Presentation Abstract

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PICCININO

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Field of Expertise
Psicoterapy

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THE ESSENCE OF PSYCHOTHERAPY

Abstract
Starting from the references made about Physis by Berne, English, Clarkson, Moiso, and Erskine, I provide a more detailed account by describing its various distinctive characteristics. Human beings are not only driven by safety and attachment, but also by a wider set differentiated impulses. As they progressively emerge in the first months of life, these impulses can be activated, or inhibited by injunctions. Psychotherapy must address these levels of early deterioration in order not to be reduced to a superficial adaptation, which intervenes only on behaviors without modifying the energy that drives them. It is like teaching people kindness without reactivating their affective and relational propensity: a coat of white paint over an unstable wall. I show how Transactional Analysis, preferably in a group setting, is the most appropriate and effective approach for intervene on Physis. This is precisely because it firstly develops a sense of belonging by welcoming the suffering linked to one's impaired drives; secondly, because it reveals their earliest origins; and finally, because it promotes their expression in the immediacy of group relationships. For Homo Sapiens, health consist precisely in maintaining the active species-specific characteristics, but within a world inhabited by others. The essence of psychotherapy lies in reactivating a Physis made up of the desire to live, to love, to evolve, and to find meaning in one's own existence.