

COMPLETE

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Page 1: Mapping mindfulness, empathy and compassion applications at a systems level across Australia

Q1

PROJECT TITLE Short title for your project

PROSOCIAL: The science of cooperation

Q2

ORGANISATION Who are you? List the name of your company/school/hospital/NGO/government department/professional association/legal firm/etc.

Institute for Positive Psychology and Education, Australian Catholic University
 Binghamton University
 University of Nevada Reno
 Prosocial Psychology

Q3

DESCRIPTION & URL LINK What are you doing? Outline the aims and scope of your project, program or activity. Include URL link for more information.

PROSOCIAL is a mindfulness-based process for improving trust and collaboration in groups. PROSOCIAL draws upon the sciences of mindfulness-based behaviour change, evolution and Ostrom's Nobel prize winning research elucidating the social practices needed to successfully cooperate. Theory and practice concerning "the commons" provides an alternative narrative to markets or states for organising cooperation. This narrative relies upon a local community or group that cares about a particular issue or resource developing social practices that work for sustainable cooperation. This strong theoretical and empirical base has now been converted into a simple, practical process for enhancing group awareness, perspective taking and purposeful cooperation in small groups in a way that can be scaled up to whole systems. For more information see www.prosocial.world

Q4

SUCCESS MEASURE How will you measure success? Describe the outcomes, value, or effectiveness of the project or activity. For example, changes in:- levels of bullying;- levels of medical errors;- organisational culture & practice; etc

Outcomes are trust, wellbeing, group commitment, group satisfaction, and effectiveness of implementation of the PROSOCIAL design principles.

Q5

LIMITATIONS Any limitations? Provide details of any limitations in the activity, program or project. For example:- didn't seem to apply in particular circumstances;- a pilot project with limited reach; etc

To date, the intervention package has been systematically evaluated in one government agency where the results were extremely positive (<https://www.prosocial.world/post/outstanding-evidence-for-prosocial-in-a-government-agency-setting>). The process is being used and evaluated in multiple other settings.

Q6

RESEARCH & KNOWLEDGE TRANSFER Do you have research support? List any links to universities/NGOs/ Thought Leadership companies designing, researching or evaluating this activity or project. Is your activity funded through a research grant? Will your project be written up in a journal/book chapter or presented at a conference?

The project is not currently funded. We have research ethics approval from Binghamton university where the project leader, David Sloan Wilson, is based. Members of the PROSOCIAL development team are affiliated with multiple universities internationally.

Q7

COLLABORATION & PARTNERSHIP REQUESTS How can the Network support you? Are you seeking any alliances, research partnerships? For example:- find others working in the area that could offer a larger research investigation or analysis sample;- put out a call to share information in similar sectors/ situations for comparisons or comparative data;- request design, evaluation support for the activity, program, project.

We would like to support implementation of PROSOCIAL in organisational and community contexts where there is a willingness to conduct systematic evaluations of the process. We can provide training and coaching for facilitators interested in learning how to deliver the process in their contexts.

Q8

IDEAS & INNOVATIONS Does your project raise issues that Network members could assist with, or take up? Identify the spin-off questions that this activity or project is raising – for others to respond to, or take up – to engender wider discussions. As patterns across organisations start to emerge, and the Network develops, suggest new design elements to facilitate more pro-active innovations and collaborations.

It is highly likely that network members work in contexts where they would like to make use of a method for enhancing cooperation in small groups and networks of small groups. We would love to talk with interested parties about participating in this research.

Q9

CONTACT Who is the contact person? Offer a name from the organisation for people to directly speak to, or email.

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