

LEGO based Intervention for Improving Wellbeing

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Abstract

LEGO® is often used as an exploratory tool, utilised in teaching where it can facilitate deep learning through interactive activities, which enhance student-learning experience (Frick et al. 2013). Drawing on the growing evidence base around LEGO® SERIOUS PLAY® methodology (McCusker 2014) and previous experience of offering workshops based on the principals of LEGO® A-GO-GO (Richards et al. 2017) this paper aims to challenge traditional support mechanisms and promote a new innovative method of communication. The paper aims to display how the use of LEGO® can empower individuals to discuss difficult or challenging thoughts or emotions in a safe non-threatening way. The papers findings are based on workshop experiences that have been met with positive evaluation from participants (Garvey 2018).

Drawing on the experience of utilising the use of LEGO® to create a protocol for engendering wellbeing in individuals. The proposed protocol aims to provide the building blocks to successfully running a workshop using LEGO® as conduit to stimulate discussion and increase confidence in articulating a participants own experiences of wellbeing in a safe non-threatening environment. The paper aim to provide advice and guidance to support other institutions to take on board this innovative approach.



Biography:

Stephen is a Registered Dietitian specialising in Gastroenterology and patient centred holistic care. Stephen is currently an Associate Professor in Quality and Curriculum Review and Lead for Interprofessional Education at Coventry University. Stephen is part of the Mental Health First Aid Instructor team delivering a variety of courses across the

University and externally. Stephen is passionate about providing students with the competence and confidence to put the skills learnt across the Collaborative Curriculum into practice on their clinical placements. Stephen is currently undertaking a PhD focusing on spirituality competencies in Dietetic Education.

Patricia Bluteau is an Interim Associate Dean in the Faculty of Life Sciences at Coventry University in the UK. Patricia is a mental health nurse and academic. Her research interests include mental health and wellbeing, interprofessional education and integrated care and engaging with quality processes in higher education.

Diane is the lead for mental health at Coventry University and is a Registered Mental Health Nurse with over 30 years' experience of working both in the community as a Community Psychiatric Nurse and previously, as an Associate Head of School in the Faculty of Life Sciences at Coventry University. Diane is leading the implementation of the Mental Health Policy for the group; manages the Mental Health and Wellbeing Zone team and leads the Mental Health First Aid (MHFA) Team. 'It's okay to not be okay' is her mantra!

Speaker Publications:

1. "Bilateral eye movements enhance the retrieval of episodic memories Neuropsychology 2003 Apr;17(2):221-9. doi: 10.1037/0894-4105.17.2.221..
2. "Expert testimony in capital sentencing: juror responses"; J Am Acad Psychiatry Law . 2005;33(4):509-18.

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