

Dissertation Abstracts

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The Dream in the Wedding Saree: A Process-oriented Inquiry into the Dynamics of Dreaming and Social Action in Hindu Society

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This research project was undertaken in order to investigate the dreaming process inherent in the Hindu marriage system. Aspects of sexism which seem to be an integral part of the patriarchal system of which marriage is an outwardly manifested symbol are discussed as doorways to social change.

The goal was to find out where changes need to take place so that a system which can boast of being thousands of years old does not remain oppressive and static but offers an experience which includes ideas of democracy in the deepest sense, as well as the dreaming process of the individual.

This investigation is of personal interest and importance to me as a Hindu woman who has lived in a scenario which has seen the beginnings of a cultural transformation and who has a dream of taking the transformation farther.

The method of the investigation has been through interviews. The author interviewed a group of Indian women about their wedding sarees and rituals around the sarees during the marriage. Hopefully, this particular aspect will introduce an element of interest and variety to the project.

Therapy is More than the Sum of its Hours: Process-oriented Psychology as a Method of Long-Term Psychotherapy

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oriented Psychol-
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The theoretical development of process-oriented psychology took place to a large extent from the examination of short sequences of therapeutic work with people. This diploma work addresses the issue of how longer-term psychotherapy unfolds and which process-oriented theories would apply. The current zeitgeist demands therapy that is affordable, efficient and as short as possible. At the same time, research results show that long-term therapy is more effective than short-term.

The empirical basis of this investigation consisted of four case reports about long-term therapy from four certified process-oriented psychologists. From these therapy reports, the author attempted to extract the implicit assumptions and theories which the therapists used to understand the long-term therapeutic process. A distinct agreement emerged: all four stressed the relationship between therapist and client as a crucial element. This relationship can be differentiated into two aspects.

1. Basic Qualities and Setting

Many of the basic qualities like love, compassion, empathy, acceptance,

deep democracy, etc. already appeared in the theoretical structure of process-oriented psychology as metaskills. In long-term therapy these relationship qualities can develop, deepen and be tested during crises. They appear to be a deciding factor for successful long-term psychotherapy.

The feeling of fundamental security is also important for clients. In addition to other factors, a feeling of security comes about through a clear definition of the setting and through protecting the client from being overwhelmed in the course of multiple roles in relationship to the therapist.

2. The Specific Dynamics

Relationship patterns of the clients also manifest in their relationship to their therapist. These can be described using the theory of dreaming up, along with the theories of transference and counter-transference, to clarify the specific timely dynamic of these deep relationship processes. Special training and awareness are necessary to be able to work with these often hidden processes. Such training and awareness make significant changes in the relationship possible during therapy, and mirror and support the total development process of the client in a crucial way.

Psychotherapy and Perversity: From the “Psychopathia Sexualis” to the Unfolding of Dreams

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1998

This thesis focuses on the way people with what is considered deviant and unconventional sexual behavior have been seen, understood, and treated by the helping professions between 1800 and the present day.

On the one hand, a historical overview is provided, condensing mainstream understanding of the topic and identifying three main trends or “timespirits;” that of “using the magic of words,” of “causality,” and of “finality.”

On the other hand, the thesis seeks to identify the current trend or “time-spirit” of unfolding dream reality and, using an annotated seminar transcript as an example, describes aspects of process work metaskills and attitudes which help us to unfold the dreaming process behind behaviors often regarded as “deviant.”

Empowerment and Healing of Women through Conflict: A Contribution for More Joy in Conflicts among Women

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In this paper, the authors describe the process of a conflict that arose between them, their research into both the psychological and spiritual connections, and how this ultimately brought them to a resolution.

The aspect of conflict dynamics and resolution specific to women led to the decision to investigate the feminine approach to conflict. The authors show the connections between their personal intrapsychic conflict processes, the process of their relationship, and the aspects of conflict and conflict resolution patterns specific to women. Using fairy tales as expressions of cultural patterns, they show how deeply engraved feminine roles and feminine understanding of conflict are by the collective zeitgeist and by cultural belief systems.

From this investigation, the following insights were attained:

1. The process of a conflict and its resolution is spiral-shaped. The spiral is an archaic representation of the cycle of life, death and rebirth. This cycle is psychologically experienced during the process of a conflict.
2. Admitting and expressing the pain felt during a conflict makes a definite contribution to a deep and lasting resolution.

From the knowledge and insight gained from their experience, the authors encourage readers to follow their conflicts through to a resolution. Women especially are called upon to tackle many long-standing or new conflicts. This will bring them in closer contact with their often submerged inner power, which can then be used in a new self-empowering consciousness.

Margins of Uncertainty: A Qualitative Study of Marginality in Multiple Dimensions of Experience

