

With Practice As Research Case Study: Unlocking the Power of Observation and Reflection

The field of research is constantly evolving, with new methodologies and approaches emerging to address the complex challenges of our time. One such approach that has gained increasing attention in recent years is practice-based research (PBR). PBR places the practice itself at the center of the research process, recognizing the unique insights and knowledge that can be gained through embodied experience.

This article presents a comprehensive case study of the book "With Practice As Research," edited by Sally Ann Ness and Phil Jones. This groundbreaking publication offers a rich tapestry of PBR case studies from a diverse range of disciplines, showcasing the transformative power of this approach. Through detailed accounts of research projects in dance, music, art, and other fields, the book provides a roadmap for researchers and practitioners seeking to deepen their understanding and practice.

At the heart of PBR lies the belief that practice is not merely a means to an end, but a legitimate and valuable form of inquiry in its own right. PBR researchers engage in sustained and deliberate practice, using their bodies, minds, and senses as instruments of research. Through careful observation and reflection, they seek to uncover the tacit knowledge and embodied insights that are often overlooked in traditional research methods.



In Search of Stanislavsky's Creative State on the Stage: With a Practice as Research Case Study by Gabriela Curpan

★★★★★ 5 out of 5

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The PBR process involves a cyclical interplay between practice, observation, and reflection. Researchers begin by immersing themselves in their chosen practice, paying close attention to their physical sensations, emotions, and thoughts. They then step back to observe their practice from multiple perspectives, using tools such as journaling, video analysis, and peer feedback. Finally, they reflect on their observations, seeking to identify patterns, develop theories, and generate new insights.

The case studies presented in "With Practice As Research" provide vivid examples of the PBR methodology in action. These case studies span a wide range of disciplines, including:

- **Dance:** Researchers explore the embodied knowledge of dance improvisation, using movement analysis and reflective writing to uncover the creative process.
- **Music:** Composers use PBR to investigate the relationship between musical practice and emotional expression, gaining insights into the transformative power of music.

- **Art:** Artists employ PBR to explore the role of materiality and sensory experience in artistic creation, pushing the boundaries of traditional art forms.
- **Education:** Educators use PBR to reflect on their teaching practices, developing innovative approaches that foster student engagement and learning.

These case studies demonstrate the versatility of PBR as a research methodology, highlighting its ability to address complex questions that cannot be fully captured through traditional research methods.

One of the key strengths of PBR is its emphasis on observation and reflection. By paying close attention to their practice, researchers are able to access a wealth of tacit knowledge that is often overlooked in more conventional research approaches. This tacit knowledge includes the embodied experiences, intuitive insights, and creative impulses that are essential for skilled performance in any field.

Reflection is an equally important part of the PBR process. Through reflection, researchers are able to make sense of their observations, identify patterns, and develop theories. Reflection allows researchers to move beyond the immediate experience of practice and to generate new knowledge that can be shared with others.

PBR is not simply about collecting data and generating knowledge. It is also a transformative learning process that can have a profound impact on the researcher's practice and understanding of the world. By engaging in PBR, researchers develop a deeper understanding of their own practice, as well as the broader context in which it takes place.

This transformative learning process can lead to the creation of new knowledge and insights that can benefit not only the researcher but also the wider community. Through their research, PBR practitioners can contribute to the development of new theories, practices, and ways of understanding the world.

The insights and knowledge gained through PBR have a wide range of applications in the real world. For example, PBR can be used to:

- Improve teaching and learning practices
- Develop new artistic and creative works
- Design more effective products and services
- Create innovative solutions to complex problems

By bridging the gap between theory and practice, PBR can help us to create a more just, equitable, and sustainable world.

The case study of "With Practice As Research" provides a compelling demonstration of the power and potential of practice-based research. Through its emphasis on observation, reflection, and transformative learning, PBR offers researchers and practitioners a valuable tool for deepening their understanding and practice. Whether you are a seasoned researcher, an emerging artist, or simply someone who is curious about the world around you, PBR can help you to uncover new insights, generate innovative ideas, and make a positive impact on the world.

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