Presentation Abstract

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Field of Expertise
Psicoterapy

Name of National Association
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in-person

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Workshop

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Script Analysis and change assessment

Abstract
Script analysis and change assessment In the method of relational psychodynamic psychotherapy with transactional analysis the work of deconfusion is conducted through the analysis of the transference-countertransference matrix, the analysis of dreams and group work. In this workshop, the links between script diagnosis, strategic planning, intervention techniques and change assessment tools through the CCRT of Lester Luborsky and Paul Crits-Christoph will be described. For the diagnosis, the second-order structural matrix of ego states will be compared to the model of the Central Conflict between Self needs, Self Object Responses and Self Responses. A focus will be dedicated to therapeutic techniques and interventions both in the dual setting and in the group setting. The evaluation of change will therefore be based on the internal models that regulate central relational issues in the here-and-now, in line with neuroscientific findings on co-regulation and neural synchrony in group processes.

Professional Picture

