Presentation Abstract

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Presentation Title
REALIZING WHAT IS NEW Evolving Narratives

Abstract
REALIZING WHAT IS NEW

Evolving Narratives

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The theme of this conference invites us to consider different ways of integrating practice and research in order to support Transactional Analysis as an effective and scientifically grounded model. This workshop will present a methodology for analysing a clinical case inspired by Miguel Goncalves' Innovative Moments (IM) model. The theory of IMs is based on the idea that psychological change can be identified through specific narrative markers associated with the breaking down of dysfunctional meaning patterns and with the emergence or construction of alternative patterns. Goncalves' research has shown that IMs can be reliably detected across various therapeutic approaches, further demonstrating that their frequency and complexity are associated with positive outcomes in psychotherapy. Goncalves' model is trans-theoretical, and is therefore also useful in the analysis of Transactional Analysis psychotherapy. The workshop will present a theoretical overview of the MI model and the concept of change in transactional analysis and socio-cognitive transactional analysis (ATSC), along with the associated markers. In addition, a clinical case will be presented, treated using the ATSC approach, at the Clinical Centre of the Higher School of Clinical Psychology in Rome. Short transcripts of the sessions will be presented to help highlight the type of interpretation that can be made of the client's narratives, according to the various markers of change. In this way, we can also reflect on how the therapist can encourage the

spontaneous movements towards change presented by the patient during therapy, or how to recognise and clarify ambivalences.

Learning objectives:

To familiarise oneself with Goncalves' Innovative Moments model To reflect on the type of markers used by a transactional analyst, identifying potential ways to enrich one's own interpretation in light of the IMs To develop a specific focus on the IMs and the type of responses/relationships a therapist can offer to enhance the effectiveness of treatment

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Professional Picture

