My paper is a reflection on the exploration of insights into lived experience offered by theories and diverse methods of (critical) discourse analysis. My aim is twofold. First, I want to consider possibilities of discourse-analytic insights into experience which are normally labelled ‘psychological’ and as such are positioned outside the realm of discourse analysis and in particular CDA (both of which, over the years, has tended to focus, in particular, on mediated and public forms of communication). Drawing on my work on depression and insight into schizophrenia, I want to position discourse analysis as a significant (potentially clinical) counterbalance to the traditional methods of psychological assessment. Secondly, I want to offer some methodological remarks on how to achieve the most useful discourse- and critical-analytic approach to ‘psychological experience’. I shall therefore argue for an ‘ecological’ discourse analysis in which data are ‘had’ rather than ‘collected’. I will draw on my earlier research with photography as the trigger material, ethnography, as well as genuine suicide notes as sources of data which are not mitigated by the researcher’s questions nor created with researcher’s input.

Bio
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Background texts:
[http://dis.sagepub.com/content/2/3/323.abstract](http://dis.sagepub.com/content/2/3/323.abstract)