



# **EXISTENTIAL HEALTH – EXPERIENCE RESONANCE & CO-PRODUCE**

## **Part II**

Existential group conversations  
with clients and  
healthcare professionals respectively

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A serene background image of a calm lake at dawn or dusk. The water is still, reflecting the soft, golden light of the sky. In the distance, a line of trees is visible through a light mist or fog. A small, dark island or rock formation is visible on the right side of the lake. The overall mood is peaceful and contemplative.

# Agenda

- The two groups
- The two studies
- Overview, some common results
- The common results from each study perspective

# Existential group conversations

People experiencing mental health problems

beyond health care

1-2 leaders

5 participants (appr.)

3 hours sessions

11 weeks

Health care professions

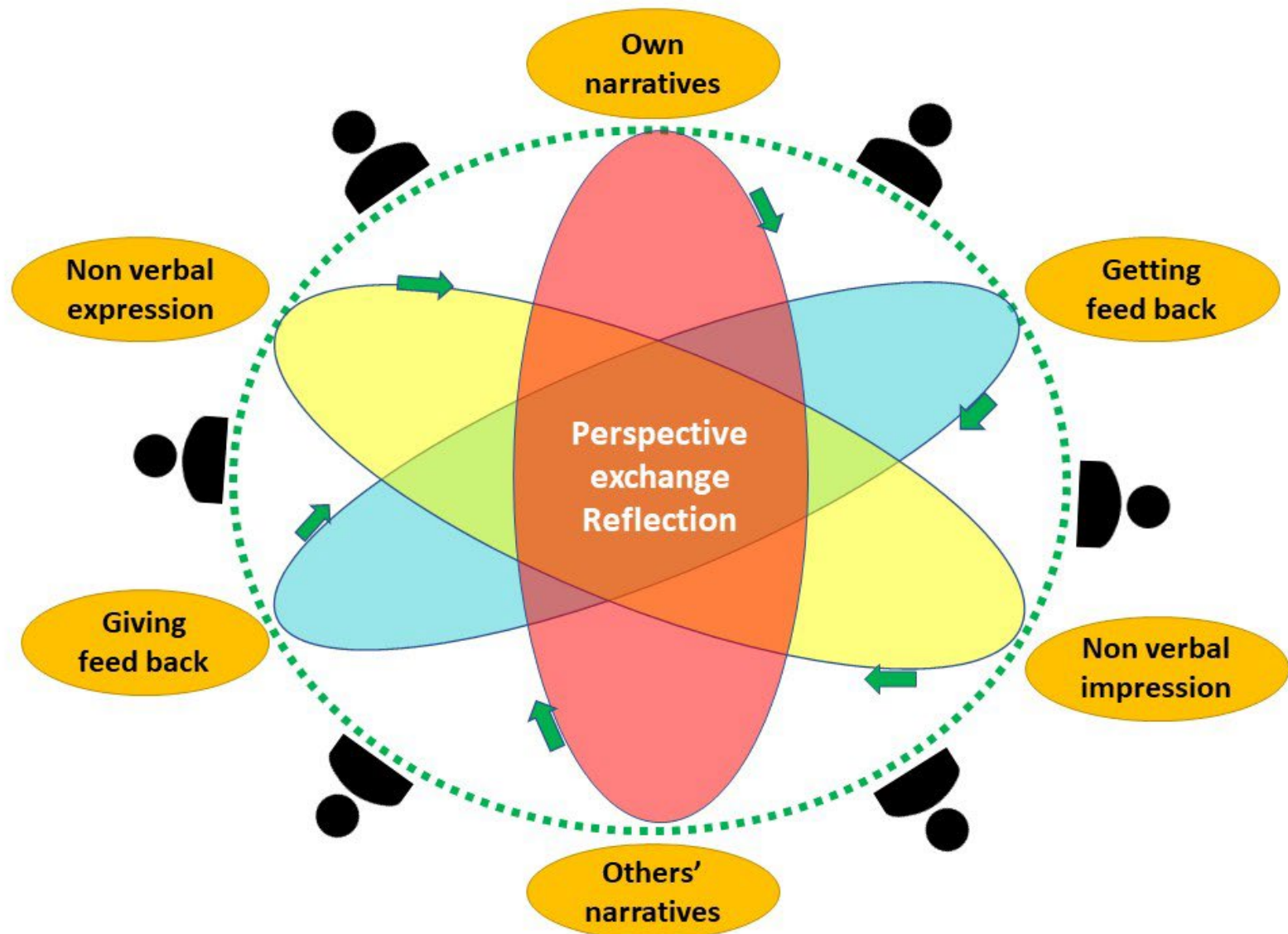
in health care

2 leaders

8 participants (max)

