

Doing Interdisciplinarity in Youth Research

18 april 2024



Utrecht
University

Dynamics
of Youth



UMC Utrecht
Wilhelmina Kinderziekenhuis



Welcome to the Doing Interdisciplinarity in Youth Research Day!

*Let's be curious,
courageous,
and kind
together!*

We are thrilled to welcome you. Building bridges and relationships between people from different backgrounds takes time, time to step back from the everyday hustle, to engage in authentic dialogue, and to truly listen to one another. We have designed this event to be different, to be as enriching and collaborative as it is inspiring. Let us experience and be inspired together.

A Journey Through Doing Interdisciplinary Research: The day is all about the transformation that comes from working together and learning by doing. Doing interdisciplinary research puts youth at the centre and has the power to change our ways of thinking and doing research. But interdisciplinarity is easier said than done. Really doing interdisciplinarity begins with me and ends with us. We're putting it into practice.

Beginning with me: We start by challenging you to grow by exploring new ideas and personal skills, because it takes courage to build interdisciplinary bridges and step out of your comfort zone.

Ending with us: Later, we'll focus on the power of teamwork, because interdisciplinarity takes skills to build lasting collaborations and networks (and understand barriers). You'll gain hands-on experience with tools that foster meaningful collaboration and make a real-world impact.

Stories That Inspire: Throughout the day, (inter)national pioneers that have successfully challenged existing systems will be sharing their stories about partnerships that have led to breakthroughs in research and societal progress.

We wish you a great adventure because it takes courage to step out of your comfort zone, explore different perspectives, and build interdisciplinary bridges!

Let's be curious, courageous, and kind together!





Dynamics of Youth UU & Child Health UMC Utrecht

Dynamics of Youth is one of Utrecht University's four strategic themes. Dynamics of Youth combines excellent child research and education from all seven UU-faculties. Researchers from different disciplines integrate their expertise to answer crucial questions for future generations. Utrecht University is a pioneer when it comes to interdisciplinary cooperation.

Dynamics of Youth is collaborating with the Child Health Program of the UMC Utrecht, an integrated framework for child-centred interdisciplinary research, aligning patients, clinicians, investigators and resources, so that they can improve both physical and mental health of children during childhood and thereafter. Child Health aims to lead by filling significant gaps for children with complex chronic diseases.

Dynamics of Youth and Child Health have fostered a long-standing collaboration. The last years, we aligned our strategic goals and harnessed the complementary diversity of our expertise. In our research and education, interdisciplinary collaborations are of great value. This is crucial for the unique position that we can bring to Utrecht.

Programme

- 9.30 **Welcome with coffee and tea | Walk-in and registration**
- 10.00 **Opening**
Introduction by Catrin Finkenauer
- 10.15 **Keynote 'The magic charm' by Iva Bicanic**
An inspiring story of pioneering (inter)national partnerships that have successfully challenged existing systems and brought revolutionary insights to research and society.
- 10.45 **Coffee and tea break**
- 11.00 **Workshops about the me-perspective**
Because it takes *courage* to step out of your comfort zone and build interdisciplinary bridges. The workshops will challenge you to grow by exploring new horizons and personal skills.
- 12.30 **Lunch | Be curious through the 'Memory Card Game'**
- 13.30 **Keynote 'In dialogue for equality and inclusion' by Rocío García-Carrión & Maria van der Harst**
Experiences from journeys to make a difference for and with Romani youth. Dialogue, collaboration, and interdisciplinarity are key features to connect the 'me' and 'us'.
- 14.15 **Workshops about the us-perspective**
Because it takes *skills* to build sustainable and transformative collaborations. The workshops will give you the opportunity to gain hands-on experience with tools for impactful collaboration and teamwork.
- 15.45 **Coffee and tea break**
- 16.00 **Keynote 'Knowing more, doing better' by Marlou Jenneskens**
Building together meaningful interdisciplinary collaborations that can contribute to societal changes and policy advancement.
- 16.35 **Keynote 'Start your own movement' by Meike Bartels & Berend van de Kraats**
Going beyond the 'why' and 'what' of interdisciplinary collaborations it all comes down to the 'how'.
- 17.00 **Closing and drinks**

Keynotes



The magic charm by Iva Bicanic

'I know there is strength in the differences between us, I know there is comfort where we overlap' - Ani DiFranco

The professional approach of sexual assault victims has changed since the 1970s: from a fragmented model to a centralized 'one stop shop model' where multiple disciplines offer collaborative services at one central location. Like other countries across the globe, the Netherlands took steps towards an integrated, multi-agency support framework resulting in 16 Sexual Assault Centres. Iva Bicanic will present this 10-year development as well as the elements that contributed to its success.

