

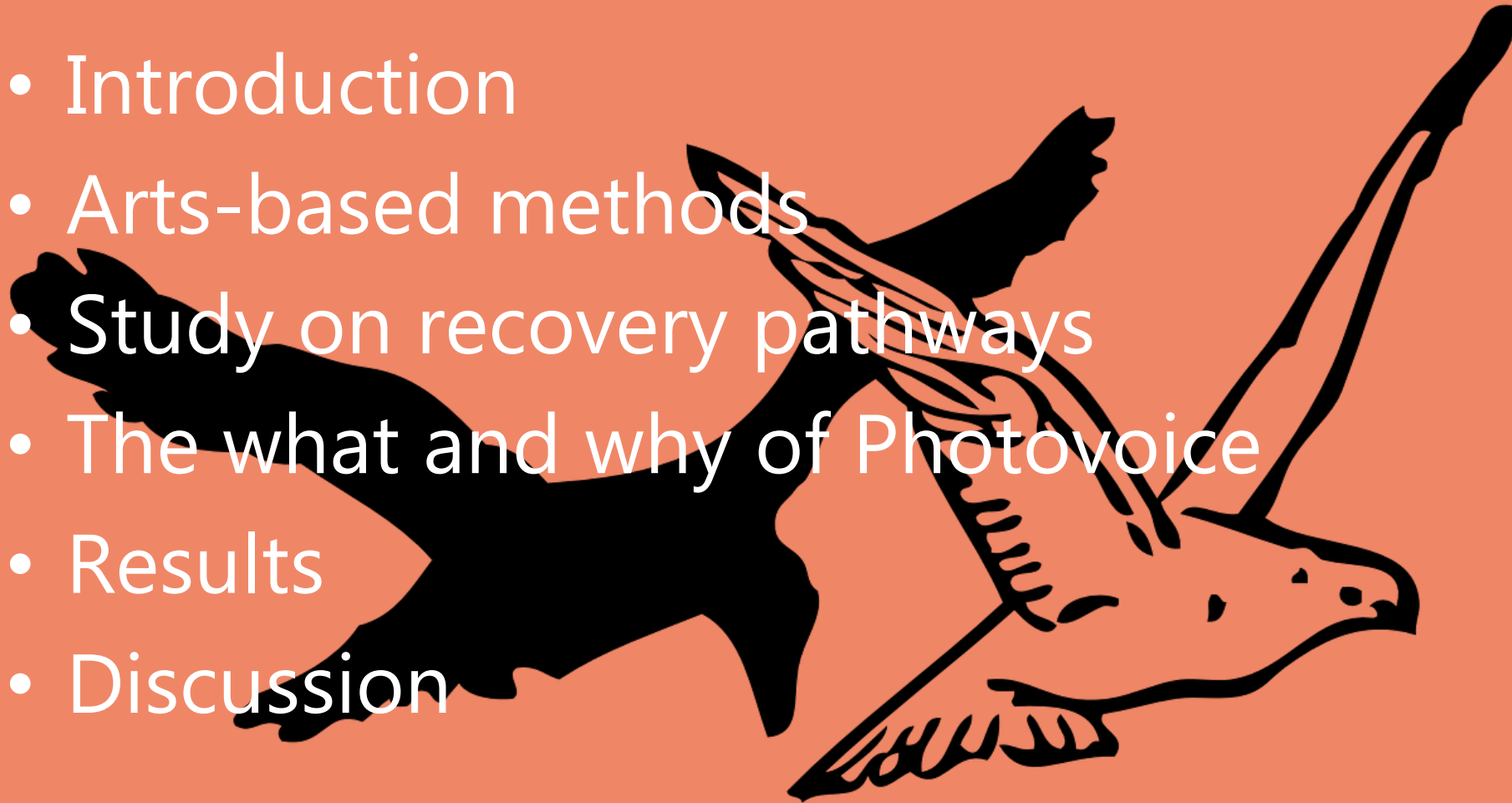


Arts-based interventions – Recovery Pathways

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Overview

- Introduction
- Arts-based methods
- Study on recovery pathways
- The what and why of Photovoice
- Results
- Discussion



