

**Project title: RHYTHM IN PHENOMENOLOGY AND PSYCHOSOMATICS: INTERDISCIPLINARY RESEARCH OF HUMAN AND PUBLIC HEALTH**

**1. SCIENTIFIC EXCELLENCE**

The necessity to revise the borders of scientific disciplines and to find new areas for philosophical reflection has led to various attempts to link together the way in which contemporary philosophical currents and schools approach reality with various investigations in natural sciences, social sciences, and humanities. Those attempts have led to sufficiently innovative and promising results. Therefore, this project also takes an interdisciplinary approach to study a field of inquiry whose new borders are currently being sketched out by medical humanities, natural sciences, and social and human sciences. Considering its immanent development, ideas, methods, concepts, and perspectives philosophy functions as a mediator and a contributor to this research.

Thus, the **project objective** is to conduct interdisciplinary research on **rhythm** as a unifying concept in discovering overlapping horizons of phenomenological insights and psychosomatics, mind-body and individual-public health issues showing rhythm as a new investigative tool for developing an interdisciplinary knowledge platform, for solution of current and global individual, social and health challenges. In order to reach this goal the project sets forth certain tasks, which are divided into three interconnected Work Packages (WP):

**WP 1:** dynamics and modifications of mind-body rhythm structure and its elements, and their manifestations in phenomenology and psychosomatics;

**WP 2:** the violent functions of rhythm – breaking the rhythm and its phenomenological descriptions and psychosomatic forms;

**WP 3:** the healing functions of rhythm – the effects of psychic, emotive, bodily, and cognitive rhythms on the salutogenesis of individuals and society.

**Research background and current research situation**

The project focuses on rhythm as a unifying concept and a methodological tool, thus, determining both the field of phenomenological research, which perceives human being as a mind-body unity, and the psychosomatics, which connects human physical health and well-being with emotional states. Rhythm research from an interdisciplinary, phenomenological and psychosomatic approach employs the historical ideas<sup>1</sup> as well as approaches of contemporary philosophy, interdisciplinarity and research priorities in science<sup>2</sup>. In recent decades, several important studies on psychosomatic phenomenology and interdisciplinary investigations of rhythm have been published - Psychosomatic phenomenology is mostly based on such ideas of **Edmund Husserl** and **Maurice Merleau-Ponty** as intentionality of mind-body; empathy, formation of common intersubjective space, life-world, phenomenology of perception, etc. (Bibliography attached at the end of the project description). In Latvia, interdisciplinary studies on rhythm from phenomenological and psychosomatic point of views have not yet been

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<sup>1</sup> The concept of rhythm in ancient philosophy contains ideas, which are still alive in postmodernism and interdisciplinarity of the 21<sup>st</sup> century. Rhythm in medicine is initially viewed in the context of philosophical insights – treatises of Hippocrates, Plato’s dialogues, works by Aristotle, and other ancient texts. The concept ‘psychosomatic’ is of Greek origin: ancient philosophers saw the interaction of mind and body in terms of *psychē* (mind) and *sōma* (body). Particular attention to rhythm is paid in the 18<sup>th</sup> and 19<sup>th</sup> centuries, linking rhythm to mathematical and numerical relationships. Rhythm was shown to be documentable, visually depictable, and employable in identifying and developing processes by creating technological tools that show rhythms of mind-body interactions: kymograph (1846), phonautograph (1857), myograph (1850). Rhythm research is characterised by fluctuations, it intensifies at one time, but then subsides again. In recent decades rhythm research is viewed in connection with visual space, life sciences, humanities and social sciences, arts, information technology research, and in meta-sciences. Various terminologies and methods are being used in the rhythm research, thus interdisciplinary approach is becoming more and more common.

<sup>2</sup> The research priorities at the University of Latvia: 9th priority, Public health, quality of life and national sustainability: <https://www.lu.lv/en/science/research/research-priorities/>; The horizontal area of Social Sciences and Humanities in Smart specialization strategy (RIS3); International interdisciplinary research organizations and centres; European Commission politics: [https://ec.europa.eu/info/research-and-innovation\\_en](https://ec.europa.eu/info/research-and-innovation_en), etc.

carried out, but in humanities rhythm is investigated as an element of art, music, culture; there are some works analysing rhythm in advertising, life, body, and elsewhere, which shows a growing interest in rhythm research<sup>3</sup>. In medicine, rhythm studies of Latvian scientists have been conducted in cardiology and in connection with other biological rhythms of the human body and psyche.