2 hours sessions

7 weeks





# Two existential conversation groups – two purposes

A serene landscape photograph of a calm lake at dawn or dusk. The water is still, reflecting the sky and the distant forest. A line of trees is visible on the horizon, partially obscured by a light mist. A small, tree-covered island sits in the middle of the lake, also reflected in the water. The overall tone is peaceful and contemplative.

Client groups

Increase health and  
diminish sick-leave

Profession groups

Competence development and  
personal development

# The aims of the two studies

## Client groups

Investigate experiences of existential conversations in groups and possible impact on health and everyday life

## Professional groups

Deepen the understanding of which interaction, learning and development this form of conversation group contributed to.

# Two studies – two designs

A serene landscape photograph of a calm lake at dawn or dusk. The water is still, reflecting the soft, golden light from the sky. In the background, a dense line of trees is shrouded in a thick mist. A small, dark island is visible in the middle distance, also reflected in the water. The overall mood is peaceful and contemplative.

Client groups

Profession groups

Focus groups with participants

Conversations with group leaders

Focus groups with participants

Participant observations

# Theoretical frames

The background of the slide is a photograph of a calm lake at dawn or dusk. A dense forest of evergreen trees is visible in the distance, partially obscured by a thick layer of mist or fog. In the center of the lake, there is a small, tree-covered island. The water is still, reflecting the light from the sky and the silhouettes of the trees and island.

## **Client groups**

Occupational Science

Doing

Being

Becoming

Belonging

## **Profession groups**

Medical education

Practice architectures

Resonance

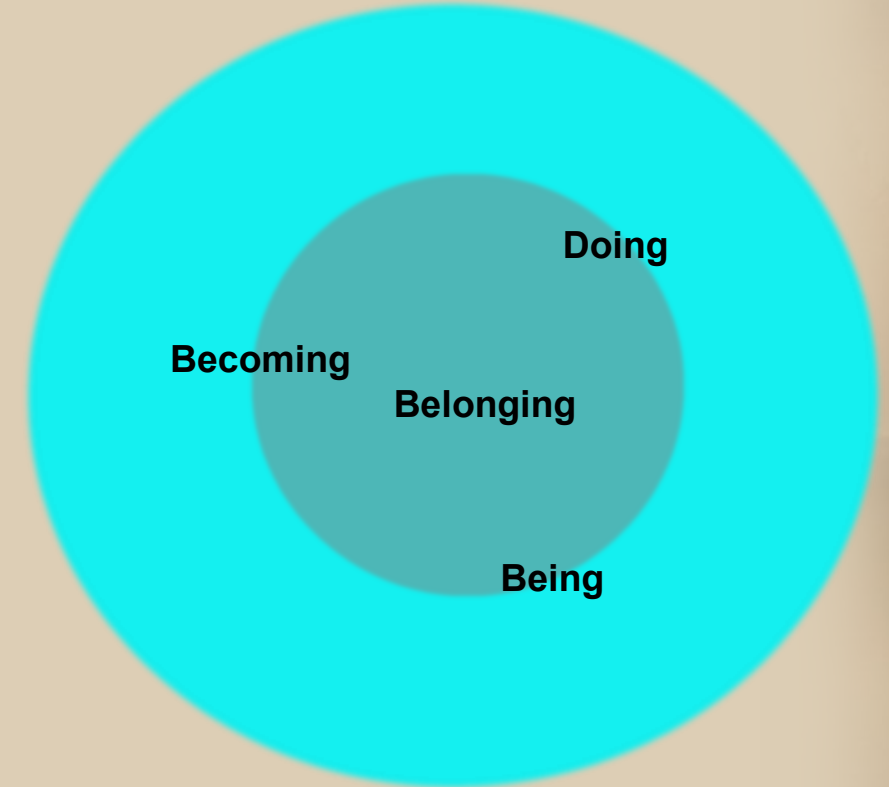


Client group

Pan Occupational  
Paradigm (Hitch et al, 2018)



