



Gesundheitsversorgung
Nationales Forschungsprogramm

careum

Careum
Hochschule Gesundheit
Teil der Kalaidos Fachhochschule

Participatory Health Research

EHCL Workshop with Prof. em. Dr. Jarg Bergold, Freie Universität Berlin and co-researchers from NRP project *Caring Community Living Labs*

Date: 7th of September 2020, 10:00-17:00

Venue: Careum Auditorium, Pestalozzistrasse 11, 8032 Zürich.

There will be a live stream of the morning session for people who prefer to join us online.

Registration: Please register before **1st of September** by writing an email to katharina.pelzelmayer@careum-hochschule.ch. We are happy to welcome late comers, as long as there are free spots. You can register for the **full day or morning only** and you can opt in to have your project or ideas discussed in small groups. **Please mention your interest to discuss your project or idea when registering.**

Participation is free of charge. We thank the EHCL-Programme for funding this event.

Why engaging with Participatory Health Research? – Participatory research strives for more democratic processes of knowledge production. “No research about us, without us”, has become a well-known claim. While stakeholder-involvement is readily acknowledged on a general level and indeed often required in research applications, the complexities and challenges of implementing a participatory research agenda remain an under-discussed topic in health research. In this one-day workshop we learn about various forms of participatory research, we critically discuss its potential for health research and reflect on challenges and limitations.

The workshop contains two parts:

1. **Expert-inputs and discussion** in the morning. Here, we learn and discuss basic principles and various forms of participatory research and we hear testimonials from co-researchers and discuss what participatory research means for various perspectives. (There will be a live-stream of this part for online participants.)
2. **Small working groups** in the afternoon. Here, we explore the potential and challenges of participatory research for our research projects. We identify potential scientific benefits and social impact of participatory method in health research in general and in our research projects. We share and reflect on our experiences on stakeholder-involvement and on how to address challenges.

Interested in discussing how to use the potential of participatory research for your (on-going or future) project? – Please write to Katharina Pelzelmayer or bring your questions and concerns to the workshop. In the second part of the workshop (afternoon) we work with the [Pro Action Café](#)-method to engage with our own research and elaborate on strategies on how to involve stakeholders. The Pro Action Café-method is a peer-to-peer method of mutual learning, collaborative counseling and a guided process of reflection.

Expert Prof. em. Dr. Jarg Bergold, clinical and community psychologist at Freie Universität Berlin has worked extensively with participatory research methods in the field of public health, psycho-social care and psychotherapy and poverty and crisis management in Germany and Latin America. A key focus of his work is development opportunities for marginalized people.

Program schedule

10:00	Arrival, registration and welcome coffee
10:30	Welcome note by workshop organizers
10:40	Part I: Expert Inputs and discussion <ul style="list-style-type: none">- Key note by Prof. em. Dr. Jarg Bergold: Participatory research – learning from practice- Testimonials from co-researchers: Experiences with participatory research- Discussion
12:30	Lunch
13:30	Part II: Transfer to and exchange on our own projects Pro Action Café: How to (better) implement participatory research in my project? <ul style="list-style-type: none">- Brief introductions to projects and questions and concerns- Three rounds of group discussions:<ol style="list-style-type: none">1) understanding and re-framing the concerns2) reflecting on what has been missed or needs more attention3) identifying next steps- Lessons learned
16:00	Concluding discussion in the plenary with comments from experts and participants, interactive summary and outlook
16:30	Social gathering and apéro (open end)

