Dr. LaCivita: Phenomenon means fact or occurrence, that which appears or seen. And “-ology”, of course, is a branch of knowledge or science. So the study of that which appears to be seen, signifies our lens of how we see or look out into the world. Clearly, it’s subjective, and in relation to the client it is our goal to better understand how they view the self, others, and the world in order to move them from a felt minus to a perceived plus, and to understand how that takes place.

Dr. Colker: Dreiker’s said that children are very good observers, but terrible interpreters. They really don’t have the cognitive ability to see the world objectively. And so we all develop a set of rose-colored glasses, in which our self-concepts and self-ideal, view of the world, view of others become the tints from which we see through. And so we do not see the world objectively, but through our own biased apperceptions.

Dr. Fitzgerald: People don’t react to the world, especially the social world, as it actually may be. They react to it as they perceive it to be. Most concepts that we associate with social reality are actually useful fictions was the word that Adler used. They’re either useful fictions or they’re useless fictions, but common sense or consensual validation, brings people to agree that certain aspects of social reality might be true. Adler saw people as creating their own reality and then also being somehow constrained by their own reality. So they need the help of other people sometimes to bring their views into a more realistic, more pragmatic, more useful line of reasoning.

Dr. Bilkey: Every single one of us, has a unique perspective that we have co-created between us and all the factors around us. And together, put together and ground a beautiful lens that we see and we use on a daily basis for us to interpret the world, to move through the world, to achieve goals, and to make sense of the world, in our, through our own lens, and that’s phenomenology.