

MASTER-CLASS IN MICRO-PHENOMENOLOGY

Led by Natalie Depraz

University of Bucharest, 1–5 June 2026

About the Master-Class

This five-day intensive master-class offers an introduction to the practice and theory of micro-phenomenology, with a particular focus on the investigation of lived experience through first-person inquiry.

Developed at the intersection of phenomenology, cognitive science, and experiential research, the micro-phenomenological interview seeks to access the fine-grained structure of experience by guiding attention toward the concrete unfolding of lived processes. Rather than collecting opinions or retrospective interpretations, the method aims at the careful description of singular experiences as they are re-evoked and explored in their temporal, affective, bodily, and attentional dimensions.

The workshop combines conceptual discussions with practical training sessions. Participants will progressively familiarize themselves with the methodological framework of micro-phenomenology and engage directly in guided exercises, interview practice, and collective reflection.

Particular attention will be given to:

- the evocation of singular experiences;
- the distinction between description and interpretation;
- the diachronic and synchronic unfolding of experience;
- the procedural and embodied dimensions of lived processes;
- the role of attention, affectivity, and implicit dimensions in experiential inquiry.

Throughout the workshop, participants will alternate between theoretical presentations, practical exercises, interview demonstrations, small-group work, and collective discussions. The training is conceived as an interactive and collaborative environment in which methodological reflection emerges from concrete experiential practice.

The master-class is intended for advanced students and researchers working in phenomenology, philosophy, psychology, cognitive science, religious studies, anthropology, education, and related disciplines who are interested in first-person methodologies and the study of lived experience.

Teaching Team

Lead Instructor:

Natalie Depraz is Professor of Philosophy at the University of Paris Nanterre and researcher at the Husserl Archives in Paris. She is one of the major figures in contemporary phenomenology and one of the principal developers of micro-phenomenology and first-person methodologies. Her work focuses on attention, embodiment, affectivity, intersubjectivity, and experiential research at the intersection of phenomenology and cognitive science. She has collaborated extensively with Francisco Varela, Pierre Vermersch and Claire Petitmengin, and has published widely on phenomenology, lived experience, and attentional practices.

Teaching Assistants:

Cătălina Condruz is a researcher at the University of Bucharest. Her work explores intersubjectivity, affectivity, and contemporary French phenomenology, with a particular focus on Jean-Luc Marion's phenomenology of givenness. During her doctoral research, she worked under the supervision of Natalie Depraz at the University of Rouen and received clinical training at the Psychiatric Hospital of Rouvray. She has been trained in micro-phenomenological interviewing and experiential methodologies.

Chris Octavian Ioniță is a doctoral researcher in philosophy at the University of Bucharest. His work investigates the question of negativity and its relation to phenomenality, with particular attention to Heidegger, meontology, and contemporary phenomenology. Alongside his theoretical research, he has been involved in projects and training activities dedicated to first-person inquiry and micro-phenomenology.

Organizing Coordinator

Cristian Ciocan is Senior Researcher at the Research Institute of the University of Bucharest (ICUB), Editor-in-Chief of *Studia Phaenomenologica*, and President of the Central and East European Society for Phenomenology (CEESP). His research focuses on phenomenology of affectivity, embodiment, violence, and fatigue.

Institutional Framework

This master-class is organized within the research project *The Life of the Heart: Phenomenology of Body and Emotions*, hosted by the Research Institute of the University of Bucharest (ICUB) and funded by the Romanian Ministry of Research through the program PNNR-III-C9-2022-I8. <https://cardiophenomenology.com/>