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Abstract

This presentation explores a triangulation approach, employing three interconnected yet distinct methods: dress as object of evidence, remaking as research method, and embodied research as process of knowing. Triangulation in research refers to the use of multiple methods, data sources, or theoretical perspectives to explore a research question for improving the accuracy of a study. Aiming to break down the division between theory and practice, this approach addresses the potential of practice-based inquiry to inform and activate theoretical frameworks, while at the same time improving practical work with theoretical insights. 'Dress as object of evidence' involves the analysis of material culture, allowing for a rigorous examination of historical garments to reveal techniques of constructions. This serves as a link between theory and practice by supporting hypothetical discussions of culture, labour, and identity in a tangible physical object. 'Remaking as research method', demonstrates how the process of reconstructing historical garments allows practitioners to engage with theoretical concepts such as materiality, gender, and social function, thus facilitating a better understanding of the relationship between historical theory and contemporary practice. 'Embodied research as process of knowing' engages with the remade garments in an experiential and sensory way, offering an embodied understanding of theory that cannot be captured through intellectual analysis alone. By triangulating these three methods, this framework demonstrates how the integration of practices can activate theory, expand knowledge, and contribute to a comprehensive understanding of both theoretical contexts and practical experiences.