

Abstracts

Embodiment – The Visceral Black Box of the Mind

Szilvia Zörgő: Self and Culture as an Extension of the Body. Introduction to a Section on the Paradigm of Embodiment

Abstract: A myriad of scholars and schools of thought have addressed the problematization of body and mind as part of the grander question: what are the constituents of human beings? The paradigm of embodiment asserts that the body is the foundation of our experiential world and that the body is always embedded in its physical and social environment. The dynamic relationship between body and environment gives rise to those somatic-affective sensations, which we refer to as experience, self, and culture. Some basic premises of embodiment include: 1) critique of representation: we should question the theory that states we perceive an object “out there” in the world and represent that in our mind through cognitive modelling; the “black box” of the mind is not in the brain, but in the entire body, 2) situatedness: even the most abstract mental processes are embedded in the environment, and this embeddedness and its interpretation are always delineated and limited by the body, 3) kinesthetic constitution: the exploration of the environment and being-in-the-world are determined by the movement afforded by the body; via movement we acquire our basic parameters and experiences regarding force and spatiality, and these schemas remain vital for reflection throughout life, 4) intentionality: consciousness is always directed at something, which can be e.g. an event, an object of imagination, or a culturally reified object; consciousness is inseparable from its object, 5) affectivity: affect is essential for competent and relevant behavior; there are no situations void of affect, even abstract thinking involves emotion, 6) conflation: as our perception is intertwined with our own bodily experiences, these are easily merged in consciousness; we conflate stimuli from our physical and socio-cultural environment with our sensorimotor experiences and the appraisal of our subjective experiences. What can we gain by conducting studies within the paradigm of embodiment or reinterpreting our data accordingly? In this section, various authors describe how this paradigm manifests in philosophy, the social sciences, and medicine.

Keywords: body–mind, cognition, scientific paradigm, embodiment, interdisciplinarity

Abstract: The term “Embodied Cognition” or “Embodied Mind” refers to a multidisciplinary approach of mind or consciousness, that has two, strongly related central considerations; the first one states that embodiment determines every level and segment of conscious functions, and the second asserts that consciousness can be best understood on grounds of the body’s active relationship to its environment. We can find this model in the natural scientific approach of consciousness, as well as in social and human sciences, and also in contemporary analytic philosophy of mind and continental philosophy, regarding the latter especially in phenomenology. These different approaches and conceptions engaged in a complex and intensive dialogue with each other, in order to create a synthetic, non-reductionist theory of consciousness, which is also an alternative to the Cartesian dualistic view of mind and body. In the present study I wanted to show in particular the *phenomenological* roots of this diverse and rich movement. In my opinion – in light of the results of contemporary scientific and philosophical endeavours concerning consciousness – perhaps this approach has the best chances to help us understand one of the greatest mysteries of philosophy and the natural sciences: the fundamental nature and origins of consciousness.

Keywords: embodied cognition / mind, enactivism, phenomenology, body, Edmund Husserl, Merleau-Ponty

Zsuzsanna Szél: Embodiment in Gender Studies

Abstract: The issue of body and embodiment bears strong roots in feminist theories, philosophy, gender studies, women’s studies and men’s studies. According to some previous publications, the impact of patriarchal power structures and hegemonic (heterosexual) masculinity on gender roles, sexuality, and the (social) position of women and minorities can also be construed in connection with (body) perception and embodiment. The experience of one’s “sex” as a purely biological phenomenon is influenced by norms and values of parents, relatives and institutional systems from a very young age, and is thus exposed to the effects of the social and cultural environment. Contrasting the experience of manhood and womanhood, masculine (activity, aggression, resilience) and feminine (passivity, fragility) attributes, male (strong) and female (delicate) bodies is an important tool in creating, justifying, and maintaining gender dichotomies and power relations. Some previous studies on the body and the embodiment of gender also highlight that queer culture, transsexuality, and other marginalized groups (ethnic minorities, people with disabilities) questions the legitimacy of this gender binarity. The aim of the present study is to investigate the presence of embodiment theory in gender studies.

Keywords: manhood, womanhood, embodiment, trans, gender

Zoltán Kövecses: Embodiment in Language and Thought – a Cognitive Linguistic Perspective

Abstract: The study attempts to answer the question of how we make the world and language meaningful for ourselves. The answer to the question is provided from the perspective of cognitive linguistics, according to which it is image schemas that play a primary role in the process of making the world and language meaningful. We examine the role of image

schemas in relation to metaphors, and we ask whether the metaphors based on image schemas are universal or not. This question is essential in deciding whether our metaphorical conceptualization of the world is universal or culture-specific.

