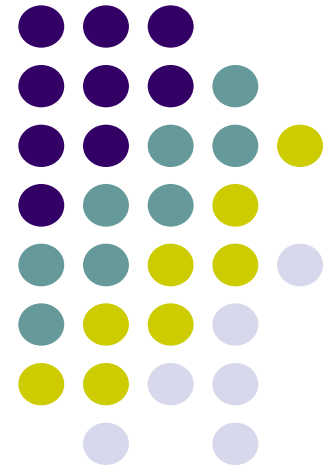


Relational Embodiment in the present moment

Jaakko Seikkula

Seikkula, J. & Arnkil, TE (2014) Open dialogues and anticipations: Respecting the Otherness in the present moment.

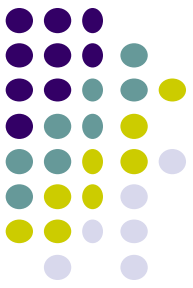
Helsinki: THL



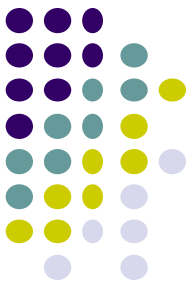
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- “... authentic human life is the open- ended dialogue. Life by its very nature is dialogic. To live means to participate in dialogue: to ask questions, to heed, to respond, to agree, and so forth. ***In this dialogue a person participates wholly and throughout his whole life: with his eyes, lips, hands, soul, spirit, with his whole body and deeds.*** He invests his entire self in discourse, and this discourse enters into the dialogic fabric of human life, into the world symposium.” (M. Bakhtin, 1984)



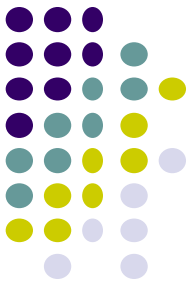
- Mary Catherine Bateson: Proto language
- Stein Bråten: "virtual other"
- Daniel Stern – present moment
- Colwyn Trevarthen – dialogue in jazz like rhythmicity
- Elizabet Fivaz-Depeursinge – from dyadic to collaborative and relational intersubjectivity



Movement is the first language

(Maxine Sheet- Johnstone 2010)

- Moving in rhythm
- Regulation of affective arousal
- AND
- Communicative act

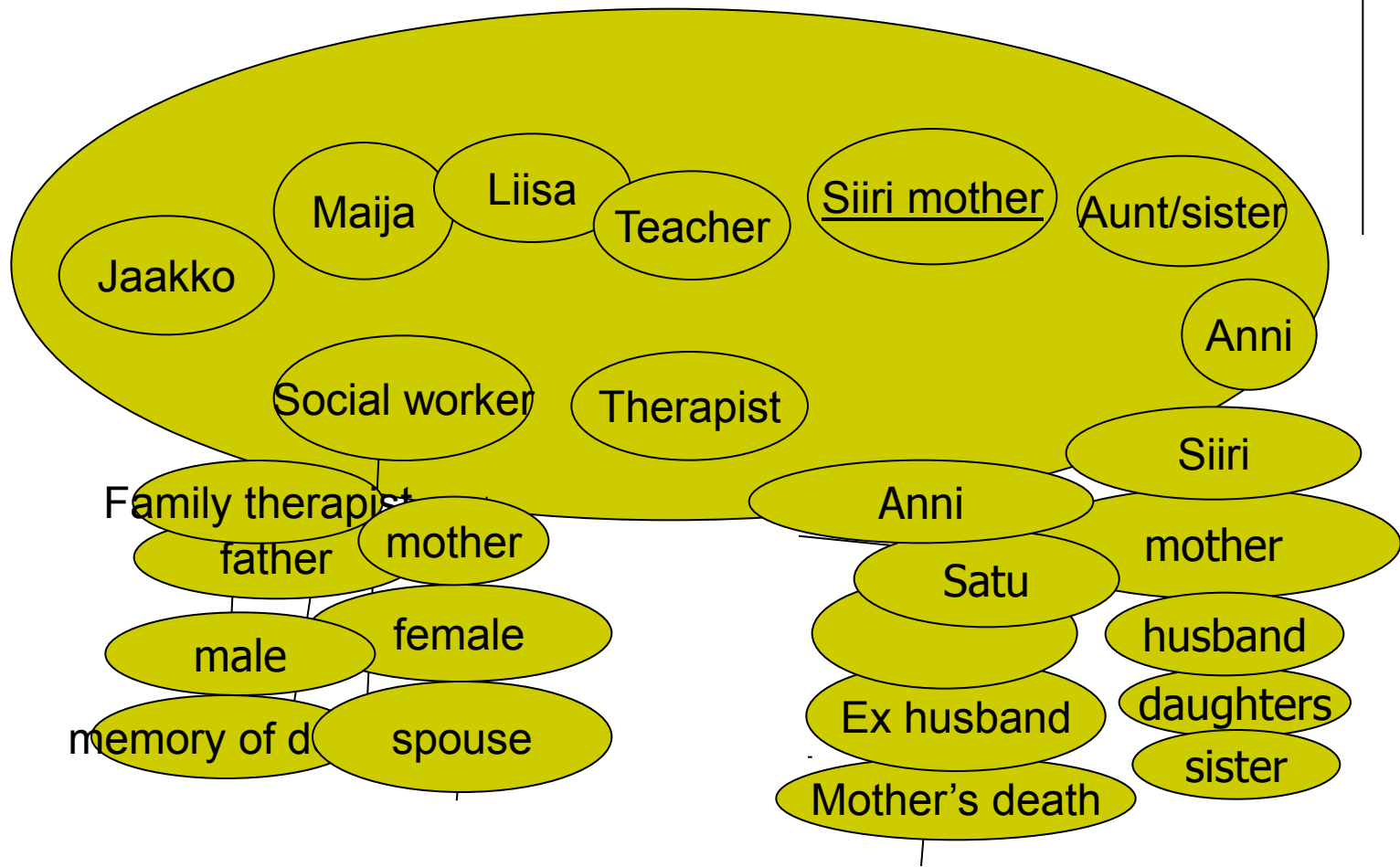
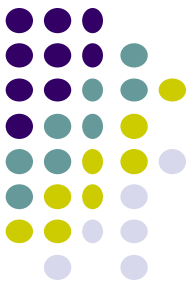


