

Sensory Evocation Interviewing

As used in Young Youth Project Based Learning Series



For 3 participants: an interviewer, an interviewee, an observer

Based on the micro-phenomenological inquiry method by **Claire Petitmengin**

Please begin by identifying who will be 1, 2 and 3 and then take turns – 3 cycles so each person gets to have each role (so that 1 will be interviewer first, then interviewee, then observer, likewise with the two others).

For all three participants: CHOICES

Think on a moment when you were unsure about the choice that you made.

Take a few moments to cast your memory back to that time. Where were you? A school? A home? Activate your 5 senses to clearly evoke that memory.

that were you hearing? Smelling? Touching? Tasting? Seeing?

The interviewer:

- Asks the **interviewee** to share the specific experience of when they found success helping another person; peer, youth or family member.

In one or two sentences, ask the interviewee to describe the situation:

For example, last semester one of my kids was having trouble with her parents and during our session, I was able to help them.

- Help the interviewee to evoke this situation, using the following questions:
 - When was it?
 - Where was it?

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Visual questions:

- When you are re-evoking this experience, when you are there, what do you see?
- Please use your senses to describe this place or this scene, as you saw it at the time. Look around you again now - what are you looking at?

Transition: And in this place/experience there may be sounds

Auditory questions:

- At this moment, what are you hearing?
- What are the sounds/noises/conversations?
- Are there words, music, sounds of nature?
- Listen again to everything you are hearing

Transition: While continuing to hear everything, let the sensations come back

Questions on the bodily and emotional sensations:

- In this experience, what is the position of your body?
- And what are you feeling?
- Retrieve the bodily sensations, the emotions – describe how it feels in your stomach? In your head? your feet? Your heart? Is there anywhere else you notice something?
- Sensing inwardly, what is the ambiance or atmosphere of your inner landscape?

Questions on sensing the system:

- In this moment if you “take a step back” – and try to see the experience now. Can you find something in your memory that you hadn’t noticed back then?
- What do you notice in the periphery of your awareness?

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- Is there a sensation of compassion inside you? Outside of you? Do you sense it in the other?

The observer:

- Takes notes of the relevance and the effect of the questions and different formulations
- Observes non-verbal reactions, synchronization, clues of the evocation state (for example excitement, expressions of joy, someone being moved etc.)
- Shares the perceived “degree of intensity” of the interviewee's evocation – share if you could feel what they were feeling.

