

## Annotated Bibliography

### Russel Hurlburt’s research program

*on inner experience and the descriptive experience sampling method (DES)*

Website featuring a lot of open-source literature: <http://hurlburt.faculty.unlv.edu/>

Hurlburt, R. T. (1990). *Sampling normal and schizophrenic inner experience*. Plenum Press. [structured findings on the experience of schizophrenia using DES]

Hurlburt, R. T. (1993). *Sampling inner experience in disturbed affect. Emotions, Personality, and Psychotherapy*. Springer US. [bottom-up findings of how “disturbed affect” feels]

Hurlburt, R. T., & Schwitzgebel, E. (2007). *Describing inner experience? Proponent meets skeptic*. MIT Press. [insightful discussion on whether reliable introspection is possible]

Kühn, S., Fernyhough, C., Alderson-Day, B., & Hurlburt, R. T. (2014). Inner experience in the scanner: Can high fidelity apprehensions of inner experience be integrated with fMRI? *Frontiers in Psychology*, 5, 1393. <https://doi.org/10.3389/fpsyg.2014.01393> [validation of a phenomenological method with an fMRI method]

### Lisa Feldman Barrett’s research program

*on the constructed theory of emotion (and self and awareness)*

Barrett, L. F. (2017). *How emotions are made: The secret life of the brain*. Houghton Mifflin Harcourt. [readable introduction about her constructed theory of emotion as predictions]

Barrett, L. F. (2020). *Seven and a half lessons about the brain*. Houghton Mifflin Harcourt. [“Your brain is not for thinking”]

Barrett, L. F., Niedenthal, P. M., & Winkielman, P. (2005). *Emotion and consciousness*. Guilford. [all authors in this editorial have to explicate their understanding of consciousness, unconsciousness, and awareness – though several actually do not answer this question...]

Adolphs, R. (2017). How should neuroscience study emotions? By distinguishing emotion states, concepts, and experiences. *Social Cognitive and Affective Neuroscience*, 12(1), 24–31.

<https://doi.org/10.1093/scan/nsw153> [showing that even within the neurosciences there is misunderstanding about each other’s ideas]

### Tania Singer’s and research program

*on the neurosciences of empathy and compassion*

ReSource Project: <https://taniasinger.de/the-resource-project/> [main ingredients of her compassion training are presence, affect, and perspective-taking]

Compassion training: <http://www.compassion-training.org/> [free downloadable ebook with many stimulating exercises and summaries of her scientific results]

Bernhardt, B. C., & Singer, T. (2012). The neural basis of empathy. *Annual Review of Neuroscience*, 35, 1–23.

<https://doi.org/10.1146/annurev-neuro-062111-150536> [summary explaining her distinction between empathy and passion, my “translation” example was taken from this paper]

### Nicholas Epley's research program

*on social cognition ("how thinking people think about other thinking people")*

Website featuring many open-source articles: <https://www.nicholasepley.com/>

Eyal, T., Steffel, M., & Epley, N. (2018). Perspective mistaking: Accurately understanding the mind of another requires getting perspective, not taking perspective. *Journal of Personality and Social Psychology*, 114(4), 547–571. <https://doi.org/10.1037/pspa0000115> [article showing experimentally that perspective getting is a better strategy than perspective taking]

Epley, N. (2014). *Mindwise: How we misunderstand what others think, believe, feel, and want*. Vintage Books. [readable introduction to his main stream of research]

### Hubert Herman's Dialogical Self Theory (DST)

*within the greater field of narrative psychology*

Hermans, H. J. M. (2022). *Liberation in the face of uncertainty*. Cambridge University Press.

<https://doi.org/10.1017/9781108951074> [extension of DST introducing "dialogical flexibility"]

Hermans, H., & Hermans-Konopka, A. (2010). *Dialogical Self Theory*. Cambridge University Press.

<https://doi.org/10.1017/CBO9780511712142> [most comprehensive description of his theory]



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