

## **Introduction to Praxis as Theory-Method Remediation**

### **Subject – Object Distinction**

What is this a picture of ?



#### **Answer #1**

If you answered, 'a zebra', you would of course be 100% correct.

If in saying that you meant, 'a single or 1 zebra', you would of course be 100% correct. My 2 ½ year old grandson says that as we read his picture and counting book.

This is the way we speak in plain speech and ordinary language. Such communication is in line with Aristotelian thinking which presumes we start thinking by identifying [1 single entity] an object and then add more objects to create a context for this object. This process enables us to be objective about our world as comprised of objects and through this process we are able to do arithmetical type science.

#### **Answer #2**

If you answered, 'zebra', you would of course be 100% correct.

If in saying that you meant, 'this single or 1 animal has the form of zebra', you would of course be 100% correct. Such thinking is in line with Platonic

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schematizing which presumes there cannot ever be 1 or a single zebra in the world.

There is only ever [first] a family of zebra and each zebra is only a zebra in as much as it has zebra-ness [essence] in it and is full of zebra-ity [substance]. This process enables us to be subjective about our world and see the world as only comprised of entities [objects] grouped as subjects. Each zebra is only zebra in as much as it sees itself as subject to zebra-ness. If a particular zebra says to itself, 'I am unique and am the only one with these stripes'. Since all sets of stripes for each zebra is totally different [finger-printed] then the zebra is 100% correct but it is no longer zebra; it is but its own species. The category of zebra then falls apart and is no longer credible. This never happens because zebra [each single zebra] sees themselves as a herd [family] animal. It appears it is only humans who can delude themselves they can be individual.

Through this process of subject-ivisation we are able to do set-theory type science [math] whereby we see the world as comprised of delineated groups \ group-ness \ group-iality. We are by nature one group and even more than of 1 group and always in relation to others as of one whole group relation.

### **Group Praxis as Theory-Method Remediation**

When Psychodrama Director-Producers keep Subject–Object-Distinction clearly in mind they can run Groups with the 'subject' of Group as the focus of attention. The Director-Producer and the participants are then able to see themselves doing group-work and working-as-group and maintaining the *subject* of *group* as THE focus of all activity and action. Each individual then is able to see themselves as grouped in Group-ness and they are no longer able to see themselves as an individual sitting with other [separate] individuals. The methods [use of techniques as objects] then follow [supplement] the theory of subject [participants' subjectivity] as *formed* Group. To maintain the topic of Group as the *subject* of the group's attention Directors-Producers use repeated reference to Group and Working-Group in their communications.

Once the group has firmly established Group-work, and not individual-work aided by other individuals, as its [theoretical] subject, and focus, it can attend to deploying methods [techniques \ exercises \ structures] to actualize [objectify] the group-work. With outcomes from; techniques, exercises, structures, methods et al, re-informing the form of the subject-of-Group the group has then established Group Praxis; by which I mean, for all intentional purposes - Theory-Method and Subject-Object are remediated as being of one practice.

Like-wise - when Peer-led Psychodrama Groups keep Subject–Object-Distinction clearly in their mind's eye they can run Groups as peers with the 'subject' of Group as the focus of attention. The Peers repeatedly refer to Group and Working-Group in their communications in order to maintain the topic of Group as the *subject* of the group's attention. They say things like, 'as Peers we are all seeing every-one leading us and doing our work on our behalf. We are all keeping our identity as a peer group front of mind and simultaneously all leading and maintaining our group-work as one piece of work'.

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### ***Couples-Work as Example of Subject and Group***

Couples-Work is one Method Psychodrama Director-Producers can use to do psychodramatic work. Couples can attend a workshop and work on relating as couples. The easiest way for a couple to conceive of their work together is as an individual couple who can use [see how] other couples relate and \ or how expert Directors-Producers can empower their relating as an individual couple. To use the Method in this way is to deploy the Aristotelian approach and focus first on one individual couple's relating and extend this relating to other ways couples relate.

The alternative is to deploy the Subject oriented [Platonian] approach and warmup participants to the *essence* and *substance* of the subject of couple -ness. This is the more difficult warmup to achieve because it is counter-cultural to our everyday speech and ordinary language way of communicating. It is not what the typical participant is used to. One can say it is more akin to non-concrete [universalist \ transcendental\ systems] cognition. It is to engage what Piaget termed 'formal logic' rather than the more primary 'operations logic'.

To empower participants' use of systems [transcendental] cognition Directors warm participants up to skills in couples' relations *sustainability* and explore 'multiple-couple' relations *engagement*. This type of warmup involves the business of prescribing and proscribing and delineating the subject of 'couple'. Not only what 'couple' is but what it potentially can mean. Such is the focus these days of quare [queer] theory which reminds us of our extended family and tribal [non-nuclear couple] origins where it was common to be a 'buddy' couple whilst maintain being a 'family-paired' couple.

### **Group-Work Praxis**

As explained above, once outcomes [group experience] from; techniques, exercises, structures, methods et al, as objects our minds can use to re-informing the form of the subject-of-Group, the group has then established Group Praxis; which is to say, for all intentional purposes... Theory-Method and Subject-Object are remediated as being of one Practice.

Understanding of Group group-work as Praxis is much more than mental gymnastics or fancy language or abstract philosophy. Participants who have experience of developed group's Practice have it as empirical knowing. Participants want more of it and yearn to return to Group and get more praxis. Participants believe such praxis has transformative power for themselves and their social systems and society as a whole because they have direct knowledge of it in practice.

Given it is so, an ever more detailed explication is due and a more thorough account of what is involved is required. Space and time prevent this undertaking here. Suffice to say such explication and account involves engaging with THEORY via ideas such as, 'group' [class] consciousness as flagged by Giorgi Lukacs, and trans-duction as flagged by Gilbert Simondon and division-of-labour as flagged by K Marx and F. Engels, as well as the superb METHOD of J.L. Moreno.