poetry, and collaborative poetry
- Examine and explore how to use poetry for data collection and co-created research designs with participants and in field research
- Participate in tasks that develop creativity, play and develop writing and communication skills
- How and where to publish and share your poetry



Workshop 2 Autoethnography & Ethics:
Questions and consideration in the round
Wednesday 8th July 2026
5pm-8pm (BST) 5am-8am (JST) 1pm-5pm (USA/Brazil).
with Djenane Ramalho-de-Oliveira, Universidade Federal de Minas
Gerais, Brazil, and Kitrina Douglas

Over the past twenty years those who practice autoethnography or who write stories about their research as a way to communicate findings, will have witnessed a change in the approach to research ethics. Now, concerns range from how we maintain the anonymity of others in our stories as well as who might be implicated by the telling and what might be the harm? – we are also asked to consider the potential harm we do to ourselves as well as others and these challenges are mitigated alongside harms experienced by not telling, accountability, care, procedural ethics, situational ethics, relational ethics (to name but a few).

Our aim in this workshop is to provide a safe space for delegates to bring questions about issues they are facing in their research as well as issues that are likely to affect research ethics applications going forward. We will briefly outline the main issues for ethics committees, and explore how researchers might negotiate these. However, it is not our intention to generate foundational guidelines as some others have done. Rather, recognising the unique challenges that arise in specific research we consider different ways we might negotiate these.

We invite delegates to enter into this conversation regardless of whether you are carrying out research at the moment or not. At the same time we invite delegates to bring their work, and share things that are troubling or concerning, as these will form the backdrop to conversations about how we might develop strategies and to negotiate them.



Workshop 3 Introduction to Autoethnography, Reflective Practice & Reflexivity (or, autoethnography for beginners)

With David Carless, Kitrina Douglas and guests

Thursday 9th July

10am – 2:30pm (BST) 5am (EDT) 6pm

Some autoethnographies don't start off with the researcher intending to write about their own experiences. But what happens... along the research journey, a need arises to lift the veil and include the researcher. Autoethnography provides one way to achieve this, particularly when a researcher feels honour bound to include and position their role in the research or to write about their relationships with participants and how this influenced how the research unfolded.

But autoethnographies can also begin with a personal event or experience of the researcher - particularly when these have been silenced, misrepresented or are missing from the literature. Writing into an area you know can be challenging but it can also bring important, social and political benefits, especially when carrying out research in these areas may not be ethical or possible. Its not that autoethnographers particularly want to write about our lives. Many of us don't. We do so with the hope it may challenge dominant discourses and reveal alternative understandings.

These are just two of the many routes into autoethnography, memoir and reflexive writing.

Is there a right and wrong way to start? How and where to begin? Can autoethnography be a collaborative process? How do researchers publish highly reflexive, vulnerable research when some colleagues see this as solipsistic, self-indulgent or narcissistic? These are just some of the issues that make researching one's own experience a complex and risky business. Our aim with this workshop therefore is to provide guidance, mentoring and support delegates starting the journey. The workshop provides:

- An over view of the field
- Introduction to ethical issues and concerns
- Reflective tasks and tools to develop skills
- Beginning points for developing your project
- Inspirational case studies
- Literature base

The workshops will be of interest to those who are new to autoethnography or who want to include themselves in research through reflexive writing.



Workshop 4 SafeGuarding: Strategies for self-protection and well-being during autoethnographic work.

Friday 10th July

**With Elyse Pineau, Southern Illinois University, USA
& Kitrina Douglas 5pm-8pm (BST) 5am-8am (JST) 1pm-4pm (USA/Brazil).**

Autoethnographers work with lifestories that strike to the heart of life's joys, challenges, and traumas. When we gather or witness the stories of others, we commit to sharing empathetically, and sometimes vicariously, in the emotional world of the teller. When we compose and share our own autoethnographies, memory can awaken potent physical and emotional reverberations long after the telling. Autoethnography is a practice of purposeful vulnerability, and we are wise to safeguard ourselves as we work.

This workshop will guide you through practical strategies that autoethnographers can use to help safeguard their mental and emotional well-being in the face of stories that can shatter it. We will explore means of story selection and framing that can mitigate risk. Drawing on techniques used in theatre, we will share techniques that emphasize grounding, focus, and control. Finally, we will practice moving into and out of our stories, focusing on 'cooling through' or 'off-loading' the charged energy of the story that is being composed or shared.

Our format will combine conversation with short movement and writing activities. Please bring paper and pen (or writing implements that please you) and have access to an area where you can move physically (not necessarily on camera).



Workshop 5 Haunting, Autoethnography & Critical Family Histories"

Online Only

Saturday 11th July with Esther Fitzpatrick, University of Auckland, New Zealand

3pm-5pm BST

10am – 2:30pm (BST) 5am (EDT) 6pm

Please check the website for further details

To register <https://boomerang-project.org.uk/registration/> or contact our administrator Nadia at admin2@boomerang-project.org.uk

Sculpture used in the photo "Transformation" by Victor Gulchenko, 2016