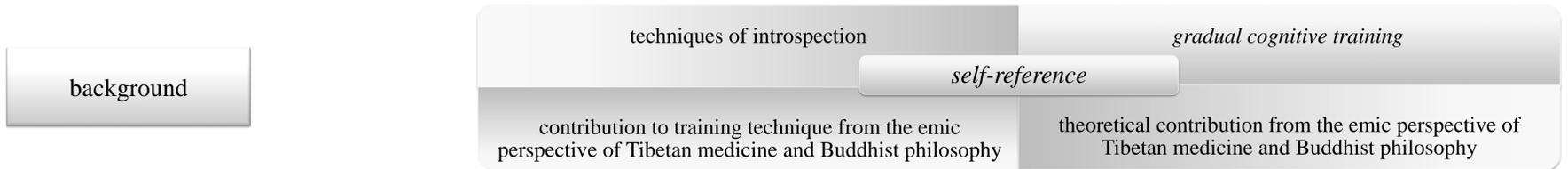


# Investigating in methods of introspection and their impact on psychotherapy

## Anne Iris Miriam Anders



background

study design

1) **quantitative study:** 83 probands, 71 people in the waiting control group, individual training after six hours of teaching

key techniques of training (Attersee Anders, 2016, pg. 129, fig. 16)

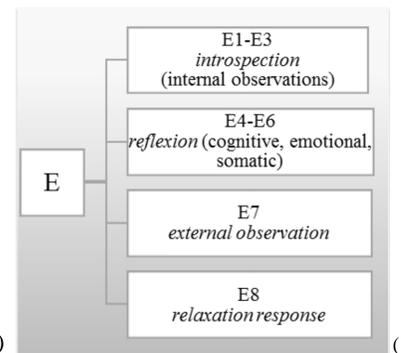
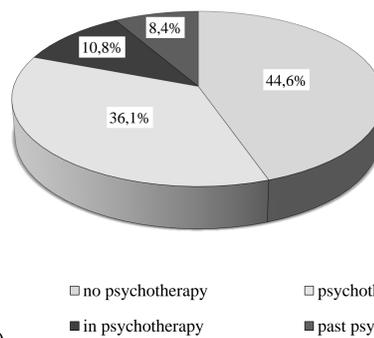
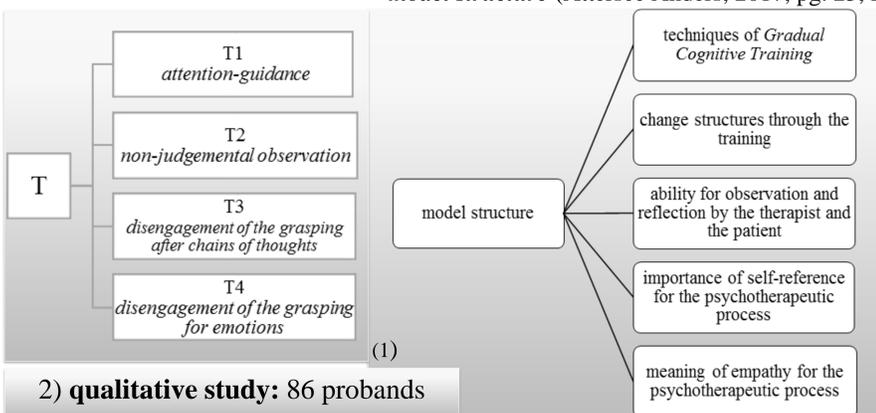
percentage of psychotherapists, psychotherapy patients and students (Attersee Anders, pg. 169, fig. 31)

(1)

model structure (Attersee Anders, 2017, pg. 25, fig. 1)

effects of training (Attersee Anders, 2016, pg. 131, fig. 17)