Keywords: image schema, metaphor, universality, cultural specificity, context, metaphorical conceptualization

Janka Kormos: Embodiment of Personality Development in the Context of Psychodynamic Movement Analysis

Abstract: The study explores the embodiment approach of a movement analysis method developed by Judith S. Kestenberg and her research group. The Kestenberg Movement Profile (KMP) can be understood as a psychodynamic theory of movement development and a psychoanalytic assessment of movement behaviour. Kestenberg with her focus on movement, movement development, and movement expression took a unique position in analytical circles on embodiment of emotions, cognition and the relational patterns, which she viewed as the somatic ground of personality development. As a dance-movement therapist and as a movement analyst trained in the Kestenberg Movement Profile, I attempt to introduce concepts of embodiment that Kestenberg represented within psychoanalysis. The theoretical roots of the KMP are linked to Freudian psychosexual development theory and drive-theory; overall it could be considered as a complex integration of self-psychology, attachment theory and object relationship theories. The KMP is applied predominantly in the field of dance-movement therapy as a tool of personality assessment. It has also been used to measure the efficacy of the dance-therapeutic process. In addition to dance-movement psychotherapy, the KMP has been employed in non-verbal behaviour research, psychoanalytic therapy, child psychotherapy, special education, and family support. This study primarily aims to present the integrative, dynamic theory of the KMP with its concept of embodiment in focus.

Keywords: embodiment, psychoanalysis, movement analysis, Kestenberg

Csilla Csekó and Péter Bodor Embodiment in Psychology: A Discursive Psychological Approach

Abstract: The study describes various approaches to embodiment in discursive psychology and introduces related theoretical insights that pertain to the embodied self. The concept of embodiment and its use is characteristically complex in discursive psychology: some researchers highlight the role of macro-discourse and focus primarily on socio-cultural discourse, while for others, phenomena connected to embodiment can be grasped on the level of micro-discourse, on the level of interactions and intersubjective negotiations. Critics of these approaches maintain that the body cannot be explicated in discourse, it has an extra-discursive status. Discursive psychology maintains that embodied experience and the body can be understood as the product of societal discourse or as originated from unmediated interactions. Furthermore, through performativity the body can take an agentive role, and it can become the material vehicle of a socially approved and interpreted sign system. In discursive psychology, research on embodiment is frequently directed to the processes of embodiment as embodied identity or in connection to various aspects of the self.

Keywords: discursive psychology, embodiment, macro-discourse, micro-discourse, self, reductionism

Abstract: Present study introduces the possible benefits of the embodiment perspective for the interpretation and treatment of anorexia nervosa, the disorder in which the experience of one's lived body plays a prominent role. In the interpretation of the function and malfunction of the human psyche mainstream, psy-scientific approaches favor the natural scientific framework. According to this, mental health problems are primarily localized in the brain and the nervous system, meanwhile, the body is subordinated to the individual cognitive processes. The embodiment paradigm, however, could serve as a tool for the critique of this psychological model, as it approaches various mental disorders through the lived experiences of the body. The medical interpretation of anorexia regards women's body image disorder as an individual problem. Feminist critique, on the other hand, opposes this individualizing perspective and focuses more on the socially determining factors behind the development of the disease. In contrast to the physiological explanations, it emphasizes the social representations of ideal femininity; the cultural practices that create them; the question of personal and social control; and the symbolic meanings of the body. At the same time, these primarily social-constructivist theories reproduce the mistake of psychiatry, as for them the body still exists as a passive matter that could only acquire meaning through symbolic signifying acts. Within both paradigms, the female body takes on a passive, subordinated role. In contrast, embodiment uses lived, bodily experiences to interpret the social and personal causes of anorexia nervosa. Therefore, the paradigm does not impose an external interpretation on women's body but aids to strengthen agency by emphasizing the importance of bodily experiences. This study builds on the ideas of phenomenology, especially those of Maurice Merleau-Ponty, to describe the approach of embodiment. Aside from this, it seeks to mention some of the possible therapeutic procedures, based on the embodiment paradigm that professionals may successfully apply in the treatment of anorexia. It is important to emphasize that the combined and complex application of psy-sciences, critical theories, and embodiment together connote the most effective way for healing, but for this, it is essential to address social issues that are affecting women at the clinical level.

