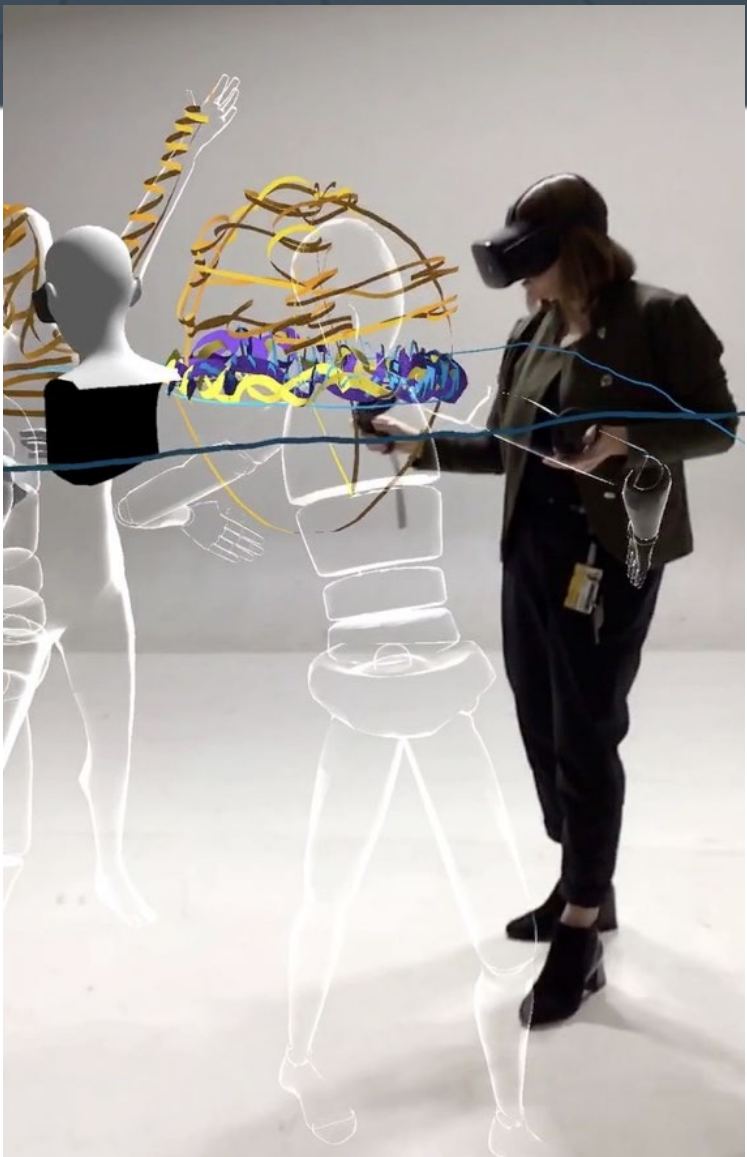


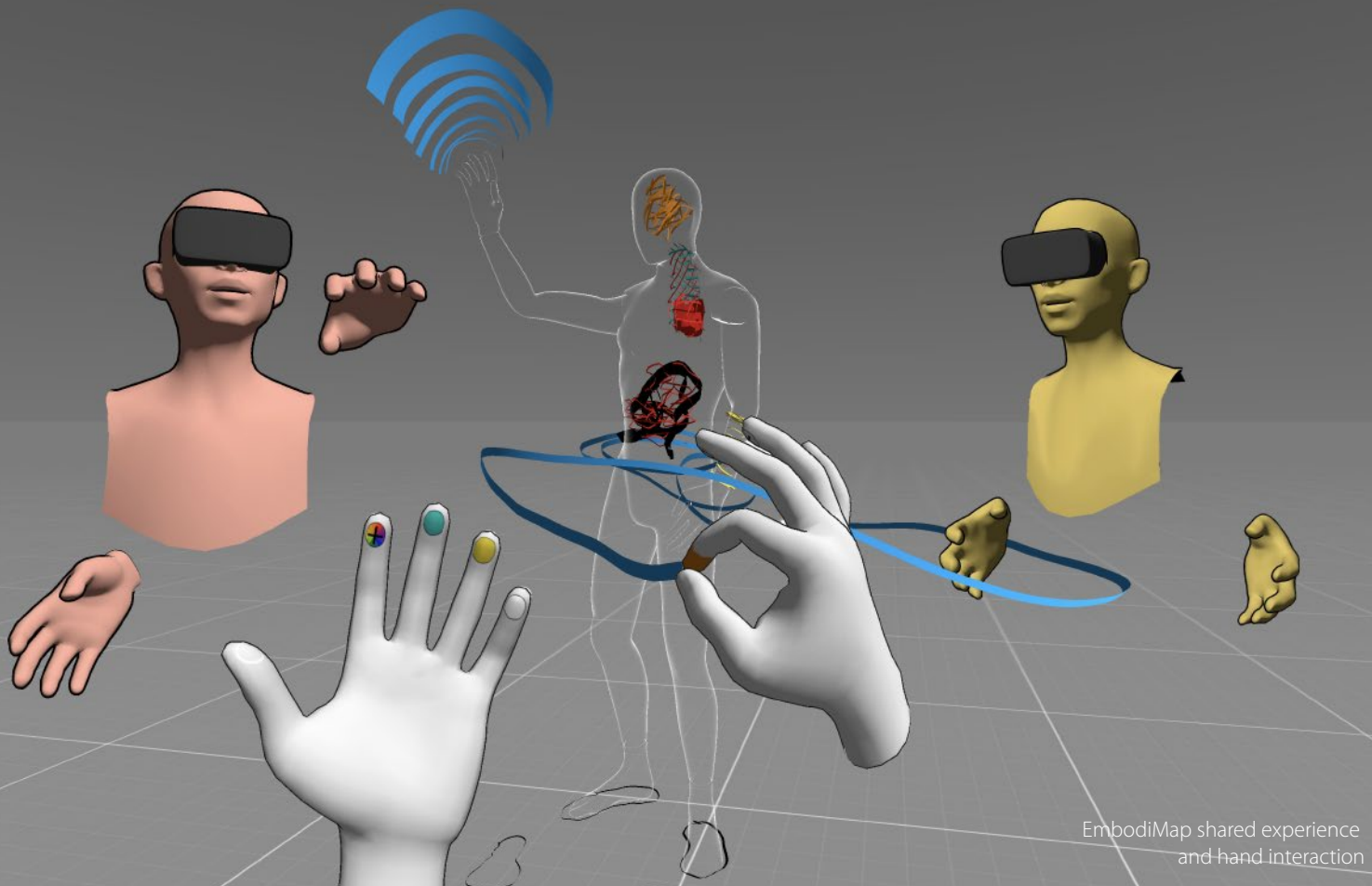
# EmbodiMap

*EmbodiMap* is a creative research experience that enable users to connect with and explore how their feelings, thoughts and emotions are experienced in the body. *EmbodiMap* extends existing 'body-mapping' research and protocols\* by facilitating a tangible immersive experience. Participants can engage with and enter into a 3D avatar body and map the sensations and feelings they experience in their own body.

*EmbodiMap* consists of tools, protocols and facilitated engagements, that innovatively use 3D immersive drawing technologies. The participants can be guided through a mindful, meditative voice-over engagement; have a shared *EmbodiMap* experience with others in the virtual space; experience a therapeutically guided engagement, or go on a self-directed journey. Participants can select from a range of available 3D 'avatar' bodies, and shape the posture and pose of a body to experiment with gesture and stance, exploring for example, closed/anxious and more open/confident states.

Each time a feeling, sensation or emotion is identified it can be mapped, by drawing into the figure. The participants can move around the immersive space to observe or enter into their mapping. They can start afresh using new body outlines and leave behind the mapped vertical columns that are traces of how the body felt at a particular moment in time. In this way, participants create a field of 3D sense or emotion state maps, which tell a story of change and the processing of emotions. These images can be saved, exported, and revisited to be worked on further.



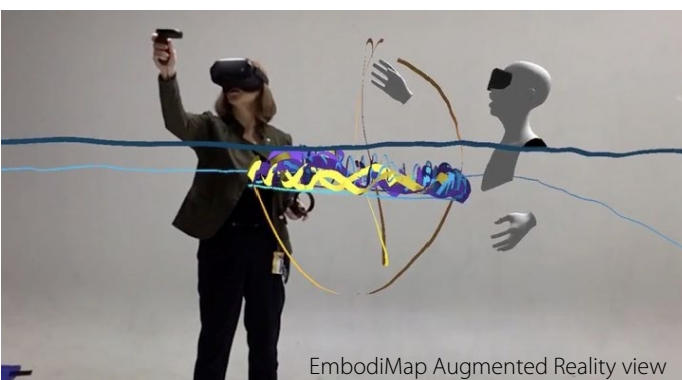


EmbodiMap shared experience and hand interaction



### Features:

*EmbodiMap* can be experienced solo or as a shared remote session with multiple participants, represented as avatars. The viewer can choose a self-directed session or a guided mindful meditation with a voice-over channel. Participants can select from a range of 3D avatar bodies, and shape the posture of the body, mirroring their own pose. Various