

Extended minds, extended persons, extended therapy?

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My conclusion

The growing field of embodied and extended cognition has implications for the kind of thing a person is and these suggest we should extend our ideas about therapy.

To be more than just a bunch of talk!

Embodied cognition

Many features of cognition are embodied in that they are deeply dependent upon characteristics of the physical body of an agent, such that the agent's beyond-the-brain body plays a significant causal role, or a physically constitutive role, in that agent's cognitive processing.

Wilson and Foglia, 2011

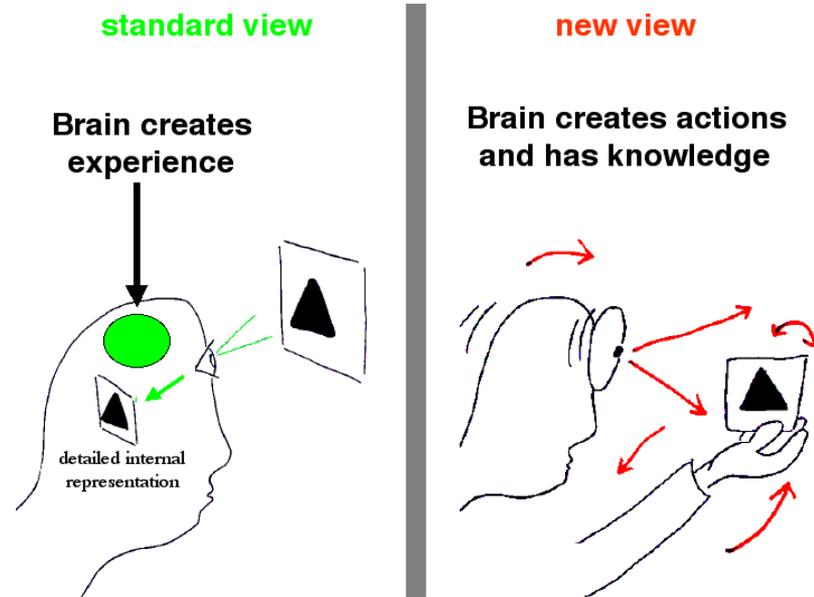
<http://plato.stanford.edu/entries/embodied-cognition/>



A sensorimotor account of vision and visual consciousness - O'Regan & Noë

Old - vision arises from internal representations in the brain

New - vision is a mode of exploration of the world that is mediated by knowledge, on the part of the perceiver, of 'sensorimotor contingencies'

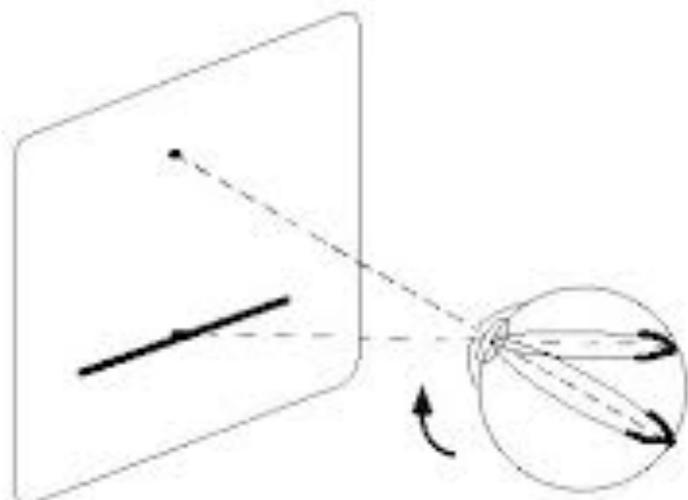


Sensorimotor contingencies relate to both

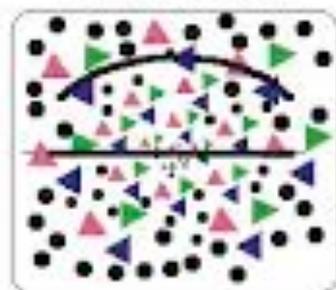
- the visual apparatus
- and the attributes of the objects presented to that visual apparatus

And so are determined by the particular features of the particular visual apparatus of the perceiver.

SCENE



RETINAL
STIMULATION



CORTICAL
REPRESENTATION



Hold that thought!



***At least a part of a person's
sensory experience is determined
by particular features of that
person's body.***

Personal identity

- two questions

- **What is the nature of a person?**
- **What makes a person at two different times one and the same person? What is necessarily involved in the continued existence of each person over time?**

Personal identity

- traditionally two answers

Either

- **Bodily continuity**

Or

- **Psychological continuity**

So...what do you know?

Let's
do a
brain
swap!



- **Such thought experiments have led to psychological continuity accounts being dominant**
- **BUT!** *If... at least a part of a person's sensory experience is determined by particular features of that person's body...*

BOTH bodily AND psychological continuity...