Iva Bicanic is clinical psychologist at UMC Utrecht and VU Amsterdam. She is an expert in the field of sexual violence and skilled in post-traumatic stress disorder, cognitive behavioural therapy, EMDR, psychology, clinical research and psychiatry.



In dialogue for equality and inclusion

by Rocío García Carrión &
Maria van der Harst

Giving youth a good start in life, early childhood and school-going ages require a whole-child approach that brings stakeholders and disciplines together. Rocío García-Carrión and Maria van der Harst share their journeys, aiming to make a difference for and with Romani youth. Dialogue, collaboration and interdisciplinarity are key features to advance research with social impact to transform and improve people's lives.

Rocío García-Carrión is an Ikerbasque researcher at the University of Deusto (Bilbao, Spain). She is the PI of the Horizon Europe SCIREARLY project focused on reducing early school leaving and overcoming educational inequalities. **Maria van der Harst** is a PhD candidate at the UMC Utrecht, and researcher/project coordinator at the UU Centre for Global Challenges (UGlobe).



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Knowing more, doing better *by Marlou Jenneskens*

'We can only see a short distance ahead, but we can see plenty that needs to be done there' – Alan Turing

In 2016 the Inspectorate of Education found that the inequality in opportunity in education was growing in the Netherlands. In addition to policies and legislation, the 'Gelijke Kansen Alliantie' (GKA; Equal Opportunities Alliance) was established. Ever since, this GKA has worked tirelessly with schools, municipalities and many, many other partners, including researchers on interventions while learning by doing. Why does this work? For this student? Here? Or: why not? The lessons of 8 years of learning together, education, government and research, will be presented as well as what's still to be learned.

Marlou Jenneskens is working at the *Gelijke Kansen Alliantie (GKA)* as regional coordinator for Limburg and project leader for the cooperation with the coalitions and the program *School and Environment*.

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XplorIT! *by Meike Bartels & Berend van de Kraats*

Going beyond the 'why' and 'what' of interdisciplinary collaborations it all comes down to the 'how'. The 'how' is not perfect. The 'how' starts with Xploring yourself, your context and our future. So, let's start to - XplorIT. Meike has spent her career digging into the causes of differences in wellbeing addressing nature and nurture to understand the complexities of intrinsic drive. Berend has spent his career with 60 individuals in a submarine tasked with multiple missions. His practical experiences together with the comforting back-up of science will get your intent kick-started.

Meike Bartels is Professor in Genetics and Wellbeing at VU Amsterdam and **Berend van de Kraats** is Boardmember at XplorIT and Submarine Captain.



Workshops about the **me-perspective**



Walking as a Research Practice - Walking through your senses

Francesca Ranalli & Tania Cardoso

'(Walking while talking) brings to the foreground the stream of associations that occupy informants while moving through physical and social space, including their memories and anticipations.' – Margarethe Kusenbach

Being able to feel and share our emotions is the first step for listening to each other. Walking through the Amstel area while focusing on one sense can help us reinforce the relationship between our bodies and minds. Unexpectedly, listening and understanding each other's different perspectives can spark new insights. This is a key to interdisciplinarity!



Genuine contact – Cultivating hope as resource for interdisciplinary work

Doris Gottlieb

'Hope is a muscle, a practice, a choice that actually propels new realities into being. And it's a muscle we can strengthen.' – Krista Tippett

Embarking on an interdisciplinary project is like walking into an undiscovered

country. You don't know what you will find. Often signs are confusing, and it can be disorienting as you encounter different assumptions, professional languages, and differences in perspectives that add an extra level of complexity. Finding ways to actively cultivate hope is a valuable tool that can help navigate this landscape, as people work together in new ways and find new solutions. In this workshop we will explore how you can work with hope: what are your experiences of working with hope, which tools can help a team to create a collective sense of hope and which ways can develop your own practice and conduct to make use of hope?