- Movement
- Affects or sensing
- Emotions

William James (1890): From looking at patterns to sensing similarities

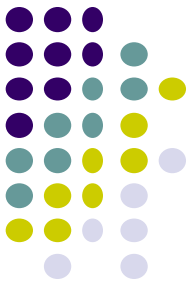


- “Our experiences are feelings of tendency, often so vague that we are unable to name them at all” (p.254);
- such feelings can function as “signs of direction in thought of which we have an acutely discriminative sense, though no definite sensorial image plays any part in it whatsoever” (p.253).
- Thus we can have an acutely discriminative sense of such feelings of tendency, and it is our inner sensing of similarities – rather than of our seeing of patterns out in the world – that is basic to our making sense of what is happening to us in our lives.

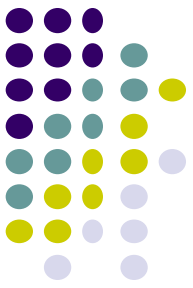


- Vertical and horizontal polyphony
- Dialogical network meeting 08.10.2015

Basic assumptions of relational life

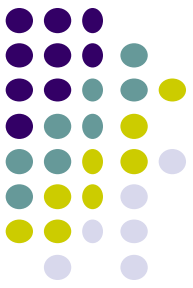


- We born into relations – relations become our embodied being
- We are intersubjective – not one entity
- Life is living in the polyphony of voices
- Dialogue between voices is the basic human experience



To intersubjectivity

- “Life is not psychology - it is (dialogic) music ” (Colwyn Trevarthen)
- Virtual others (Stein Bråten)
- “I see myself in your eyes” (M. Bakhtin)
- Mirror neurons: “I see myself in the other” (M. Iacoboni, 2008)
- I observe the reality through the others observing the same reality (E. Husserl)

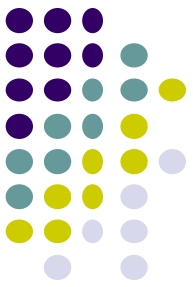


- "We are now experiencing a revolution. The new view assumes that the mind is always embodied in and made possible by the sensori-motor activity of the body. (...) Mind is intersubjectively open, since it is partially constituted through its interaction with other minds" D. Stern, 2007, 36)



