

Existentialism and Phenomenology: A Guide for Research

"I feel I can live every minute if I choose to": participants' experience of a positive mindfulness programme

Qualitative Research in Psychology

David Perridge , Kate Hefferon, Tim Lomas  & Itai Ivtzan

Received 02 Dec 2016, Accepted 09 May 2017, Accepted author version posted online: 25 Jul 2017

Abstract

Both separately and in conjunction, mindfulness and positive psychological interventions have been found to increase wellbeing against a number of measures. Research has been primarily based upon the application of self-report scales, and little has yet been done to examine the lived experience of participants. The aim of this study therefore was to apply an interpretative phenomenological approach to the experience of participants in a Mindfulness Based Flourishing (MBF) programme which combines positive psychological interventions with mindfulness, in order to more fully understand the scope and depth of the impact their experience had on them. Three participants from a completed MBF each had a one-off semi-structured interview, the results of which were transcribed verbatim. The resulting texts were analysed, with five themes emerging which demonstrated the impact the programme had had on participants' sense of self and on the nature of their connections with others. While all participants identified benefits accruing from the course, it also presented challenges emotionally as well as in terms of the embedding of knowledge and skills. Future research should look to examine the impact of such programmes in wider cultural and temporal frameworks, and additionally should explore the application of Grounded Theory to identify more theoretical level explanations of phenomenon.

Keywords: [Mindfulness](#), [Positive Psychology](#), [wellbeing](#), [Interpretative Phenomenological Analysis](#), [Identity](#)

Disclaimer

As a service to authors and researchers we are providing this version of an accepted manuscript (AM). Copyediting, typesetting, and review of the resulting proofs will be undertaken on this manuscript before final publication of the Version of Record (VoR). During production and pre-press, errors may be discovered which could affect the content, and all legal disclaimers that apply to the journal relate to these versions also.

Introduction

The past 20 years has witnessed significant research into both the theoretical underpinnings of the field that has come to be known as Positive Psychology (PP). Its proximate origins can be found in preceding fields such as humanistic and existential psychology, and related disciplines like psychotherapy. Indeed, some critical theorists have suggested that positive

Existentialism and Phenomenology: A Guide for Research [Leonard Orr] on quotefetti.com *FREE* shipping on qualifying offers. A bibliography of over Read Existentialism and Phenomenology: A Guide for Research book reviews & author details and more at quotefetti.com Free delivery on qualified orders. Items 1 - 12 of 12 In existential phenomenology, people and the social world are always in a dialogue (q.v.) with each other. People develop a sense of. Existentialism and phenomenology: a guide for by Leonard Orr. Existentialism and phenomenology: a guide for research. by Leonard Orr. Print book. English. "Philosophy and Phenomenological Research". "Existence and Self-Understanding in Being and Time" by William D. Blattner. Publication Date. Philosophy; Philosophy, Modern. Existentialism. Phenomenology. Intersubjectivity; Time Philosophy; Time perception. Subjectivity; Other. Existentialism and Phenomenology in Education: Collected Essays. David E. Denton Existentialism and Phenomenology: A Guide for quotefetti.comd Orr .guides their recall and reflection. There is a clear-cut general Steps in Conducting Empirical Existential-Phenomenological Research. Step 1. Problem and. Full-Text Paper (PDF): Introducing an existential-phenomenological approach: Basic phenomenological theory and research Part I. 7 What general principles guide your interactions with clients and how do you recognise when these. Existentialist? Informed Hermeneutic Phenomenology Research Questions. Research Process. Role of Research Participants Qualitative Research Methods in Mental Health and Psychotherapy: A Guide for Students and. hermeneutic and existential. After discussing very precisely on each of these schools, it focuses on the premises of hermeneutic phenomenology as a method for. Existentialist-Informed Hermeneutic Phenomenology. In: Qualitative Research Methods in Mental Health and Psychotherapy: A Guide for Students and. THE EXISTENTIAL DIMENSION: Phenomenology is a way of unfolding the . INDIVIDUAL PHENOMENOLOGY: Researchers use their own actual and. enquiry, based on Giorgi's existential psychological method, for explicating the experience of Phenomenological research methodology: A guide. Phenomenology is the philosophical study of the structures of experience and consciousness. . Existential phenomenology studies concrete human existence , including our experience of free choice and/or action in concrete situations. .. The London Philosophy Study Guide offers many suggestions on what to read. the heart of phenomenological research is indeed pivotal not only for human relations and other more humanistic, existential, esthetical, ethical and maybe. ever, that many researchers do not articulate which approach guides the . an existential phenomenological concept that means that individuals are free to. Marable, Andrea Darlene, "AN EXISTENTIAL PHENOMENOLOGICAL number of mothers who agreed to participate in the study, and I want to thank everyone. Phenomenology Center Center for Interpretive and Qualitative Research Society for Phenomenology and Existential Philosophy (SPEP).

[\[PDF\] Discovering Israel](#)

[\[PDF\] How To Self-Hypnotize](#)

[\[PDF\] Broadway: Guitar Chord Songbook](#)

[\[PDF\] The Hanging of Angoulême : Canada, Slavery and the Burning of Montreal](#)

[\[PDF\] Manter and Gatzs Essentials of Clinical Neuroanatomy and Neurophysiology, 8th Edition](#)

[\[PDF\] Hotel, Hostel and Hospital Housekeeping](#)

[\[PDF\] Let Me Explain: Eugene G. Fubinis Life in Defense of America](#)