



**UiT The Arctic  
University of Norway**



**L-Università ta' Malta**  
Centre for Resilience &  
Socio-Emotional Health

## **SUMMER SCHOOL COLLABORATIVE RESEARCH IN MENTAL HEALTH: A WORKSHOP FOR MENTAL HEALTH STUDENTS AND PROFESSIONALS**

**6th –10th July 2026    University of Malta, Malta**

### **About**

This one week summer school responds to the increased demand for mental health promotion and well-being within a participatory approach. It is designed to provide participants from healthcare, education, social work, mental health, and research with the practical and research skills required in designing, implementing, and evaluating collaborative projects in mental health. It emphasizes the scientific understanding of the practical conditions that improve research and practice in mental health, substance abuse, recovery, and well-being, which is fundamentally important both at individual and societal levels. Participants will receive training in various theories and methods related to collaborative research and how to implement the CORE-Arctic framework for collaborative research in mental health. In this way, participants will be able to develop their own version of collaborative research, well suited with the local context. Throughout the week, course participants will design a collaborative research project with a high degree of user participation.

### **Learning Outcomes**

Participants of this one-week summer school will develop skills in designing, implementing, and evaluating collaborative mental health projects using a participatory approach. The training includes theories, methods, and the CORE-Arctic framework, enabling participants to create context-specific research models. By the end of the course, they will have designed a user-involved collaborative research project, enhancing their ability to promote mental health and well-being.

### **Course Tutors:**

Prof Rita Sørly, Department of Child Welfare and Social Work, and Director of the Arctic Youth Research Center, UiT Arctic University of Norway

Prof Merete Saus, Department of Education, UiT Arctic University of Norway

Prof Marius Storvik, Faculty of Law, UiT Arctic University of Norway

Sunniva Solhaug Fjelldal, PhD Candidate, Department of Health and Care Sciences, UiT Arctic University of Norway

### **Programme:**

Time	Monday 0607	Tuesday 0707	Wednesday 0807	Thursday 0907	Friday 1007
09.00- 09.15	<b>Welcome</b>	<b>Welcome with weather forecast</b>	<b>Welcome with weather forecast</b>	<b>Welcome with weather forecast</b>	<b>Welcome with weather forecast</b>
09.15-10.00	Presentations, getting to know each other: "Why are you interested in collaborative research?" Plan for the course Expectations Friday presentations  <i>Rita Sørly</i> <i>Merete Saus</i> <i>Marius Storvik</i> <i>Sunniva Solhaug</i> <i>Fjelldal</i>	Three types of knowledge: Experience based knowledge Practical knowledge Research knowledge	Power Critical perspectives	Practical challenges with collaborative research	<b>Student Presentations</b>  <i>Rita Sørly</i> <i>Merete Saus</i> <i>Marius Storvik</i> <i>Sunniva Solhaug</i> <i>Fjelldal</i>
10.00-10.15	<b>Break</b>	<b>Break</b>	<b>Break</b>	<b>Break</b>	<b>Break</b>
10.15-11.00	Our experiences from doing collaborative research  <i>Rita Sørly</i> <i>Merete Saus</i> <i>Marius Storvik</i> <i>Sunniva Solhaug</i> <i>Fjelldal</i>	Different methods within collaborative research  <i>Merete Saus</i> <i>Rita Sørly</i>	Cultural understanding Reflections Ethics	Analysis and communication of collaborative research  <i>Rita Sørly</i> <i>Merete Saus</i>	<b>Student Presentations</b>  <i>Rita Sørly</i> <i>Merete Saus</i> <i>Marius Storvik</i> <i>Sunniva Solhaug</i> <i>Fjelldal</i>
11.00-11.15	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>
11.15- 12.00	What is collaborative research? How does it differ from traditional research?  <i>Merete Saus</i> <i>Sunniva Solhaug</i> <i>Fjelldal</i>	How to design projects within collaborative research?  <i>Rita Sørly</i> <i>Sunniva Solhaug</i> <i>Fjelldal</i>	Practical exercises (Work in groups) <i>From which point of view do we do research? Whose voice counts?</i>  <i>Merete Saus</i> <i>Marius Storvik</i> <i>Sunniva Solhaug</i> <i>Fjelldal</i>	Practical exercises (Work in groups) <i>Our stories as collaborative researchers: who do we want to be?</i>  <i>Rita Sørly</i> <i>Merete Saus</i> <i>Marius Storvik</i> <i>Sunniva Solhaug</i> <i>Fjelldal</i>	<b>Student Presentations</b>  <i>Rita Sørly</i> <i>Merete Saus</i> <i>Marius Storvik</i> <i>Sunniva Solhaug</i> <i>Fjelldal</i>
12.00 -12.45	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
12.45- 13.00	In Collaborative groups <i>What do you want to do in your collaborative project?</i>  <i>Rita Sørly</i> <i>Merete Saus</i> <i>Marius Storvik</i> <i>Sunniva Solhaug</i> <i>Fjelldal</i>	Exercise in collaborative groups: <i>Start designing your own project</i>  <i>Rita Sørly</i> <i>Merete Saus</i> <i>Marius Storvik</i> <i>Sunniva Solhaug</i> <i>Fjelldal</i>	Presentation of exercises in plenary session  <i>Rita Sørly</i> <i>Merete Saus</i> <i>Marius Storvik</i> <i>Sunniva Solhaug</i> <i>Fjelldal</i>	Presentation of exercises in plenary session  <i>Rita Sørly</i> <i>Merete Saus</i> <i>Marius Storvik</i> <i>Sunniva Solhaug</i> <i>Fjelldal</i>	Summary of the week  <i>Rita Sørly</i> <i>Merete Saus</i> <i>Marius Storvik</i> <i>Sunniva Solhaug</i> <i>Fjelldal</i>
13.00 -13.45	<b>Dialogue and summary of the day</b>	<b>Dialogue and summary of the day</b>	<b>Dialogue and summary of the day</b>	<b>Dialogue and summary of the day</b>	<b>Summary of the course</b> <b>Thank you &amp; safe journey</b>