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This thesis explores marginality from the twin perspectives of theory and lived experience. Theoretical discussion takes an interdisciplinary approach to the exploration of marginality as a sociocultural and liminal phenomenon. It focuses on two main concepts: margin as periphery and margin as threshold. A three-phase study explores how these theoretical concepts of marginality manifest in everyday life worlds. It responds to recent critiques of unidimensional approaches to cultural diversity in therapeutic psychology (Weinrach & Thomas, 1996), as well as the call to conduct diversity research from perspectives that recognize the social construction of knowledge (Pedersen, 1997). The purpose of the study is to explore how marginality is perceived, experienced and understood in the lived experience of culturally diverse psychotherapists and non-therapists. It investigates marginal and mainstream experience across multiple areas of cultural influence (Hays, 1996a), and "in between-ness" in intrapersonal experience and intercultural interaction. Framed from an interpretive perspective influenced by postmodernism (Kvale, 1996), critical hermeneutics and phenomenology (Hagan, 1986) and guided by a pragmatic metanarrative (Hoshmand, 1994), the three-phase study adopts a qualitative approach to inquiry. It was conducted in Portland, Oregon, U.S.A. Using purposive intensive sampling, Phase I addresses the experience of nine residents of an inner-city neighborhood; phase II addresses the experience of nine psychotherapists. In both phases, in-depth interviewing is the primary data generation strategy. This is supplemented in Phase II by two types of researcher-generated document: guided journal entries and an original instrument, a "web-wheel" diagram. A concomitant focus of the study is the development of this diagram as innovative research tool. Phase III focuses on praxis and empowerment. It explores effects of participation in the study, and solicits feedback on research strategies and outcomes. Interpretive analysis is guided by Kvale's (1996) ad hoc approach to theory-driven and data-driven thematic analysis, and is assisted by QSR NUD*IST 4.0 and Nvivo 1.1 software. Outcomes include the identification of eight thematic threads: complexity of sociocultural status and identification, hardship, multiple dimensions of power, awareness, margin as teacher, process, margin as limen, and uncertainty. "Not knowing" is found to be a salient aspect of intercultural interaction. Outcomes point to the pitfalls of over-generalizing the experience of marginal or mainstream groups,

and the need for multidimensional approaches to diversity which reflect the complexity, ambiguity and uniqueness of lived experience. Implications for various fields of inquiry are discussed, with particular reference to the training of culturally sensitive psychotherapeutic practitioners, and methodological developments in qualitative research.

On the Path to a Black Tongue: A Greek Woman's View on Sexism

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On the Path to a Black Tongue: A Greek Woman's View on Sexism is about the effect that being put down has on one's life, and about bringing about change.

Sexism affects us all: women, men, and all the sexes in between, transgender, transsexual, heterosexual, and homosexual people. It affects the way we perceive and feel about ourselves and the world around us; it stops us from living life fully and developing to our greatest potential.

This paper provides a number of windows into sexism. Chapter 1 tells the story of the thesis' birth, which reflects the impact of sexism on the writer. Chapter 2 provides a brief description of recent Greek history to set a historical context. Chapter 3 describes traditional Greek culture and its inherent forms of sexism, showing how many are alive and well in modern Greek culture. It goes on to follow the evolution of patriarchy in the author's family tree. Chapter 4 points out some of the ways Christianity reflects and perpetuates the patriarchal attitudes of the society it developed in. Chapter 5 includes personal experiences the author had growing up, showing the effects of patriarchal attitudes on self image and self-esteem. Chapter 6 enters the social realm, covering the cycle of oppression/oppressing. It shows how sexism affects men as well as women, and how it is perpetuated by most people regardless of gender, in part due to the rigorous gender training we all experience growing up. Findings from the latest brain research suggesting that sex-typed gender behavior seems to affect the structure of the brain are presented, along with the beliefs of many Native peoples that there have always been more than the two sexes we recognize today. The chapter ends by proposing more fluidity in our ideas around gender, roles, and sexuality. Chapter 7 addresses how sexism impacts sexuality, and Chapter 8 concludes with suggestions for change.

Throughout the work personal experiences, feelings and dreams are expressed through poetry and storytelling. Some parts are written in the first person and others in the third. This movement back and forth illustrates both the personal and cultural aspects of sexism, providing both an intimate personal sense of how sexism operates and a clear overview of its impact on society. This thesis will be of interest to anyone who is interested in knowing about, working on, and changing sexism.

Beyond Guilt and Innocence: Towards a Process-oriented Criminology

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This study explores both the sociological and psychological effects of western moral values about good and evil on individuals and groups categorized as evil, and the influence these morals have on perpetuating conflict and violence. This qualitative heuristic study includes case studies with prison inmates exploring the effects of moral judgment on rehabilitation and the influence of a process-oriented approach on rehabilitation.

The construction of the relationship between good and evil is traced through the Judeo-Christian tradition as well as Jungian psychology, Taoism, social psychology, criminology, and process-oriented psychology. The Judeo-Christian tradition, which labels actions and individuals as either good or evil, is the foundation of current approaches to crime, including both the liberal and the conservative approaches to crime within its paradigm.

The study explores how the belief in good and evil inhibits awareness of experiences considered evil, and has a major influence on consciousness building in connection with criminal actions, rehabilitation, and society's policies towards crime. The study compares the Judeo-Christian based approach with the process-oriented view, which sees the different parts of society such as the criminal offender, the law-abiding citizen and the law enforcement as roles in the social field. These roles are reflected in the individual's psyche. Their reciprocal relationship assures the representation of the total field. All roles reflect our institutionalized expectations, whether they go along with the expectations or oppose them and thus become disavowed. A process-oriented approach does not see the roles in terms of value opposites but according to how the avowed and disavowed roles reciprocate each other.

The case studies represent four aspects of the judicial system: a career criminal, a young first-time offender, a prison guard, and a lawyer. The case studies show how the dichotomy of good and evil is an experience shared by and present in each of us. The dichotomy is reciprocated psychologically.

The study recommends that future rehabilitation measures include role awareness along with awareness of individual psychology, and concludes that moral value judgments inhibit such awareness and are counter-productive to rehabilitation.

The study should be of interest to psychologists, social workers, criminologists, law enforcement professionals, the legal system, criminal offenders, as well as to individuals interested in learning more about themselves.