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Giampiero Arciero, Guido Bondolfi, Viridiana Mazzola

The Foundations of Phenomenological Psychotherapy

- Proposes a new method, the formal indication, as a meaningful phenomenological approach to psychology, psychiatry and psychotherapy
- Enables the transition from a mode of accessing oneself through reflection to phenomenological psychotherapy, which requires the subject to make some changes to him- or herself
- Creates a vital new bridge between phenomenological psychology and the natural sciences that revolves around corporeality

This book addresses selected central questions in phenomenological psychology, a discipline that investigates the experience of self that emerges over the course of an individual's life, while also outlining a new method, the formal indication, as a means of accessing personal experience while remaining faithful to its uniqueness. In phenomenological psychology, the psyche no longer refers to an isolated self that remains unchanged by life's changing situations, but is rather a phenomenon (ipseity) which manifests itself and constantly takes form over the course of a person's unique existence. Thus, the formal indication allows us to study the way in which ipseity relates to the world in different situations, in a way that holds different meanings for different people. Based on this new approach, phenomenological psychotherapy marks a transition from a mode of grasping the truth about oneself through reflection, to a mode of accessing the disclosure of self through a work of self-transformation (the care of self) that requires the person to actually change her position on herself. By putting forward this method, the authors shed new light on the dynamic interplay between a person's historicity and uniqueness on the one hand, and the related physiopathological mechanisms on the other, providing evidence from the fields of genetics, cardiology, the neurosciences and psychiatry.

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