Writing footnotes while reading your hand

Anna Luyten

We look carefully, draw a line in the palm of a hand and let the other use it as a new way of mapping the unexpected. We come back with words and ask ourselves what homecoming after walking in the unknown means. By walking the unknown path of others, we are composing an embodied and polyphonic narrative of our environment and new ways of companionship. We connect sound, embodiment, drawings and

multimedial storytelling as an ode to the walking soul and elaborate the definition of 'Arachnid Thinking'. Interdisciplinary research and co-creating is mimicking the patchiness of the world. It helps us to sketch open-ended assemblages of entangled ways of life and come to an insight of where our body, sensorial and intellectual knowledge can lead us.



Deep listening

Natasja Hoogenboom & Loes Huijjer

'The quieter you become, the more you are able to hear.' – Rumi

In this workshop, you'll discover in an interactive way which thoughts are blocking you from truly listening with attention. Think about thoughts like distractions, comparisons, analysing, and already formulating a question or answer. The outcome? Insight into the human experience (according to the paradigm of the 3 principles of Sydney Banks), a clear mind, and clear communication. (Workshop is in Dutch)



Communication pearls and pitfalls in interdisciplinary collaborations: are we speaking the same language?!

Sasja Scheepers

'The most important thing in communication is to hear what isn't being said.' – Peter Drucker
What kind of (implicit) assumptions do we bring to the conversation with the other person? What if that other person speaks a completely different (disciplinary) language than you do? When does miscommunication come into play? This workshop aims to interactively guide you through some communication challenges and opportunities while meeting people that are not necessarily speaking the same (disciplinary) language as you do.





Conflict Transformation by means of communication

Chantal Suissa-Runne

How do you assure, while navigating conflict, you don't lose touch with the other person or party? What is the difference in addressing viewpoints or needs? Which positive results could be achieved by focusing on the latter? Especially when you are confronted with conflicting perspectives. In times of increasing polarisation, learning how to communicate at the level of needs proves to be an essential life skill. Let's explore this together in this interactive workshop.



Using 'Risky Experiments' to develop your personal skills for interdisciplinarity

Arabella Meyer

Explore the vital role of personal interdisciplinary skills in fostering successful interdisciplinary collaborations. Join this interactive workshop where you'll utilize a personal assessment tool and the Learning Zone Model to develop a 'Risky Experiment'. Your unique 'Risky Experiment' will encourage you to venture

beyond your comfort zone and offers a clear action-plan for enhancing your interdisciplinary abilities.

BILDUNG ACADEMIE

Engagement and safe work environment

Paul ter Wal

'There is a crack in everything, that's how the light gets in.' - Leonard Cohen

Knowing your non-negotiables is the basis for working in a team and creates improvement of team leadership abilities. If you can create and support alignment with the core values of the team and your own non-negotiables the foundation will be created for psychological safety and with that more well-being and happiness.



Do better storytellers make better teachers, researchers, and healers? Exploring narrative-based practices

Megan Milota

In the field of medical education, narrative-based practices such as close reading and creative writing are often used to 'acknowledge, absorb, interpret, and act on the stories and plights of others' (Rita Charon 2001). In this workshop, we'll practice and discuss a series of narrative-based exercises. We'll focus in particular on how these creative, self-reflective acts can encourage open and supportive dialogue about topics like wellbeing and (self) care.



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Stream of consciousness dialogues

Annick de Witt

'The survival of mankind will depend ... on the ability of people who think differently to act together.' - Geert Hofstede

Thinking outside of the box: Exploring your worldview to move beyond it! Your worldview profoundly shapes how you relate to yourself, others, the world, and the future. Our worldviews - and the differences between them - also

powerfully shape our (interdisciplinary) collaborations. In this workshop we will therefore explore our own worldviews, using a Worldview Test as well as a fun conversational technique that fosters a respectful exchange of perspectives, enhances relationships, and results in new insights.



Worldview Journeys



Workshops about the us-perspective



Building Sustainable Partnerships - Effective partnering: what does it take?

