

SUMMARIES IN ENGLISH

Simo Kjøppe: A moderate eclecticism

No summary forwarded

Svend Brinkmann: Two psychologies

Psychology has always been a two-sided science. Aristotle claimed that the same psychological phenomenon, e.g. anger, could be understood as an element in a causal chain, but also in a »rhetorical« context, where anger is a response to an experience of injustice. Psychological phenomena thus have a *nomie* side and also a *normative* side. Wundt famously believed that there consequently was a need for two psychologies: An experimental science and a cultural science. In this article, I first seek to give an overview of some of the historical writings on the two psychologies, and I defend a dualistic position, built on the premise that both kinds of psychology are legitimate, but that we have to accept that the normative psychology is primary in both logical and philosophical senses. This argument is presented with help from Rom Harré in particular, who has sought to develop a »hybrid psychology«. Furthermore, I discuss the relationship of the two psychologies to the debate on realism, and I reflect on their status and influence given the current social conditions.

Benny Karpatschof: Evidence, construction and professional relevance

The object of the article is to characterize, to demarcate and finally to reconstruct, two major positions in the conception of the scientificity of psychology...

One position being one affiliated to natural science, another position heavily influenced by social science. In the former the catch word is *evidence based investigation*. In the latter the *idée fixe* is *social construction*.

With a point of departure in the late 19-century discussion of the nature of psychology (Windelband, Dilthey, Brenato) the first part of the article examines the presuppositions and the from these following limitations of the principle of evidence based investigation, whereas the latter part scrutinizes the corresponding presuppositions and limitations of the postulate of psychological phenomena being mere social constructions.

The aim of the article is to point toward a non-reductionistic psychology, in which, evidence seeking as well as analysis of social constructedness can illuminate psychological phenomena, without eliminate personal intentionality.

Erik Schultz: The subjective object

The state of affairs in psychology has always been dubious as to scientific standards. This is not least caused by the fact that the focus of interest in psychology is a subject of the same kind as the researcher. Through a presentation of older and more recent philosophical points of views as to the nature of science the article explores, whether it is resonable to consider psychology as a science in spite of the problem with its focus. The answer appears to be very dependent on the definition of science. According to the broadest possible definition however, psychology has no problems at all in defending itself as a science.

Tone Roald & Simo Kjøppe: Generalising qualitative research

The issue of generalising is closely linked to the scientific legitimacy of qualitative methods. By employing qualitative methods one may obtain research findings derived from relatively few cases of the investigated phenomenon and, therefore, the method has been seen at times to offer little or no potential for generalising. Against this claim we describe how generalisation is always present in the use of method and theory. Then we explore how different methodological procedures, connected to the concrete, qualitative investigation, increase the probability of qualitative methods for claiming validity of research findings at the more general level. There are, as such, several ways to generalise, adjusted for the complexities of the various phenomena under investigation, each containing its own scientific legitimacy.

Esben Hougaard: Evidence based psychotherapy: Is it possible to achieve firm evidence of psychotherapeutic outcome?

Evidence based practice has increasingly been a requirement within the health professions, and principles of evidence based psychological practice was unanimously adopted by the American Psychological Association in 2005. Evidence of treatment outcome has been closely connected with randomized controlled clinical trials (RCTs). The paper describes and discusses methodological strategies, demands and problems in psychotherapeutic RCTs and their syntheses in clinical practice guidelines and meta-analyses. It is concluded, that it is important for psychologists to know about methodological principles of RCT and research synthesis, and to strive for better controlled research on psychotherapeutic outcome. On the other hand, few practical decisions in psychotherapy can presently be based on hard core evidence, and it seems unlikely that this state of affairs is going to change in the future. Although RCTs represents the best evidence of causal relationships in psychotherapy, most clinical decisions today, and probably also in the future, will be based on empirical, theoretical and clinical plausibility rather than the highest degree of empirical evidence.

Bo Møhl & Peter La Cour: Critical viewpoints on the EBM-attitude – a discussion of evidence based medicine in psychology and psychiatry

Since the beginning of the 1990'ies the health system has been influenced by evidence based medicine (EBM). EBM can be defined as procedures for clinical decision making, which are necessary in order to make treatment up to date and in accordance with the best available evidence. The EBM attitude has spread far beyond the biomedical domains on which it originally was developed and is today without concern used as an obvious standard in clinical psychology and psychiatry. This article is discussing the uncritical and unreflecting use of the EBM attitude. The EBM attitude has brought a lot of positive things to the field of medicine, but also a lot of problems: especially the fact that hat EBM does not acknowledge and respect the ideographic viewpoints on humans which implies knowledge about the individual human being and his personal wishes, motives and needs. Besides the EBM attitude ignores knowledge on what is going on in the interpersonal relationship between two people e.g. doctor and patient. The EBM attitude is given priority to the nomothetic ways on looking on humans. This viewpoint ignores the individual differences between people which are extremely problematic when it comes to subjects as clinical psychology and psychiatry, which is dealing with the individual mental aspects of man, which only can be understood from an ideographic point of view. The article finally discusses how the EBM attitude can be related to psychology.

