Day 13: Intersubjectivity

In Theory: The intersubjective perspective in contemporary psychodynamic theory reflects a shift from understanding the mind as a single, isolated system to something that takes shape between people. This modern framework demonstrates that experience is not formed in one person alone but emerges within interaction. Each person brings their own history, expectations, and way of perceiving, and these meet to create something unique to the exchange. The self in this view is not fixed or separate, but continuously shaped in relation to others. What feels self-evident often carries the influence of the interaction in which it arises, revealing that our deepest internal realities are always co-created within the shared emotional field we inhabit with another.

In Experience: What unfolds between people in conversation, whether ease or tension, understanding or misalignment, cannot be located in either person alone. A shift in one person can alter the tone, pace, or direction of the exchange in ways that affect both. Similar shifts can occur in other shared settings, where the atmosphere changes without a single clear source.

In Thought: Experience takes shape between people as well as within them. Who one is can shift depending on who one is with.

In Print: Trevarthen, C., Malloch, S. et al. *Communicative Musicality: Exploring the Basis of Human Companionship* (2009)

In Attention: Notice how the feeling of an interaction changes as it unfolds.