Vitenskap om viten
Definition of science

The state of knowing:
Knowledge as distinguished from Ignorance or misunderstanding
Definition of ignorance

The state or fact of being *ignorant*:
- lack of knowledge, education, or awareness
- mangel på kunnskap, utdanning eller varhet og bevissthets prosesser
Process: ignorance $\rightarrow$ knowledge

- Ignorant or chosen Naivety $\rightarrow$
- Doubt and faith mix $\rightarrow$
- Knowledge !
Platon og Aistotoles
<table>
<thead>
<tr>
<th>Aristoteles</th>
<th>Platon</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Sanselige verden</td>
<td>• Ideens verden</td>
</tr>
<tr>
<td>• Empiri</td>
<td>• Ideal form</td>
</tr>
<tr>
<td>• Holisme</td>
<td></td>
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<tr>
<td>• Fenomenologi</td>
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</tbody>
</table>
Fenomenologi Husserl

- Phenomenology is the study of “phenomena”:Appearances of things, or things as they appear in our experience, or the ways we experience things.
- Done in or by the living body
- A Rose is A Rose
Phenomenological reduction

• Requires that one avoid all abstraction, all theorizing, all generalization.

• Even all belief in the existence of what we call “real” or “not real”

• The experience of a dream or hallucination can be just as real as the experience of an actual event.

Is en hest en hest?
Ja en hest is en hest!!
Er din slutt oppgave en ”Case-study-report“?

For å kunne svare denne spørsmålst 
• Først en kort oversikt av Gestaltterapi vitenskapelig grunnlag
Max Wertheimer
Max Wertheimer Gestalt Psykologi 1923

• LAWS OF ORGANIZATION IN PERCEPTUAL FORMS
  • Law of Similarity
  • Law of Continuity
  • Law of Closure
  • Law of Proximity
  • Law of Pragnanz
  • Holism
  • Figur / Grunn organisering av en situasjon
  • Til Gestalt psychology . pptx
Wolfgang Köhler
Primate Research Centre
Kurt Koffka
Holism

• The whole is something else then the summary of the parts
Fra evidens basert teori → til evidens based praksis

Det er det geniale fra de to!

• Kurt Lewin
• Frederick Perls
Kurt Lewin/Frederick Perls
Hermeneutikks

•Forforståelse $\rightarrow$ ny forståelse
Action Research (Kemmis) = eksempel av hermeneutikks
Induction cycle

Theory:
- create or modify the theory
- use the theory to make a prediction

Observation:
- perform the experiment

Prediction:
- design an experiment to test the prediction

Experiment:
Aksjons forskning

- Refleksjon
- Observasjon
- Eksperiment
- Situasjon

⇒ ny situasjon
Hierarchy of Scientific Evidence

- Meta-analyses & systematic reviews (Strongest)
- Randomized controlled trials
- Cohort studies
- Case-control studies
- Cross sectional studies
- Animal trials & *in vitro* studies
- Case reports, opinion papers, and letters (Weakest)
Meta analyses and system reviews

• An example

• Meta-analyses of antidepressant medications have reported only modest benefits over placebo treatment, and when unpublished trial data are included, the benefit falls below accepted criteria for clinical significance.
Figure 1. QUOROM Flow Chart

Potentially relevant RCTs identified and screened for retrieval (n=47)

- RCTs excluded because mean improvement scores not available (n=5)

Potentially appropriate RCTs to be included in the pooled analysis (n=42)

- RCTs excluded from pooled analysis because improvement data not available for all trials of the medication (n=7)

RCTs with usable information by outcome (n=35)

http://journals.plos.org/plosmedicine/article?id=10.1371/journal.pmed.0050045
Randomized control trials (RCT)

• The predominant paradigm in evidence-based psychotherapy research is currently the Medical Model = RCT
• Double-blind studies are impossible in psychotherapy

Prof. Dr. Volker Tschuschke
Sigmund Freud-Private University Berlin, Germany
Problems of Medical Model in Psychotherapy

- patients are not homogeneous, even not with the same diagnosis
- therapists are not homogeneous, even not the same therapist with another patient
- diagnoses from DSM- and ICD-Glossaries are not valid, they overlap to an extreme degree and are fuzzy
- there are no ‘pure’ diagnostic groups of patients, nearly all patients suffer from comorbidities and multiple symptoms,
- thus attesting results from RCT-studies - which intend to test ‘pure’ diagnostic groups – an insufficient internal validity
- there is no control in a ‘controlled’ study: man lives 168 hours a week and attends for 1 or 2 hours therapeutic
- treatment, thus leaving a patient uncontrolled in 166 hours (99%) – again no internal validity
Hierarchy of Evidence 2, Omar Gele SARC conference
Hva er forskning?

• Forskning er systematisk søken etter kunnskap basert på strenge vitenskapelige kriterier.

