

The Last Phase of a Substance-Abuse Group Therapy in Prison: Regaining Contact with Emotions as a New Chance of Orienting the Style of Life

Paper presented at the 25th Congress of the I.A.I.P. - "Separation, Trauma, Development" - Vienna (Austria), 14-17 Luglio 2011

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Novità e modernità del setting adleriano: la centralità dello Stile di vita. Lo "Stile" del setting adleriano e il gioco interattivo tranferale-controtransferale della "coppia creativa"

Paper presented at the XXIV S.I.P.I. National Congress - "The settings in Individual Psychology", Turin, 2013.

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Adlerian setting: comparing life-styles, clinic and psychotherapy

Paper presented at the XXIV S.I.P.I. National Congress - "The settings in Individual Psychology", Turin, 2013.

The full article is available for download in Italian only.

Summary. The author analyzes the peculiarity and the originality of the Adlerian setting which develops in a genuine context, solid, reliable, and moreover creative which tends to prevent the patient from a dependency towards the therapist. The most meaningful and relevant difference

between the Adlerian and Freudian setting consists exactly in the refusal of the Adlerian therapist to give way to an addiction in the analyzed subject. This dependence is, in fact, charged with aggression and competition no matter if under the disguise of sexual instincts. In this view of peculiar operation, the Adlerian setting is characterized by the matching of two different life-styles, the one of the therapist and the one of the analyzed subject. The atmosphere of the relationship is of true equality which doesn't mean that the two parts share the same general and specific knowledge. This only means that the therapist himself has to join the match leaving behind his expertise position in order to reach a human, sympathetic, encouraging relationship. The cultural Adlerian trend obliges us to consider the sociocultural changes developed in the years which were so strong to modify the hegemonic Freudian structure that had been so important in Massimo Recalcati's organization of the psycho-analytical setting that sees in the Telemachus complex the new relational perspective between father and son beyond the aggressive relation put forward by Freud. This totally new approach cannot but affect the handling of the setting. Of course our technique is supported by a world perception consistent and familiar with the perspective described above in detail. Recalcati talks about the witness of the parental figure, Adler supports the protection deriving from a paternal figure. By taking our distances from the Freudian Oedipus we are supporting our outlook, which is based on a kind of relation that leaves behind what's merely instinctive and strictly tied to our senses.

[CD_075_Torino_Mascetti](#)

Quando la musica diventa compensazione

Poster session presented at the XXIII S.I.P.I. National Congress - "The network of the compensatory functions in the Adlerian theory and practice", Milan, 2012.

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Compensation and life-style

Paper presented at the XXIII S.I.P.I. National Congress - "The network of the compensatory functions in the Adlerian theory and practice", Milan, 2012.

The pdf file and the Summary are not available at the moment. If you are interested in this article,

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Summary. The Love of Our destiny and the neurosis. Life-style is the kind of particular complex relations leading to an unaware design that characterizes the structure of the Adlerian personality. Compensation is a fundamental mechanism in the personality organization and in each individual life style . This is an exquisitely adlerian concept, even if borrowed, added with great originality, by the thought of the “as if “ philosopher, VAHINGER .As according to Adler and other authors the human condition consists of a fragile and insecure nature, men have , in order to build their future, to use tools and instruments enabling them to overcome their real or supposed inferiorities either from a practical point of view or connected to the existence of the knowledge that allows human beings to understand the world. These essential instruments, i.e. the compensations, must have characteristics which are positive and useful to allow us to overcome practical and personal difficulties we come across in various life circumstances. Alternatively whenever the compensations, far from being positive tools, turn out to be inefficient to reach the desired aims with balance, life-style, carrying along an unsolved conflict, shows the marks of the discomfort and the disease. The author believes in the acceptance of love for our destiny as the solution to the overwhelming neurosis, which, instead of using hyper-compensatory ways ,is bound to lead us to failure. This acceptance can only unwind in a context of freedom and confidence, which means the psycho-sexual acceptance of the adult individual. The purpose and the end of the psychotherapy can't be found outside this setting absolutely necessary and highly meaningful, that lies at the root of the choice between freedom and neurosis. This is a dilemma that must be solved only by following the process described above, which an individual can reach only in a context of freedom regained and of a destiny not only accepted but beloved.