The current project shows the application of philosophy in medical practice and views rhythm in two contrary manifestations: (a) breaking of the rhythm as a violence towards human body, psyche, society; and (b) the healing function of the rhythm, encompassing both bodily, psychic, and social healing. Such a conceptualization of individual and public health in the context of rhythm research is innovative both nationally and internationally; at the very least, no such research has been published or is currently openly accessible.

### **Project methodology**

Rhythm research in the context of personal and social health does not fall under any particular branch of science but rather forms a joint research platform for different sciences, in this case for humanities (philosophy) and life sciences (medicine); besides the physical and mental health, it is of equal importance to understand human existence and the teleology of life. Knowledge of philosophy deepens our understanding, contributes to social trust, empathy, and to the manner of communication. The hearing and understanding of the rhythm of the other, harmonization of individual life rhythm with social manifestations of rhythm thematised in phenomenology and hermeneutics is applicable in somatic illness therapies, where the doctors need knowledge not only of physically quantifiable parameters (psychodynamic or rhythmical relationships between mind and body), but also about the fundamental conditions of human existence. Otherwise, psychosomatics allow phenomenology to verify philosophical thesis in clinical experience. Phenomenology and psychosomatics share a similar conception of what constitutes a human being – human being is a mind-body unity. This also is the position of World Health Organization (WHO): “Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity”. The project will employ a flexible approach and the use of integrated methodology where significant functions are delegated to source studies and critical thinking, clinical case studies and data analysis, hermeneutical interpretations and descriptive correlations, forming the complex system of methods:

- critical thinking – clear, rational research, open, transparent, disciplined, and evaluative thinking;
- source studies – investigating and studying authentic materials, philosophical texts;
- hermeneutic interpretation – theory and methodology of understanding to be explored for the interpretation of overlapping horizons of phenomenology and psychosomatics in the context of mind-body, individual and public health, violent and healing functions of rhythm;
- the descriptive principle “to let things be” - phenomenological reduction and description to be explored for discovering the functioning of ontological structure of rhythm and the modifications of its elements;
- medical methods – clinical case studies and clinical observation, exploring *The NeXus-10 (BioTraces + Software. 10 Channel Biofeedback, Neurofeedback and Physiological Monitoring Device)*, that is suitable for acquiring a wide range of physiological signals. By using these signals as a feedback, one can learn more about the body and mind interface;
- questionnaire survey of target groups (schoolchildren and teachers in COVID pandemic situation) for data acquisition about the effect of rhythm on functions of human in society in situations of emergency;
- integrative and fluid approach to dynamic research objects.

The use of such an integrated methodology and a process-oriented approach enable to synthesize various empirical and intellectual experiences, and to discover those aspects of the object of research, which are not open to individual scientific disciplines but through the implementation of conceptual modelling and interdisciplinary dialogue. It simultaneously allows to discover the ontological structure of rhythm by analysing mind-body correlations in both phenomenological cognitions and psychosomatic clinical experience. To certain extent, such methodological approach deconstructs the traditional methodologies and proposes to employ new methods and tools that are characterized by a fluid approach, a process-oriented thinking which can investigate dynamic, non-linear, and multi-layered processes. Research conducted by The Centre for Interdisciplinary Methodologies (CIM) WARWICK (<https://warwick.ac.uk>) shows that methodologies are changing and transforming depending on the object of research and that the object itself to a large extent “determines” which are the most applicable methods.

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<sup>3</sup> In Latvia research on rhythm has been conducted by Vaira Vīķe-Freiberga, Janīna Kursīte-Pakule, Maija Kūle, Valdis Bernhofs, Erna Jērcuma, Irēna Nelsone, etc.

