SUMMARIES

Participant observation and the radical locality of psychological phenomena
– between institutional geographies and psychological subjects

By Nicklas Runge

This article proposes an understanding of psychological phenomena as being fundamentally tied to the places in and through which they are enacted. It is discussed how participant observation as a methodology can be used to explore this. Through a critical historical and geographical approach, it is illustrated how psychological phenomena must be understood in terms of their enactment through social practices organised in relation to specific places. Participant observation is here emphasised as a relevant method for shifting the understanding of psychology out of the mind and into the institutional geographies through which psychological life is organised and unfolds, and where the psychological subject is constituted.

Keywords: Participant observation, Subjectification, Institutional geography, Social practice, Topography.

The places of psychopathology
– possibilities and limitations for an ecological approach

By Rasmus Birk, Sebastian Tobias-Renstrøm, Peter Clement Lund & Svend Brinkmann

This article explores how psychopathology can be understood in relation to place through an ecological psychological perspective. Psychology has traditionally emphasised internal mental processes while paying limited attention to the material and social environments people inhabit. Drawing on J. J. Gibson's concept of *affordances*, we examine how psychopathology - conceived as non-normative ways of feeling, thinking, and acting - emerges within eco-social niches. The paper analyses the strengths and limitations of this approach and illustrates key points with qualitative examples from interviews with adults living with anxiety and ADHD. We argue that psychopathology is not solely an individual phenomenon but is shaped through interactions with places, artefacts, and social practices. Finally, we reflect on how an ecological perspective can enrich clinical practice and offer new avenues for intervention.

"I want to go home!"
– An Embodied Understanding of Music, Nostalgia, and Feeling at Home for Persons with Dementia

By Hanne Mette Ochsner Ridder

Countless times, I have come across persons with dementia in residential care who want to go home but are told, "You live here". This makes me question what longing for home and feeling at home mean. To narrow down my answer, I have collected relatives' accounts as well as theoretical and research literature on home and nostalgia. Since music is a powerful trigger of nostalgia, I elaborate on the role of music when it comes to feeling at home. At-homeness is a complex phenomenon that I investigate with perspectives on unhomely homes and homelessness, and home as an expression of identity, materiality, embodiment, belonging, and a psychological and emotional framework. Our lifeworld is characterised by movements between homesickness and longing that can transform what we associate with safety when the unknown is integrated. Homesickness and nostalgia have the same roots, and recent research indicates that nostalgic memories strengthen self-esteem, connectedness, identity and meaningfulness. For persons with dementia, it is difficult to create a sense of home, and they are dependent on the help and support of others. For this, integrating singing and music can be relevant.

When you know where you are, you know who you are
– how the homes of people with mental health and/or substance-use problems are characterised by professionals and material design

By Jan Georg Friesinger, Inger Beate Larsen & Alain Topor

People need a home, regardless of their living situation. In this article, we highlight that municipal mental health and substance abuse services are also provided in the homes of individuals who require help. We explain the development from the area of asylums to the contemporary living arrangements. The focus is on Nordic conditions. We look closer into what happens when professionals are visiting people having mental health- and/or substance abuse problems at home and how their private lives are changing. Finally, we discuss the risk of institutionalisation of the home, based on social and material dimensions. At the same time, we explore the need for

the deinstitutionalisation of the home to support and promote individuals' independence and personal development in their home.

Keywords: Home, places, housing, mental health, substance abuse, psychiatry, belonging.

Forced displacement
– on the loss of home and the challenge of creating a new home in a foreign country when traumatised

By Lis Dreijer Hammond, Kirstine Bruun Larsen, Christian Karlsen Hansen & Chalotte Glintborg

Growing up, home is of fundamental importance to one's development and identity. Identity development is a lifelong process shaped by the phases of life, or "places in life", one experiences. Significant traumatic events and the loss of home mark the life phases of refugees. This puts strain on both the psyche and the body — the "home of the self". It is through the body that identity is expressed, and it serves as the foundation for agency and survival. Both physical and psychological traumas can harm the body, potentially leading to a sense of alienation from one's own body. The original identity becomes eroded, and the capacity for agency is altered.

   The loss of geographical and bodily "place" means that one must learn to live in a new "place". What challenges does this bring? How does one adjust to the new "place" and how is identity reconstructed? Adjusting to new conditions is a mechanism for identity development, but not everyone succeeds in adjusting. Rehabilitation based on an understanding of the biopsychosocial adjustment process is therefore important.

