Presentation Abstract

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Field of Expertise
Psicoterapy

Name of National Association
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Modality of Participation
in-person

Type of Presentation
Workshop

Presentation Title

The rôle of the "present moment" and the promotion of the process of change in therapy, in the light of the model of Social-Cognitive Transactional Analysis

Abstract
For Stern, the "present moment" (2005, 28–34) is characterized by a conscious experience of the self within a brief temporal unit that encloses a "mini-story experienced from an emotional and relational perspective". It is in the "present moment" that therapeutic change occurs, because it is there that patient and therapist enter into an authentic intersubjective relationship and co-create an experience of mutual awareness and transformation. Building on this framework, the workshop aims to offer insights into the role of the therapist's experiential skills (Van Rijn, Vos, 2025) in accessing the client's emotional experience. Specific skills are required to detect those implicit processes that signal the activation of ego states associated with psychological distress, lived in the phenomenological experience with the client; the detection of these processes, exemplifying the confusing process of the Child ego state, serves to promote transformative change processes, typical of the 'present moment'. Promoting these skills implies that the therapist adopts an intersubjective perspective so as to remain within a co-created phenomenological space. In the workshop, attention to the micro-processes emerging in the client's narrative will be the primary focus; through microanalysis, carried out in the light of the Social-Cognitive Transactional Analysis model (Scilligo, 2009; De Luca & Tosi, 2011; Bianchini & de Nitto, 2019) – which allows us to grasp, moment by moment, the person's relationship with themselves and with others, including the therapist – steps and sub-steps will be identified to recognize confusional processes and to promote the transformative processes associated with change. Through clinical examples, participants will be able to identify the specific indicators involved in confusing processes—manifestations of emerging ego states—as well as those associated with the process of change, which arise from the experience of 'present moments'. This microanalysis will enable us not only to observe the outcome of the intervention but also to identify the steps in the therapeutic process that made it possible.

Professional Picture