## **Necessity, originality, novelty of the project**

The necessity of the project comes from the level of knowledge in society, the negligent manner of communication, attitude towards our bodies, mental health and weak capacity to live harmonic every day life, emotional state, and social life. WHO's documents and statistical data show an increase in mental illnesses in comparison with the psychosomatic health half a century ago.<sup>4</sup> According to WHO data, in 2018 almost 5% percent of Latvians had depressive disorder, and 3.2% had anxiety disorder, with almost one person in ten having a diagnosed psychosomatic illness. In USA, the percentage of people with diagnosed psychosomatic illnesses is almost twice as high. Today it is important that not only every doctor but also the society in general understand the genesis and course of various psychosomatic symptoms since we live in a time full of stress, depression, crises, emergencies and overwhelming emotional experiences. The current situation with COVID 19 pandemic disaster justifies how important it is to understand that functions and rhythm of one's own mind-body is in deep connection with life rhythms and organisation of societal processes. Emotional factors and individual attention are often responsible for physical illness. For a more effective treatment of psychosomatic disorders a new kind of integrative knowledge is needed which is applicable in preventing psychosomatic disorders and enhances the efficacy of therapy. The project proposes innovative, fluid, and bilaterally oriented approach, namely, to search for an explanation for psychosomatic processes in an integrative manner: to base the therapy not only on medicine, but also on philosophy, and to verify the phenomenological descriptions of mind-body functionality in clinical practice, and *vice versa*. Such synthesizing interdisciplinary approach with medical experience complemented by philosophy and philosophical thesis being verified in clinical practice deepens our understanding of the possibilities for personal and social healing. The mutual interaction of such dynamic components as **rhythm --- mind-body --- society --- phenomenology --- psychosomatics** allows us to find innovative approaches both in investigating social health and in using research results in clinical practice. A research where new explanations are found for psychosomatic processes by using synthesis of two different sciences has not been conducted before, or at least has not been made available in open access scientific journals. The novelty of the project concerns both the developmental potential of each of the involved sciences, the use of integrated methodology, and for improving the ethical dimension and promoting the healing and development of society. The novelty of the project is based on the following features:

- philosophy is verified in life sciences: phenomenological ideas about mind-body are used in curing mental disorders;
- within the fields of phenomenology and psychosomatics new dimensions are developed by using the concept of rhythm as a methodological tool;
- an innovative methodological approach is developed where the object of the research (rhythm) is simultaneously used as a methodological tool;
- discovering the ontological structures of mind-body rhythm by means of phenomenological reduction, and grounding their modifications and dynamics of its elements in psychosomatic functionality;
- a new research topic is proposed for further interdisciplinary research and interdisciplinary sustainability;
- philosophical knowledge is applied to medical practice, and the knowledge involved in medical practice is shown to be resonant in philosophy.

In such an interdisciplinary approach, scientific quality criteria and standards encompass all aspects of the research: objectives and tasks, methodology, experience and background of the researchers, problems in ethics of science; and they are relevant in various spheres: empirical measurements, scientific interpretation, and integrity of methodology, source material studies, and elsewhere. For the interdisciplinary research scientific quality does not have rigid regulations – each research task has different quality standards and a different quality evaluation system but they must still ensure plausibility and validity of the research results. The topicality and specifics of interdisciplinary research is currently debated both in EU institutions and in scientific research.<sup>5</sup> The quality of psychosomatic research is based on the conservation of the data, validation of the methods of measurement, comparison of the measurements, repetition of the experiments, evaluating any potential intervening factors,

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<sup>4</sup> WHO documents: (1964) *Psychosomatic Disorders Report of the WHO Expert Committee on Mental Health*; (2018) *Depression and Other Common Mental Disorders Global Health Estimates* // <http://apps.who.int/iris>

<sup>5</sup> Science Europe. 'Symposium Report: Interdisciplinarity': D/2019/13.324/1 at: <http://scieur.org/interdisc-symp>; Sources of quality criteria of interdisciplinary research in Bibliography at the end of the project.

assessing the level of uncertainty of the measurements. The quality of phenomenological research is based on phenomenological reduction and the constitution of essences, the principle of description, and conceptual analysis. In this project rhythm and mind-body, and their connection, modifications and role in healthy society and interdisciplinary research, are the unifying elements of both sciences.

## 2. IMPACT

### 2.1. Project's scientific results

The project's results show the role of rhythm in phenomenology, psychosomatics, and individual / public health: by relating philosophical knowledge both to causality of physical reality, and to life as a complex system, where physical processes, consciousness, mind, emotions, are all acting simultaneously:

Such synthetic and integrative approach allows to solve the problems of personal and public health in a complex manner and to mobilize separate sciences to reach common goals. Investigation into the constitution of the ontological structures of rhythms and their violent and healing functions will have an effect not only on phenomenological and psychosomatic issues but it will also show how such research approach allows for comparative evaluation and deeper understanding of different processes and objects.

Integrated methodology for dynamic, multi-layered processes can be employed and developed in further interdisciplinary research projects on rhythm, where rhythm as an innovative tool can be used in research on processes, transformation and modifications. It opens up an opportunity for complex research development of philosophy together with biology. The dynamic and complexity of life rhythms are largely determined by causality and rhythmic teleology – a living organism is always oriented towards the future. The current pandemic emergency COVID 19 indicates how human must live in different rhythmic manifestations simultaneously: internal rhythm of one's own, organised rhythm of social order, rhythm of cases generated by virus, etc.