Arts-based methods

History of social care research and education:

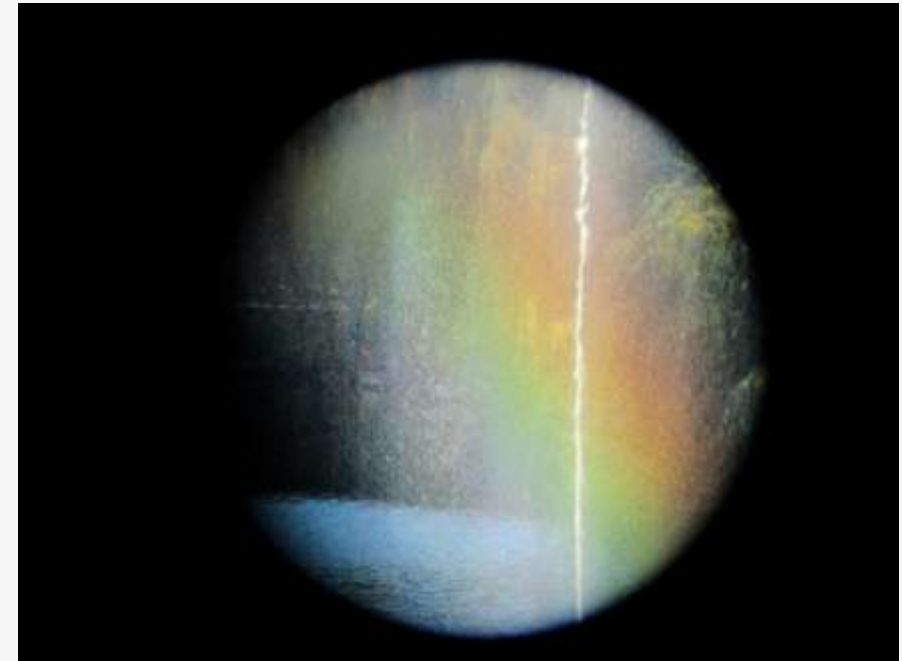
- Professional authority and expertise
- Elitist structure that reproduces social inequalities and representations from the hegemonic centre

