Presentation Abstract

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Field of Expertise
Psicoterapy

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Evolutionary Emotional Experience

Abstract
Background and Objectives Contemporary developments in psychotherapy increasingly recognize the therapeutic relationship as the primary driver of change, moving beyond approaches centered mainly on techniques or cognitive insight. This shift highlights the need for training models that actively cultivate relational competence through direct experience. This workshop introduces the Evolutionary Emotional Experience (EEE) model as a relational and experiential framework for psychotherapy training. Grounded in Transactional Analysis, the model integrates emotional experience, relational presence, and reflexive competence. The objective is to provide participants with an embodied understanding of these principles through guided clinical experiences.

Methods or Approach The workshop is designed as an experiential learning setting in which participants actively engage in guided clinical exercises inspired by the six phases of the EEE model: reducing cognitive overcontrol; enhancing awareness of bodily and emotional sensations; observing transference and countertransference dynamics; exploring the multidimensional components of the therapeutic relationship; revisiting shared relational experience; and recognizing moments of transformative emotional change. Through clinical simulations and small-group activities, participants explore relational processes in the here-and-now. Facilitators support reflection on immediate experience, fostering reflexive awareness and the use of emotional responses as clinical resources.

Key Findings or Expected Outcomes Participants are expected to develop greater awareness of their relational and emotional responses, increased sensitivity to the therapeutic field, and greater tolerance of uncertainty. The workshop aims to reduce performance-driven cognitive control and

support a more grounded and flexible clinical presence. Participants will enhance their ability to use embodied and affective information as clinically meaningful data, allowing interventions to emerge from the evolving relational context.

Conclusions and/or Implications This workshop provides an applied experiential format for developing relational competence in psychotherapy training, supporting the integration of structured experiential methods within training programs.

Professional Picture