Project improves scientific language and increases the amount of synthetic knowledge in phenomenology and psychosomatics to be employed in further interdisciplinary research and opens up a new scope for local as well as international collaboration implementing different projects:

(a) Local bilateral projects of academic institutions and universities uniting humanities with life-sciences; (b) Fundamental and applied research projects called by Latvian Council of Latvia; (c) Baltic Research projects between Baltic States; (d) Norway Grants; (e) Horizon Europe 2021 – 2024.

Project develops a foundation for interdisciplinary researcher network and promotes research in other areas justifying the interdisciplinarity in new areas for philosophical reflection – philosophical impact in art, literature, and in other human, social, and life sciences.<sup>6</sup>

The project will deepen the understanding of the interaction and synergy of processes and is in line with 21<sup>st</sup> century science and research priorities in general; it will promote an environment of stability and understanding between different scientific disciplines and complicated social situations. Along with an interdisciplinary research on rhythm of mind-body and sociality, each of the sciences involved will improve the methodology, the conceptual language, and future prospects of development, and will promote mutual problem solving capacity.

**Quantitative indicators of the project results of subject - matter:** (a) 6 Publications: 1 – Web of Science/Scopus; 2- peer reviewed scientific papers; 2 – popular scientific journal articles; 1 conference proceedings. (b) Organization and processing of one Interdisciplinary conference in Riga. (c) 2 public lectures for teachers and schoolchildren. (d) 2 discussions / interviews in radio and other media. (e) participation in 4 international conferences abroad, 2 reports in conferences.

#### **Publicity of the results and the dissemination plans:**

- The first set of project publications will be targeted at the research and academic community – it will be a publication indexed in *Web of Science or Scopus*; The project will also envisages two research articles in peer reviewed scientific journals indicated by DOI numbers that provide for greater international recognition, further scientific use and citation. For schoolchildren and general public two popular-scientific articles will be published in such popular journals as “Atvērtā Zinātne” (Open Science); “Latvijas Ārsts” (Latvian Doctor), etc. In common, 5 research papers will be published: 1 – indexed in Web of Science or Scopus; 2 – peer reviewed scientific papers; 2 – popular science articles.

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<sup>6</sup> For instance, an interdisciplinary view on cognitions of Friedrich Nietzsche, Gilles Deleuze, Pascal Michon, Julia Kristeva, Hanna Arendt, Emile Benveniste, Henri Lefebvre can be verified both in arts, and in social and life sciences, which opens up new opportunities for the complex research of rhythm.

- All generated data and created research that do not hold third party copyright will be stored in open access platforms: *Open Access*, *Open Data*, *MEDLINE (Medical Literature Analysis and Retrieval System Online)*, *LU repository: www.dspace.lu.lv*, and others.
- Participation in open scientific discussions and conferences (in presence or online) dedicated to interdisciplinary research, psychosomatics, philosophy and rhythm.<sup>7</sup> In common, the project results are planned to present at least in 2 international conferences.
- The interdisciplinary conference on rhythm will be organised by University of Latvia and Rīgas Stradiņš University as a particular section of the Annual International Scientific Conference of the University of Latvia.
- Two lectures about violence and healing functions of rhythm for teachers and schoolchildren in collaboration with municipalities and Ministry of Education and Science;
- Discussions about rhythm in the context of social health in radio “NABA” and other media.

For the project recognition and promotion, websites of University of Latvia and Rīgas Stradiņš university will provide with information about project`s aim and objectives, actualities and results. Basic information about the project will be published online immediately after the project launch and further updated regularly. The publicity and dissemination of the results involves various target audiences, mainly: scientific and research institutions, academic audience, philosophers and medics, teachers and schoolchildren. In case of need, such social media accounts as Facebook, Twitter, Instagram will be explored.

## 2.2. Socio-economic impact

Based on the research materials and results a local and international discussion about providing human mental and physical health and a wholesome and harmonious development of society will be initiated by applying the research results to topical issues in governance, education, economics, and healthcare. The research results will promote the empathy in society towards human work, life and socialization. Investigation of rhythm and mind-body in the context of public health encourages new philosophical research branches that takes more relevant place in practical interdisciplinarity as well as development of new study programmes that strengthen international student exchange.