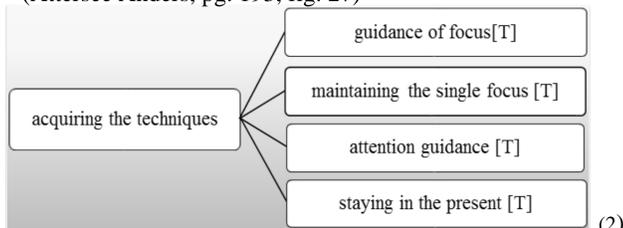
(1)



(1)

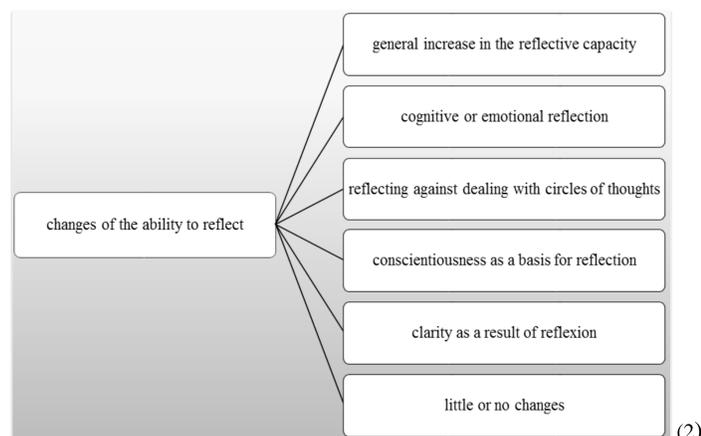
2) **qualitative study:** 86 probands

acquiring the techniques (in psychotherapists) (Attersee Anders, pg. 193, fig. 27)



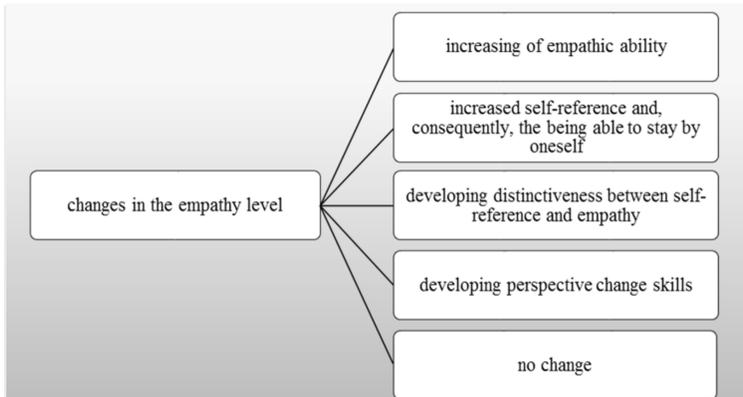
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changes of the ability to reflect (Attersee Anders, 2017, pg. 147, fig. 24)



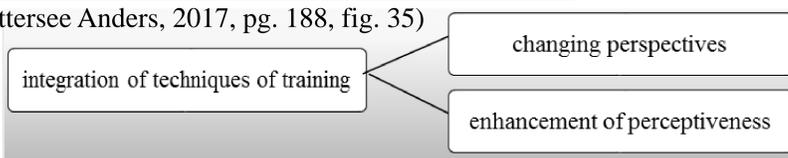
(2)

changes in the empathy level (Attersee Anders, 2017, pg. 154, fig. 26)



(2)

integration (Attersee Anders, 2017, pg. 188, fig. 35)



(2)

essential aspects (Attersee Anders, 2017, pg. 377)