[CD_075_Milano_Mascetti](#)

The network of fictions in the construction and modification of the lifestyle

[069_CD_Balzano](#)

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Summary. The idea of this communication is inspired from the observation in clinical practice of the recurrence of a particular phenomenon: patients with which it is made a therapeutic work at the age of 6-7 years and who came back to the analyst after 10-11 years, reported memories and dreams, indicators of fictions used, other than those recorded years before, while maintaining the same personality structure. Other people however, retain and report the same episodes and the same material previously presented and the analogy characterological organization. In both cases, however, major improvements can be seen, symptomatic and relating to the construction of vital tasks. Therefore, the question naturally arises: why some people retain after decades the same

memories and remember the same experiences that may indicate the persistence of the fictions that underlie an unproductive way of life, which in reality then is not so unproductive, and others seem to have radically changed their earliest memories and dreams, and their way of producing fiction, while substantially maintaining the same structural characteristics? This contribution will try to clarify the issue through an investigation of the role of the creative Self, ultimately “the architect” who creates fictions employing the individual in his unique and unrepeatable being in the world.

Symbolism in dreams, in Rorschach and in narrative metaphors as an expression of the unity of lifestyle

[CD_065_Ardenti](#)

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Summary. In wakefulness as in sleep, lifestyle has several means of expression, among which: narration, memories, metaphors and symbols. The methodology of Individual Psychology makes use of these means of expression to become acquainted with the individual inner self and establishes a suitable treatment. Through the analysis of Fabio’s case, comparing the responses to Rorschach’s test, the symbols in his dreams and the metaphors he uses in telling about himself, the attention is drawn on the uniqueness and the creativeness of the language of the individual, the coherence among the different means of expression and the wholeness of the individual in all his expression.

The resistance to treatment in anorexia nervosa: has the Adlerian psychodynamic psychotherapy a specific indication?

The full article will be available for download in Italian only, from December 2016.

Summary. Anorexia Nervosa (AN) is a serious disease difficult to treat and resistant to treatment. To date, evidence is lacking that the treatment modifies the outcome. A review of studies on resistance in AN highlights four main themes: denial of illness versus insight and motivation to change, maintenance factors, management of treatment resistance and treatment outcome, the

therapeutic relationship and countertransference. In the treatment there is too much emphasis on cognitive and explicit factors, while the problem may lie in a failure to authentic encounter between patient and therapist. After the examination of research on family dynamics and personality of AN patients they are considered recent studies on the attachment style in AN, and the psychodynamic model. Thus there is a need to redefine the role of the therapist in the dynamic psychotherapy of AN. Recent studies on the attachment style in AN support a psychodynamic model of pathogenesis and treatment which considers the AN as a disease caused by an abnormal development of the self. To live without eating, and sometimes rather die are grandiose compensations for severe feelings of unworthiness and rooted discouragement, as proposed two decades ago by H. Bruch. It is necessary to redefine the role of the therapist in the psychodynamic psychotherapy of anorexia nervosa, that considers the lifestyle of the therapist and the patient. The reference to a network model consisting of psychiatrists, psychotherapists and nutritionists is indispensable. As the process of encouraging is the heart of change, phenomena as embodied simulation, intentional attunement, meeting moments, implicit communication, which have been conceptualized with reference to recent neurobiological findings and brain imaging, help to validate the empathic understanding as the core of the process of encouragement. The early experiences are repeated in the transference reaction, and affect emotional contagion and contamination, countertransference and metacountertransference in the therapist, including the risks of excessive zeal and discouragement. The Adlerian Psychodynamic Psychotherapy, whose structure, theory and technique is always been the strategy of encouragement, even in the light of evidence-based reports, it seems particularly predisposed to the treatment of this severe disease of youth, enigmatic expression of post-modern cultures.

EDITORIAL: The therapeutic alliances in the Individual Psychology

The full article will be available for download in Italian only, from December 2016

The *Summary* is not available in English.

The fictions of cinematographic language

The full article is available for download in Italian only. [DOWNLOAD PDF](#)

Summary. Cinematographic language leads to his own form of narration through the combination of pieces inclined to the concreteness of reality, which the spectator organizes in terms of temporal, spacial and causal relations. This process involves conceptual forms, related and submitted to individual experiences, definable fictions, in adlerian terms. Analogies between the conditions imposed during the vision of a film and early childhood, support the bound among film fictions and the individual life-plan.