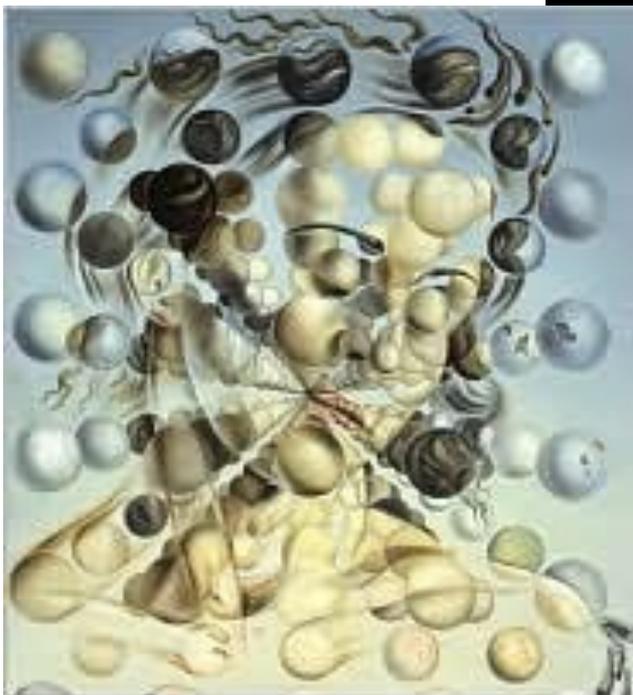
- *When we are asked to distinguish a man's personality from his body, we do not really know what to distinguish from what... I take it that this was part of what Wittgenstein meant when he said that the best picture of the human soul was the human body*

Bernard Williams

David Wiggins

- *How a human being stands or walks or frowns or smiles or laughs or sulks or earnestly entreats, or how he fries an egg, this is one part of what he is*

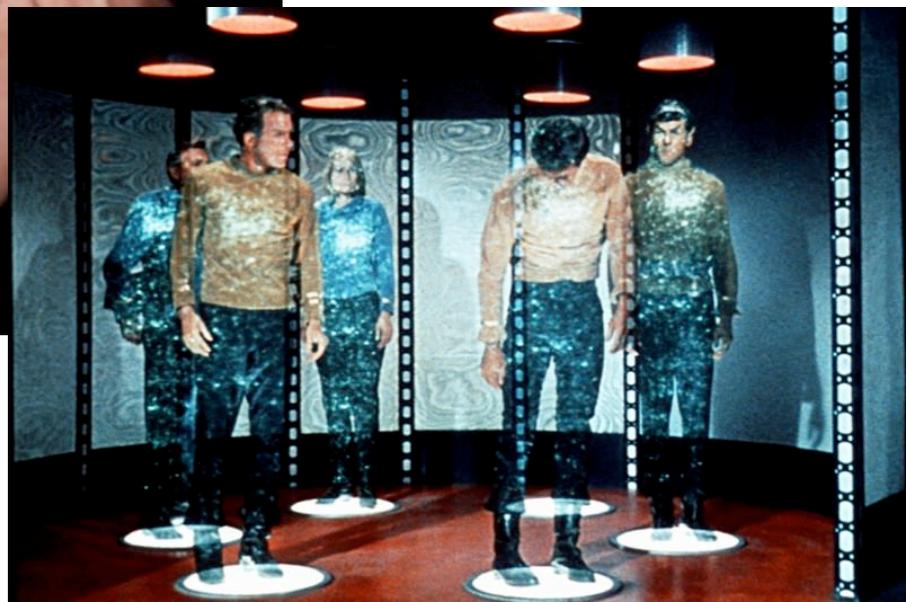
The Extended Mind Clark & Chalmers



SUPERSIZING THE MIND

EMBODIMENT, ACTION, AND COGNITIVE EXTENSION

ANDY CLARK



So, to persist as the same person

added to

- **Psychological and bodily continuity**

we also need

- **Environmental continuity**

and

- **Social continuity**

Implications?

- **Extending therapy beyond talking, beyond psychological**
 - physical
 - » focusing, movement, walking, dancing, exercise
 - multi-sensory
 - » art, drawing, music, singing
- **Who do you see with the client (or as part of the person of the client)?**
- **Where do you see the client - familiar surroundings?**
- **Impact on contracting with the client, not individualised?**
- **Greater importance of concretising/scene-setting**
- **Write things down - as part of thinking; as memories**
- **Use the client's familiar artefacts - smart phone, tablet, computer, what else?**

Research question

- **How can we engage with the extended self of the client which includes the client's iPhone? Answers ~~on a postcard~~ ~~by email~~ ~~in a text~~ via Whats App please!**

Frankfurt 2017 workshop, with Esther de Wolf

The Extended iSelf: Using smartphones in solution-focused brief therapy

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