- The project will boost the competitiveness and recognition of Latvian science internationally, thus, laying ground for further collaboration of interdisciplinary studies. The publications will boost the recognition of the sciences involved and the university ratings of University of Latvia and Rīga Stradiņš University.
- The project will affect issues in ethics of science; it will promote loyalty and empathy among different sciences and theoretical experiences.
- Lectures for teachers and schoolchildren in collaboration with municipalities and Ministry of Education and Science will take place; this part of the project involves the participating students.
- The project stimulates further collaboration with the Ministry of Education and Science, the Ministry of Welfare, the Ministry of Health, social services, and other governmental and municipal bodies the project works out proposals for changing the regulations and policy planning concerning the harmonization of rhythm by offering interdisciplinary approach in problem-solving and involving both the medical and moral aspects.
- Project results will affect the discussions about stimulating the economic efficacy; for example, a more active transition to work from home, thereby respecting individual life rhythms, diminishing workplace maintenance costs, and transport load; philosophy professionals will have more opportunities in the job market.

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<sup>7</sup> Conferences organised by: DGPPN Annual Congress/ German Association for Psychiatry, Psychotherapy and Psychosomatics <https://ggppnkongress.de> ; Conferences organised by EAPM /European Association of Psychosomatic Medicine <https://www.eapm.eu.com>; Conferences organised by phenomenological institutions, philosophical organizations maintaining interdisciplinary research networks: The World Phenomenology Institute [www.phenomenology.org](http://www.phenomenology.org) ; International Association of Greek Philosophy IAGP <http://www.hro.org/iagp>; conferences organised by Progressive Connexions [www.progressiveconnexions.net](http://www.progressiveconnexions.net) , etc.

The project results would be potentially used by: 1) Medical practitioners - developing methods of therapy and new diagnostic approaches. 2) Scientists - using interdisciplinary research methodologies and integrated approaches in process research, establishing a common knowledge platform, initiating new research topics. 3) Institutions of higher education, by developing study courses applicable to students in different disciplines. 4) Students, teachers and pupils in organisations of their life and study rhythm. 5) Companies and enterprises – regulation of rhythm of length of working shifts, development of distant work, etc.

### **2.3. Contribution to the capacity building of the project`s scientific team, including students, as well as to improvement of the study environment**

The project boosts the capacity building of all members of the scientific team and promotes international scientific collaboration; it enhances scientific communication standards, identifies partners for future collaboration, expands and deepens the knowledge base. Along with rhythm research in the context of mind-body and public health, the researchers will develop flexible skills for analysing research objects, and for employing process-oriented methodology, originality, and creativity, as well as strengthen their moral responsibility as scientists. Project improves their access to research information and resources, and supports researchers in playing a more regular and effective role in policy-making. The project will promote work on interdisciplinary doctoral, masters, and bachelor thesis; the research materials will be used in various university study courses. The project will help the leading researchers of the project to qualify as experts in the Latvian Council of Science. Capacity building combines the interplay between individual, organisational, network and institutional factors. Two different universities, but with common aim to investigate rhythm in phenomenological and psychosomatic perspective, unite various aspects of capacity building of the team:

- to commit, relate and engage in research developing empowerment, motivation, confidence and the management of relationships;
- to carry out technical and logistical tasks for implementation of the core functions of the project;
- to attract resources and support formation of networks that bring new insights to researchers and concerns both information transaction and relationship development;
- to develop self-sufficiency by learning, adaptation, communication and combinations;
- to balance coherence and diversity and encourage innovations and stability.

For the students being part of a research team is an important way to be involved in realization of various objectives of the project - they obtain knowledge and skills how to define problems, set objectives and priorities, identify solutions, find scientific literature and employ integrative methodology. Development of research communication skills and creation of interdisciplinary network strengthen individual capacity of students as well as scientific team, in general.

## **3. IMPLEMENTATION**

### **3.1. Project applicant and scientific team**

The project “Rhythm in Phenomenology and Psychosomatics: Interdisciplinary Research of Individual and Public Health” is carried out by the University of Latvia (UL) in collaboration with Rīga Stradiņš University (RSU). Each of the institutions and bodies involved in the project are responsible for accomplishing certain tasks; their material and technical capacity meets the requirements for the project implementation, they are registered scientific institutions. The University of Latvia carries out both the research and administrative functions of the project, Riga Stradiņš University – research.

University of Latvia is the only institution of higher education in Latvia, which is preparing professional philosophers on bachelor’s, master’s, and PhD level and carries out research in philosophy and related areas at the Department of Philosophy and Ethics. RSU Clinic and Department of Psychosomatic Medicine and Psychotherapy is the only scientific structure in Latvia which is carrying out psychosomatic research on the interaction between body, mind, and society, thus, establishing a common research horizon with philosophy and social sciences.

