Presentation Abstract

Surname

Lisei

Name

Enrico

Field of Expertise

Psicoterapy

Name of National Association

Centro Psicologia Analisi Transazionale (CPAT)- Associazione Italiana Analisi Transazionale (AIAT)

Modality of Participation

in-person

Type of Presentation

Workshop

Presentation Title

The Rhythm as an element of care in Psychotherapy

Abstract

Background and objective The workshop proposes a reading of the therapeutic relationship through the rhythmic dimension: as a real, bodily and intersubjective phenomenon. Several theoretical frameworks are used: Erskine's Attunement (1998), in particular rhythmic attunement; the Co-creative Therapy of Summers and Tudor (2000), where the therapeutic rhythm is an emergent and shared phenomenon; elements of NLP from Bandler and Grinder (1979); physiological synchrony from Ramseyer and Tschacher (2011); and developments in affective neuroscience from Schore (2003). Rhythm is co-created between patient and therapist: it is therefore important to develop a "rhythmic ear" as a clinical tool. Methods The work will unfold through listening to different rhythms paired with body exercises to recognise one's own rhythm and open up questions about the encounter with the Other's different rhythms. Role-played sessions will also be used, featuring experiences of regular rhythm, ruptures, accelerations, silences, and repairs — read through Ego States and/or the script as a dis-rhythmic element in the here and now. Expectations The concepts of rhythm as foundational to therapeutic time and to our lived experience will be explained, along with Erskine's attunement and Summers and Tudor's concept of co-creative therapy. The workshop will encourage reflection on rhythm as a relevant element in the therapeutic process, and in the diagnosis of TA elements such as Ego States and script Conclusions and implications Discovering a shared rhythm is in itself a reparative experience for those who have lived dis-rhythmic relationships. A co-created rhythm is an autonomous vector of change. Rhythmic synchrony is proposed as an indicator of alliance and outcome in therapeutic treatments. Clinical possibilities open up as we explore both potentialities and limits.

Professional Picture