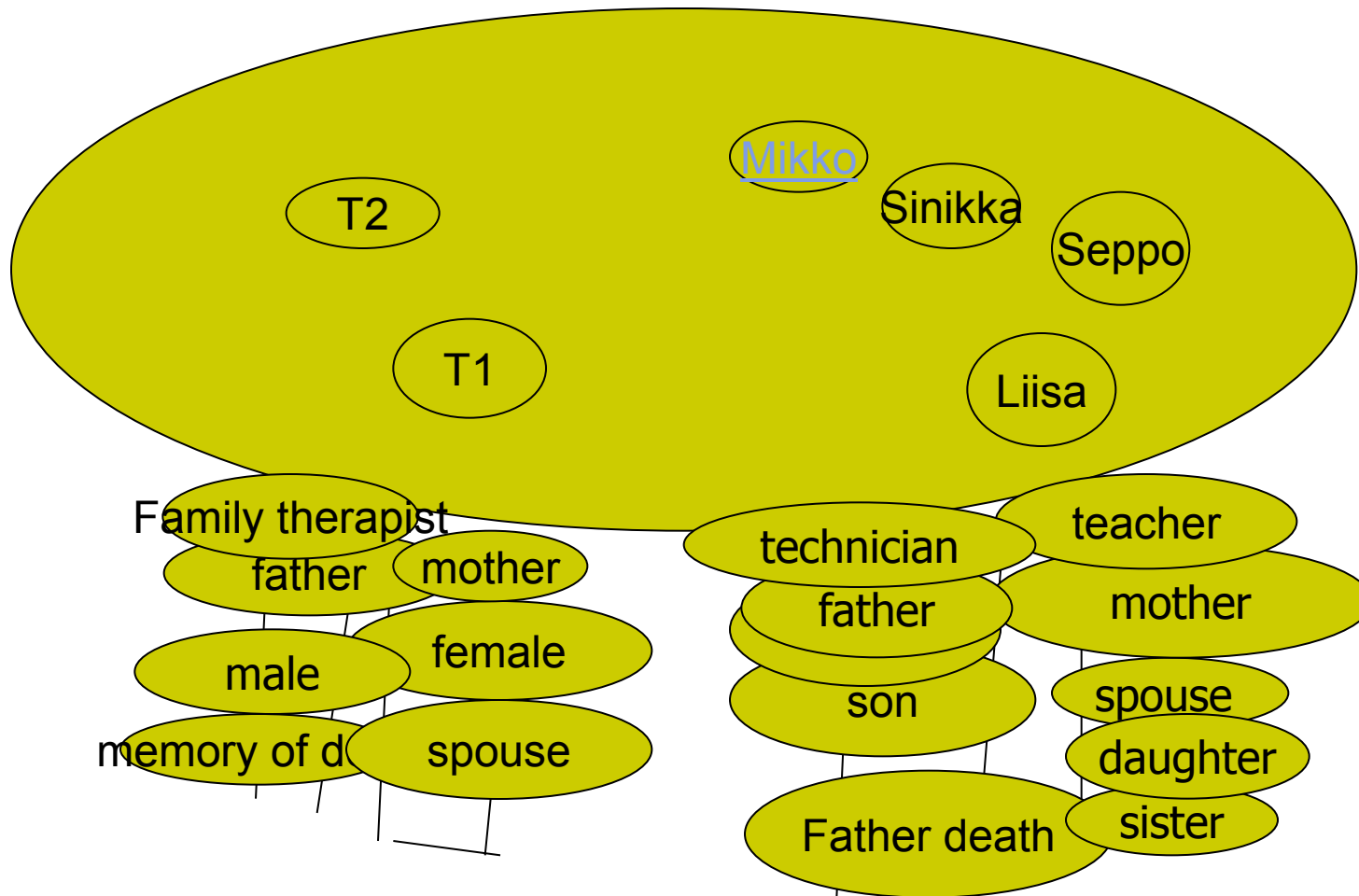
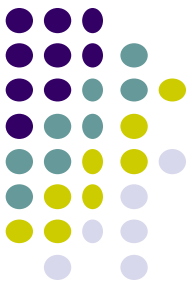
Psychotherapy?

