

# ACTION

- Action is different from movement.
- Movement is a physical event
- Action usually implies movements but, above all, it is made of intentions, goals, social rules, habits.
- So, at the same time, action is a physical, psychological and social event.



# ACTION 2

- Development psychology and neurosciences (mirror neurons) have proven that:
- The action is the heart of cognitive development, intersubjectivity and social intelligence.
- Any change in interpersonal relationship is established, modified or broken up through actions.

# INTERACTION

- The type and quality of an interaction depend on both partners.
- The action of a partner is strictly linked to:
  1. His and the other partner's previous actions
  2. Their past interactions.
- Interaction is the same as a dialogue:  
You can't understand the meaning of a partner's actions without knowing the actions of the other partner.
- Do not observe only what a disable does but also what a practitioner does.

# OBSERVATION

- Kinds of observation:
  1. Participant observation: the observer is inside the interaction. He/she observes while he/she acts.
  2. Detached observation: the observer is outside the interaction. He/she describes and advances hypothesis

# PARTECIPANT OBSERVATION

- Most of this observation have a low level of consciousness.
- The interpretation of what he/she observes usually consists of actions
- The actions modify the object of observation.

# DETACHED OBSERVATION

- The observer is outside the interaction.
- The interaction is videotaped
- The observation is carried out by a group of observers: different eyes see different things.
- It doesn't modify the interaction
- It has a high level of consciousness.
- It allows to advance different hypothesis without modifying the object of the observation.



# THE OBJECT OF OBSERVATION

- **Working and communicative actions**
- **The ways of the actions**
- Relational and emotional meanings depend not only on what we do but also on how we do it.
- We are usually conscious of what we are doing but seldom of how we are doing it.

# AIMS OF OBSERVATION

- Describe actions and their ways
- Keep description apart from interpretation
- Build up a common descriptive language
- Advance different interpretations of actions
- Find strategies to overcome difficulties



# THE WAYS OF THE ACTION

- What's the difference between “putting the dish on the table” and “slamming the dish on the table”?:
- **Strength** of the action (muscular tonus)
- **Rapidity** of movement (time)
- **Posture** (position of the body)
- Any change of these characteristics carries a different shade of meaning.

# THE WAYS OF THE ACTION 2

- **The ways of the action depend on:**
- **Use of time:** speed, rhythm, length, pauses, acceleration, slowing down, synchrony, alternation ...
- **Use of space:** the space of the action (wide, small, rigidity or flexibility in its use...), behaviour in closed, open spaces, interpersonal space
- **Use of muscular tonus:** degree of tension, change in tension, stiffness...
- **Posture:** (types of postures, gaze, postural directions, postural characteristics. Posture towards the others...