Presentation Abstract

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Mazzetti

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Field of Expertise
Psicoterapy

Name of National Association
SIMPAT

Other Affiliation
AIAT, EATA, ITAA

Modality of Participation
in-person

Type of Presentation
Workshop

Presentation Title
Phenomenological diagnosis in TA supervision

Abstract
Background and objective: The workshop discusses Berne's diagnostic process (behavioral, social, historical, and phenomenological) in the supervision setting, where the phenomenological component usually has no place, and proposes an experimental model to investigate the patient's phenomenological experience in this setting and use it to identify therapeutic strategies. Methods: Starting from the theoretical concept of parallel process, I propose an experimental technique derived from that of the "two chairs" (Stuntz, 1973) which, by stimulating the identification of the therapist-supervisee with the patient, allows the phenomenological exploration of the patient's experience, which often brings unexpected insights. Expectations During the workshop, the theoretical constructs on which the technique is based will be explained, and supervision sessions will be held with simulations of a therapy session in which the supervisor identifies her/himself with the therapist and the therapist-supervised with the patient he or she has brought into supervision. At the end of the exercise, the patient's emotional experiences, thoughts and behaviors during the simulation are analyzed to outline the phenomenological diagnosis and identify the most effective therapeutic strategies. Conclusions and Implications The findings emerging from the application of the technique will be discussed to identify its effectiveness, potential, and limitations. The theoretical implications of the experiment will also be analyzed.