

FRIDAY, 28 JUNE

FRIDAY, 28 JUNE

09.00 - 10.30	Plenary Session, Room A-1.020 Keynote: Associate Professor, Cand. Theol Pia Søltøft <i>Anxiety, grief and despair</i>
10.30 - 11.00	Coffee break
11.00 - 12.30	Parallel Sessions 24, 25 and 26, Building B
12.30 - 13.30	Lunch, Cantina, Building A
	Closing the conference

ROOM FOR PARALLEL SESSION 24, 25 AND 26

24	25	26
B135	B136	B139

PARALLEL SESSION 24: LIVED EXPERIENCE

ROOM B 135

TIME	TITLE	PRESENTER
11.00 - 11.30	<i>Nurses experiences of joy, sorrow and shame in dementia care</i>	Vevatne, Kari Associate Professor University of Stavanger, Norway
11.30 - 12.00	<i>The joys of home nursing</i>	Glad, Tone Associate Professor The Norwegian University of the Arctic, Harstad, Norway
12.30 - 13.30	Lunch	

Associate Professor Vevatne, Kari

11.00 - 11.30

Nurses experiences of joy, sorrow and shame in dementia care

Nine nurses at two dementia units on a Norwegian nursing home were members of a supervision group. They received regular supervision an hour every fortnight over one year, from August 2017 until June 2018. The structure of the meetings was that the nurses brought with them their experiences they had in the daily interaction with patients. The responsibility to tell such a story went on a run, and they received the supervision from a hired supervisor. The supervision is in this case the researcher. Here, one of the stories will be presented and then analyzed in the light of Kierkegaard's existential philosophy. The story

is based on a female resident who has been in the units for five years. The unit disposes of two dolls, and the patient has put her love on one of these dolls. She is often worried and wants to go home, but when she gets hold of the doll, she calms down. The nurse who told the story was concerned that the resident should not have the doll as a substitute for human contact, but experienced she was rejected by the resident because she only wanted to keep the doll. The nurse experienced the situation difficult. The supervision therefore focused on her emotional reactions with a special focus on Kierkegaard's existential philosophy.

Associate Professor Glad, Tone

11.30 - 12.00

The joys of home nursing

Aim: To increase understanding of home care nurses' experience of enjoyment of their everyday work and to indicate factors that may enhance their enjoyment.

Background: The feeling of enjoyment is important for health and for life itself; it can release life-giving energy both in the individual and in the people around that individual. The importance of enjoyment is thus a key element of nursing practice. In everyday home nursing, the feeling of enjoyment may be challenged by demands for efficiency and increased work pressure due to advanced nursing tasks and limited resources. Nurses' own everyday experiences of enjoyment and the associated enabling factors seem to have received little attention in research or in the organisation of home nursing.

Method: In-depth interviews with seven home care nurses working in rural and urban community settings.

Results: Home care nurses' enjoyment derives mainly from closeness to patients and the opportunity to perform their work in line with their values, do good for their patients and master their varied work. Their enjoyment is further enhanced by supportive colleagues. Constraints on enjoyment may be a feeling of inadequacy or being prevented from desired contact with patients and colleagues. Home care nurses call for greater scope for joy and optimism. Implications: Home care nurses need supportive environments, adequate resources and greater influence on their workload to increase their work enjoyment to the benefit of patients.

PARALLEL SESSION 25: ART

ROOM B 136

TIME	TITLE	PRESENTER
11.00 - 11.30	<i>The poetry of Anna Akhmatova: a meditation on hope and suffering</i>	Girard, Dominic PhD-Candidate Université du Québec à Montréal Canada
11.30 - 12.00	<i>Reflections on life courage</i>	Thorsen, Rolf Associate Professor The Norwegian University of the Arctic Harstad, Norway
12.00 - 12.30	<i>The feeling of listening: A motion-sensing phenomenological inquiry</i>	Herbert, Carolyn PhD-Candidate University of Ottawa, Canada
12.30 - 13.30	Lunch	

