Presentation Abstract

Surname
Vignoli

Name
Andrea

Field of Expertise
Psicoterapy

Name of National Association
Irpir

Modality of Participation
in-person

Type of Presentation
Workshop

Presentation Title

Group psychotherapy: integration between group as a whole work and ono to one Redecision approach

Abstract
Based on the findings of Vignoli's doctoral research in the field of group psychotherapy (Vignoli, 2026), this workshop proposes, through a theoretical-applied approach, a methodology that integrates the group as a whole work (Berne, 1982) with one to one Redecision Therapy for deconfusion (Goulding, Goulding, 1983). The workshop will present the state of the art in group psychotherapy, the guidelines of the AGPA (American Group Psychotherapy Association) (Bernard, et al., 2008; Kaklauskas, Grene, 2020), and some directions proposed by attachment theory for group psychotherapy, as well as how these contributions align with transactional analysis methodology. Contributions from Emotion-Focused Therapy (Greenberg, 2021; Goldman, Greenberg, 2019; Timulak, Keogh, 2022) will also be presented as steps that can contribute, within the transactional analysis community, to methodological clarity on how to facilitate the redecision process through the self-parenting technique (James, 1974; Mastromarino, 2006). The workshop will also introduce micro-markers—derived from a research-informed approach—that are useful for applying Gestalt techniques (Goldman, Greenberg, 2019) to facilitate the Redecision process. The objective is to promote theoretical and practical knowledge among participants regarding the clinical field of group psychotherapy and how to harmonize the group as a whole work with intrapsychic individual work.

Professional Picture

