

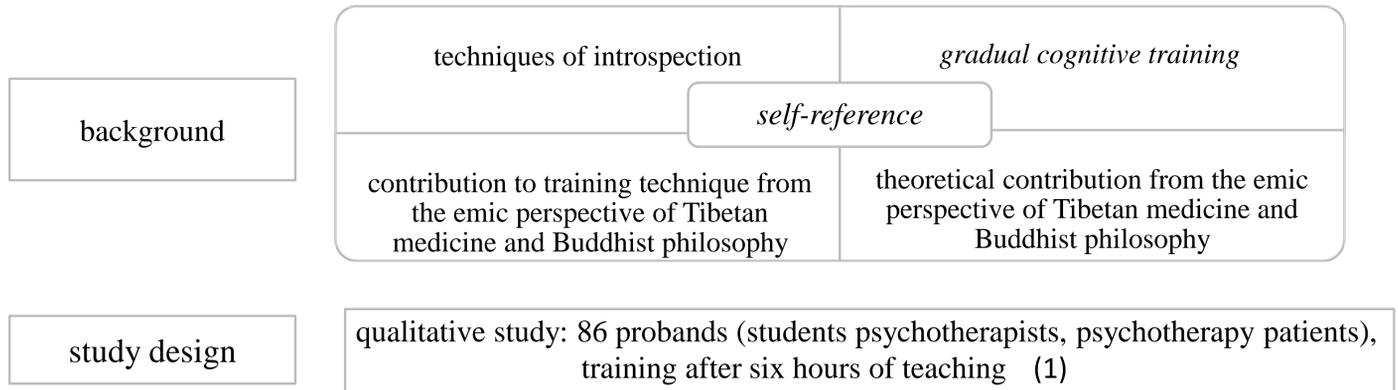


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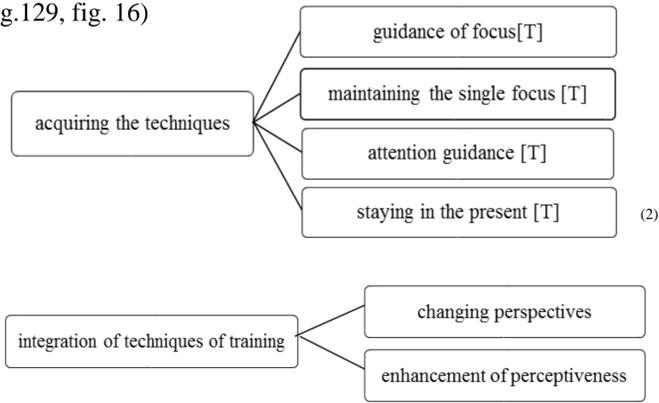
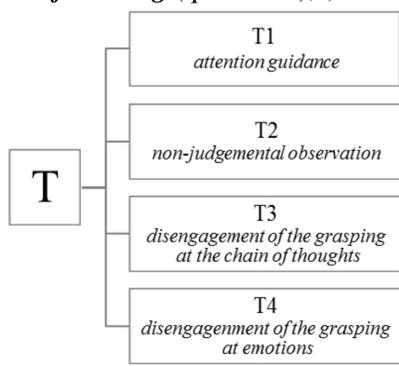


Analysing methods of introspection and their communication and learning processes

