University of
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Neurophenomenological approach
Principles, Benefits and Challenges

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"to bridge **first person** experience and **neurophysiological** data"
- Varela 1996

To avoid common flaws of subjective data:

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- put aside belief or theory about the experience for **both** subjects **and** experimenters

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- semi-structured qualitative interview
- micro-phenomenological interview (evolved from the explicitation interview)

QUESTIONNAIRES

- **online** or **offline** questionnaires

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- trained subject and categories based on subjective reports

Challenges

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- quick implementation
- quite common "better than nothing" methodology

EXPERIENCE SAMPLING

- **interrupting** the subject to ask for 1st person reports

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- subject can first be trained in giving 1st person reports

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SEMI-STRUCTURED INTERVIEW

- **scripted** interview with some open-ended questions

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- interview follows the **same** overall structure for all participants

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- "easy" to analyze
- interview structure can be shared amongst experimenters

MICRO-PHENOMENOLOGY

helping the interviewee to **become aware** of unnoticed parts of their experience

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- the **evocation state**
- going from the **"what"** to the **"how"**
- **"empty"** questions: "what happened at that moment", "When you feel the pain, what do you feel ?" etc..
- **rephrasing** to help subject focus on her experience, and validate our understanding

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→identification of **regularities of structure** over a corpus of descriptions of similar experiences

→generation of **hypotheses**

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... allow **plenty of time** for a study !

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- nascent discipline ... exciting to contribute to a new domain !

BACK TO NEUROPHENOMENOLOGY

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MENTAL IMAGERY TRAINING / NEUROFEEDBACK

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... yet **functional significance** remains to be tested !

- Pr. Claire Petitmengin
- Dr. Camila Valenzuela-Moguillanski
- Micro-phenomenology community :
  https://www.microphenomenology.com/

     … time for discussion and questions !