Olav Storm Jensen: Evidence and Relevance – Scientific quality in psychotherapy: ‘Evidence Based Practice’ or relevant humanism?

The dual character of the demands for knowledge, appropriate for a scientific foundation of psychotherapy, is shown – in terms of both the certainty and the relevance of the knowledge. The kind of ‘evidence’, on which an ‘Evidence Based Practice’ such as Cognitive-Behavioural Therapy is based, seems to suffer from serious problems with regards to the relevancy dimension. This means, that it is seen as a seriously misleading allegation, when this form of therapy – in psychiatric/psychological popular educational campaigns etc. – is characterized as a ‘particularly effective’ form of therapy.

The polarization between scientific and humanistic paradigms of scientific quality in psychotherapy is unfolded in terms of the concepts of ‘outsourced’ versus ‘integrated’ scientific attitudes. It is pointed out – and demonstrated through a case-vignette – that ‘evident’ is a phenomenological concept. If the concept ‘evidence’ is used in the sense: ‘referring to something evident’ (which is its basic meaning in Danish), then it is shown that it is within the humanistic approach to psychotherapy, that the expression ‘evidence based’ really makes sense. The body-oriented perspective of ‘Senseotics’ is introduced as a methodical contribution to the humanistic approach, operationalizing dimensions in the therapist-client meeting, that can optimize accessing evident experiences – for both participants.

Finally the incompatibility of the polarized approaches is illustrated by exemplifications from a TV documentary about cognitive behavioural therapy with OCD patients. A series of circumstances from the documented practice are seen as directly anti-therapeutical as viewed from the humanistic perspective. The therapy exhibited is seen as symptom-fixated in a way that not only leads to an unscientific exclusion of accessible information pointing towards possible therapeutic strategies for addressing the source of the anxiety behind the OCD behaviour, but actually contributes to the consolidation of this source of anxiety.

Peter Elsass & Peter Lauritsen: Health Psychology in the Humanities

The purpose of this paper is to supply medical science with an understanding of concepts like disease and treatment as these are developed within the humanities. But at the same time, the intention is to contest the appropriateness of much humanistic health research, because it is based on the split between natural sciences and humanistic disciplines. To do away with this gulf new ways of thinking about treatment and prevention must be explored.

We introduce humanistic thinking through a discussion of »communication and compliance«, which is an important health psychological issue. We argue that humanistic health research cannot be characterized by the use of qualitative methods alone, nor by an emphasis on »the holistic view on the patient«. Unfortunately, much humanistic health research has become trapped in its own rhetoric, threatening a constructive development of the field.

Peter la Cour: Chasing the point zero, from where the world can be described: On good and bad psychological science – with examples drawn from the psychology of religion

Point of departure is the classical distinction between scientific data and scientific interpretation. Three psychological scientific approaches towards the relation between non-interpreted data and value born interpretations are presented and discussed:

1. The attempt to define and operate with a science consisting of only objective entities.

This attempt is often found to result in a reductionistic, incomplete understanding of

psychological issues or in a description of an artificial, experimental produced reality.

2. The attempt to produce neutral, value-free descriptions as scientific basic data. This attempt is often found to join blindness towards own point of view, own relativism and own basis of value.
3. The attempt to make science of the meaning making element itself: the consciousness. This attempt is often found to indicate the challenge to the theory of knowledge that the most important and constituting elements of psychic life may be completely out of reach for scientific epistemology.

It is concluded that good psychological science are characterized not by a certain viewpoint, but by the conscious handling of its own viewpoint and basis of value. Ideally, reflections on the relationship between data and interpretation are always a part of good science.

Ulla Böwadt: Psychology, science – and Trojan horses

The relationship between psychology and science is discussed on the basis of how problems with scientific level and method manifest itself in parapsychology. Examples are chosen from parapsychology on the assumption that psychology's problems in relation to science might manifest themselves with extra strength in border areas of scientific psychology. An important point is that human nature makes some things possible – and others impossible. This realistic position is viewed as the basis of psychological research. In order to gain the acceptance from mainstream psychology researchers in parapsychology, who based their work on the nomotetic ideal of science, apparently chose to perform research and present their results at a lower level of complexity than they thought the phenomena really had. The establishing of psychology as a science is discussed in relationship to realism and constructionism. It is possible that researchers who work on the basis of a hermeneutic ideal of science have to downgrade their informants' own interpretations and thereby be pragmatic in relation to their own scientific ideals and methods. Finally psychology's problems with legitimacy in relation to scientific ideals are described as a choice between which of two Trojan horses to hide in.