Both formal and substantial criteria makes this collaboration model suitable for fulfilling the project objectives. UL and RSU are both registered scientific institutions in Latvia. Project is implemented in collaboration with various structures: UL Faculty of History and Philosophy, Department of Philosophy and Ethics; UL Academic

Library, Interdisciplinary Research Centre; RSU Faculty of Medicine, Department of Psychosomatic Medicine and Psychotherapy. The infrastructure is fit to carry out the scientific research project: UL and RSU have large enough information base, e-resources, and the libraries of both UL and RSU use SSBA, which ensures operative information acquisition.

The scientific team is formed by five participants: (1) project leader and the main implementer; (2) cooperation partner and implementer in psychosomatics; (3) implementer in philosophy; (4) doctoral student in philosophy; (5) residents in medicine.

The project is led by Dr.phil. **INETA KIVLE** (Web of Science ID: AAT-2655-2020; ORCID: <https://orcid.org/0000-0002-6071-4131>), Deputy Director of the Academic Library of the University of Latvia and Head of the Interdisciplinary Research Centre, the leading researcher in the History of Ideas at UL. Her research topic for six years (until 2024) directly relates to the interdisciplinary study of rhythm, sound, colour and number as constitutive elements of culture. She has developed a study course for a master's program on the concept of rhythm; has established an Interdisciplinary Research Centre at the University of Latvia, whose tasks are to improve the methodology of interdisciplinary research and to create synergies between different disciplines. I. Kivle is publishing the results of her research in 5-6 scientific publications per year on the average, author of 2 scientific monographs. Three publications are indexed in *Web of Science Core Collection*: (1) Kivle. I. (2018) *Auditory Phenomena and Human Life*, DOI: [10.1007/978-3-319-77516-6\\_29](https://doi.org/10.1007/978-3-319-77516-6_29); (2) Kivle. I. (2014) *Plotinus "Enneads" and Self-creation*, DOI: [10.1007/978-3-319-02015-0\\_16](https://doi.org/10.1007/978-3-319-02015-0_16). (3) Kivle, I., Bičevskis, R., Lācis, K. (2020) *The review of the International Interdisciplinary Conference 2020: To let Things Be! Edmund Husserl 160, Martin Heidegger 130*, DOI: [10.21638/2226-5260-2020-9-1-373-381](https://doi.org/10.21638/2226-5260-2020-9-1-373-381). She is invited as a guest editor for journals indexed in SCOPUS: *Horizon. Studies in Phenomenology, Special Issue* (Vol. 10, No. 1, 2021), St. Petersburg; *Polish Journal of Aesthetics, Special Issue Art and Aesthetics in Pandemic Time*, Krakow (Vol. 61, No. 2, 2021). She has a Head of Scientific Committees of scientific conferences and chief editor of the conference proceedings organised by the Interdisciplinary Research centre. Ineta Kivle has led several important projects both locally and internationally. The projects that are included in Latvia's pre-accession strategy to the European Union are the most politically significant and large-scale projects. In the Latvian context, the project conducted in recent years must be noted: "Latvian Cultural Canon" <https://kulturaskanons.lv/> which helped in the development interdisciplinary skills - to view the values of different fields in a common context, while maintaining the uniqueness of each value. Extensive management experience of at least up to 70 people have improved communication skills and the ability to positively resolve unpopular situations.

Project cooperation partner and implementer: Dr. med. **GUNTA ANCĀNE**, Professor at the RSU Faculty of Medicine, Head of the Department of Psychosomatic Medicine and Psychotherapy, certified psychotherapist. Since 2012, President of the *European Association for Psychosomatic Medicine and Psychotherapy* and member of the Working Group on the Development of Postgraduate Education Programs (Curriculum Europa) of the *European Network on Psychosomatic Medicine*. Supervised 4 doctoral theses in psychosomatic medicine and 5 master's theses in physiotherapy; developed and conducted several tens of study courses, including medical philosophy and ethics, updated advanced courses in psychosomatic medicine and mental health; author of dozens of scientific publications at internationally recognized scientific sources and speaker at world-wide scientific congresses. The experience of Gunta Ancāne in academic and scientific work, as well as contribution to public health policy, initiating strategic tasks in the health sector and the training of young professionals will not only contribute to the development of interdisciplinary research aspects within the project, but will also benefit the public health in general.

