

Empathetic Embodiment™

A Somaesthetic Rational for New Data Analysis Method

Rae Charles Harge, PhD. Candidate
University of Minnesota—Twin Cities, Minneapolis, MN

|| INTRODUCTION ||

This poster will summarize a theoretical framework and the experimental findings of a new analysis method which I am currently developing as part of my dissertation study.

Empathetic Embodiment™ integrates movement improvisation, dance composition, and traditional qualitative data analysis to gain an understanding of participants' experiences through the body.

|| GUIDING QUESTIONS ||

- (1) What is **Empathetic Embodiment™**?
- (2) How might **Empathetic Embodiment™** provide new ways to engage movement as a way of sense-making and data analysis?

|| CONTEXT ||

My dissertation study, entitled “**Coloring the Classroom: An Arts-based Study of Blackness in K-12 Classrooms**” is a phenomenological study that somaesthetically considers the way Blackness moves through two K-12 dance classrooms in Minnesota.

|| THEORETICAL FRAMEWORK ||

➤ Arts-based Education Research:

- Views art-making as analogous and applicable to academic research.
- Dearth of research that envisions how artmaking might be used as analysis method.

➤ Somaesthetics

Argues the value of viewing the body a site for the production of knowledge, ideologies, and meaning, and self-actualization.

None offer a schema or practice for making sense of somaesthetic experience in dance or dance education somaesthetically.

➤ Embodiment

“Recognizing embedded personal and social aesthetic values in movement is an important initial stage in developing more critically reflective practices that promote meaning, agency, and student interest in learning” (Nyama, McCarthy-Brown, 2009, p. 109).

➤ Endarkened Black Epistemology

A way of knowing based in “the historical and contemporary contexts of oppressions and resistance for African-American women” and coined by Cynthia Dillard (2006, p.70).

- commitment to “give voice to silenced spaces as an act of resistance” self-determination, and show of community membership
- embodied understanding of research as “both an intellectual and a spiritual pursuit, a pursuit of purpose”(Dillard, 2006, pp. 70-72).

|| METHOD ||

What does **Empathetic Embodiment™** entail?



➤ Quiet

Preparing the mind to make space for the experiences of others and the body to move.

➤ Ruminare

Revisit data and journal about what you notice, have questions about, or reactions to.

➤ Embody

Select 2-3 key ruminations to use as movement prompts and improvise through each.

➤ Reflect

Write about what came up for you—new questions, ideas, patterns, or understandings.

|| PRELIMINARY FINDINGS ||

- Certain themes or codes more readily lend themselves to embodied interpretation.
- Both/and: this is not about replacing traditional coding, nor is it about finding the “right” interpretation.
- Protocol is adaptive and responsive.

|| IMPLICATIONS ||

- Data **validity and reliability** must be redefined so far outside the traditional research paradigm.
- A reconceptualization of **member checks** may be warranted.
- Tensions of **technique and artistic rigor** prevail in ABER even when not producing an artwork.

|| REFERENCES ||

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|| LET'S CONNECT ||

Name: Rae (she/her/hers)

Email: charl146@umn.edu

Phone: 612-246-8047

Website: www.raedances.org

