SUMMARIES

Hope isn't innocent – an introduction

By Nicklas Runge & Jonas Højgaard Frydenlund

In this issue of *Psyke & Logos*, we address hope as a conflictual phenomenon in a time marked by crisis and an uncertain future. As a backdrop to the rest of the issue, we introduce important tensions in understandings of hope by way of introducing ideas from Snyder, Marcel, Bloch, and Žižek. The first tension concerns whether hope should be understood as connected to optimism and agency, or to despair and powerlessness. The second tension concerns whether hope opens up the possibility of critique, or whether hope itself should be subjected to critique. We conclude with the argument that hope is not innocent, but remains uncertain because so is the future. Finally, we introduce the contents of the issue.

Keywords: Hope, critique, optimism, despair, future.

Hope and existence – and its psychotherapeutic relevance

By Bjarne Jacobsen

Hope is an essential dimension in human existence and takes shape in relation to the way an individual gets along in life. Hope is proposed to be framed in four categories: immediate hope, worldly hope, spiritual hope, and existential hope, the latter being further divided into a conviction of hope or a denial of hope.

Hope is relevant in every context in connection with psychotherapy, and the analysis emphasizes that in order to help the client, the therapist should pay attention to three things: How is the client's current hope challenged or damaged, what does the client's situation require of a sustainable hope, and what resources does the client possess in relation to the reorganization of his or her hope?

Keywords: hope, existence, time, despair, psychotherapy.

Hope in the Context of Serious Illness – Hope Thinking, Spaces of Hope, Hope Work, and hope as a pursuit of justice

By Vibeke Graven, Maria M. Larsen, Carl T. Solberg & Merete Tonnesen

This article develops an interdisciplinary framework for hope in the context of serious illness. Drawing on psychology, existential philosophy and theology, anthropology, and critical theory, it examines four dimensions of hope: hope thinking, spaces of hope, hope work, and hope as a pursuit of justice. The article argues that hope is a complex and dynamic phenomenon unfolding across individual, relational, and societal contexts. Hope is linked to experiences of connectedness, temporality, and transcendence, all of which may be challenged by serious illness. Rather than reducing hope to concrete future-oriented hopes or goals, the article highlights how hope is shaped by past experiences, present living conditions, relationships, fears, and imagined futures. Focusing on how hope is recognized, experienced, and expressed can contribute to nuanced empirical research on the dynamics of hope when living with serious illness.

Keywords: Hope Thinking, Spaces of Hope, Hope Work, serious illness, hope as a pursuit of justice.

The Nature of Hope – Understanding, Practicing, and Experiencing Hope in Neurorehabilitation

By Merete Tonnesen, Maria M. Larsen & Vibeke Graven

This article seeks to empirically "unmute" hope by exploring it as a lived and embodied phenomenon rather than an abstract concept. While hope is fundamental to human life, it embodies a paradox: it can persist even when circumstances appear hopeless. Often subtle and unarticulated in everyday contexts, hope becomes particularly salient when serious illness disrupts life. Drawing on six months of ethnographic fieldwork among individuals with acquired brain injury, their relatives, and neurorehabilitation professionals, the article examines how hope is understood, practiced, and experienced in neurorehabilitation. The study conceptualizes hope as dynamic and relational. Hope takes both concrete and existential forms and is deeply social, nurtured through relationships with others, nature, and for some, higher powers. It functions as a vital, motivating force that sustains action and continuity, yet it can also be fragile and threatened. The analysis shows how

hope is nurtured, negotiated, depleted, and carried forward over time. Caring for hope emerges not merely as an individual endeavour, but as a shared practice and a collective task in neurorehabilitation.

Keywords: Hope, hopelessness, acquired brain injury, rehabilitation, the phenomenology of hope.

