

Contents

1	Causation and Chance: Integrating the Dynamical Systems Approach with Statistical Thinking	1
1.1	The Goals of This Book	1
1.2	Why Use Mathematical Models and Mathematical Formulae?	3
1.3	Modeling the Dynamics of a System	5
1.4	Measurement in Psychology	9
1.5	Statistics	13
1.6	Causation: Deterministic Processes and Goals	16
1.7	Chance and Causation	17
	References	18
2	Psychopathological Problems and Disorders	21
2.1	Taxonomies of Psychopathology and Their Shortcomings	22
2.2	Alternative Conceptualizations of Psychopathology	24
2.3	Toward a Dynamical Quantification of Psychopathological Disorders	26
	References	29
3	Interventions in Psychotherapy	31
3.1	The Current Discussion in Psychotherapy Research	31
3.2	Therapist Effects	36
3.3	A Hierarchical Model of Therapeutic Factors	37
	References	40
4	The Fokker-Planck Equation	41
4.1	The Goal of This Chapter	41
4.2	The Gaussian	41
4.3	Deterministic Processes: Causation	44
4.4	Stochastic Processes: Chance	49

4.5	Joint Action of Deterministic and Stochastic Processes: Causation Plus Chance	51
4.6	The Significance of Fokker-Planck Modeling	53
4.7	How Can We Measure the Fokker-Planck Parameters $x_0, k, Q?$	54
	References	58
5	Application to Psychotherapy: Deterministic Interventions	59
5.1	A Prototype of a Deterministic Technique for Behavior Change	59
5.2	The Varying Prerequisites of Different Psychotherapy Approaches	61
5.3	Discussion of Deterministic Interventions in Psychotherapy	68
	References	70
6	Application to Psychotherapy: Chance Interventions	71
6.1	Psychotherapeutic Interventions into the Stochastic Term of the Fokker-Planck Equation	71
6.2	Regulating the Social Boundary of a System	72
6.3	Regulating the Stochasticity of Emotional Processing	74
6.4	Regulating the Stochasticity of Cognitive Processing	75
6.5	The Functionality of Stochastic Interventions	76
6.6	Deterministic and Stochastic Interventions Versus Specific Techniques and Common Factors of Psychotherapy: How Are They Related?	77
	References	79
7	Application to Psychotherapy: The Mixture of Deterministic and Stochastic Interventions	81
7.1	Different Types of Psychopathological Problems	81
7.2	Stages of Psychotherapeutic Change: Stochastic, Deterministic, and Contextual	88
7.3	Modeling Interventions of Psychotherapeutic Change	89
	References	92
8	The One- and Two-Dimensional Fokker-Planck Equation	93
8.1	A “Minimal Model” of Therapeutic Intervention, Assuming the Slaving Principle	93
8.2	The “Minimal Model” of Therapeutic Interventions with Oscillations: Evolution Equations in Two Dimensions	100
8.3	Empirical Studies on Synchrony and Social Coupling	107
8.4	Formulation of the Two-Dimensional Fokker-Planck Equation	115
	References	118

9	Modeling Empirical Time Series	121
9.1	Modeling Psychotherapy Process	121
9.2	Estimating the Deterministic Term of the One-Dimensional Fokker-Planck Equation from Empirical Time Series: Causation	123
9.3	Estimating the Stochastic Term of the One-Dimensional Fokker-Planck Equation from Empirical Time Series: Chance	125
9.4	Estimating the Coupling of the Two-Dimensional Fokker-Planck Equation from Empirical Time Series: Synchrony	126
9.5	Examples of Fokker-Planck Parameter Estimation in Time Series	131
9.5.1	Example 1: Body Motion of Two People (Two-Dimensional System)	131
9.5.2	Example 2: Respiration Time Series (One-Dimensional)	132
9.5.3	Example 3: Simulated Autoregressive (Markov) Process (One-Dimensional)	135
9.5.4	Example 4: Electrocardiograms (Two-Dimensional)	136
9.5.5	Example 5: Simulated Bimodal Autoregressive (Markov) Process (One-Dimensional)	139
9.5.6	Example 6: Respiration (Two-Dimensional)	140
9.6	Fokker-Planck Terms of Two-Dimensional Time Series	144
9.6.1	Example 1*: Two Simultaneously Monitored Movement Time Series	144
9.6.2	Example 4*: Two Simultaneously Monitored Electrocardiograms	146
9.6.3	Example 6*: Two Simultaneously Monitored Respiration Time Series	147
9.7	Discussion of Time Series Estimation	149
	References	151
10	Outlook	153
10.1	Focusing on Dynamics	153
10.2	Focusing on Phenomena of Synchronization	155
10.3	Focusing on the Archimedean Function of the Therapist	157
10.4	Focusing on Embodiment	159
10.5	Focusing on Free Energy	160
10.6	Focusing on Affordances	161
10.7	Chances and Limitations	163
	References	165
	Index	169