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Nota di contenuto	Exploring Inner Experience -- Editorial page -- Title page -- LCC data -- Table of contents -- Preface -- An example -- A crisis for psychological science -- A note to non-professionals -- About this book -- One more appeal -- Inner experience -- Descriptive experience sampling -- The ancient history of inner experience -- The recent history of inner experience -- An example -- Another example -- Characterizing inner experience -- The aim of this book -- Amy's inner experience -- Sampling day 1 -- Sampling day 2 -- Sampling day 3 -- Sampling day 4 -- Sampling day 5 -- Sampling day 6 -- Sampling day 7 -- Sampling day 8 -- Questions and answers -- A look ahead -- Telling what we know -- ``Nisbett and Wilson said it couldn't be done" -- ``Introspectionists can't agree" -- ``Skinner said that inner experience is impossible to examine" -- Differential reinforcement -- ``Accessing inner experience is easy - just ask" -- Conclusion -- Note -- Psychological science's prescription for accurate reports about inner experience -- The return to introspection -- The lessons to be learned from the eyewitness identification dilemma -- Importance of the task and need for improvement -- Fifteen guidelines for the exploration of inner experience -- Can introspection be useful? -- To beep or not to

beep* -- The beeper as navigational aid -- Discussion -- Note -- The Descriptive Experience Sampling procedure -- Co-investigators -- Sampling mechanics -- The expositional interview -- Extracting the salient characteristics -- Between-group characteristics -- Questions and answers -- Conclusion -- Transcript of a DES expositional interview -- The interview -- The result -- The question of validity -- How to do DES -- How to define "This very moment" -- At the moment of the beep -- Questions and answers -- A sampling journal -- Being a sampling subject myself.

Observing a sampling interview (of Jack) -- Conducting sampling interviews (of Kelly) -- Conclusion -- Bracketing presuppositions -- Questions and answers -- Reliability and validity of DES -- Interobserver reliability of DES1 -- Results and discussion -- Discussion -- Notes -- DES compared to other systems -- DES and the qualitative research interview -- Twelve aspects of the mode of understanding in the qualitative research interview -- DES and phenomenological psychology -- Summary -- Everyday inner experience -- Inner speech -- Inner seeing (aka images) -- Unsymbolized thinking -- Feelings -- Sensory awareness -- Multiple awareness -- No inner experience -- Comments -- Ontological postscript -- Implications of inner experience -- Form vs. content -- Inner experience is important -- Inner experience form impacts people -- Inner speech -- Inner seeing (aka images) -- Unsymbolized thinking -- Feelings -- Sensory awareness -- Clarity -- Communication and relationships -- Postscript -- Idiographic science -- Idiographic science is rare -- Why is idiographic science rare? -- Idiographic research is difficult but possible -- Truth -- Clinical impression is not necessarily truth -- Validity is not truth -- Questions and answers -- Epilogue -- References -- Index -- Advances in Consciousness Research.

Sommario/riassunto

Written for the psychologist, philosopher, and layperson interested in consciousness, *Exploring Inner Experience* provides a comprehensive introduction to the Descriptive Experience Sampling (DES) method for obtaining accurate reports of inner experience. DES uses a beeper to cue participants to pay attention to their experience at precisely defined moments; participants are then interviewed to obtain high-fidelity accounts of their experience at those moments. *Exploring Inner Experience* shows (a) how DES uncovers previously unknown details of inner experience; (b) how the implications of this method affect our understanding of inner experience and the human condition more generally; (c) how DES avoids the traps that destroyed the introspections of the previous century; (d) why DES reports of inner experience should be considered reliable and valid; and (e) how to use the DES method. This book will be basic reading for all psychologists, philosophers, and students interested in consciousness, as well as anyone who is seriously concerned with understanding the human condition. (Series B).
