

Inquiry as Appreciating Wholeness: Research Worthy of Human Inspiration

a Masterclass with W Richard Cowling III

6 & 7 July 2009



For 30 years Professor Cowling has been involved in developing and implementing unitary inquiry and practice strategies in response to the call for approaches that address the wholeness of human life. The focus of his work has been on providing spaces for women who were abused as children to find healing through understanding and appreciating their wholeness. As a researcher-practitioner-scholar, he is acutely aware that the health of humans is dependent on those in the helping professions owning and understanding assumptions which guide their work that might unintentionally limit full creative expression in the lives

of those they seek to serve. In these masterclasses, he will draw upon storytelling and artistic expression as unitary praxis approaches for tapping hidden human potentials. He will share stories of women's and nurses' lives and his own story to illustrate unitary appreciative knowing. He will invite storytelling individually and collectively by participants in order to demonstrate the process of unitary appreciative inquiry. Some of the ideas that will be explored are:

- The differences in appreciative knowing and critical knowing
- The integration of appreciation and participation as the major strands of a unitary knowing perspective and process
- The role of inquiry in a praxis of healing that liberates human expression
- The ways in which storytelling uncovers wholeness beyond more traditional ways of gaining information about human experience
- The differences in unitary appreciative inquiry and other forms of qualitative research practice
- The place of artistic expression as a means of representing human wholeness in a program of inquiry
- The role of our story in listening to and appreciating the other's story
- The perspective of interpretation in an appreciative participatory inquiry process

W Richard Cowling III

W. Richard Cowling, III is best known for his work in developing a praxis method that was designed to respond to the call for approaches that address the wholeness of human life to overcome the tendency in nursing and other health care fields to fragment human experience. Richard began developing the model in the 1980s when he proposed a template for unitary pattern-based nursing practice – an attempt to move beyond a strictly diagnostic, medical, symptom-based approach to care. The unitary appreciative inquiry method evolved to its current state from this early work. Richard has moved from proposing a theoretical ideal for practice to actually implementing unitary appreciative inquiry in ongoing work over the past 12 years with women, first in relation to the experience of despair and then despair grounded in a history of childhood abuse. The unitary appreciative inquiry model has been applied in a number of studies including women sexually abused in military experiences in Iraq, the phenomenon of presence in nursing, the nature of healing environments, professional caregiver despair associated with financial exigencies, community assessment of a rural town in the US, the phenomenon of dispiritedness in the elderly, and the phenomenon of serenity in recovering alcoholics. Richard has presented his work internationally and throughout the US, has published extensively, and is involved in ongoing praxis with women who were abused as children. He is known for his ability to weave together the elements of story, art, and music in exploring, understanding, and appreciating human wholeness. In 2008, Richard was named Holistic Nurse of the Year by the American Holistic Nurses Association. He is the Professor and Director of PhD Program in Nursing at the University of North Carolina Greensboro and Editor of the *Journal of Holistic Nursing*. Richard recently received a \$800,000 grant to support the PhD program with a focus on alleviating health disparities and promoting health in vulnerable populations. Richard is a co-author of a forthcoming book chapter on consciousness and knowing in the patterning of the whole.

Richard lives with his partner Joe and close to his daughter, Tonya and her three daughters, McKaley, Rebecca, and Hannah who help him appreciate life more deeply each day.

Schedule

9.00 coffee
9.30 first session begins
12.30 Lunch
13.30 second session begins
16.30 day ends

Costs and booking information

The fee of £150.00 for this Masterclass includes two full days with the course facilitator, all refreshments and all class materials. Cheques should be made payable to **Bournemouth University**. Invoices can only be issued on receipt of a purchase order number. Cancellations received up to six weeks before each masterclass will be refunded less an administration charge of 25%. No refunds can be processed after six weeks have elapsed. Places are limited and operate on a “first come, first served” basis.

The Centre for Qualitative Research Masterclasses

appeal to both post-graduate students and academics working with qualitative methods. The Masterclass will be held over two full days, 6 & 7 July 2009, at Bournemouth University.

Enquiries and registration:

Tel: (01202) 962179
Fax: (01202) 962194

Email: cqr@bournemouth.ac.uk

Centre for Qualitative Research

Bournemouth University
HSC, Royal London House
Christchurch Road
Bournemouth, BH1 3LT, UK