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Above are the voices of some of the participants of my research project  
“Flesh Wounds? New Ways of Understanding Self-Injury.”

My research uses methodological and representational practices from the humanities and arts in order to develop a non-medical and understanding of self-injury. The aims of the project are: To use creative practices to promote an accessible, person-centred understanding of self-injury, from a holistic, harm-reduction, embodied perspective; To increase points of dialogue between all perspectives involved in and/or affected by self-injury; To illustrate both positive and negative responses to and interventions in self-injury and to highlight their impacts for the individual/as concerned.

The research will be written up as “ethnographic fictions”, i.e. empirically-based short stories, which express key issues around self-injury. This format ensures accessibility for lay persons and professionals, interdisciplinary applications, and ensures confidentiality for participants. As a creative practice, this medium promotes empathy, connection, and a deeper understanding of the issues and individuals involved, than is possible within more traditional research or clinical accounts.

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