

Workshop at ANSE Summer University 22-26 aug. 2022, Jan Sjøberg, jan.sjoberg(at)online.no

The “Hermeneutic Triplex Reflection Model” from Integrative Supervision

“How to discover and reflect upon power dynamics and power structures to facilitate empowerment for the client – by the help of the four-level Triplex Reflection Model from Integrative Supervision (Petzold)”.

Petzold, H. G. (2007). *Integrative Supervision, Meta-Consulting, Organisationsentwicklung. Ein Handbuch für Modelle und Methoden reflexiver Praxis*. 2., überarbeitete und erweiterte Auflage. Wiesbaden: VS Verlag für Sozialwissenschaften.

Sjøberg, J. (2020). *Triplex Reflection from Integrative Supervision – a model for knowledge- and practice development. ANSE Journal*, 4(1), 48-54. <https://www.professioneelbegeleiden.nl/anse>

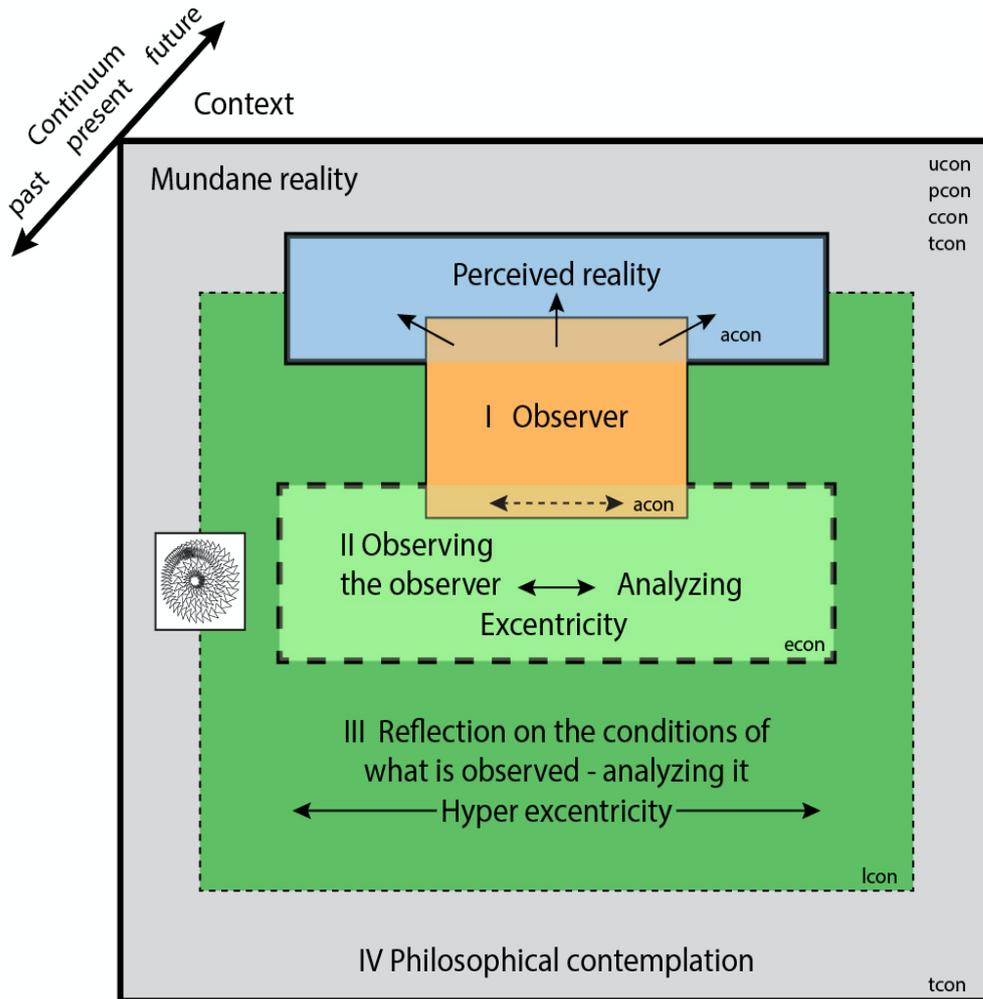
Key aspects of triplex reflection

The triplex reflection model relates to some key aspects and concepts (from Petzold, 2007):

Theory-practice cycle: It is a point in triplex reflection that accumulated knowledge and learned theory are not prior to the reflections, but it is the situation and the phenomena that are the starting point for reflection. The fact that the reflections take place on the basis of a situation or an experienced reality does not mean that theory is absent. In the reflections at all levels in the reflection model, theoretical concepts and professional knowledge can be used. The theory-practice cycle provides a deeper understanding of how the relationship between theory and practice can be understood in our context, where practice forms the starting point for reflection and theory, which in turn affects practice, and this new practice is reflected on, etc.