• Utviklingsarbeid er systematisk arbeid, basert på anvendelse av viten som er oppnådd ved hjelp av forskning og eller praktisk erfaring, hvis mål er å frembringe nye eller vesentlige forbedrede materialer, mekanismer, prosesser, systemer eller tjenester. Arbeidet er ofte mindre systematisk og kritisk enn ved forskning.
Fra prosessforskning

Mer enn 30 prosess-studier på terapiprosessen i gestaltterapi: Greenberg (70-talle)
•— Sentralt: «at de emosjonelle opplevelsene klienten har under terapien, bidrar til å støtte dem i konfliktsituasjoner – også utenfor terapisituasjonen.
•— Forsking på «endringsøyeblikket»: Terapeutens utfordring sentral
•— Forskning på det «eksistensielle øyeblikk» (Strümpfel 2013)
Evidence based Practice (EBP) ➔
Practice based evidence (PBE) SEMI QUANTITATIVE

Examples Research start NGI

• CORE questionnaire CORE 10
• Gestalt diagnose form or evaluation form GDF
• 1 I have felt tense, anxious or nervous
• 2 I have felt I have someone to turn to for support when needed
• 3 I have felt able to cope when things go wrong
• 4 Talking to people has felt too much for me
• 5 I have felt panic or terror
• 6 I made plans to end my life
• 7 I have had difficulty getting to sleep or staying asleep
• 8 I have felt despairing or hopeless
• 9 I have felt unhappy
• 10 Unwanted images or memories have been distressing me
• Not at all, Only occasionally, Sometime, Often, Most or all the time
Result CORE-10
• **GAD7 Anxiety Test Questionnaire | Patient** GUL
• **PHQ-9 Depression Test Questionnaire | Patient** MØRK BRUNN
• CORE BLÅ
• CORE Risk RED
• NDF total PURPLE
• Varhet LUS BRUNN
• Figurdannelse MØRK PURPLE
• Kreativ tilpassings forløp LYS GUL
• Selv funksjoner GRØN
<table>
<thead>
<tr>
<th>Quantitative (Natural science)</th>
<th>Qualitative (Human science)</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Objectivity</td>
<td>• (Inter-) Subjectivity</td>
</tr>
<tr>
<td>• Explanation</td>
<td>• Understanding</td>
</tr>
<tr>
<td>• Generalization</td>
<td>• Contextualization</td>
</tr>
<tr>
<td>• Experimentation</td>
<td>• Field studies</td>
</tr>
<tr>
<td>• Control</td>
<td>• Sharing</td>
</tr>
<tr>
<td>• Hypothesis testing</td>
<td>• Hypothesis developing</td>
</tr>
<tr>
<td>• Replicability</td>
<td>• Uniqueness</td>
</tr>
<tr>
<td>• Numbers</td>
<td>• Words</td>
</tr>
<tr>
<td>• Statistics</td>
<td>• Interpretation</td>
</tr>
</tbody>
</table>
In case study research the choice of one particular case for study is judged on theoretical, analytical, or methodological grounds and are particularly fruitful for understanding a particular phenomenon or situation.
Case study

• *Case study* should be defined as a *research strategy*, an empirical inquiry that investigates a phenomenon within its real-life context. Case study research can mean single and multiple case studies.
|   | Innledning                  | 1  | 2  | 3  | Problemstilling                  | Metode                      | 4  | 5  | 6  | Modell                          | 7  | Verbatim                       | 8  | Verbatim drøftes               | 9  | Avslutningen                   | 10 |   |
|---|-----------------------------|----|----|----|----------------------------------|-----------------------------|----|----|----|----------------------------------|----|-------------------------------|----|--------------------------------|----|------------------------------|
|   | Philosophy of Research      |    |    |    | Defining a Topic                 | Research Design             |    |    |    | Reviewing the Literature        |    | Data Collection                |    | Data Analysis and Interpretation|    | Writing Up                    |
|   | Developing a Researchable Question |    |    |    |                                  | Planing and Practicalities  |    |    |    |                                  |    | Field notes                    |    |                              |    |                             |
A. The base line / the start.
   In a case study is the client / therapist situation: the base line. Can include what you remember of the first meeting(s)
B. The treatment / can include change in client / therapist situation
The beginning situation is the baseline for eventual development and or change.
Field notes

• There is no standard definition of this term but it usually refers to the contemporaneous notes researchers make in the field.
• Based on their observations, conversations with informants, and which can include maps, rough diagrams and so on.
Intervention      Blue = specific; brown= Nonspecific; grey=other schools

• Analitical=1
• Art=2
• GT=3
• TA=4
Snakk to og to om:

Can du plassere:
• Gestalt psykologi /
• Gestaltterapi case -studie -report, as in eksamen oppgave, I denne
Theoretical adds Besides research

• Lidelse / Problemer
• Eksistensielle utfordringen
• Åndelig vitenskap
Lidelse / Problemen

• dagligdagse,
• eksistensielle,
• Spirituelle eller åndelige
Eksistensielle utfordringen

• Imperfectness
• Solitude
• Finality
• Meaninglessness
• Responsibility

Gonzague Masculier
Ken Wilber
In: THE MARRIAGE OF SENSE AND SOUL p171

• TRAINING IN SPIRITUAL SCIENCE

• Zen Buddhism has a reputation as a “no-nonsense” school of spiritual discipline.

• Zen story Who…….? 

• Injunction= practice = Zazen= Varhet → oppmerksamhet

• Can give direct contemplative realization
  • Not rational realization
  • But a contemplative realization