



**research writing plan**

**Introduction**

- titel
  - possible connections between specific cellular somatization in the method PME and concepts of mental health
- research question
  - focusing & widening from plan
- importance why?
  - starting point at project plan & changes
  - formation of wider framework for PME

**literature**

- subject
- methodology
  - the strongest somatic reference is my Body and the method PME
- in-depth overview of existing ideas
- critically review & reflect
- books I do not like?

**contextualization**

- Somatics
- PME
- Body-Psychotherapy
- Somatic Psychology
- evaluate existing theory
  - significance
    - value for the formation of frameworks for my practice
  - potential for transformation

**Methodology**

- Theoretical Inquiry
  - my philosophical stance
- Research ON practice
  - transformative research
- contextualisation
  - Somatic Dialogue
- Somatic Research
  - Somatic Dialogue

**Description**

- problem & advantage: me, myself and Ik
- themes
  - critically consider, summarise and explore
  - connection to research question
- what was different than expected

**Interpretation**

- my thesis on subject & research question
- questions

**Bibliography**

**extra reflective essay**

- all 3 modules
- review own learning
- transformation of own practice
  - contribution to the wider field
- bibliography
- “cultivating questions through inquiry “

**conclusion**

- practical knowledge & skills gained
- whas the inquiry process useful
- where the data collection tools usefull
  - validation what's the worth of it
    - for me
    - for others
- just module 3
  - replication continuation
    - teaching a group
- future questions