

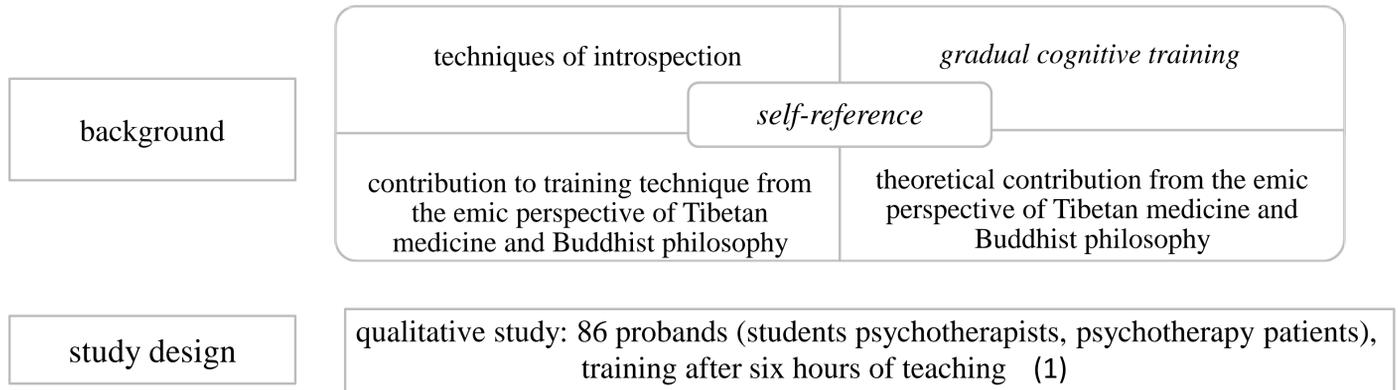


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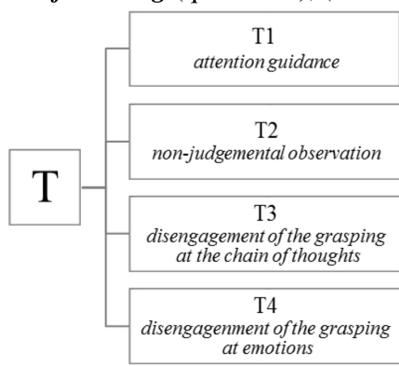


Analysing methods of introspection and their communication and learning processes

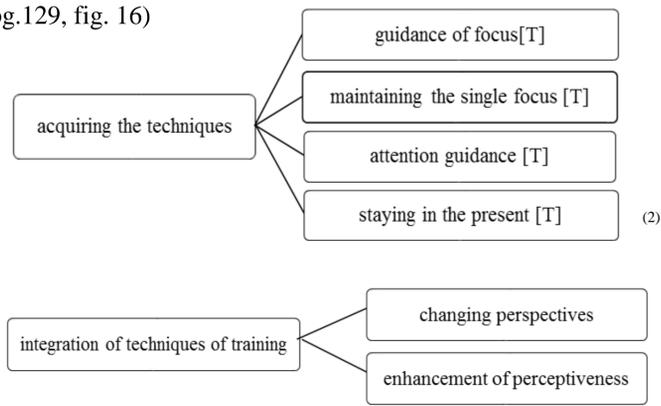
Anne Iris Miriam Anders



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



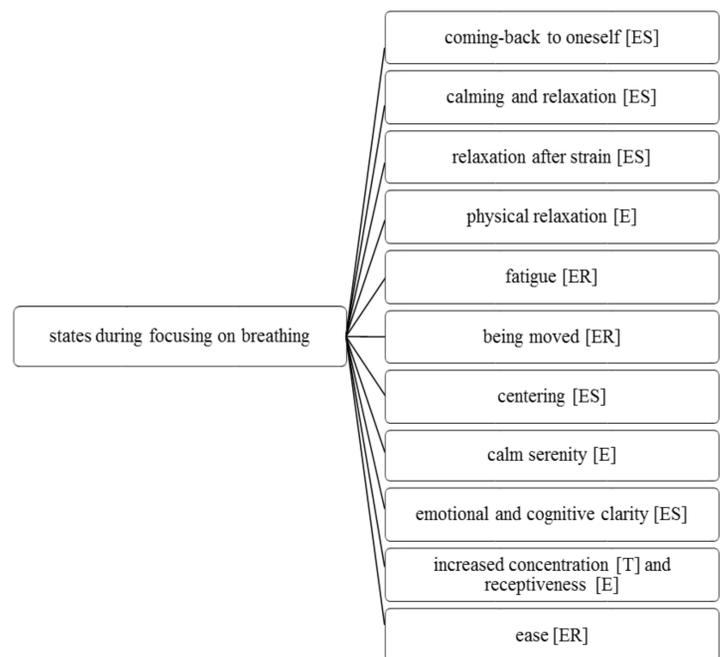
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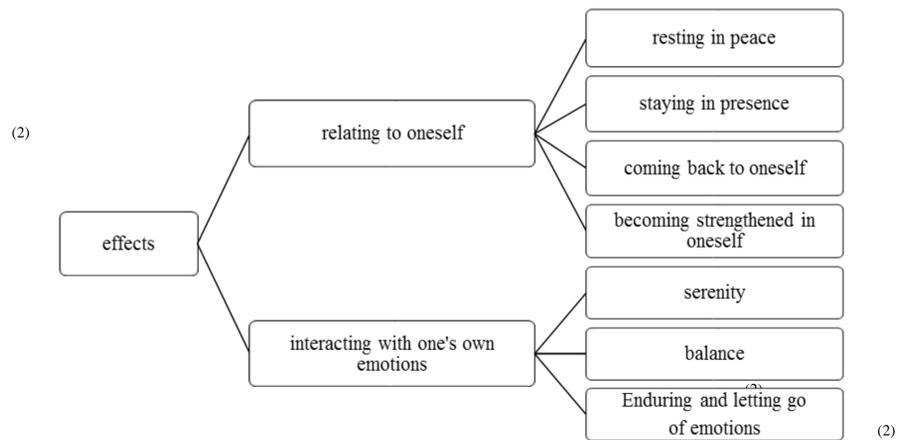
techniques of training
1. attention guidance [T] ¹ , techniques of attention guidance Abb. 7, directing attention [T] fig. 27, directing attention in the sense of maintaining [T] M ₂
2. focusing [T] fig. 6
3. non-judgemental observation [T ₂] fig. 16
4. beyond judging [T] fig. 2
5. distancing [T] fig. 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]

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

(2)

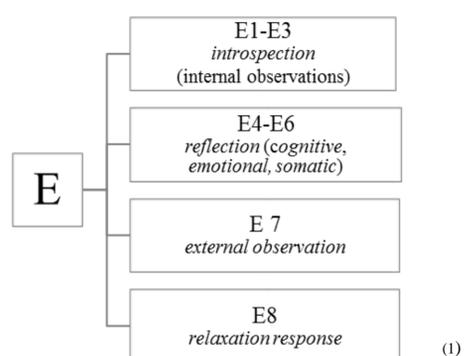


coding: ES = experience, E= effect, T= technique, ER= transient experience (2)



(2)

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.