The project's scientific group includes Dr. phil. **RAIVIS BIČEVSKIS** - Head of the Department of History and Philosophy of the University of Latvia, Deputy Chairman of the Council of Humanities and Education at the University of Latvia; Expert in Philosophy, Humanities and Social Sciences at the Latvian Council of Science, Associate Professor at the Faculty of History and Philosophy of the University of Latvia, Senior Researcher at the Institute of Philosophy and Sociology. The project applicant's current research is related to the philosophy of the 19th and 20th centuries, the methodology of the humanities, the intellectual heritage of the Baltic Germans, the ideas of J.G. Hamman and J.G. Herder and their influence. Research projects managed so far (Heidelberg Academy of Sciences project "German-Baltic Cultural Relations 16th-19th Century", University of Latvia funded project "Translating Karl Rahner's work into Latvian") focus on the transfer of ideas between

different European cultural regions as well as the presence of philosophical ideas in 20th-century science and theology. The study of the convergence and transfer of ideas is also exemplified in the activities devoted to the European Commission-funded ERASMUS + projects on "Enlightenment Media Practices" (2017-2019, involving universities of Bordeaux, Potsdam, Riga, Tartu) and "Future of European Cultural Heritage in Modern Europe" (2020-2022, involving universities of Bordeaux, Oxford, Bologna, Athens, Copenhagen, Krakow, Riga, Potsdam); as well as research activities within the framework of various projects of LETONIKA program focusing on the idea and intellectual history of Latvia. Published several monographs on J. G Hamann, M. Heidegger, has been the scientific editor of collections of articles on Herder, Heidegger, Hamann, German-Baltic cultural relations. The author of around 100 scientific publications. Have translated works by Hamann, Heidegger, Wolfgang Welsch, Günter Abel, Jean Greisch into Latvian.

Doctoral student of philosophy and a resident of medicine are also included in the scientific team. Their research interests relate to the interdisciplinary aspects of philosophy and life sciences, they have experience in organisation of scientific conferences, organisation of sociological surveys and skills of promotion in social networks.

### **3.2. Work plan**

Activities for implementation of project results in accordance with Work Packages:

1. Publications of subject-matters of all Work Packages [WP 1., WP 2., WP 3]
  - 1.1. Continuous research and source analyse in libraries and archives on the subject-matter, writing and preparing of publications (total 5 publications: 1- indexed in Web of Science or Scopus; 2 – published in peer reviewed scientific journals; 2 – published in popular scientific journals); Implementers – I. Kivle, G. Ancāne, R. Bičevskis) [WP 1., WP 2., WP 2]
  - 1.2. Preparation of the texts and research results for publication: peer review, editing, translation, publishing; Implementers – authors of the publications, I. Kivle [WP 1., WP 2., WP 3]
2. Case study – Psychosomatic observation [WP 2., WP 3]
  - 2.1. Case studies in Psychosomatic clinics - clinical observations and validation of the results; Implementer – G. Ancāne, RSU [WP 2., WP 3]
  - 2.2. Processing of sociological survey on violence and healing of rhythm in time of COVID pandemic: target groups – students and teachers; Implementer – G. Ancāne, RSU [WP 3., WP 3]
  - 2.3. Data analyse of sociological survey and publication; Implementer – G. Ancāne, RSU [WP 3., WP 3]
3. Other research results – conferences, lectures, discussion [WP 1., WP 2., WP 3]
  - 3.1. Organization and processing of interdisciplinary conference as a particular section of the Annual International Conference of the University of Latvia and presentation at least 6 lectures (Implementer – I. Kivle, G. Ancāne, all scientific team). Target groups – researchers, academic audience, students, teachers, doctors, medicine staff, etc. [WP 1., WP 2., WP 3]
  - 3.2. Preparation and publishing of the Conference Proceedings: translation, editing, publishing Implementers – I. Kivle, UL [WP 1., WP 2., WP 3]
  - 3.3. Participation in international interdisciplinary conferences in Latvia and abroad (4 – conferences; 2 – presentations; implementers – I. Kivle, G. Ancāne, R. Bičevskis) [WP 1., WP 2., WP 3]
  - 3.4. Two popular-scientific lectures for students and teachers; Implementers – doctoral student, resident [WP 1., WP 2., WP 3]
  - 3.5. Two discussions in radio NABA and other media on regulations and policy planning concerning the harmonization of rhythm by offering interdisciplinary approach in problem-solving and involving both the medical and moral philosophy aspects; Implementers – I. Kivle, G. Ancāne, invited experts [WP 1., WP 2., WP 3]
4. Dissemination of the project aims, objectivities, actualities and results in webpages, social networks, media, webinars, etc. ; Implementer – I. Kivle [WP 1., WP 2., WP 3]
5. Administrative functions; Implementer – I. Kivle
  - 5.1. Purchasing of books and informative resources
  - 5.2. Regular meetings of scientific team
  - 5.3. Processing of documentation
  - 5.4. Detail planning of activities and communication across participants

