# Presentation Abstract

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**Field of Expertise**
Psicoterapy

**Name of National Association**
IRPIR

**Modality of Participation**
in-person

**Type of Presentation**
Workshop

**Presentation Title**

## Adolescĕre: Plasticity, Script, and Ego States. An Integrated Perspective Between TA and Neuroscience

**Abstract**
Background The current sociocultural context poses new challenges in understanding adolescents. From the perspective of a counseling and psychotherapy service for adolescents, the workshop offers a processual perspective that highlights their resources and vulnerabilities, integrating Transactional Analysis (TA), from its classical roots to contemporary developments, with contributions from neuroscience. Research in this field highlights how brain plasticity makes this phase particularly favorable for revising relational patterns and ways of making sense of experience. Studies in contemporary TA provide insight into the role of social context in the construction of identity and autonomy. Objectives To offer a broad theoretical framework (TA and neuroscience) for interpreting the cognitive, emotional, and relational changes typical of adolescence, particularly the processes of script revision and ego state reconfiguration, in light of the sociocultural context. Methods The workshop uses a theoretical-experiential methodology, alternating theoretical input and practical experiences to foster multi-level learning. Expected Outcomes At the end of the workshop, participants will be able to: a) describe the evolution of script and ego states in adolescence, integrating neuroscience and TA; b) evaluate the influence of the social context on the formation of adolescent identity and experience. Implications This integrated perspective could be the subject of research within a counseling and psychotherapy service for adolescents, contributing to the empowerment of professionals working in this field.

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**Professional Picture**