When Hope Creates Calm in Chaos – Memories of Care, Temporality, and Slow Emergence of Hope

By Maria S. Otto

This analytical essay explores how the slow emergence of hope can be traced in the caring practices of close relatives caring for parents who have lost a child. Drawing on Collective Memory Work as both a methodological and epistemological approach, the essay is grounded in empirical material developed collaboratively with those in close caring relationships with bereaved parents. Particular attention is given to two young couples, whose memory texts and shared work trace the connections between care, temporality, and hope in times of chaos, when life no longer makes sense. The essay examines how care, time, and hope become intertwined in the chaotic and suspended temporality following a child's death. The essay is written in the first person as a deliberate generic choice, it draws on qualitative forms of representation inspired by therapeutic case studies, narrative inquiry, and metaphors. Emphasizing the language as connotative rather than merely denotative, reflecting a commitment to the dissemination of a complex social phenomenon. The analysis is thus situated within the emergence of the young couples' memory work and years of care work with families living with critically ill children and families who have lost a child. Drawing on Gabriel Marcel's understanding of hope as a relational and existential phenomenon, and on Stenner's concept of *in-between* spaces, I argue that care within communities of close relations can be understood as a liminal and hope-bearing practice. Within these *in-between* spaces, care transforms, and the contours of hope can slowly be sensed as life once again carries a fragile sense of meaning.

Keywords: Collective Memory Work, caring communities, temporality, liminality, existential hope, the emergent self, hope-bearing practices, woven ethics.

Cracks of Hope in Closed Systems
– An autoethnographic reflection on the phenomenology of hope in the tension between the Danish prison system and (forensic) psychiatry.

By Marie-Louise Bjørn & S

This article reflects on the phenomenology of hope under extreme institutional conditions in the crossing between the Danish prison system and (forensic) psychiatry. Using an autoethnographic reflection on (inter)subjective experiences of isolation and systemic failure, the article elucidates how "Cracks of hope" can emerge and be sustained in a relational context. The empirical data consists of diary notes, case files, patient records, and correspondence documenting the movement between closed prison wards, isolation cells, and secure (forensic) psychiatric units. The article's thesis is that hope is held and contained within the intersubjective relationship, which works as an existential anchor when formal systems instrumentalize human suffering. The article points to the necessity of reintroducing human encounter as a fundamental ethical and existential requirement to prevent total institutions from degrading the human psyche.

Keywords: Hope, incarceration, isolation, psychiatry, meaning, humanity, friendship.

Psychological practices in Greenland
– Tracing hope within hopelessness as a rupture with colonial practices

By Frida Ramsing, Sara L. Jensen & Nicklas Runge

Abstract This article explores hopelessness and hope in psychological practice in Greenland. It outlines the colonial history and the societal changes that followed the assimilation policies after 1953, showing how psychology operates through colonial logics. An analysis of reflective vignettes from the authors' own practice demonstrates how these colonial practices continue to shape psychological practice, while also identifying concrete disruptions of these. The article highlights how these disruptions, create spaces for hope in Greenlandic psychological practice. By making both hopelessness and the areas where hope can be traced in practice visible, the article ultimately invites a critical dialogue among psychologists and researchers about how psychological knowledge and practice can be shaped in a more epistemically humble way with respect to the historical and cultural conditions in which it unfolds.

Keywords: Psychological practice in Greenland, postcolonial theory, hope and hopelessness, cultural psychology, critical suicidology, epistemic humility.

Outline of a Critical Methodology of Hope

By Oliver Sander, Gustav Egede, Athanasios Marvakis, Morten Nissen, Andreas Marstrand, Emil From & Torben B. Jensen

In this article, we present a methodology of hope from the perspective of critical psychology and the philosophy of Ernst Bloch. Using a methodological case generated from practice research with U-turn, a Danish drug treatment facility, we highlight certain methodological approaches that allows for the development of agency and collective hope among co-researchers, practitioners, and researchers. This case serves as a prototype for how researchers can understand and work with hope in practice and how this is possible through intersubjective attunement and a collective orientation to real-objective possibilities. From Bloch's concepts of anticipatory consciousness, concrete utopia and educated hope, we argue that hope consists of a reorientation towards the present as both unsatisfactory and full of possibility. We argue that a critical methodology of hope must simultaneously contribute to knowledge production and take the form of a participatory critique, enabling a concrete orientation towards changing the social conditions that produce suffering.