Keywords: anorexia, embodiment, psy-sciences, critical psychology, feminist critique, gender

Krisztián Indries: Psychoanalysis of the Body: Intercorporeality, Projection, and Introjection

Abstract: The embodiment paradigm is a flexible, constantly changing multidisciplinary scientific approach beyond phenomenology by focusing on the systematic study of the culturally subjected body. As for approaching individuality, the embodiment paradigm considers the human being as a flesh and blood body, which exists in the network of its relationships. The embodiment paradigm conceptualizes psychotherapy as a therapeutic talk between human bodies. The theories and practices of psychotherapy fit into the embodiment research model well. The theoretical framework of embodiment offers new perspectives

on psychoanalysis and on body-oriented psychotherapies. Thought within this paradigm is novel psychological anthropology that designates exciting new research directions for the humanities and social sciences. Knowledge on the psychology of embodied existence can serve as a starting point for a deeper understanding of human suffering and civilization & its discontents. Learning more about the embodied experience can explain how we create our culture and how culture shapes us.

Keywords: embodiment paradigm, body-oriented psychotherapies, bodily unconscious, intercorporeality, projection, projective identification, introjection, incorporation

Zsuzsanna Szél: On Body and Culture – Medicine and Embodiment

Abstract: The paradigm of embodiment is relevant in several fields of (clinical) medicine; it has been applied in studying various diseases, conditions, and treatments. The aim of this short review – due to its spatial limitation – is to provide some insight into the diversity of the interpretation and application of embodiment within medicine. The question of embodiment was often discussed regarding diseases and conditions with physical modifications or lesions, as well as in the case of those with notable changes in perception (e.g., pregnancy, cancer, or organ transplantation). However, studies were also performed in seemingly distant areas such as psychiatry (skizofrénia, dementia, depression, anorexia), pulmonology (asthma and COPD), and endocrinology (perimenopause). Meanwhile, embodiment was most frequently explored in connection with the lived experience of femininity–masculinity, physical symptoms, movement limitations, altered body sensations; some works discussed more general concerns such as the therapeutic relationship, (disease) perceptions, adherence, and therapeutic efficacy.

Keywords: embodiment, medicine, body, illness, perception

Thomas J. Csordas: Embodiment as a Paradigm for Anthropology

Abstract: The paper outlines embodiment as a paradigm for anthropology, beginning with a critical examination of two theories of embodiment: Merleau-Ponty (1962), who elaborates embodiment in the problematic of *perception*, and Bourdieu (1977, 1984), who situates embodiment in an anthropological discourse of *practice*. My exposition will be hermeneutic in the specific sense of cycling through presentation of methodological concepts and demonstrations of how thinking in terms of embodiment has influenced my own research on healing and ritual language in a contemporary Christian religious movement. I first examine two religious healing services, interpreting multisensory imagery as an embodied cultural process. Then I examine the practice of speaking in tongues or glossolalia as embodied experience within a ritual system and as a cultural operator in the social trajectory of the religious movement. Finally, I return to a general discussion of the implications of embodiment as a methodological paradigm.

Keywords: embodiment, Merleau-Ponty, Bourdieu, religious healing, glossolalia

Economics After the 2008 World Crisis

Zoltán Pogátsa: Rethinking Macroeconomics After the 2008 Crisis

Abstract: The aim of this study is to review the plurality and the renewal of economics as a science after the 2008 economic crisis. We discuss the crisis of the mainstream neoclassical school, as well as proposals for reform within this school. We then proceed by enumerating the various heterodox schools (Post-Keynesian, Minskyan, Modern Monetary Theory, institutionalist, Marxian, Degrowth, and behaviourist), as well as the proposals these have made to creating an economic science that is relevant to the real world. The conclusion is that while there is an exciting plurality in existence, the neoclassical mainstream has only granted very limited access for its heterodox alternatives.

Keywords: economics, neoclassical, post-Keynesian, Minsky, MMT, Marxian, degrowth, behaviorist economics

Mikós Antal: A call for more honesty and a new economics: strategies to reduce our dependence on economic growth

Abstract: Not searching for post-growth strategies is extremely risky for our common future. However, transcending the paradigm of economic growth would require substantial changes in our economic and social systems, which would negatively impact significant social groups. This article lists the most important reasons for our dependence on GDP growth and reviews the main directions of post-growth thinking. The goal of the article is to invigorate scientific and social discussions of post-growth strategies.

