

**ANNUAL TRANSDISCIPLINARY WINTER SCHOOL CULTURE, PSYCHOLOGY,  
AND QUALITATIVE RESEARCH 2023**

**Summer-School *Phenomenological Perspectives on Extreme Sports*  
05.06.2023-06.06.2023**

**Organisers: Dr Dominik Stefan Mihalits, BA & Natalie Rodax, PhD**

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	05.06.2023	06.06.2023
8.00-8.30 am	<i>Opening and Welcome</i>	<i>Theoretical reflection of Day 1</i>
8.30-10.00 am	<i>Key Note: Extreme Sport Experience</i> (presenter: Eric Brymer, Chartered Psychologist, FHEA, Southern Cross University, Australia, Faculty of Health)	<i>Key Note: Phenomenological Analysis of the Experience of Trail Running</i> (presenter: Dr Tim Chambers, Deakin University, Australia, School of Psychology, Faculty of Health)
10.00-10.15 am	Coffee Break	Coffee Break
10.15-11.30 am	<i>What is “extreme” in psychological research?</i> (presenter: Dr Dominik S. Mihalits, BA, Sigmund Freud University Vienna, Faculty of Psychology)	<i>Application of Interpretative Phenomenological in the (extreme) health context</i> (presenter: Dr Deborah Biggerstaff, PhD, WIHEA Fellow, FHEA, CPsychol, AFBPsS, BSc, Warwick Medical School, University of Warwick, UK)
11.30-12.30 am	Lunch Break	Lunch Break
12.30-2.00 pm	<i>Open methodological issues researching the “extreme”</i> (presenter: Natalie Rodax, PhD, Sigmund Freud University Vienna, Faculty of Psychology)	<i>Workshop: The ordinary extreme: Top level athletes and their struggle for life course</i> (Prof Dr Jaan Valsiner & Natalie Jancosek, MSc)
2.00-2.15 pm	Coffee Break	Coffee Break
2.15-3.45 pm	<i>Extreme Life: People dealing with severe health conditions and Interpretative Phenomenological Analysis</i> (presenter: Prof Jonathan Smith, Department of Psychological Sciences Birkbeck University, UK)	<i>Workshop: Bringing it all together: What does the empirical evidence suggest for understanding the extreme using the example of ultra-running?</i> (Prof Dr Jaan Valsiner, Dr Dominik Mihalits, BA & Natalie Rodax, PhD)
3.45-4.15 pm	<i>Closing reflection</i>	<i>Closing reflection</i>

**Description**

This two-day online course provides an introduction to state-of-the art qualitative methods in the field of psychological research on the extreme. In current psychological research, there is disagreement about what exactly is the “extreme”. In a theoretical analysis of the phenomenon, Mihalits (2022)<sup>1</sup> presented the following proposed definition: Phenomena are considered extreme if they can be classified as such along two dimensions, namely a) the assessment of the intensity of the experience and b) the perception of the temporal conditions during which the experience takes place. An experience can be extreme if it lasts for a

<sup>1</sup> Mihalits, D. S. (2022, Mai 27). *Extreme Perspectives in Psychology*. Biennial Conference of the ISTP, Building Community: Theoretical Psychology in the Service of Social Issues, Sacramento State University, Sacramento, USA.

long time and is of high intensity (e.g. surviving torture), an experience can be extreme if it is of lower intensity but overstraining in terms of time, for example because the event occurs overnight without allowing the individual to adapt/habituate (e.g. the much-cited moment of shock when one could still avoid an accident). If both factors are high, it is also an extreme experience if the event is both sudden and of high intensity (e.g. pandemics likewise Covid-19 or the first lockdowns).

Research has so far focused primarily on quantifiable aspects of extreme sports, or addressed qualitative-phenomenological specific aspects. So far, however, there is no uniform, empirical definition of the phenomenon. Together with the participants of the Summer School, we want to collect data from extreme athletes (conversation research) and then systematise the data in collaborative workshops along qualitative analysis principles.

The course consists of a blend of lectures, practical data sessions and individual consultations with the participants. It will provide the participants both with theoretical background knowledge as well as first hands-on practical training in basic principles of qualitative research that can access and empirically conceptualizes the phenomenon. A general knowledge of qualitative research, ethnography, mixed methods, comparative, or collaborative methods will be helpful but is not required.

### Host

The Summer School is part of an institutional collaboration between the working groups of **Thomas Stodulka** (FU Berlin), **Meike Watzlawik** (SFU Berlin), **Dominik Mihalits** (SFU Vienna), and **Carolin Demuth** (Aalborg University) that intends to establish long-term collaboration between psychology, anthropology, and the humanities. The first conference of the rotating system was held in Aalborg (in 2021), followed by FU Berlin (2022), actually takes place at SFU Vienna (2023) and will continue at SFU Berlin (2024).

### Fee

Participation fee is 150 EUR. An invoice will be sent after registration.

### Credits

The successful completion of the Summer School is certified with 2 ECTS credits.

### Registration

PLEASE FOLLOW THE [REGISTRATION LINK](#).

\*Please note that the changes to the program are subject to change without prior notice.

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