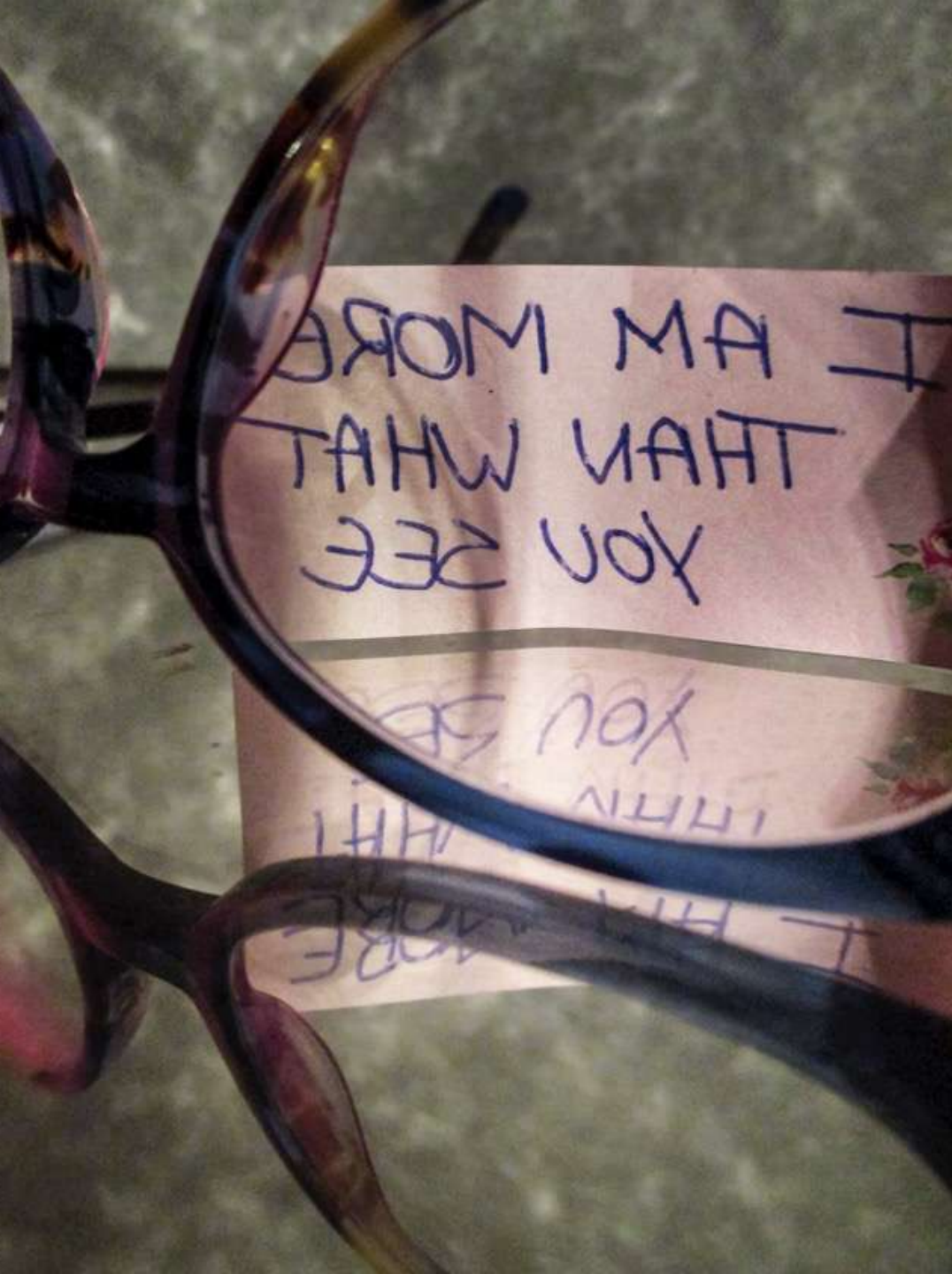


Arts-based methods

Stretch space for engaging with voices of underrepresented communities

- Broaden the means of eliciting the participants' perspectives on lifeworld phenomena
- Increase possibilities for self-representation
- Appeals to alternative literacies
- ...





PHOTOVOICE & RECOVERY PATHWAYS

REC-PATH Study



- REC-PATH study, funded by ERANID
- Six partners in four countries (UK, Belgium, the Netherlands & Scotland)
- Multi-method: Life in recovery survey, interviews and photovoice.



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What is photovoice?



What is photovoice?

- Method for participatory action research
- Photovoice is all about point-of-viewness
- Convey the point of view of people whose voices have been marginalized
- Promote critical dialogue and reflection on personal and community issues



Why photovoice?



- To acknowledge lived experiences as a legitimate and critical source of knowledge
- To create a process that has meaning for people themselves
- To widen identities: from participant, to photographer, to researcher
- Bringing photo's back into 'the community' to challenge stigma

Central questions

- How do women experience their recovery pathways?
- In which ways does their personal, social and community capital initiate, inhibit or support their recovery process?