- All the time developing process of intersubjectivity
- Change through two incidents: (1) experience of sympathy and (2) implicitly known, shared presence of the other
- "Now moment" and "Moment of meeting"
(D.Stern, 2007)



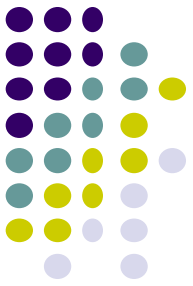
Dialogues in meeting

- Many voices present:
 - those sitting in the circle
"horizontal polyphony"
 - the voices in which we are living while speaking about specific subject
"vertical polyphony"

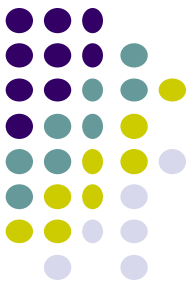


- "Vertical polyphony" = inner voices

Being present at the moment



- To be present in the "once occurring participation in being" (M. Bakhtin)
- "Neither – nor" (T. Andersen)
- From explicit knowledge to implicit knowing (D. Stern, 2004)
- From narratives to telling



Two simultaneous histories

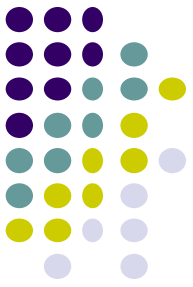
1. Embodied living in the present moment
 - shared experience
 - implicit knowing
 - comments about the present experience
2. Narratives that we tell of the past incidents, experiences and things
 - meanings constructed



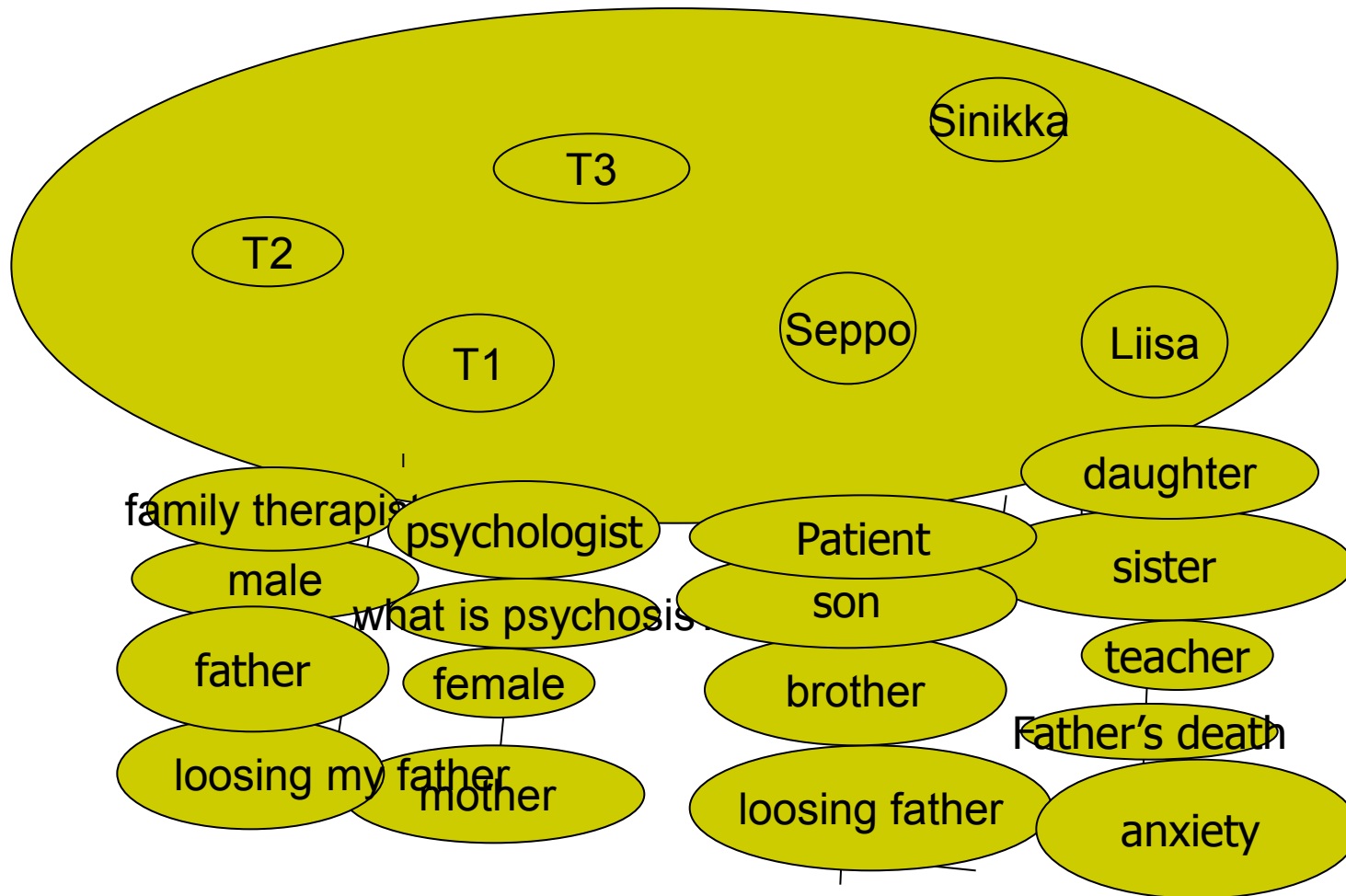
“For the word (and, consequently, for a human being) there is nothing more terrible than a lack of response”