stimulating or calming environments are available to choose from and the participant can interact and draw directly with their hands without the need for VR controllers. *EmbodiMap* operates on the untethered Oculus Quest VR headset - a new generation VR device, powerful, easy to use and portable. A session can be streamed wirelessly to an external monitor or as an Augmented Reality app on a tablet computer or mobile phone.



*EmbodiMap* can be tailored to suit the needs of individuals or groups. It may be used with/by facilitators and/or therapists or in a self-directed way. It is designed to work with a number of therapeutic protocols/approaches including:

- Body Mapping
- Focusing
- Sensori-motor psychotherapy
- Trauma therapy
- Relational psychotherapy
- Yoga and meditation-based exercises or any other form of
- Therapies that investigate embodied, psychosocial experience

It may also be used as a research tool for gathering data in relation to lived and embodied experience, such as:

- Arts-based research
- Microphenomenology
- Interpretative Phenomenological Analysis

*EmbodiMap* is created by the UNSW *feel* *felt Experience and Emphy Lab*. From 2020 the *EmbodiMap* VR app is available for trialing. Programs/individuals/groups trialing its use will be able to contribute to the iterative co-design and refinement of the tool.

Research programs trialing the tool include: Katherine Boydell et al, Women marginalised by mental health, disability or refugee status, ARC DP200100597.

Video preview *EmbodiMap*: <https://vimeo.com/465643239>

\* See, for example: [https://www.researchgate.net/publication/302287957\\_Embodied\\_Ways\\_of\\_Storing\\_the\\_Self\\_A\\_Systematic\\_Review\\_of\\_Body-Mapping](https://www.researchgate.net/publication/302287957_Embodied_Ways_of_Storing_the_Self_A_Systematic_Review_of_Body-Mapping)

For systematic review: De Jager, A., Tewson, A., Boydell, K.M. (2016). Embodied ways of storing the self: A systematic review of body mapping. *Qual Soc Res*. <http://nbn-resolving.de/urn:nbn:de:0114-fqs1602225>.

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