Rita Dieleman & Tilleke Kiewied - Partnership brokers

'We do not learn from experience...We learn from reflecting on experience.' – John Dewey
Interdisciplinary collaboration requires attention for the partnering process, as it effects its results. This session aims to help you reflect on the partnership process: how are we working together? What makes this partnership work? And what can you do to make it successful? We also provide you with some frameworks and exercises that can help your partnership move forward.



Participation: feeling, empathizing, and sharing

Francesca Ranalli & Tania Cardoso

'We ask, we dialogue, but we also (...) overcome mutual mistrust, recognizing conflicts and antagonistic positions (...) and it is then that the environment warms up and participation happens'. – Giancarlo De Carlo
During our research and practice, we have been exposed to or even conducted

participatory processes to engage with people in the topics we are developing. The participatory approach often requires interactive and creative techniques tailored to different target groups. This is especially important when involving children and young people. In this workshop, we will explore the participant's role in these processes and be guided through feeling, empathising, and sharing.



Interdisciplinary playground

Heidi Lesscher, Pascale van Zantvliet, Anne Margit Reitsema & Eline de Groot

'There are no facts, only interpretations.' – Friedrich Nietzsche

As soon as you start working in an interdisciplinary team, you start to notice how difficult it can be to put yourself in the shoes of someone who has a different background. In this workshop, you'll have the opportunity to challenge yourself, be inspired by the creativity of other people's assumptions, and broaden your understanding by examining youth-related cases through different lenses.



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Genuine Contact – Reframing Conflict

Doris Gottlieb

'The quality of our lives depends not on whether or not we have conflicts, but on how we respond to them.' – Thomas Crum
When committed and engaged people come together from different (professional) backgrounds to work on a project they care about, it will bring differences to the surface. This makes the work exciting and fruitful, but it can also lead to conflict. Conflict is the natural consequence of being part of a living and dynamic system. When not addressed it can drain individual and organizational energy and can take it away from productive work. It narrows people's perspectives and squashes creativity. Yet, resolving conflicts can lead to valuable new insights and increased creativity. This workshop promises to look at how to cultivate both inner tools for addressing conflict as well as strategies for facilitating situations where conflict is present.



The City as Anthology: Movements at the Margins of Public Space

Mariken Overdijk

'You looked too far. That what you sought is here.' – Marjoleine de Vos
An invitation for a one-to-one performative experiment as a DIY walk-on-paper workshop by Mariken Overdijk, Urban Choreographer/Performance Artist and Writer. Within her research in the field of Urban Choreography/Psychogeography, Overdijk designed a performative method, enticing passersby to reveal a glimpse of a seemingly unspectacular ritual of the human body that gets up every day. You will follow a script to describe this route as closely as possible with a pencil on paper. Thus, revealing a hidden choreography of what goes on behind the facades of the city.

Gerrit Rietveld Academie

Define your first actionable step through the Design Thinking process

Arabella Meyer

Discover the transformative power of Design Thinking in overcoming interdisciplinary challenges. Through a guided Design Thinking process, you'll identify and tackle current challenges hindering your interdisciplinary endeavours. Collaborate with fellow participants using various ideation methods to address your formulated challenge effectively. Walk away with a concrete actionable step, empowering you to initiate or advance interdisciplinary collaborations with confidence after the event.

BILDUNG ACADEMIE

Curiosity and Courage: how to organize this together

Coen Jutte

'Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.' – Viktor Frankl

Coen Jutte's workshop is an exciting challenge! With a combination of experiences, humour and music, he enables people to overcome their

discomfort and surprise themselves with courage and new behaviour. Coen works together with the group of Naomi Ellemers (Utrecht University), doing research on the impact of his workshops and presentations.



Not meeting in the middle: finding common ground in interdisciplinary collaborations

Anke de Vrieze – Centre for Unusual Collaborations

Finding common ground is key to interdisciplinary collaborations. However, where do you meet? In this workshop, we depart from the premise that it's not about meeting in the middle. Rather, it's about finding the creative tension between perspectives. Curious to explore what's needed to make interdisciplinary collaboration spark? Join us for this learning-by-doing workshop!



Learning and growth: perspective taking

Roos de Jonge

'Never mistake knowledge for wisdom. One helps you make a living; the other helps you make a life.' – Eleanor Roosevelt

On the other side: From experience to learning.