“Being heard as such is already a dialogic relation” (Bakhtin, 1975)

SIMPLE GUIDES FOR THE DIALOGUE IN PRESENT MOMENT



- Prefer themes of the actual conversation instead of narratives of past - be realistic
- Follow clients stories and be careful with your own openings – repeat the said (and imitate movements)
- Guarantee response to spoken utterances. Responses are embodied, comprehensive
- Note different voices, both inner and horizontal
- Listen to your own embodied responses
- Take time for reflective talks with your colleagues
- Dialogical utterances, speak in first person
- Proceed peacefully, silences are good for dialogue



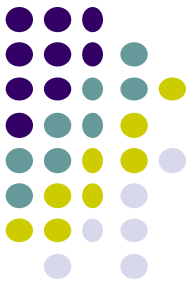
- "Vertical polyphony" = "inner voices"
- "Horizontal polyphony" = people present

A friend's experiences in OD meeting



- ***“These new insights left me very reflective and gave rise to stimulating and interesting questions. We all came out of the network meeting feeling quite open and prepared to continue talking (...). Open dialogue encourages a continual dialogue, meaning that it becomes a way of being rather than simply viewing it as treatment, to be accessed only when professionals are around. This is very empowering”***
- ***“When the professionals talked amongst themselves and reflected back to us what was said but through their interpretation, it made such a huge difference as to how the initial statement being reflected was first perceived.
“***
- ***“Through open dialogue, I have learned to encourage exploration rather than seeking answers. I also have a deeper amount of compassion and tolerance when it comes to unravelling the real issues that surround psychosis.”***

Family meeting as rhythmic attunement



- Implicit – right brain to right brain
- On the whole, patients respond more to *how the* therapist says something than *what* the therapist says. Patients attend primarily to (a) prosody – pitch, and the rhythm and timbre of the voice – and also to (b) body posture, (c) gesture, and (d) facial expression. (Quilman, 2011)
- The pitch of the voice becomes higher before a re-formulation (Peräkylä, 2013)



Some notions

- Synchronization of body movements increases alliance and good outcome (Ramseyer & Tschacher, 2011)
- Facial affects follow each other in 15 sec to 2 min sequences
- Smiling as affect regulation both in individual therapy (Rone et al., 2008) and in couple – therapist triad (Benecke, Bänninger- Huber et al., 2005)
- Therapists disclosing can be related to ANS changes
- Therapy training increases sympathetic orientation in EDA (Kleinbub ym., 2013)

