

The paper „Metatheory in psychotherapy: realism, antirealism and critical hermeneutics as the third alternative“ first presents realist and antirealist metatheory and shows the practical implication of metatheory for the field of psychotherapy. This exposition is then followed by an exposition of critical hermeneutics of Paul Ricoeur, which tries to demonstrate both theoretical and practical superiority of the hermeneutical approach, when compared with the previously mentioned metatheories. Implications of specific metatheoretical stances are demonstrated on specific material.