# Presentation Abstract

**Surname**
Mastromarino

**Name**
Raffaele

**Other Authors**
Luca Mastromarino e Maria Luisa De Luca

**Field of Expertise**
Psicoterapy

**Name of National Association**
IRPIR

**Modality of Participation**
in-person

**Type of Presentation**
Workshop

**Presentation Title**

## Redecision Therapy in the light of memory reconsolidation: theory, research and practice

**Abstract**
Based on the findings of Mastromarino's doctoral research (2025), this workshop offers a theoretical and practical review of the specific steps designed to facilitate the redecision process in light of research on Memory Reconsolidation (Pedreira et al., 2004; Tronson & Taylor, 2007; Ecker, 2024) and its clinical translation into the Therapeutic Reconsolidation Process (TRP) (Ecker, & Vaz, 2022; Ecker et al., 2026). The aim is to provide participants with a shared conceptual framework for use during the deconfusion phase, making explicit the neurobiological processes underlying the redecision process in light of contemporary neuroscientific evidence. Firstly, an operational framework will be presented to visualise the specific steps of the redecision process. This framework integrates contributions from authors who have previously described this process (including Goulding, 1979; Moiso, 1987; Lennox, 1997; Mastromarino, 2006; Allen, 2010; Widdowson & Russeau, 2014;), research on Memory Reconsolidation and its clinical applications, and existing contributions concerning the integration of TA and TRP (Widdowson, 2015; Bastianelli et al., 2019; Zvelc & Zvelc, 2020). Secondly, the clinical application of these steps will be illustrated through the viewing and discussion of a video excerpt from a therapy session conducted during a residential workshop on Redecision Therapy, promoting an integrated learning experience between theory and practice. Finally, we will illustrate how the various techniques used in Transactional Analysis during the deconfusion phase — including for example Self-Parenting (James, 1974), Spot Parenting (Osnes, 1974), the Parent Interview (McNeel, 1976), the Mirror Exercise (Lee, 2018), and Rechilding (Clarkson & Fish, 1988) — can be conceptualised along a clinical continuum ranging from the absence to the internal presence of a positive Affective Parent, and reinterpreted in light of the proposed integration. The workshop will alternate between theoretical and experiential sessions, with the aim of promoting a more effective and integrated use of the redecision process.

**Professional Picture**

