

1. Record Nr.	UNINA9910774706403321
Titolo	Assembling Therapeutics : Cultures, Politics and Materiality
Pubbl/distr/stampa	Milton : , : Taylor & Francis Group, , 2019 ©2020
ISBN	1-351-23337-8
Descrizione fisica	1 online resource (239 pages)
Collana	Therapeutic Cultures Series
Altri autori (Persone)	NurmiJohanna PerheentupaInna BergrothHarley
Disciplina	158
Soggetti	Self-help techniques Applied psychology Self-care, Health
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	From culture to assemblages: an introduction / Suvi Salmenniemi, Harley Bergroth, Johanna Nurmi & Inna Perheentupa -- Assembling mindful bodies: mindfulness as a universal "laboratory of practice" / Steven Stanley & Ilmari Kortelainen -- Affective assemblages: atmospheres and therapeutic knowledge production in/through the researcher-body / Marjo Kolehmainen -- Therapeutic and therapeia within Orthodox Christianity / Tatiana Tiaynen-Qadir -- Saving the post-Soviet soul: religion as therapy in the narratives of Russian-speaking migrant women / Julia Lerner -- Coaching for the nation: a new "moral and ethical assemblage" for Israel's last republican generation / Ariel Yankellevic -- The datafication of therapeutic life management: assembling the self in control society / Harley Bergroth & Ilpo Helen -- The lure of self-disclosure: app-assisted quantification of mood as therapeutic companionship / Felix Freigang -- No negative vibes: organisational fun as a practice of social control / Virve Peteri -- "Living on a razor blade": work and alienation in the narratives of therapeutic engagements / Suvi Salmenniemi, Johanna Nurmi & Joni Jaakola -- Feminists performing the collective trauma in contemporary Russia / Inna Perheentupa -- Uncanny experiences as therapeutic

events / Kia Andell, Harley Bergroth & Marja-Liisa Honkasalo --  
Afterword: life of psy / Elaine Swan.

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Sommario/riassunto

This volume examines the ways in which people engage with therapeutic practices, such as life coaching, mindfulness, complementary and alternative medicine, sex and relationship counselling, spiritual healing and self-tracking. It investigates how human and non-human actors, systems of thought and practice are assembled and interwoven in therapeutic engagements, and traces the situated, material and political dimensions of these engagements. By focusing on lived experiences through ethnographically informed case studies, the book elucidates the diverse forms, meanings and embodied effects of therapeutic engagements in different settings, as well as their potential for both oppressive and subversive social change. In this way, *Assembling Therapeutics* contributes to our understanding of multiple modes of healing, self-knowledge and power in contemporary societies.

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