

# Spheres of Wellbeing

Interactive Technology to Support Mindfulness Practice and to Strengthen the Sense of Self of Women with Learning Disability and Emotionally Unstable Personality Disorder in Forensic Services



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## Background

The research follows a person-centred, collaborative approach in the development of a set of innovative, interactive digital objects (*Spheres of Wellbeing*), specifically designed for women with a dual diagnosis of LD and emotionally unstable personality disorder in an MSU. The women present a very vulnerable and difficult to treat client group due to their extremely challenging behaviours, complex needs and persistent lack of motivation to engage in therapy. Simultaneously, they have the most need for attention, care and positively experienced interactions.

## Heartbeat Sphere

Upon touching, the *Heartbeat ball* assesses and reflects a person's heart rate through soft pulsating vibrations and colourful lights, providing a new, experiential way of bringing awareness to one's body. As biofeedback it further enables the self-monitoring and regulation of arousal.



## Aims

The interaction with the Spheres is sought to encourage practices of mindfulness and to strengthen the sense of self of the women, both vital components of Dialectical Behavioural Therapy, a specialist psychosocial treatment for their condition (Linehan, 1993).

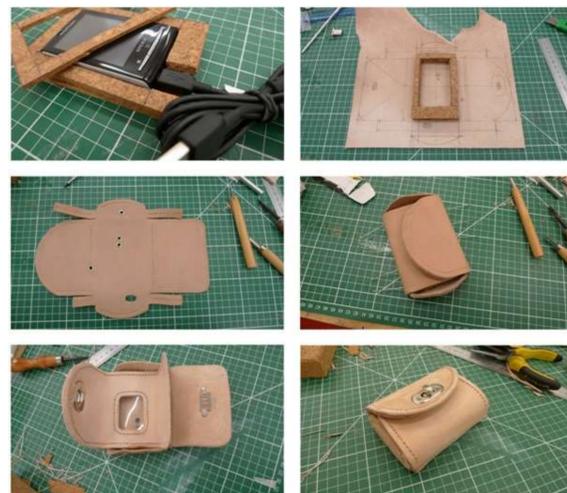


## Collaborative Design Process

Following recommendations of the DH (2011), we will involve the women more actively into the research and their care process through close, empathic and creative engagements, allowing for a personalisation of the objects to their needs (Wright & McCarthy, 2009).

## Identity Sphere

The *Identity Sphere* gently invites the women to engage with their personal space and body through visual tags, which will be recognised by a device that responds to them by displaying short personalised videos envisioned to strengthen their sense of self (cf., Wallace et al., 2012).



## References

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