Theme: Conversations on Well-Being
Proposal: Interactive well-being session

Facilitators: Jackie Calderwood and Wendy Sullivan

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Outline of Session:

This interactive session will offer delegates an individual experience of innovative creative methods for exploring well-being, using methodology based on clinical psychologist David Grove’s Clean Language, Clean Space and Emergent Knowledge (collectively offering ‘Clean’ principles and ethos).

Jackie Calderwood has been exploring use of ‘Clean’ in practice-based artistic research with people, landscape, media and technology. She presents an exercise developed for the 2012 International Clean Conference by modelling her public ‘geocache’ art research project in the Yorkshire Dales. The ‘Hunter Gatherer’ project incorporates accessible artistic methods that draw on ‘Clean’ to facilitate holistic experience of self, landscape and ‘eudemonia’ (well-being as human flourishing in context, by virtue of the senses and imagination).

Wendy Sullivan is a leading expert and trainer in the use of ‘Clean’ both in its pure form, and in applied variations, and will initiate delegates into asking Clean questions of each other about their metaphor for well-being with a view to maximising the opportunity for all to reflect on ‘self and personal well-being’.

Together these exercises give participants an opportunity to discover and explore their own and others’ notions of Well-being, through introductory use of metaphor, movement and Clean Language.

193 words