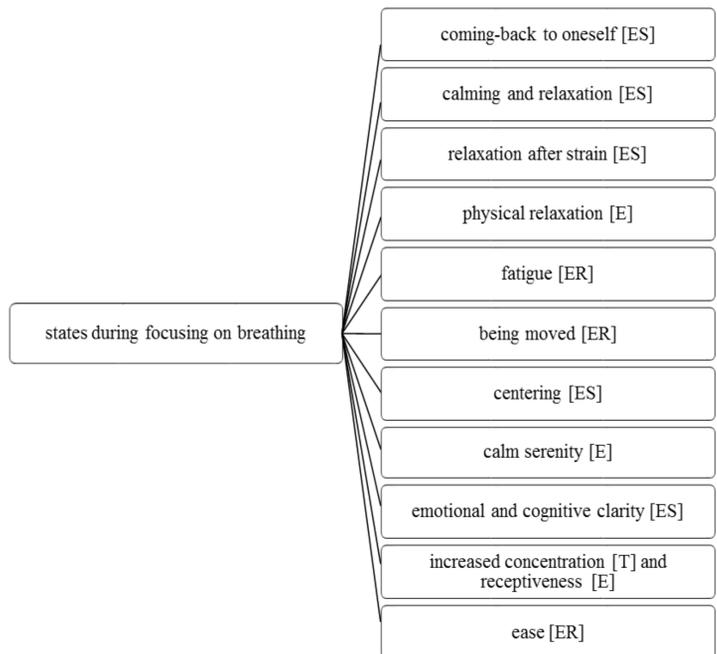
Anne Iris Miriam Anders



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

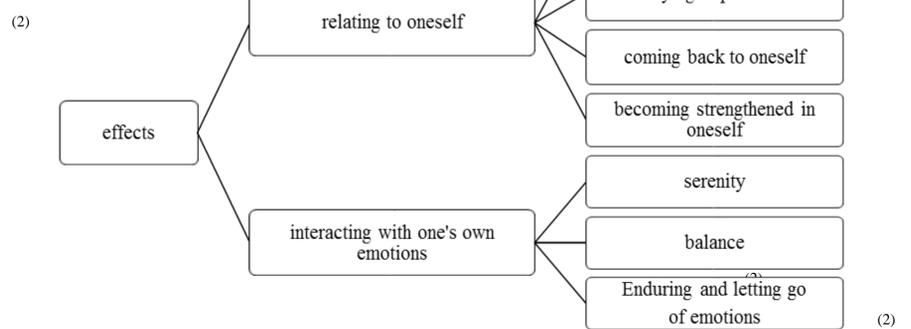


techniques of training
1. attention guidance [T] ¹ , techniques of attention guidance Abb. 7, directing attention [T] fig. 27, directing attention in the sense of maintaining [T] M ₂
2. focusing [T] fig. 6
3. non-judgemental observation [T ₂] fig. 16
4. beyond judging [T] fig. 2
5. distancing [T] fig. 2
6. distanced observation [T] fig. 2
7. releasing cognitive and emotional grasping, releasing grasping [T]
7.1 disengagement of the grasping at (the chain of) thoughts [T ₃]
7.2 disengagement of the grasping at emotions [T ₄]
8. letting go [T] fig. 7, fig. 8, being able to release [T] fig. 12
9. introspection [T] fig. 8, fig. 9
10. concentration [T] fig. 8, fig. 13, increasing concentration [T] fig. 3
11. technique of training [T] fig. 12, increasingly subtle focus on objects, increasingly subtle focus [T]
12. releasing the focus [T]
13. breathing technique [T] fig. 8
14. directing the focus [T] fig. 27
15. single-point focusing [T] M ₃ , maintaining a single focus [T] fig. 27
16. multiple focus [T] M ₄
17. breathing focus (in case of stress) [T] fig. 11
18. through repetition effects are deepening [T] fig. 9
19. periods of rest [T] Abb. 9, daily periods for rest [T] fig. 7
20. intentional interruption of routines [T] fig. 10
21. limiting overwhelming stimuli [T] fig. 9
22. continuity [T] fig. 9
23. abiding in in the present [T] fig. 27
24. living in the moment [T] fig. 9
25. self-improvement [T] Abb. 2
26. developing the attitude of introspection [T] M ₁
27. ability to alter perspectives (intra- and interpersonal) [T]
27.1 intrapersonal change of perspective [T]
27.2 change of perspective in the sense of putting oneself in someone's place [T]
27.3 change of perspective in the sense of Tonglen - exchanging oneself with others [T]

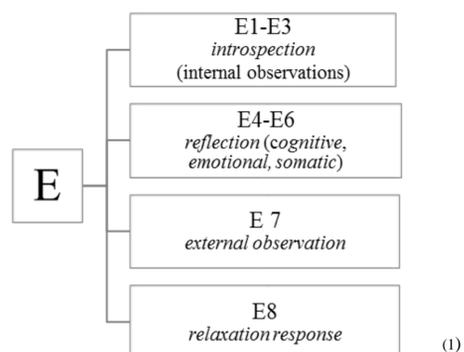


coding: ES = experience, E= effect, T= technique, ER= transient experience (2)

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. aspects on self-reference
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 fig. 33
3.5 inner calmness and balance [E] fig. 6
3.6 self-reliance [E] fig. 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



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



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References:

- (1) Attersee Anders, A. I. M. (2016). *Selbstreferenz: Ein dynamisches Selbstreferenzmodell auf der Grundlage von graduellen kognitivem Training*. Wiesbaden: Springer.
- (2) Attersee Anders, A. I. M. (2017). *Introspektion als Wirkfaktor in der Psychotherapie. Eine psychotherapiewissenschaftliche Modellbildung zu Effektstrukturen des Graduellen Kognitiven Trainings*. Wiesbaden: Springer.