Relational Mind project



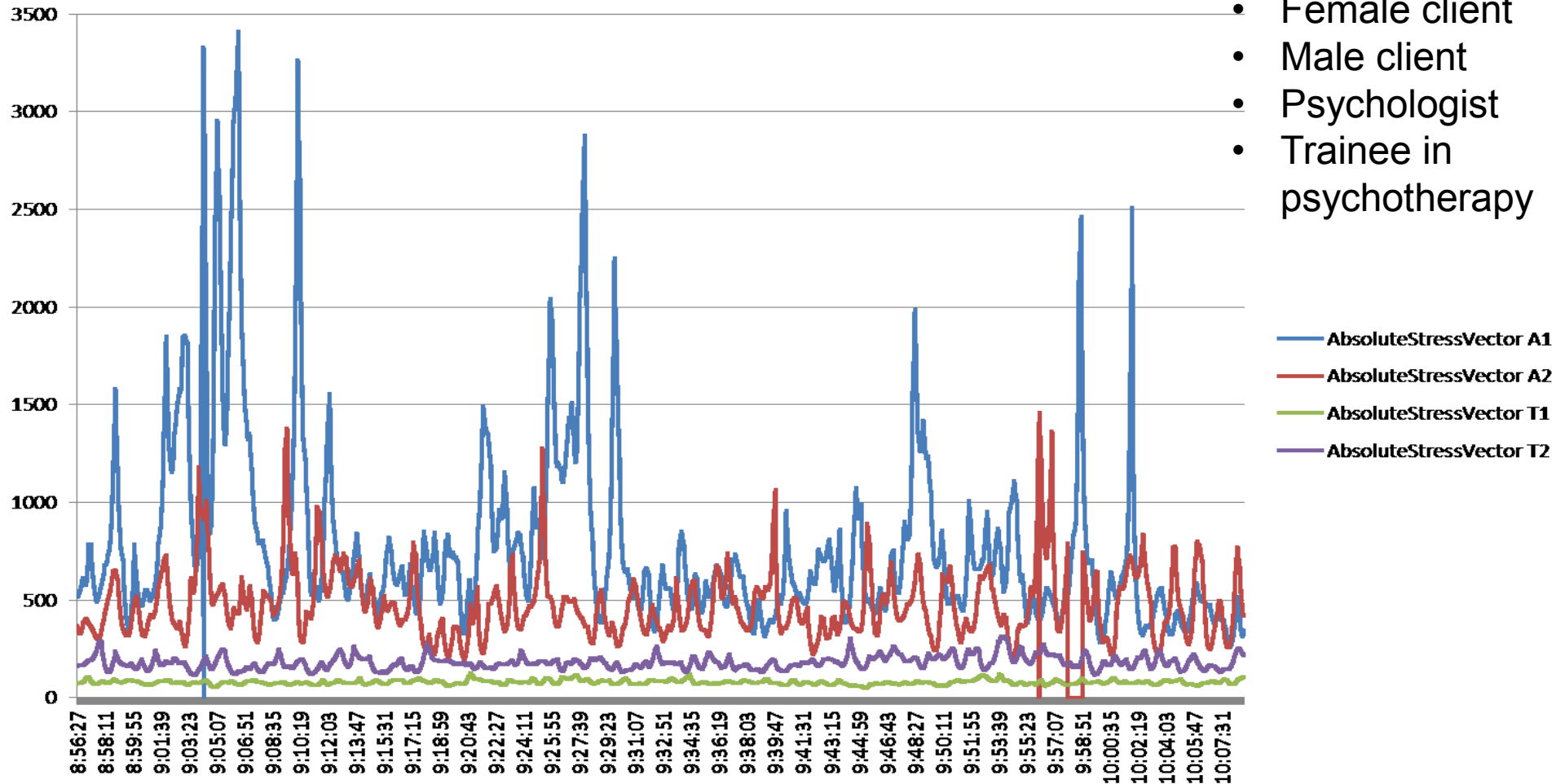
- University of Jyväskylä with 3 other universities in Europe
- First time to look at what happens in embodied interaction in multiactor meetings
- Precise videofilming of faces and ANS (heart rate, breathing, skin conductance) of clients and therapists
- Dialogues, inner dialogues, ANS as responsive synchronization and its meaning for outcome