Photovoice process

- 6 group sessions
 - Creating a group process
 - Photoviewing and discussion in group
 - Shared decision making
 - Creating individual and collective content
- Making photos in between the group sessions
- Interviews with participants
- Online exhibition via website



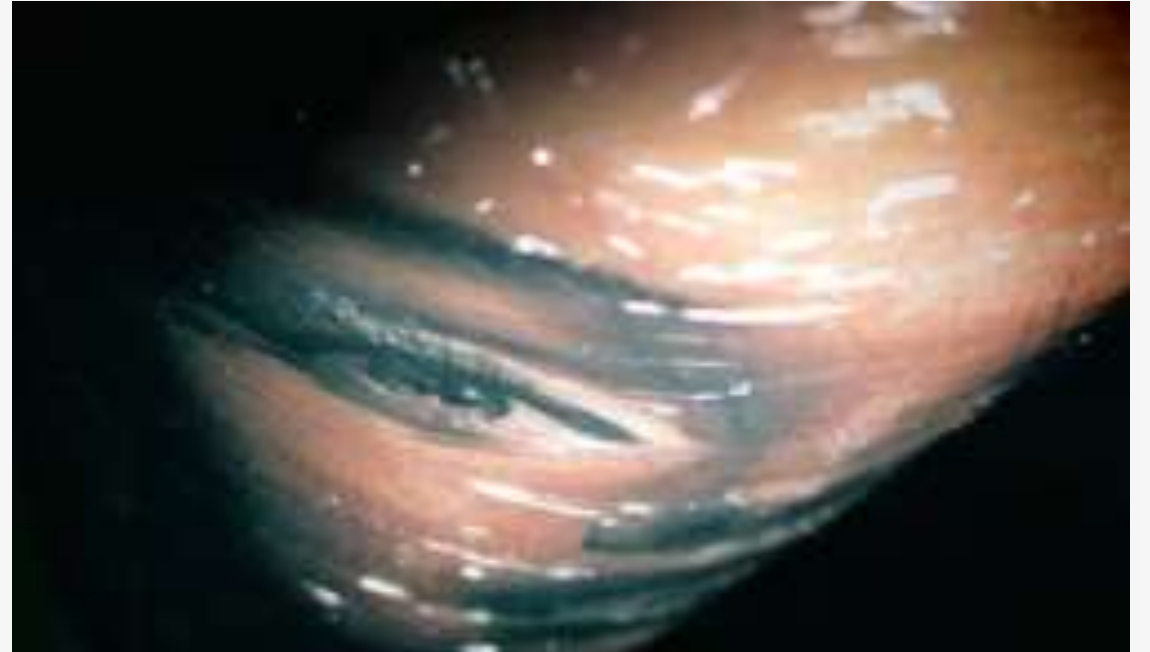
Results – Rebuilding me

- ‘Because I’m worth it’
- The triangle of weight, beauty and self-esteem
- Me-time



