

General Definition of PERCEPTION, UNDERSTANDING and INTERVENTION

PERCEPTION	UNDERSTANDING	INTERVENTION
my un-interpreted 'observations'	how I make sense of my perceptions, impressions and 'observations'...	how I respond; what I <u>do</u> (<u>'outwardly'</u>)
recognise significant information	translate perceptions into understanding	translate understanding into action
what do I notice ?	what's going on ?	what do I say, do, suggest ?
what am I aware of ? what do I pick up and observe ?	how do I understand it? what's the dynamic? what is most important to work with ?	what technique is appropriate? methods, strategies, interpretations, suggestions
'INPUT' 'raw data'	'PROCESSING'	'OUTPUT'
	THEORY (what)	TECHNIQUE (how)

underpinned by: **IMPLICIT RELATIONAL STANCE**
reflected in: meta-psychology, paradigm, philosophy, epistemology

within a 'medical model' perspective

PERCEPTION	UNDERSTANDING	INTERVENTION
neutral, rational & objective observer	scientific procedure (hypotheses)	treatment
dualistic subject-object split (accurate perception depends on remaining 'outside', unaffected and uncontaminated by the problem / pathology)	general principles (i.e. theory); repeatable outcome of experiment (irrespective of context/r'ship) as verification; then application of theory to particular client	power-over: solution imposed; practitioner prescriptive & directive: e.g. treatment, remedy, operation, technique, strategy
= investigation / examination / research (gathering data)	= (external) diagnosis	= treatment plan = linear problem-solving; improvement = get rid of symptom

within an 'anti-medical model' perspective

PERCEPTION	UNDERSTANDING	INTERVENTION
engaged, holistic, subjective & intersubjective perception based on empathy and identification	intuitive understanding; tends to be based on holistic and non-rational or transrational framework	helping = facilitative, maybe educational, more mutual conception of relationship
phenomenological 'bracketing' of prior assumptions; perception through accurate empathy and identification rather than objectifying separateness	insisting on subjective & intersubjective, contextual, relational understanding of each individual in their own right; power of 'real' human connection; refuses external criteria for evaluating <i>inherent</i> vibrancy of contact (Gestalt)	denies hierarchy and contradicts power-over; refuses authority and solutions; practitioner defined as ally, champion, witness or available for authentic relating; often biased towards 'reparative relationship'
= refuses distancing, objectifying stance = involvement and use of therapist's self	= refuses objectifying, pathologising diagnosis and all labelling or typology; sometimes anti-theory, values intuition	= going with the flow, based on principles of self-organisation; refuses imposition, manipulation, authoritarian strategies