Presentation Abstract

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Psicoterapy

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Modality of Participation

in-person

Type of Presentation

Posters

Presentation Title

From Transference Field to Group Process: A Relational Clinical Model in Transactional Analysis with Narcissistically Vulnerable Young Adults

Abstract

This poster presents a relational clinical model for psychotherapeutic work with young adults (18–30) presenting narcissistic vulnerability, shame, and difficulties in relating to otherness. Situated within a practice-based evidence perspective, it is grounded in clinical-theoretical reflection derived from psychotherapeutic practice. Building on Transactional Analysis and Eric Berne's original integration of individual and group therapy, the model is reinterpreted through contemporary relational and intersubjective perspectives, as well as Irvin Yalom's existential-phenomenological approach to group psychotherapy. The first phase of treatment focuses on individual therapy, with particular attention to the construction of a sufficiently safe relational space and the analysis of the transference field, understood as a co-constructed emotional and relational experience between therapist and patient. This phase aims to support the emergence of the patient's subjectivity and increase tolerance for frustration and alterity. The treatment may then evolve into group therapy, conceived as a transformative relational setting in which script dynamics become visible and open to change. Within the group, patients encounter multiple subjectivities and receive opportunities for mirroring, differentiation, and intersubjective recognition. This process can facilitate a shift from narcissistic validation toward more authentic relational experiences. The poster illustrates how revisiting Berne through a relational lens can open new clinical trajectories for Transactional Analysis in work with contemporary young adults.