PhD-Candidate Girard, Dominic

11.00 - 11.30

Professor Valerie Bourgeois- Guerin

The poetry of Anna Akhmatova: a meditation on hope and suffering

Anna Akhmatova is a Russian poet who is marked as a significant 20th century literary figure. Her poem Requiem is a eulogy about the suffering victims of the Stalinist purges. Her work was dedicated to all women who, like her, had lined up for months in front of Leningrad prison hoping to see their loved ones before their imminent executions. This project sets out to show how a hermeneutical analysis of the poem Requiem makes it possible to better understand the experience of mourning, by highlighting the themes of: lived experience of suffering, the upheavals of the lived-time and the challenges of transmission unfolding in this context. The hermeneutic approach adopted in this analysis takes the existential description of these aforementioned themes

into dialogue with a body of philosophy and psychology, which includes the writings of Lévinas (1992), Neimeyer (2014) and Ricoeur's (1994). We will examine how the dictatorship during the Stalinian period and the brutal separation of loved ones brings Akhmatova to a point of dissociation. A part of her is shattered and loses hope whereas another part of her tries to survive and save the memory of her people with words, crossing the silence to give voice to the unspeakable. Akhmatova was able to preserve the memory of her people through her poems and save them from a second death: oblivion. Through the creation of her rich poetry, Akhmatova has provided a lens to better understand and develop an increased sensitivity to great existential issues.

Associate Professor Thorsen, Rolf

11.30 - 12.00

Reflections on life courage

Life courage has been viewed as a will and desire to live in spite of hardship. How this is expressed may vary during a person's life. This presentation is based on a narrative that describes a process of rehabilitation. The chosen story can illuminate aspects of the courage to live. The aim is not to find definitions, but by taking a careful approach reveal new and different aspects of the phenomenon.

The approach is phenomenological and is linked to a Danish tradition of life philosophy. The text is an outer and inner journey through experience, art, literature and poetry. For a nurse to support a patient's life courage, the nurse must meet him where he is, in his lifeworld. This calls for insight, imagination and empathy. This phenomenological approach can enhance our understanding of what life courage can be.

PhD-Candidate Herbert, Carolyn

12.00 - 12.30

Professor Rebecca Lloyd

The feeling of listening: A motion-sensing phenomenological inquiry

This paper presents some preliminary results of the first author's doctoral dissertation, which uses a motion-sensing phenomenological approach (Smith & Lloyd, in press; Lloyd & Smith, 2015) to inquire into the feelings of interactive flow in improvisational tap dancing. This study is conceptually framed using the Function2Flow model (Lloyd, 2014; 2016) to allow for an in-depth aural, visual, and kinaesthetic sensing of the experiential dimensions of movement function, form, feeling, and flow. Data gathered through interviews and practical study with four expert tap dance artists with professional experience improvising with live musical accompaniment tell of the phenomenon of listening, specifically, of the feelings of listening that connect tap danc-

ers, musicians, and audiences in spontaneous rhythmic play. What does it mean to listen and be listened to, to simultaneously call and respond, and to feel this listening in the pushes and pulls of life's grooves? Inspired through Michel Henry's material phenomenology, where "it is always the force of feeling that throws life into living-toward. And what it lives-toward is always life as well" (2008, p. 40), this research wonders how the feeling of listening guides and shapes moments of sensing life in interactive flow through improvised tap dancing. Phenomenologies of hearing, sound, and music (Smith, 1979; Clifton, 1983; Barthes, 1991; Ihde, 1976; Roholt, 2014) support discussion of the significance of listening in improvised dance/musical play to the sensing of living life in relation.