Well-being, Health, Happiness, Inclusivity,  
Justice

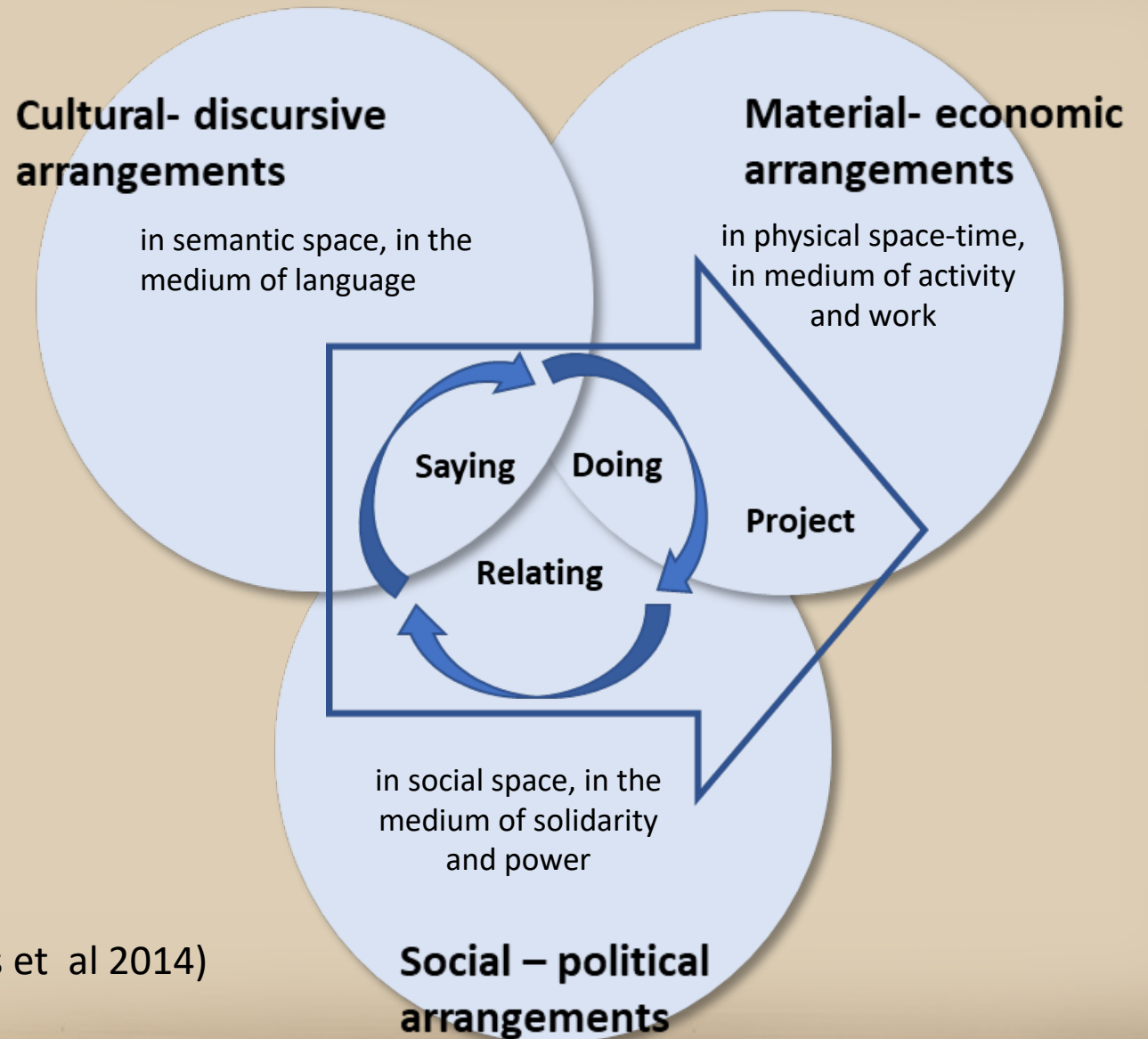


Ill-being, Illness, Deprivation, Alienation,  
Injustice

# Profession groups

**Practice architecture**  
understand what happens  
in an ongoing practice

(Kemmis et al 2014)