essential aspects
1. slowing down [ES] fig. 13
2. easing and relaxation [ES] fig. 3
3. relaxation following strains [ES] fig. 3
4. relaxing quality [ES] fig. 5
5. releasing tension [ES] fig. 6
6. easing [ES] fig. 5
7. harmonizing of body and mind [ES] fig. 7
8. inner balance [ES] fig. 9
9. balancing body and mind [ES] fig. 9
10. creation of restfulness [ES] fig. 10
11. remaining in concentrated resting
12. not-being-left-out-of-quiet
13. self-reference adjustment fig. 11
13.1 self-returning Abb. 3, reaching oneself fig. 6
13.2 gathering fig. 7
13.3 centering fig. 3, fig. 5
13.4 staying-to oneself fig. 8, fig. 13
14. self-confidence fig. 13
15. clarity / emotional and cognitive clarity fig. 3
16. bodily pulsation experience Abb. 4
17. energisation fig. 5
18. reflection on purposes in life
19. processing/ daily retrospection
20. relating to others: improving interaction with others
21. stress handling / focusing during stress
22. dealing with thoughts fig. 9
23. cognitive and emotional regulation
23.1 controlling thought circles
23.2 emotion regulation
23.3 changed way of handling emotions
23.4 improved handling with concerns and anxieties
24. conscience/ awareness of oneself
25. developing an attitude of introspection
26. understanding of body related issues fig. 7
27. selfexploration

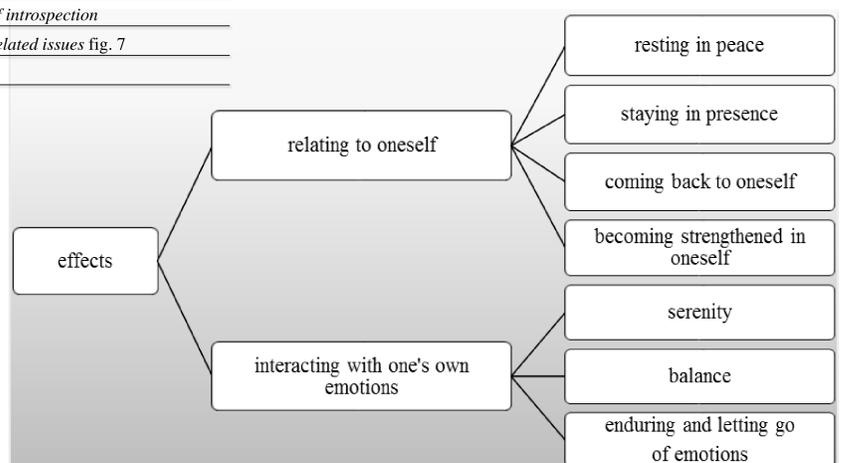
effects reported by probands (Attersee Anders, 2017, pg. 379)

structures of effects
1. relaxation (see "E8 relaxation response" in Attersee Anders, 2016, fig.17)
1.1 general relaxation [E] fig. 2, fig. 10
1.2 relaxation [E] fig. 7
1.3 relaxed calmness [E] fig. 2
1.4 physical relaxation [E] fig. 2, fig. 3
1.5 calm attention [E] fig. 6
1.6 deepening of relaxation [E] fig. 6
2. calmness and serenity
2.1 inner calmness [E] fig. 8
2.2 reaching inner calmness [E] fig. 6
2.3 calm serenity [E] fig. 3
2.4 serenity [E] fig. 7
2.5 inner calmness and balance [E] fig. 6, evenness [E] fig. 8
3. self-referral aspects
3.1 aspects of self-reference [E] fig. 5, fig. 9
3.1.1 using observational ability [E] fig. 2
3.1.2 increasing reflectivity [E] fig. 43.1.1
3.1.3 integrating observation and reflection skills fig. 33
3.2 finding-yourself Abb. 33
3.3 being yourself Abb. 33, coming to be yourself [E] fig. 7
3.4 developing presence Abb. 33
3.5 inner calmness and balance [E] fig. 6
3.6 self-reliance [E] Abb. 2
3.7 improved processing/increasing receptivity [E] fig. 3
3.8 clarity and presence
3.8.1 clarity [E] fig. 6
3.8.2 presence [E] fig. 6, fig. 10

(2)

coding: ES = experience, E= effect, T= technique, ER= transient experience

nine effects (Attersee Anders, 2017, pg. 178, fig. 30)



(2)