Presentation Abstract

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Psicoterapy

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Changing the Script Payoff by Creating New Memories of the Future: TA Therapy of Final Scenes

Abstract
Background. This workshop presents the "Final-Scene" intervention protocol relying on studies exploring the concept of life script as "a memory of the future", i.e. a system of future-oriented explicit and implicit cognitions guiding perception, decision-making and behaviours. Among multiple representations, MFs include "final-scene" images, - representations of anticipated endings of one's life journey and other script outcomes (payoffs). These were explored in death reflection research in clinical and community samples, and in the authors' practice within the "Memory-of-the-Future" TA Therapy (MFT) approach. Objectives. The workshop revises current TA views on life script assessment and change and aims to teach participants how to facilitate and use death reflection and narrative interventions for script change. Approach. MFT integrates TA script analysis with state-of-the-art autobiographical processing tasks and coding procedures. Participants engage in an experiential exercise involving episodic future simulation and group reflection. They learn techniques to facilitate understanding and change script "final displays" by working with explicit "final scenes" of a person's life story. Expected Outcomes. MFT in general is expected to change the quality of people's explicit life story (narrative identity) through awareness of implicit MFs; developing adaptive life options; decontamination of immortality and immutability illusions; and technique-based enhancement of autobiographical narrative coherence and meaning integration. This may help clients gain relevant autonomy of thinking, feeling and behaviours while constructing their real life. Participants gain insight into their explicit and implicit "final scenes" and underlying scripts. They learn to guide "final-scene" reflection and modification with their clients. Implications. MFT and the Final-Scene intervention may by important for enhancing work with

people who have deficits in death reflection (e.g., in addictions, personality disorders), as death reflection is associated with remission duration in alcohol-dependent clients and is proved to result in positive self-related changes and meaning integration.

Professional Picture