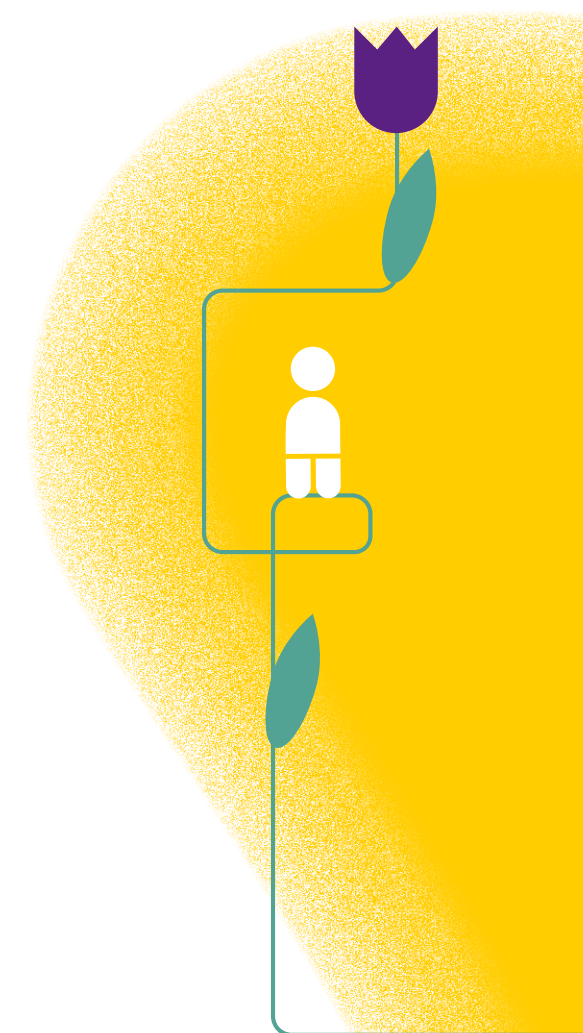
Perspective taking is important in interdisciplinary collaboration because it fosters a deeper understanding when we integrate diverse viewpoints from multiple disciplines.

How do we make this understanding visible and what do we learn from the experience of another perspective?

In this workshop, we use visual thinking strategy as a tool for perspective taking. Come and experience: on the other side.



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Memory Card game

Since the whole day is about making connections and discoveries, we created a special game to spark new connections and build new bridges!

Each participant was given a memory card with a unique symbol and color. Just like in the game, each memory card has a unique match. Maybe you have a card with a yellow tulip? Somewhere there is another participant with a matching yellow tulip. Your card is an invitation to find your match and make a new connection. When you have found your match, couples can come to the registration desk and let us know. At the end of the day, you and your partner could be the connection that wins a prize.



Organisations and participants

We are proud of the huge diversity of people and organisations that are present at this event. This is an impression of the organisations registered for our event.

- University of Amsterdam
- VU Amsterdam
- The British School of Amsterdam
- Utrecht University
- Hogeschool Utrecht
- University of Groningen
- Maastricht University
- Erasmus University Rotterdam
- Leiden University
- Radboud University
- Tilburg University
- Wageningen University & Research
- Koning Willem I College
- Rotterdamse Academie van Bouwkunst
- Gerrit Rietveld Academy
- University College Dublin
- Ulm University
- University of Deusto
- Sorbonne University
- Yerevan State University
- Princess Máxima Center Utrecht
- UMC Utrecht / Wilhelmina Children's Hospital
- Amsterdam UMC
- Hospital Sant Joan de Deu
- Sanquin
- Trimbos Instituut
- Netherlands Institute for the Study of Crime and Law Enforcement
- CINEA (EU Commission)
- Ideate
- The Alignment House
- Ouder en Kind Foundation
- Civil Care Foundation
- Sant Joan de Déu Foundation
- Inserm
- Betthera
- Kanis Cultural Projects
- ClicLab - Transformative Agent
- Pakhuis de Zwijger
- Wijkontwikklingsmaatschappij Kerckebosch
- XITE
- MoneyRebels
- EWUU alliance
- Ministry of Education, Culture and Science
- Municipality of Utrecht
- Municipality of Zwolle
- SNS bank

Adress book & notes

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