Storytellers not Scientists: Personal Construct Psychology Revisited

Personal construct psychology likens the way we engage with others and the world to the way scientists predict, interpret and explain events. This presentation questions the extent to which it is fruitful to take that analogy seriously. It defends the idea, promoted by enactivism, that individuals are shaped by the way that they actively explore and engage with aspects of their world. Yet it offers reasons to be wary of the idea that such explorations are achieved by taking the model of the ‘person as scientist’ seriously in other respects. In particular, reason will be offered for thinking that narrative - not scientific - practices are the more common route through which we come to understand others and ourselves. Finally, it examines the implications that acknowledging this this difference may have for therapy and clinical practice.