What could enactivism mean for psychiatric practice?

Recent discussions about enactivism (and, more broadly, the 4E cognition turn) have focused on the concept of mental disorder and how it can help demarcate the boundary between illness and normality (Nielsen 2021; Nunez de Prado-Gordillo & Lopez-Silva 2025; Russell 2023). Less attention has been paid to the practical relevance of enactivism. In this presentation I will discuss three case examples in which a broadly enactivist approach is used (a) to develop guidelines for autism care (Strijbos & Glas 2025), (b) to understand the development of a radicalizing individuals involved in criminal and/or terrorist activities (Sizoo, Strijbos & Glas 2022); and (c) to suggest new routes in anxiety disorder research (Glas 2020). These examples illustrate the need for what we have called pragmatic enactivism.

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