Co-response involves a collaborative dialogue in which body, emotion and reason are emphasized and integrated. It is discussed towards agreement and common understanding of concepts as a basis for joint action, alternatively as agreement on disagreement. Through such a process, an attempt is made to understand the complexity, and at the same time reduce it to overarching principles and qualities and/or lead it to an emerging potential.

Multi-perspectivity is about adopting the viewpoints of different actors (supervisee, client) with different "glasses"/optics (health professional, economic, political) and looking from different theoretical points of view as the basis for different action models, methods and interventions.



"Metahermeneutic triplex reflection" from level I-III - reflection and analyzing from different perspectives in intersubjective co-responsence processes to level IV - philosophical contemplation

Key:

- multi-perspectivity ↔ intersubjective co-responsence
- intrasubjective co-responsence
- interdisciplinary transversal co-responsence

ucon = unconscious, partly lack of ability to consciousness, *areflective*
 pcon = preconscious, ability to get conscious, *pre-reflective*
 ccon = co-conscious, *co-reflective*
 acon = awareness, *reflective*
 econ = ego-conscious, *fully reflective*
 lcon = lucid consciousness, *hyper-reflective*
 tcon = trans conscious, *transreflective* (cf. Petzold, 1988a)

"The Heraclitean spiral" as pathway for gaining knowledge (Petzold, Sieper 1988) without beginning and ending, continuously and discontinuously moving forward with changing density in the spiral (cf. Petzold 1988n, 565) as triangle plateaus symbolizing various perspectives.

- Triangles in the spiral as plateaus for multi-perspectivity
- The core of the spiral ("The eye of the cyclone"), place for "philosophical contemplation"

Fig. 1 Metahermeneutic triplex inflection of multi-perspective perceived, correspondingly analyzed and philosophically considered reality (Petzold 2007). The model is from Petzold and translated into English by Stensland, Sjøberg and Petzold.

Triplex reflection – reflection from four levels

The triplex reflection model indicates reflection from four levels. The model basically has a more comprehensive name: "Metahermeneutic Triplex Reflection". The hermeneutic aspect involves a spiral-like cognitive process from sensing and understanding that object, to understanding or putting words to this, to understanding and explanation - which leads to new understanding. The meta-hermeneutic aspect implies that the hermeneutic cognition process itself becomes the object of cognition – and which thus involves meta-reflection.

In the triplex reflection process, the starting point is the observed reality - sensed and perceived - where the observed can be oneself or something outside oneself.

Level 1 reflection involves reflection on what has been observed. The reflection process takes place with the person who reflects but can also include reflection together with other people (co-reflection).

Level 2 reflection is about reflecting on yourself as an observer and on your own level 1 reflection. That is, a double reflection process. Reflection within this level involves looking at how one's own "glasses" shape both the way of seeing the situation and the way of reflecting on it. This requires a certain distance to oneself (excentric position). It may therefore be necessary to have a supervisor or other people to manage to get such an outside view.

Level 3 reflection: At this level, the actual conditions for the original observations and the previous levels of reflection are reflected upon. It is about reflecting on societal and cultural conditions, the zeitgeist, dominant discourses (e.g. related to power relations, cf. Foucault, 1999), collective mental representations (cf. social representations, Moscovici, 2001), that means ways to e.g. think about value systems, social rules etc. in a particular culture. The mentioned aspects may at first glance be invisible or unconscious. This level of reflection related to meta-reflection and further distance (hyper-excentricity) to the practical and original situation. It may be necessary to have an external supervisor to get the supervisory overview (super = look over) that is required for this type of reflection.

Level 4 reflection: The previous levels of reflection are included in this level while the reflection itself is exceeded. This involves a kind of intuitive reflection and philosophical contemplation where complexity is reduced and expressed in a simpler form via deconstruction. This in turn could form the basis for a new triplex reflection process. Level 4 reflection thus involves seeing the original situation that existed before reflections at level 1 - with a new look and in new ways. This level of reflection is difficult to put into words, just as it is difficult to describe artistic experience or meditative presence.