Niels Christian Nickelsen: Subjectivity, materiality and wrest pain – ANT analyses and organizational psychology

Based in empirical observations from a shop floor, actor network theory is discussed in relation to subjectivity and organisational psychology. The paper argues that an observed instance of wrest pain is to be seen as a particular kind of subjectivation and as an effect of human-machine-material transformations. The paper identifies a particular kind of »compensation thinking« in the field where humans are substituted for machine parts and argues that this observation raises the question of »what« acts? As an answer a post structuralist notion of subjectivity is developed, where agency is seen as a distributed, heterogeneous and temporal phenomenon. This notion is discussed in relation to other notions of subjectivity. The strength in the developed approach is that it elucidates specific connections in the studied field. The limitation is that it is impossible to decide to what degree subject positions are internalised and that the subject is left as a post-human multiplicity.

Helene Toldam, Ida Dyhr Caspersen, Christoph Klimpke & Peter Berliner: From integration to collective learning and social support

Through a qualitative study of the outcome of a programme for parents in a day care centre for children in an area with a population of various ethnic groups, a transition in the social interaction and mutual understanding was found. The programme is called the »Parents' Academy« and encompasses four meetings yearly. Each meeting has a presentation by an invited researcher or practitioner within the field, followed by a reflection in the group of parents and staff. Focus group interviews with parents, with staff and with managers showed, that the idea (the concept) of integration was replaced by a focus on participation, social support and collective learning. This process is theoretically understood as a *microgenesis*, i.e. as a changed awareness – which opened for improved interaction across ethnic diversities between parents and between the children in the centre.

Ulla Sommer & Jan Tønnesvang: Gestalt therapy and cognitive therapy – a fruitful complementarity?

The article investigate the relation between crucial concepts and understandings in gestalt therapy and cognitive-behavioural therapy aiming at discussing if and how they can be mutually enriching when considered as complementary parts in a more encompassing integrative therapeutic approach. It is argued, that gestalt therapy, as a field theoretical approach, defined as the scientifically and practical study of gestalt formational processes, and working with awareness, contact, and gestalt process diagnosis, can complement the schema-based understanding and practice found in cognitive therapy. A clinical benefit from an integration of the two approaches will be a better differentiation between different process-levels in the therapeutic work related to procedural dynamics in schemata-formation. In the conclusion of the article, the complementary points between the two approaches are enlisted.

Ole Vedfelt: Dreams and theory of science

The paper asks the question whether it is possible to demonstrate an accumulative knowledge about dreams grounded in scientific theory and making the interest in dreams useful. Psychotherapeutic dreammethods discussed are classical psychoanalysis, ego psychology, object relations theory as well as jungian and postjungian dream understanding. Naturalistic approaches considered are laboratory studies, statistical content analysis, neuropsychology and cognitive psychology as well sociological studies. Results from recent neuroscience are interpreted as pointing towards a broad spectrum of selfregulating and psychologically important functions for the dreams. A description is given of different existential, phenomenological and hermeneutic approaches. Using among other the hermeneutics of Gadamer, the major dream schools are classified according to their knowledge interests, and their respective contributions to the accumulative knowledge about dreams are acknowledged. Comparative hermeneutic studies indicate that any dream can be interpreted meaningfully in several directions depending on the dream context and the knowledge interest. It appears from the material presented, that dreams are concerned with issues, which are of central importance to the dreamer, they have narrative structures and a creatively synthesizing form. Further they are interactive with the environment at a high level of personality organization. It is suggested, that modern research at large points towards a multidimensional context based dream understanding, as the best hypothesis to match the complexity of the dream phenomenon. The method implicates that the dream interpreters reflects on his theory and knowledge interest and that he has explicit criteria for the validity of dream interpretations. A model of dream and personality based on information theory and cybernetics is proposed as an overarching theory for further dream research and practical dream work.

Susanne Ekman: Autonomy or authority

The article analyzes the concept of work among modern knowledge workers. Based on anthropological field studies, the article illustrates how the tendency to consider work as an arena for personal development and autonomy brings about a number of complications and double binds in the interplay between managers and employees. The article has a general foundation in theories of late modernity, but it is simultaneously inspired by psychoanalytical research on teenagers. Adolescence is used as a thematic parallel to the manager-employee relation, since both phenomena concern processes of individualization with the concomitant ambivalences in relations of authority and polarizations between desire for security and desire for freedom.