Presentation Abstract

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Field of Expertise

Psicoterapy

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Modality of Participation

in-person

Type of Presentation

Workshop

Presentation Title

The ATPPAT Model: Ego States as Systems in Traumatic Functioning

Abstract

Background Growing interest in psychological trauma has led to integrative clinical models linking intrapsychic, relational, and neurobiological dimensions. This workshop presents the ATPPAT model as an integrative hypothesis for understanding trauma-related functioning. From a systemic perspective, the model articulates the relationships between attachment patterns, emotion regulation processes, intersubjective dynamics, and ego state configurations, understood as dynamic systems. Objectives The aim is to explore the theoretical and clinical coherence of the model and to examine its contribution to a coherent and clinically useful understanding of the relationships among ego state systems, attachment, and emotion regulation in trauma-related functioning. Methods The workshop includes a structured presentation of the model's theoretical foundations, illustrated through clinical vignettes and brief experiential exercises. Expected outcomes Participants will be able to: (a) explore the role of intersubjectivity in the re-enactment of trauma; (b) analyze interactions among ego states, attachment, and emotion regulation; (c) evaluate the model's transferability to clinical practice. Conclusions/implications The model is presented as a developing conceptual framework, opening avenues for future research on ego state systems, attachment, and emotion regulation in clinical and non-clinical populations.

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Professional Picture

