

## **Micro-Phenomenological Interviews**

Micro-phenomenological interviews ask you to walk the interviewer through a specific experience, step-by-step, in as much detail as you can remember. By focussing on small details and asking you about them, these interviews aim to clarify how you lived a particular experience and how that experience evolved over time.

The interview aims to elicit a detailed memory report that might help others to understand what you have gone through in the moment of interest. The interviewer's task is therefore to encourage you to remember that precise moment. The interview focusses on your experience of that moment as it unfolded, rather than on your reflections or explanations of it. In that sense, it is as though you returned to that precise moment you experienced, and are recounting it to the interviewer. Rather than relying on metaphors or comparisons, during the interview you will be encouraged to give a concrete description of your experience. This is so that others may understand that experience as fully as possible, rather than projecting their own inner lives on yours.

## **How the Interview will Work**

- 1) Choose a sensory experience associated with your brain injury that's important to you. It should be a sensitivity that became a persistent issue for you only after your TBI & which you continue to experience. For instance, you might talk about: a headache; a reaction to a particular sound; something you saw; something you experienced in your sleep; something you felt deep in your body; etc.
- 2) When something occurs that triggers that sensory sensitivity, make an audio recording of your experience.
  - Try to make the recording as soon as you can after having the experience.
  - Give as much detail as you can about the experience. No detail is too small.
  - Try to recount how that specific experience occurred from start to finish.
    - To help the memory come back, start by recalling the context (time, location, activity, etc.).
    - Then describe what happened moment by moment. If some things happened in parallel, just point this out.
    - When doing so try to pay attention to how the experience unfolded in your consciousness and go into as much detail as you recall and want to express. We are used to telling very little... For example: if your experience included a memory, describe if this meant that you actually had an internal visual image of that memory or rather whether it was an abstract feeling. If it was a visual image, what precisely did you see and how? (e.g., in colour or not; blurry or sharp; etc.) If it was a feeling, did it have a location? In your body?

Outside your body? Can you describe it further? Was it a tension or a softness? A movement? Something else?

- 3) Send the recording to Katrin Heimann via email ([katrinheimann@cas.au.dk](mailto:katrinheimann@cas.au.dk))
- 4) After receiving your recording, Katrin will send you an email to schedule an interview via Zoom. The interview will be based on your recording.

To illustrate the kinds of details you might wish to include in recording your own specific experience, we have placed an audio recording on the research website. We hope this will help you to understand what kinds of things you might include in recording your own experience.

We are grateful for your participation, and hope the interview will be of help both to us and to you.

If you have any questions, please don't hesitate to ask. You can contact the research team at: [iaw-hma@geog.umontreal.ca](mailto:iaw-hma@geog.umontreal.ca)