Keywords: Traumatised refugees, identity, adjustment, recovery, biopsychosocial rehabilitation.

"But this school has many different skin colours. You can be who you want to be"
– on how the school becomes a space for recognition, inclusion and othering

By Marlene Mainz & Iram Khawaja

This article examines public school as a space for the inclusion and othering of ethnic minority students through an analysis of students' negotiations of belonging and recognition in school. Based on empirical material from an urban public school in Denmark with high ethnic diversity, we investigate

how the school becomes a specific space for the students by analysing educational discourses, the school's values, and the students' internal negotiations of the school space. The article primarily draws on the visual method, The Image Exercise, which was conducted with students from two 7th grade classes. The analysis highlights three central themes in the students' negotiations of the school space: racism, religious practices and democratic voices, which are related to the students' processes of subjectification and their negotiations of belonging and recognition in the school.

Keywords: Recognition, school space, othering, racism, religious practice, democratic voices, inclusion.

Immersion in a virtual place

By Jørgen Riber Christensen

The article investigates how immersion in an artistic, virtual place can be used narratively and rhetorically. The article brings together several immersion concepts and theories about places, such as world-building and non-places, to make this argument. I argue that what determines the subjective response to a virtual place is the properties of the technological immersive system and its narrative content, as well as the possibilities for user activity or affordances it offers and does not offer. This technological immersive system in the article's investigation takes place in CAVE (Cave Automatic Virtual Environment).

As part of the article, the art institution's landscape genre is reinterpreted. This is required because, unlike previous art in the landscape genre, the immersive psychological experience allows the viewer to be present within a landscape, thereby becoming an exploratory participant in this topographical place.

The illustrative case of the article is Jakob Kudsk Steensen's VR installation *Primal Tourism*, which was an installation at The Serpentine Gallery in London in 2016, with a subsequent online form and was later exhibited at other museums and galleries. *Primal Tourism* is structured as a VR gaming environment, where participants can explore a virtual replica of the Pacific island of Bora Bora in French Polynesia in a post-apocalyptic world. In addition to its 2016 installation at The Serpentine Gallery, where users had to use VR glasses, you can now get a sense of the installation through a video on Vimeo: https://vimeo.com/185262742.

Keywords: Immersion, presence, landscape art, world building, non-places, VR-installation.

A Choice Between Two Evils: Should We Break Up or Seek Help for Our Relationship?

By Nanna Fensman Lassen, Hanne Nørr Fentz, Klaus Nielsen & Tea Trillingsgaard

The purpose of this article is to examine couples' experiences of participating in the online self-help program *OurRelationship*, focusing on its strengths and limitations. Qualitative semi-structured interviews were analysed using Interpretative Phenomenological Analysis. The findings indicate that *OurRelationship* can help overcome barriers to traditional couples therapy, engage less motivated partners, and initiate helpful shifts in stuck destructive patterns within the relationship. However, its limited coach guidance and short duration may, for some couples, result in insufficient support for handling intense emotional reactions or implementing behavioural agreements. Both scenarios can lead to unintended consequences. The implications of these findings are discussed in the article, including that *OurRelationship* is perceived as an easily accessible intervention capable of reaching more couples in need of help, and that it should not be understood as a "quick fix" or a substitute for couples therapy.

Keywords: Online Self-help, OurRelationship, Couple Interventions, Integrative Behavioural Couple Therapy, Help-seeking, E-health, Internet-based Self-help.

Happiness as Resonance in Relationships
– Discussed in Relation to the Fictional Character, William Stoner

By Inger Glavind Bo

The primary aim of the article is to develop the theoretical understanding of happiness by integrating the distinction between the hedonic and eudaimonic concepts of happiness, incorporating the narrative perspective with a focus on meaning, and Hartmut Rosa's concept of resonance. Throughout the article, examples from John Williams' book "Stoner" are included. Through the theoretical frameworks, I want to discuss whether the main character, *Stoner*, can be considered a happy man. The examples from the book are used partly to illustrate the theory and partly to advance my theoretical discussion. The book "Stoner" is notable for not providing a clear answer to the question, and it can help to nuance our theoretical understandings and take the discussion of happiness a step further. I aim to thematise human meaning-making, self-insight, and the 'capacity for happiness' as central aspects of a more inclusive concept of happiness, which also includes more momentary experiences of resonance as key elements in a non-static perspective on happiness.