Results - Untangling what is life and what is addiction

- Sharing (y)our story
- The 'structure' of little things
- The bad woman



Results – Becoming (re)connected

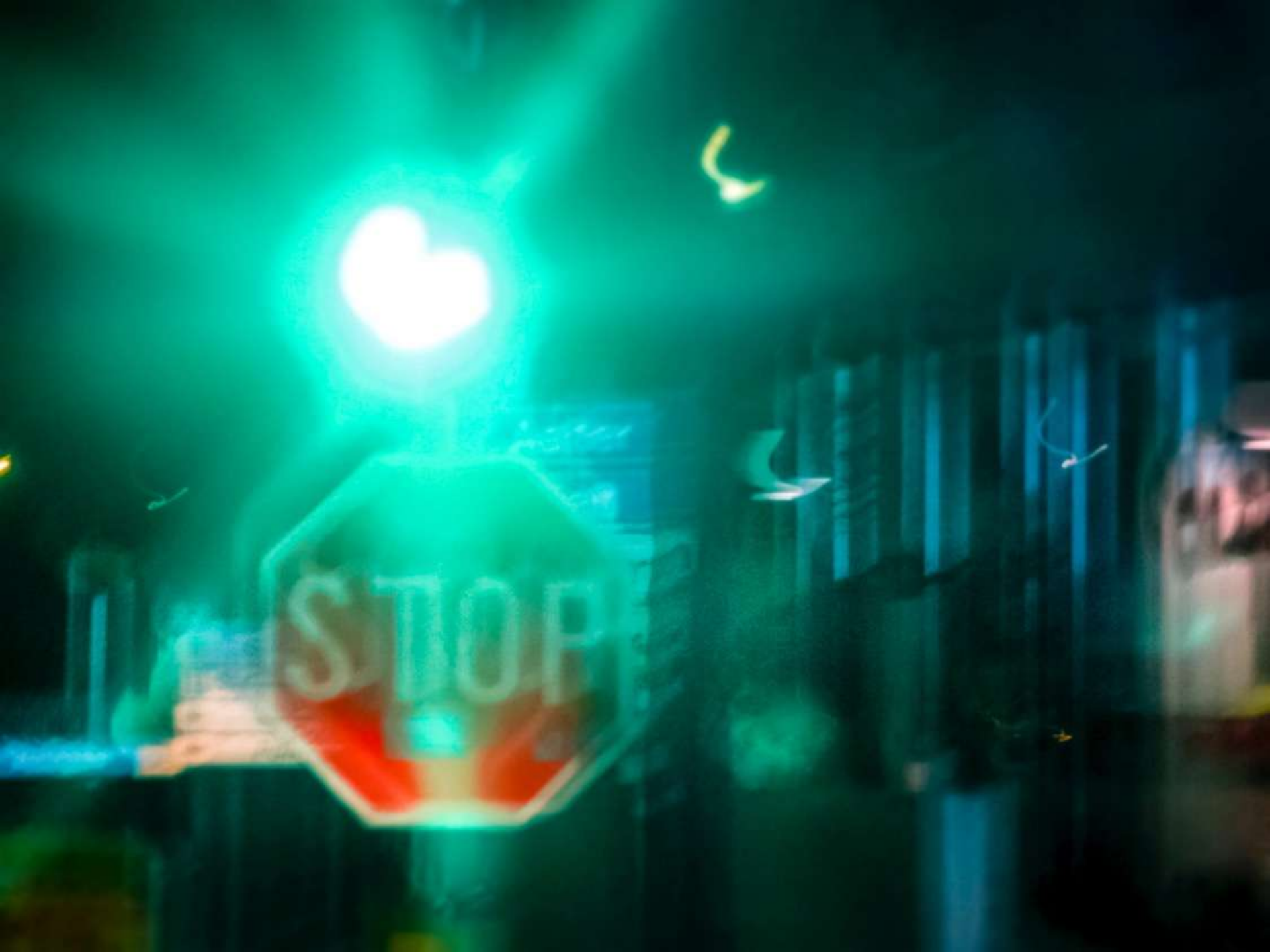
- The honest animal and the (un)conditionality of connections
- The (un)ambiguous nature of connecting with family
- Being a woman (on the 'inside' and the 'outside')



Results - Enacting future perspectives

- To see other worlds and ways to get there
- To work or not to work
- The future as a woman and/or mother





DISCUSSION

Discussion

- Interconnected sources of recovery capital
 - Individual change always connects with social and community resources
 - Dynamic sources which can be positive and negative at the same time and/or throughout time
 - E.g: Paradox of mother hood
 - Large impact of contemporary conceptualisations and expectations (beauty, addiction, women- and motherhood)
- Treat gender as multi-dimensional and culturally diverse structure, interwoven with other social structures

Discussion

- **Photovoice: more than a method?**
 - **Share power on how people represent themselves**
 - **Transform researcher-participant boundaries**
 - **Safe space and connectedness (peer support)**
 - **Feelings of agency, meaningfulness and expression**
 - **Maximize social impact beyond research project**

More information

- [Photovoicing recovery pathways](#)
- [REC-PATH project](#)
- [EQUALITY//ResearchCollective](#)
- Jessica.demaeyer@hogent.be

- ✓ Van Steenberghe, T., Vanderplasschen, W., Bellaert, L., & **De Maeyer, J.** (2021). Photovoicing interconnected sources of recovery capital of women with a history of substance (ab)use. *Drugs, Education, Prevention and Policy*. DOI: [10.1080/09638237.2021.1982000](#)



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