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PART II

Prologue to the Articles

Publication Pipeline

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- ψ Article 1: *Philosophy as the Art of Living. Situating the Method of Socratic Dialogue within a Framework of “Care of the Self”* (published)
- ψ Article 2: *The Exigency of Being Parrhêsiaistic. On Truth-telling in Socratic Dialogue Groups with Survivors of Cancer* (published)
- ψ Article 3: *Sculpturing Reflection and Being in the Presence of Mystery - Perspectives on the Act of Philosophizing in Practice with People Recovering from Cancer* (published)
- ψ Article 4: *Authoring Experience: The Significance and Performance of Storytelling in Socratic Dialogue with Rehabilitating Cancer Patients* (published)

English Summary

This article-based dissertation is a qualitative intervention study of Socratic dialogue among rehabilitating cancer patients. The dissertation consists of a synopsis followed by four published articles. The synopsis situates the dissertation within its disciplinary area of study, its theoretical framework and methodological approach before ending with some concluding perspectives on the study. The intervention and subsequent research were designed to test the relevance of philosophical dialogue in actuality among rehabilitating cancer patients and to provide its empirical foundation.

The intervention consists of three Socratic Dialogue Groups (SDG) with a total sum of 17 participants. I was the facilitator of all three. Deciding on the method of SDG was based on its strict structure and Socratic attitude that encourage philosophical reflection rooted in experience. The dialogues took place at the Center for Cancer and Health in Copenhagen (fourteen of them) and at the Department of Public Health (three of them) where I work. At the end of each SDG, I carried out in-depth interviews. Out of 17 participants 15 were interviewed (two were unavailable due to illness-related circumstances). All participants were also asked to fill out an anonymous questionnaire about their experience. The majority of the dialogues were videotaped and all interviews audiotaped and transcribed.

The four articles depict various defining characteristics and conditions as well as challenges of Socratic dialogue among the participating cancer survivors. The first article presents the theoretical scaffold of the project. This scaffold lends itself to the Ancient idea of philosophy as the art of living and, concurrently, builds on a Foucauldian interpretation of Socrates' old dictum of 'care of the self.' The second article specifies the kind of truth-telling, or *parrhèsia*, necessary within 'care of the self' in a Socratic dialogue setting. Taking examples from my SDGs, the article sheds light on the relation between truth and subject. The last two articles deal with two indispensable aspects in the three SDGs: storytelling and reflection. The third article moves through the reflective process within the Socratic dialogues elucidating the act of philosophizing while, additionally, uncovering a distinct ontological dimension within this act. The fourth article traces the intricate procedure of telling personal stories by developing a threefold structure of authoring.

The article demonstrates how shared storytelling in Socratic dialogues can nurture the philosophical reflection within the groups. In concert, the articles contribute with conceptual and empirical insights into the practice of philosophical dialogue as a means of addressing the moral and existential questions of people who have survived cancer and are looking to reinstate themselves in ordinary life as well as clarifying the nature of Socratic dialogue.

The overall study points to the benefits of not thinking solely on the mere medico-psycho-social functionality of patients but, alternatively, positioning cancer care within a philosophical *onto-ethico* understanding of what these people are confronted with. The dissertation offers a comprehensive discussion of how an abstract discipline like philosophy can translate into practices that serve as a restorative measure for people in rehabilitation.

Dansk resumé (Summary in Danish)

Denne artikel-baseret afhandling er et kvalitativt interventionsstudium af sokratiske dialog iblandt rehabiliterende kræftpatienter. Afhandlingen består af en kappe efterfulgt af fire publicerede artikler. Kappen placerer afhandlingen inden for undersøgelsens disciplinære områder, afstikker dens teoretiske ramme og metodiske tilgang for til sidst at levere nogle afsluttende perspektiver på studiet. Interventionen og den efterfølgende forskning blev designet til at undersøge relevansen af filosofisk dialog blandt rehabiliterende kræftpatienter og udforme et empirisk fundament herfor.

Interventionen bestod af tre sokratiske dialoggrupper (SDG) med et samlet deltagerantal på sytten mennesker. Jeg var facilitator på alle tre SDG'er. Beslutningen om at vælge metoden SDG var baseret på dens rigorøse struktur og sokratiske attitude, der tilskynder en filosofisk refleksion med rodfæstelse i erfaringen. Dialogerne fandt sted på Center for Kræft og Sundhed i København (fjorten af dem) og ved Institut for Folkesundhedsvidenskab (tre af dem), hvor jeg arbejder. Ved afslutningen af hver SDG gennemførte jeg dybdegående interviews med 15 ud af de 17 deltagere (to meldte afbud p.g.a. sygdomsrelaterede omstændigheder). Alle deltagere blev også bedt om at udfylde et anonymt spørgeskema om deres oplevelse. Hovedparten af dialogerne blev video-optaget og alle interviews audio-optaget og transskriberet.

De fire artikler skildrer forskellige karakteristika ved, betingelser for samt udfordringer i sokratiske dialog i kræftrehabilitering. Den første artikel præsenterer projektets teoretiske ramme. Denne ramme er inspireret af antikkens idé om filosofi som kunsten at leve og bygger samtidigt på en Foucauldiansk fortolkning af Sokrates' gamle diktum om 'etisk selvomsorg.' Den anden artikel præciser hvilken form for sandfærdighed, eller *parrhèsia*, der er nødvendig inden for rammerne af 'etisk selvomsorg' i sokratiske dialog. Ved at bruge eksempler fra mine SDG'er, belyser artiklen forholdet mellem sandhed og subjekt. De sidste to artikler handler om to uundværlige aspekter i de tre SDG'er: historiefortælling og refleksion. Den tredje artikel bevæger sig gennem den reflekterende proces i de sokratiske dialoger, hvorved den belyser aktiviteten i dette at filosofere almenes den samtidig afdækker en tydelig ontologisk dimension i denne aktivitet. Den fjerde artikel aftegner den komplicerede akt i at fortælle personlige historier ved at udvikle en trefoldig struktur i fortællingsakten. Artiklen demonstrerer, hvordan dette at dele fortalte erfaringer i

Sokratiske dialoger kan give næring til den filosofiske refleksion i grupperne. Samlet set bidrager artiklerne med begrebsmæssige og empiriske indsigter i den filosofiske dialogs praksis, når denne anvendes som et middel til at undersøge kræftoverlevers moralske og eksistentielle spørgsmål på et tidspunkt, hvor de skal til at genfortolke sig selv i hverdagslivet såvel som at afklare den Sokratiske dialogs specifikke art.

Overordnet set peger indeværende undersøgelse på fordelene ved ikke udelukkende at tænke kræftrehabilitering ud fra patienters medico-psyko-sociale funktionalitet, men - alternativt - positionere denne inden for en filosofisk *onto-ethico* forståelse af, hvad disse mennesker er konfronteret med. Afhandlingen tilbyder en bredtfavnende diskussion af, hvordan en abstrakt disciplin som filosofi kan oversættes til praksis, der således kan fungere som en genoprettende foranstaltning for folk i rehabilitering.