# Resonance (Rosa 2018)

Vibrating relationships

a person and "someone else"

her environment socially, materially, existentially

Openness, be touched, affected, self-effective

Resonant interplay can change perspectives, insights and way of acting







# Common results in the two studies

Freedom within frames for time and space

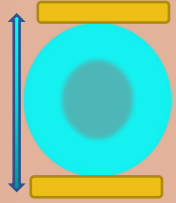
Reflected judgement

Becoming and transformative learning









# Freedom within frames for time and space

*"Talking like that, it is so far from where you were before. That you talk about what you think and feel, like that...it was like another planet"*

**Drop the mask**

**True to oneself and others – with integrity**

**Mutual communication exchange**



## Freedom within frames for time and space

*"These rules were set early in the game....it really became a respectful tone that made people dare to open one-self."*

The room

The placings of people

The conversation cards, mediators

The movements conversations rounds

The rythm test-talking and listening

### **Arrangements**

formed a specific

**practice architecture,**

gave a

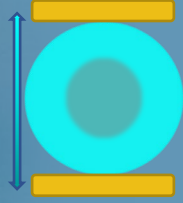
**practice tradition**

permeated with

**psychological safety**







## Reflected judgement

*"I was speeding up a lot, both at home and at work,  
because I didn't want to stop and pause and feel what I felt, I didn't dare"*

Raise consciousness

Consider consequences of doing

Zooming

Be present in the moment

Overview of the life situation



# Reflected judgement

*"It's a slow pace, after all without it feeling troublesome....., this pace is needed to take in and listen and let it land with me and what I think about it and so on. It is a process that I find very rewarding."*





# Reflected judgement

Pactive listening ↔ test-talking

(Bornemark 2020)



inner thoughts and feelings  
raised awareness of experiences and desires

**Resonance**



# Resonate together (two to three)

Time and space for existential dimensions, test thinking, test talking, and enable resonance in your own workplace (microsystems)

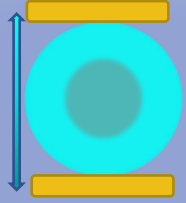
Do we need it?

Do we have it?

Can it be created?







# Becoming

*"...to get help from words....*

*....I was unused to...what I really feel and what I...and then the discomfort you feel, when you think it is so unique...what you experience, it can't be compared..."*

Mental health literacy

From a wordless chaos to expressing and verbalizing experiences



# Transformative learning

*"...the thing I carry with me the most is that it is possible to create meeting places, ..... when we give time to listen ( other hmm) ... and I think that in relation to my job, maybe I don't have to solve everything, instead me listening, really actively listening"*





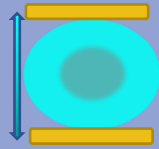
# Transformative learning (Mezirow 1997)

**An approach different from the expert approach**

listen pactively, stay in the unsecure meeting, in silence  
be influenced by the perspectives of others,  
listen to themselves.

**Resonance**

# Becoming and Transformative learning



Drop the mask



Take off professional armor

Enabling resonance !





A background image showing several seagulls in flight against a clear blue sky. The birds are white with dark wings and tails. In the lower portion of the image, a body of water is visible, with a range of blue mountains in the distance.

## **Resonate together (two to three)**

**Existential dimensions, test thinking, test talking, and resonance enabling.**

**How can it support co-production and co-creation in clinical microsystems?**

# References

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# Researcher collaboration – spillover from existential conversations

Existential conversation mode

Test thinking

Test talking

Accepting unbiased atmosphere

# Pre-understanding

Declare and control? or

A necessary condition for knowledge development?

(Alvesson & Sandberg, 2022, Gadamer, 1960/1994)

# Develop pre-understanding – from unreflected to reflected

## HOW

Existential conversation mode

## WHAT

Dialouge between

Data

Theory

Pre-understanding



# References

Alvesson M, Sandberg J. Pre-understanding: An interpretation-enhancer and horizon-expander in research. *Organization Studies*. 2022;43(3):395-412.

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