Nr.	Timeline 2020. 12 – 2021.12 (13 months)												
	12.	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.	11.	12.
1.	Research result - Publications [WP 1., WP 2., WP 3.]												
1.1													
1.2													
2.	Case study – psychosomatic observation [WP 2., WP 3.]												
2.1													
2.2.													
2.3.													
3.	Other research results – conferences, lectures, discussions [WP 1., WP 2., WP 3]												
3.1													
3.2													
3.3													
3.4													
3.5													
4.	Publicity of Project												
5.	Administrative functions												
5.1													
5.2													
5.3													
5.4													
	12.	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.	11.	12.
Nr.	Timeline 2020. 12 – 2021.12 (13 months)												

### 3.3. Project management and risk management

The management of the current project includes initiating, planning, executing, controlling, and achieving of goals at the specified time. The project maintains interdisciplinary approach of both - formal as well as content activities: to follow after execution of the project activities and control financial flow; to maintain environment of tolerance and mutual understanding between all participants of the project, to manage and process research. Project research management is organised in accordance with WP – integrated approach to research object asks for close collaboration between researchers of different sciences. WP 1 dedicates to opening of ontological structures of rhythm including validation of the phenomenological findings in psychosomatic practice; WP 2, WP 3 - the violent and healing functions of rhythm view how phenomenological cognitions justify particular clinical cases, and inversely, clinical cases are analysed by phenomenological approaches as well. Therefore, the project management is realised in close connection of all participants remaining a relative self-dependence for supervisor (principal investigator) and implementers. The project supervisor (principal investigator) Dr. phil. Ineta Kivle will conduct project management, plan and co-ordinate all tasks dedicated to administrative as well as research activities, develop research. The implementer Dr. med. Gunta Ancāne will organize activities of psychosomatic research; the implementer Dr. phil. Raivis Bičevskis will develop philosophical field of research. Students will develop their research topics dedicated to rhythm, organise discussions and international interdisciplinary conference in University of Latvia, and implements other activities. As visual project management tool will be explored simple diagrammes that are shared across the members of the team - a straightforward table that lays out what is to be done, by whom and by when, important milestones, indications of the status of the task, etc.

The risk management of the project explores risk models that assist to make appropriate decisions during the initial stage of the project life cycle and includes three branches of the project activities: research, management, dissemination of results. Risk Management Plan increases the probability of the project success by identifying potential problems and challenging tasks early to avoid the probability of negative occurrence covering: research-related risks; management-related risks; risks related to the dissemination and exploitation of results.

Table No. 1 **Risk assessment**

No.	Risk	Risk description	Assessment		Risk prevention/reduction measures
			Probability	Impact	
1.	Research related risks	Participants (students) low interest and low motivation in exploring innovative methodologies based on complex and fluid approach	Low	Low	Organisation of lectures and discussions about interdisciplinary research methodology explored in the project
		Scientific articles are not accepted for publication in any of the planned editions due to reasons beyond the control of the project participants	Medium	Low	The project manager communicates with editions of the publications; if necessary, work on the ability to publish a finished publication in another edition
		Escalation of disagreements between the scientific principles and used terminology (phenomenology and psychosomatics)	Low	Low	Intervention by the project manager, resolving of disagreements, regular meetings of the project group, mutual trust and tolerance
		A participant of the project discontinues the work on the topic of the project	Low	Low	The project manager finds another participant who will take on the respective responsibilities of the project executor
2.	Management-related risks	Low collaboration with external partners – libraries, archives, clinics, universities abroad do not show enough willingness and assistance in providing information	Medium	Medium	The project manager and project team develop alternative plans for obtaining information by adding the list of institutions to be visited or turning to the management of the institutions
		Failure to observe deadlines, failure to follow the project schedule. As example, COVID pandemic situations.	Medium	Medium	Matching deadlines and activities required for submission of reports and elaboration of a plan with specific deadlines. Permanent mutual contact (meetings, e-mails, etc.)
3.	Risks related to the dissemination of results	Low participation of students in social media (Facebook / Twitter / Instagram)	Medium	Medium	Alternative: the project team will conduct creation of qualitative video materials published in <a href="http://www.youtube.com">www.youtube.com</a>

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