Keywords: critical methodology of hope, critical psychology, hope, Ernst Bloch, utopia, practice research, U-turn, agency.

Whatever happened to the Hope of Tomorrow? – Superheroes and supervillains as signs of hope in a modernity of hoplessness

By Tem Frank Andersen, Thessa Lindof & Peter Vistisen

This article explores how superheroes and supervillains can generate and sustain hope within the conditions of a challenged reflexive modernity. The study is based on a critical qualitative analysis of the 2025 blockbuster films *Superman* (James Gunn) and *The Fantastic Four: First Steps* (Matt Shakman), while also drawing on a broader landscape of superhero culture, including films and comic books. It argues that hope is an inherently ambiguous phenomenon that cannot be located solely in superheroic acts or the restoration of social order. Rather, hope can also be identified in the emergence and actions of supervillains, whose interventions problematize existing social and cultural arrangements.

The analysis is informed by Ulrich Beck's theory of reflexive modernity and Slavoj Žižek's work on ethics, morality, and political agency, particularly his concept of "constituent power." In an era increasingly marked by experiences of hopelessness and what Žižek characterizes as "End Times,"

supervillains expose structural contradictions and create opportunities for imagining alternative futures.

The article's contribution lies in demonstrating how both superheroes and supervillains may function as figures of hope. While superheroes embody hope through the act of saving the world, supervillains generate hope through the critical recognition of social problems and the possibility of transformative change that their challenges make visible.

Keywords: Superheroes, supervillains, reflexive modernity, hopelessness, constituent power.

Through strange lands – a phenomenological investigation of hope and utopias in art experiences

By Sara Klingenberg & Josephine L. Zethsen

Why are experiences with art relevant for us as individuals and for our society in a time marked by political upheavals and uncertainty? Why should we turn to the world of art at a time where debates on climate change, abortion rights, and human rights are intensifying? Departing from Eliyah Mesayer's exhibition ALL RISE, this article engages with these fundamental questions about the role of art in contemporary society. It employs a combination of phenomenological, decolonial and affect theoretical perspectives to investigate how art experiences can bring about hope. By focusing on the subjective art experience, it points to the significance of spaces where poetics and politics can meet anew.

Keywords: art experiences, utopia, phenomenology, postcolonial theory, affect theory.

The significance of neuropsychological assessment in the further disease course of patients with Lyme neuroborreliosis

By Helena Due Eriksen, Charlotte Sandvei, Fredrikke Christie Knudtzen, Helle Marie Christensen & Anita Nymark

Lyme Borreliosis is the most common tick-borne infection. Lyme Neuroborreliosis (LNB) is one of the most serious manifestations of Lyme Borreliosis, where the nervous system becomes infected. LNB can cause a wide range of sequelae, including cognitive issues. Despite increased research in the field, it is still unclear what impact neuropsychological evaluation has on the further course of illness in patients with LNB. In the present research project, this was investigated using a qualitative method, a focus group, with patients with LNB, who were followed at the Clinical Center for Emerging

and Vector-Borne Infections (CCEVI) and who had undergone a neuropsychological assessment (NPA). Seven patients with LNB participated. Overall, the research project demonstrates that the NPA supports new behavioral patterns in patients with LNB and increases their ability to manage their ongoing illness. Similarly, NPA contributes to increased awareness among patients with LNB and their relatives, and it provides the broader community with a better understanding of the disease course and management.

Keywords: Lyme neuroborreliosis (LNB), neuropsychological assessment (NPA), the conduct of everyday life, first-person perspective, focus group, critical psychology, qualitative research.