

# Exploring the feasibility of employing externalization as a methodological modification to traditional autoethnographic approaches

## Links

Contact Us  
Pepperdine University Libraries  
Harnish Law Library

## Browse

Collections  
Disciplines  
Authors  
Journals

## Search

Enter search terms:

  

[Advanced Search](#)

[Notify me via email or RSS](#)

## Author Corner

[Author FAQ](#)

[Home](#) > [ETD](#) > [626](#)

[< Previous](#)   [Next >](#)

## THESES AND DISSERTATIONS

### Exploring the feasibility of employing externalization as a methodological modification to traditional autoethnographic approaches

 [Download](#)

[Darlene Wooten](#)

SHARE



#### Abstract

The number of Americans reporting extreme stress has increased over the past six years. Prolonged exposure to stress has the potential of producing severe damage to the health of individuals. Pennebaker and Graybeal (2001) stated, "When people write about their deepest thoughts and feelings about an emotionally significant event, there are numerous benefits in many domains (e.g., health, achievement, and well-being) result" (p. 1). Writing about extremely stressful situations has health and wellness benefits. In this study autoethnography and externalization were combined as a method to examine how feasible it might be for persons to employ the combined methods to process stressful life events. The externalization involved creating a persona (White & Epston, 1990). The personas represented the lived experiences of work and family. In addition, the externalization application was the backdrop for the theoretical concepts of hardiness, thriving, resilience, and posttraumatic growth. The feasibility of this method was explored through an analysis of the autoethnographer's lived experiences of the externalization, where the researcher was also the autoethnographer-externalizer. As a result of the externalization, relevant themes emerged in the areas of Memory of Work and Family Events, Challenge Indicators, Management Indicators, Activity Persistence Indicators, Growth Indicators, and Positive Change Indicators. The researcher's experience, and the themes that emerged from the data, provided evidence that applying the externalization to the autoethnographic process was feasible and suggests a methodological combination that might help others, including leaders, cope with the stress associated with traumatic events.

#### Library of Congress Subject Headings

Dissertations (EdD) -- Organizational leadership; Self-knowledge, Theory of; Critical thinking; Persona (Psychoanalysis); Autobiography

#### Date of Award

2016

#### School Affiliation

Graduate School of Education and Psychology

#### Department/Program

Education

#### Degree Type

Dissertation

#### Degree Name

Doctorate

#### Faculty Advisor

DePorres, Daphne;

#### Recommended Citation

Wooten, Darlene, "Exploring the feasibility of employing externalization as a methodological modification to traditional autoethnographic approaches" (2016). *Theses and Dissertations*. 626.  
<https://digitalcommons.pepperdine.edu/etd/626>

other words, PTMs are chemical modifications of a polypeptide chain that occur after DNA has been transcribed into RNA and translated into protein. It nonetheless remains a major analytical challenge. Mass spectrometry (MS) has been proven as a robust tool in retrieving quantitative information of histone PTMs, and a variety of MS-based quantitative strategies have been successfully developed and employed in basic research as well as clinical studies. Thus, to a set of traditional analytical principles such as methodological indivi. Using this approach, sociologists treat the meso-level as an intermediate group level, which links the clans, populations of settlements from a village or city to the state, region, republic, etc. In economics, the meso-level is usually understood as the part of the economy controlled by large corporations. However, since the 1990s the term has been used more broadly to indicate the analysis level between the economy of the country as a whole and the level of individuals, companies and households - this includes industries or ^ regional economic complexes. z.

A proper institutional approach is only partly associated with the fact that institutions serve the specific subject of analysis. o. Methodology as a philosophical study of the ways of cognition is of a great importance for FLT. The practice of FLT shows that it is impossible to solve new methodological tasks on the basis of old traditional methodological approaches. It has always been so. There were different approaches: Behavioristic approach, Cognitive approach, communicative approach, Personal-oriented approach, Lingua-cultural approach. Approach as you know denotes a more general theoretical orientation, a strategy to FLT while a method is just one way that the approach is realized in practice, it is a tactics you choo