Record Nr. UNINA9910825307603321 Autore Anderson Rosemarie Titolo Transforming self and others through research [[electronic resource]]: transpersonal research methods and skills for the human sciences and humanities / / Rosemarie Anderson and William Braud Albany, : State University of New York Press, c2011 Pubbl/distr/stampa **ISBN** 1-4384-3673-4 1-4619-0629-6 Edizione [1st ed.] Descrizione fisica 1 online resource (380 p.) Collana Suny series in transpersonal and humanistic psychology Altri autori (Persone) BraudWilliam Disciplina 150.19/87072 Soggetti Psychology - Research - Methodology Social sciences - Research - Methodology Transpersonal psychology - Research - Methodology Lingua di pubblicazione Inglese Materiale a stampa **Formato** Livello bibliografico Monografia Bibliographic Level Mode of Issuance: Monograph Note generali Nota di bibliografia Includes bibliographical references (p. 319-344) and index. Nota di contenuto Front Matter -- Contents -- List of Tables -- List of Figures --Acknowledgments -- Preface -- Transpersonal Research Methods --Intuitive Inquiry -- Integral Inquiry -- Organic Inquiry -- Transpersonal Research Skills and the Preparedness of the Researcher -- Intention, Quietude and Slowing, Attention, and Mindfulness -- Visual, Auditory, Visceral, and Movement-related Senses -- Unconscious Processes, Direct Knowing, and Empathic Identification -- Play, Creative Arts, and Embodied Writing -- An Expanded View of Validity -- A Transformative Vision for Research and Scholarship -- References -- About the Coauthors and Contributor -- Index Research approaches in the field of transpersonal psychology can be Sommario/riassunto transformative for researchers, participants, and the audience of a project. This book offers these transformative approaches to those conducting research across the human sciences and the humanities. Rosemarie Anderson and William Braud first described such methods in Transpersonal Research Methods for the Social Sciences (1998). Since that time, in hundreds of empirical studies, these methods have been tested and integrated with qualitative, quantitative, and mixed-method

research designs. Anderson and Braud, writing with a contribution from

Jennifer Clements, invite scholars to bring multiple ways of knowing and personal resources to their scholarship. While emphasizing established research conventions for rigor, Anderson and Braud encourage researchers to plumb the depths of intuition, imagination, play, mindfulness, compassion, creativity, and embodied writing as research skills. Experiential exercises to help readers develop these skills are provided.