Keywords: economic growth, environmental crisis, sustainability, post-growth economics, degrowth

Krisztina Sörg: In Quest for Alternatives of Development Economics in the 21st Century

Abstract: The main aim of the current paper is to provide an insight into the most significant tendencies as well as changes or possible problem solutions in frames of Development Economics including the thorough analysis of its potential reform campaigns. Which are the main dimensions of the discipline that has been already existing for more than 70 years since the 1950s, which would need a crucial revision in order to meet the constantly varying challenges of the 21st century, to get closer to the realistic demonstration of development as well as catching-up and also, to create efficient action plans to achieve the latter targets for the involved economies, regions and even social groups? The research is also focusing on some potential solutions that must be excluded from the scope of the reform activities as being unscientific or rather populist. After presenting and evaluating the main phases, schools of Development Economics, the author is investigating current theoretical and empirical approaches including such areas as the income and wealth inequalities, typology of poverty, the phenomenon of the middle-income trap and also, the most important recommenda-

tions developed by international organizations based on the most recent data published by such organizations as the World Bank, the OECD or the Eurostat.

Keywords: development economics, catch-up, economic growth, economic development

Péter Róna: Concepts of Intentionality and Economics

Abstract: The claim set out in this paper is that economics, unlike the natural sciences, does not have an ontologically objective subject, because economic life, unlike matter, is the product of intentionality. Economic events have a meaning and a purpose, physical events do not. Modern economics attempts to overcome this problem – namely, the lack of ontologically objective objects – by substituting for the intentional objects of economic life a surrogate reality where its objects – such as ‘employment’, ‘interest’, ‘money’, ‘marginal utility’, ‘equilibrium’ and so on – are purportedly endowed with the properties of measurable ontological objectivity with the help of the specially developed tool-based language of models so as to create objects that are suitable for scientific investigation in general and measurement in particular. But the tool-based language of modern economics is just as intentional as the ordinary language used by the classical economists; it too constitutes the reality that is its object and does not represent some reality outside it. Reification – turning the dynamics of economic processes into static objects – hides an ideology behind a veneer of false scientism. The subjective ontology of economic events necessarily means that economics is not an analytic but a descriptive moral science.

Keywords: Intentionality, reification, mathematisation, modelling, ontology

Andorka and the Models of Social Stratification

István Harcsa: Rethinking the Schemes of Social Stratification. The Transsystemic Trends of Stratification. Tracing the Andorka Model

Abstract: In the first part of our study we give a tight evaluation about the main constructions connected with social structure. Our assumption is, that the different constructions can only partially mirror the colourful configuration of the society. The second part shows the preliminaries of the Andorka model, and the different model variations, finally the third part – on the basis of empirical data – draw the long term trends of stratification. According to the further expansion of the different strata, our data sign the emerge upper ceilings, or close to ceiling situation, which contributed remarkably to the conservation of the social structure. Moreover, the trends allow to conclude, that the modernisation not always remained together with growing proportion of non-manual occupations. Consequently, social development, and inside the social structure shows rather cyclical process.

Keywords: social structure, stratification, stratification models, occupational structure, social paradigmas

Reviews

Mátyás Domschitz: Class Reunion

Abstract: How do we imagine the structure of Hungarian society? The book written by sociologist Áron Márton Éber, published in 2020, likens it to a water drop that has become more and more elongated in the last four decades. The distance between those above and below, those in the dominant and subordinate positions, those living on capital incomes and workers has increased. In this review, I present the relevance of the message of the book.

Keywords: middle class, class structure, capitalism, world-systems analysis, semi-periphery, Hungarian society, Éber Márk Áron

Márton Berki: One of the cornerstones of the 'spatial turn' in Hungary

Abstract: Throughout the 1980s and 90s, several fields of the social sciences and the humanities witnessed a so-called 'spatial turn', i.e. a turn towards space and the discovery of the crucial role of spatiality. This volume is one of the cornerstones of the belated Hungarian reception of this turn, in which Viktor Berger presents the most important authors and their concepts of space and spatiality, primarily from the perspective of sociology. His work is highly valuable for sociologists because it reveals the spatial theories of several non-sociologist authors, but for geographers as well, as it provides a comprehensive insight into classical and contemporary sociology's concepts of space.

Keywords: Viktor Berger, spatial theory, sociology, spatial turn, history of science