

## **The intersection between Foucauldian discourses and the individual's life world in therapy**

### **Abstract**

In an ongoing research project, the most important aim is to explore a new method that is now being implemented in the health, social and educational system in Southern Norway. The method is based on seven specific treatment- and organisational principles, which are closely connected to each other. The most essential principles are flexibility towards different organisational and treatment alternatives, responsibility and network perspective.

The intervention model is based on network meetings. The network perspective implies that the patient's social network should be invited to the network meetings together with the patient, and a team consisting of minimum two professionals with different formal backgrounds.

As a part of the study I will make an effort to describe what happens in the therapy room when the helpers, the patients and representatives from the patient's social network are present. In particular, I will explore how reality can appear to be experienced and defined in different ways by therapists, representatives from the social network and the patient: at a micro level in the direct interaction that takes place in the therapy room; and at a macro level, when the interaction is viewed in the context of outer limitations.

In spite of the fact that social structures at a macro level seem abstract, and are far from being explicitly mentioned by the actors, the structures can from time to time be perceived as a very dominating part of therapy. These structures can affect the treatment process to a great degree. Therefore, I will make an attempt to explain how therapy is done in the intersection between micro and macro level, between Foucauldian discourses and the individual's life world.

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