PARALLEL SESSION 26: THEORETICAL ISSUES

ROOM B 139

TIME	TITLE	PRESENTER
11.00 - 11.30	<i>Mourning and metamorphosis: Psychospiritual transformation in grief</i>	Pope, Alan Professor University of West Georgia, US
11.30 - 12.00	<i>Joy, suffering and death reflected through the writings of Tolstoj and Kierkegaard</i>	Thorkildsen, Kari Marie Associate Professor Univerity College of Western Norway
12.00 - 12.30	<i>The basic starting point of the treatment in light of Kierkegaard's ethical standard</i>	Vevatne, Otto Spesialist in Clinical Psychology Center for Psychology, Norway
12.30 - 13.30	Lunch	

Professor Pope, Alan

11.00 - 11.30

Mourning and metamorphosis: Psychospiritual transformation in grief

Freud's seminal 1917 paper on loss, "Mourning and Melancholia," established the idea that normal grieving entails breaking all emotional bonds with the deceased, thereby freeing up energy to be directed toward a new "object." Researchers in the late twentieth century opposed this mechanical view by positing that grieving requires maintaining "continuing bonds" with the deceased, a practice observed in many traditional cultures. My own empirical phenomenological study of midlife adults losing their last living parent not only affirmed the continuing bonds model, but also demonstrated that maintaining a bond with a deceased loved one can promote an enduring and positive personal transformation in the bereaved. In this presentation, I will advance a view of grief as part of a larger psychospiritual process

within which the seemingly contradictory "breaking bonds" and "continuing bonds" paradigms are unified. This understanding asserts that bereaved individuals must abandon emotional attachments that fail to serve their new circumstances while simultaneously retaining and even strengthening a sense of genuine love and caring connection with the deceased. Relying upon precise characterization of what we mean by loss, transformation, and the relationship between the two, this view demonstrates the means by which those who suffer loss can in time come to flourish rather than flounder as a result. Even further, I will argue that it elucidates the ineluctable and necessary relationship between the psychological work of grief and the spiritual process of self-transcendence.

Associate Professor Thorkildsen, Kari Marie

11.30 - 12.00

Joy, suffering and death reflected through the writings of Tolstoj and Kierkegaard

“And death? Where is it?” he says to himself. Instead of death there is now light. “That’s the way it is, what a joy!...Death is over...There is no death anymore”, he says to himself. (Tolstoj’s novel “The death of Ivan Iljitsj” (1886). My translation). This paper will focus on how the phenomenons joy, suffering and death, can be reflected through Tolstoj’s (1886) novel “The death of Ivan Iljitsj” and texts of Kierkegaard. In Tolstoj’s novel the reader takes part in the suffering of a human being during his final days. The text also illustrates human suffering on a universal level and how loving care

can alleviate the suffering. Tolstoj was inspired by Kierkegaards writings, and by reading Tolstoj’s novel in the perspective of Kierkegaard, especially “Sickness unto death” and “Works of Love”, it is possible to reach a deeper understanding of what the phenomenons joy, suffering and death mirrors of life itself and especially in the process of love, sacrifice, reconciliation, and forgiveness (Thorkildsen & Råholm, 2018). This existential process can be seen as the very essence for alleviating suffering, and enhancing peace and joy. These ideas will be developed further in the paper.

Specialist in Clinical Psychology, Vevatne, Otto

12.00 - 12.30

The basic starting point of the treatment in light of Kierkegaard’s ethical standard

Awareness is learned through interaction with the outside world, and between inner and outer experiences. It evolves from the tangible to the conscious. From the concrete to the symbolic. The development of consciousness is the property that enables the individual to see, experience and understand the world more and more through inner symbols. An ability that allows man to understand and prepare for the interactions with the outside world. Experience-based inner images and constructions of fellow human beings as a meeting in their current environment. The symbolic world of the language takes over the concrete experiences pictures and puts them in context, to a worldview we constantly develop

with greater precision. Worldview is becoming increasingly complementary and nuanced. The individual’s words and expressions change content and meaning, be nuanced, clarified and generalized. In interaction with other people, these images are also connected to emotions. Kierkegaard claims that all true help begins with a humiliation. To humble oneself is to proclaim the other competence of one’s own life. Then we become equal in it and can initiate a dialogue about life. By recognizing that we have a balanced relationship in the therapy room, the premise of what Kierkegaard calls a constructive conversation is present. This is, first and foremost, an ethical claim and next a methodical challenge.