Couple therapy case: ASV during the therapy session

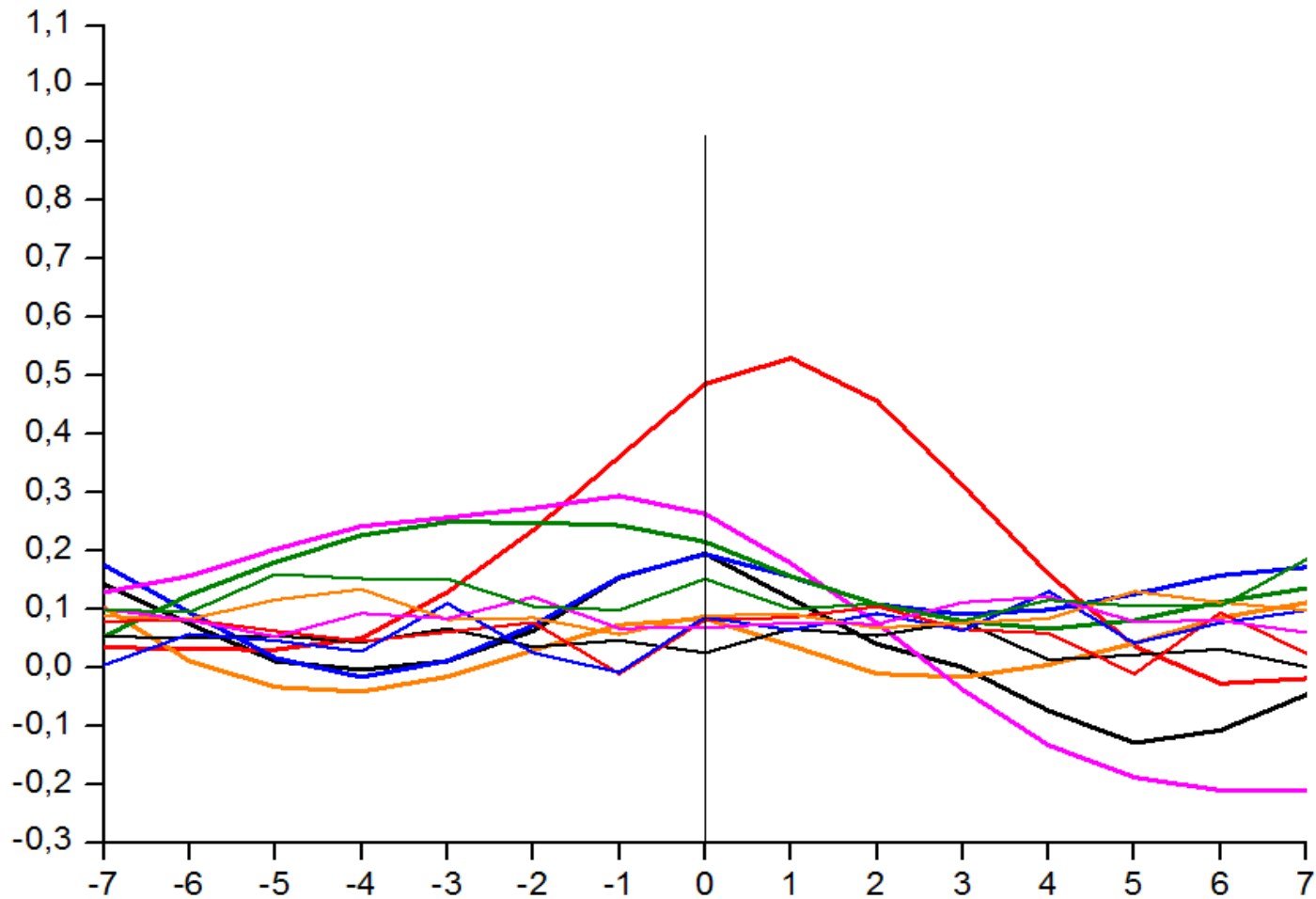


From top to bottom:

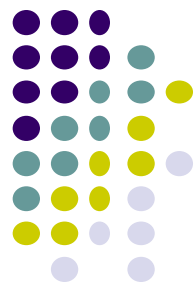
- Female client
- Male client
- Psychologist
- Trainee in psychotherapy



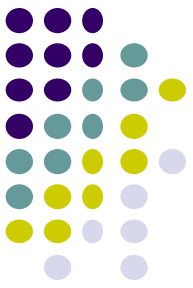
Lasse (C2) and Heli (C1): Concordance of skin conductance during the 2nd session



- C1C2
- C1T1
- C1T2
- C2T1
- C2T2
- T1T2

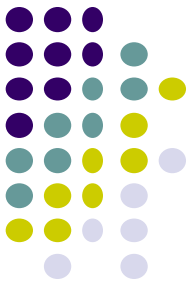


Very first notions



- Reactions of ANS (Sympathetic nervous system arousal) in concordance to each other – embodied emphatic experience?
- In a single episode not all in relation to each other
- Most stressful episodes may happen during the speech of others in the meetings, even during the reflective talks – sensitivity of saying
- Change in prosody and rhythmicity of dialogue enhance the clients dealing with emotional issues – silent moments
- Criticism of the identity of the other – SNS arousal

SIMPLE GUIDES FOR THE DIALOGUE IN PRESENT MOMENT



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- Follow clients stories and be careful with your own openings – repeat the said (and imitate movements)
- Guarantee response to spoken utterances. Responses are embodied, comprehensive
- Note different voices, both inner and horizontal
- Listen to your own embodied responses
- Take time for reflective talks with your colleagues
- Dialogical utterances, speak in first person
- Proceed peacefully, silences are good for dialogue



“Love is the life force, the soul, the idea. There is no dialogical relation without love, just as there is no love in isolation. Love is dialogic.”

(Patterson, D. 1988) Literature and spirit: Essay on Bakhtin and his contemporaries, 142)