

EDITORIALE - La pandemia: "catastrofe vitale"

[088_editoriale](#)

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Il numero 88 della Rivista esce alla fine di un anno terribilmente complicato che ci ha visto immersi nella pandemia globale, un'esperienza giunta in tempi rapidi, non immaginabile nelle conseguenze che avrebbe prodotto. L'organizzazione dell'intera umanità è stata destrutturata da un virus, particella invisibile, che ha avuto il potere di chiudere in casa miliardi di persone, sospendere le attività che si svolgevano nelle fabbriche, negli uffici, nelle scuole, nei luoghi di ritrovo. [...]

I pericoli della quarantena

[088_a_adler](#)

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Summary - THE DANGERS OF QUARANTINE. The process that nature forces on us is hard and inexorable. The stressors under which it places us and the impermanence of worldly goods, as well as our helplessness during the first years of our existence, create in every psyche a feeling of uncertainty and inferiority from which develops an urge to improve the human condition. Knowledge of the feeling of childhood inferiority and its compensation allow these forms of psychological regression to be framed well and require that it be remedied by better restoring social inclusion.

Vita e morte nell'era del Covid-19: un'esperienza adleriana

[088_a_bovero](#)

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Summary - LIFE AND DEATH IN THE ERA OF COVID-19: AN ADLERIAN EXPERIENCE. The Covid-19 pandemic has created an environment in which existence is more fragile and existential fears or terror

risers in people and in healthcare providers.

Using a case, I have analyzed the application of the Adlerian psychotherapy with Covid-19 patients hospitalized and I have described existential terror and existential maturity and go on to outline how existential maturity is important for the dying and the grieving but also for those whom facing risk of acquiring Covid-19.

Results showed the beneficial effect of the Brief Adlerian Psychodynamic Psychotherapy in helping Covid

patients to find a meaningful connection with someone around the experience of absence or death. There are

key aspects of Adlerian therapy, as oneness of the concerned person, the emphasis on social responsibility,

the need to come true in the human community, the strategy of encouragement and the sense of belonging

that make it useful in the treatment of the Covid patients.

Finally, I have considered how fostering Social Feeling could help this populations face up to the different

challenges that the pandemic brings up for people everywhere.

[La stanza virtuale della terapia in età evolutiva. Esperienze e riflessioni sulla psicoterapia dell'infanzia ai tempi del Covid-19: contesto, setting, strumenti, immaginario e creatività](#)

[088_lerda_losapio_dogliani](#)

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Summary - THE VIRTUAL ROOM OF THERAPY IN DEVELOPMENTAL AGE. EXPERIENCES AND REFLECTIONS ON CHILD PSYCHOTHERAPY AT THE TIME OF COVID-19: CONTEXT, SETTING, TOOLS, IMAGERY AND CREATIVITY. The age we are living in, with its own particular challenges, may

seem like a time of bewilderment: SARS-Cov-2 Pandemic is changing our lives and also our way of working. Lockdown experience got us to face new challenges not only in our personal and family life, but also

in our psychotherapy work. During this period, PC use and virtual meeting with our young patients have increased. It is a new method to stay with them that arouses a lot of questions. In this work we present some reflections about what children have experienced during the lockdown and what the impact it may have. Individual Psychology cannot but start from the analysis of the situation in which we are. So, in the first part of the article, we analyze some scientific studies about psychological impact of lockdown on children and the effectiveness of online therapy with them. There are a lot of questions about this. How can I work with children imaginary through a screen? Is it possible? What kind of tools can I use to do this? In the second part of the article, we report the experience we share as a Child Therapy team in the Institute of Individual Psychology "A. Adler". We think that, as Individual Psychotherapists, we have to use our creative-Self to find innovative ways. We have tried to explain our work through some examples of individual therapy and also of group therapy.

Il virtuale che lega. L'intervento psicologico al tempo del Covid. Condivisione, distanziamento, vicinanza virtuale

[088_c_rinaldini](#)

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Summary - THE VIRTUAL THAT CONNECTS PSYCHOLOGICAL INTERVENTION AT THE TIME OF COVID. SHARING, DISTANCING, VIRTUAL PROXIMITY. As Adlerian therapists, in search and protection of social sentiment, we are questioning ourselves on which paths of well-being to follow in a therapeutic logic where closeness, as a profound experience of care, is opposed to distancing, as an indispensable way of salvation. The virtual relationship during lockdown allowed for a preservation of bonds avoiding people the risk of deep feelings of loneliness, isolation and marginalization. The interaction through the virtual allows the continuity of visual interactions, and together with an authentic empathic

involvement

comes the middle the therapeutic relationship. It is the quality of the encounter between patient and therapist

and the empathic intensity, even through the virtual, that determine the effectiveness of the intervention.

Virus: da paura condominiale a disturbo personale

[088_s_dedionigi](#)

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Summary - VIRUS: FROM COMMON FEAR TO PERSONAL DISORDER. The current Covid-19 pandemic has led to the emergence of a fear that can be defined as “condominium” as it is common to all humanity

as never before. It is also examined through clinical vignettes how this fear is declined through the different

mental disorders. In particular, the continuum between pathophobia, hypochondria and disease delirium is

assessed. We highlight the fact that the porous boundaries between psychic disorder and “normality” are

made even more fluid given the novelty of the context in which they occur, so if on the one hand one must

be cautious in diagnosing as pathological, physiological emotional reactions on the other it must be assessed

whether symptomatologically nuanced pictures do not already constitute the onset of a serious disorder.

La pandemia secolare: ricorsi ed inediti storici di una crisi globale

[088_m_marzolini](#)

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Summary - CENTURY PANDEMIC: RECURRING AND NOVEL HISTORICAL EVENTS OF A GLOBAL CRISIS. The unfolding Coronavirus crisis hitting States around the world is not just a general health crisis. It has economic, politic and social consequences too, attacking societies at their core. It is to be a war on virus, then, but a war in the context of well-defined social-historical conditions. Covid-19 is exacerbating all the imbalances and contradictions that capitalistic world-wide system produces. Mankind cannot avoid great natural disasters, like a viral infection, albeit the development of science and productive forces has made effective means available to intervene on the effects of these events, predicting or mitigating their consequences. But science and productive forces are subjugated, enslaved to the relations of production, subjected to the chaos of the markets and to the logic of profit. This global crisis, so tragically devastating, therefore poses itself as a great challenge. It reveals the mandatory need for a truly unified human race, for a new organization of collective life upon which to base most advanced and harmonic possibilities of the relationship between man and man and man and nature.

[Il Test del Villaggio ai tempi della pandemia: Sindrome della capanna e trauma infantile](#)

[088_1_bosco](#)

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Summary - THE VILLAGE TEST AT THE TIME OF THE PANDEMIC: CABIN SYNDROME AND CHILDHOOD TRAUMA. Starting from the research of the Gaslini Hospital on the psychological state of children and families a few weeks after the lockdown, and from the emergence of symptoms attributable to the so-called Cabin Syndrome, the article aims to detect its effects through the Village Test. After a brief theoretical-methodological introduction of the test, some cases of subjects who were administered the test before the pandemic and immediately after the lockdown are presented, in order to verify any

differences.

Several subjects in the Village Test narrowed their range of action, closing themselves in a state of greater

protection and compacting, and in some cases eliminating the aspects that lead back to the relationship with

others. Finally, a hypothesis for detecting the trauma through the Village Test is presented.

La pandemia di Alice: l'analisi di transfert positivo

[088_c_m_mazzarino](#)

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Summary - THE PANDEMIC WITH ALICE: A CASE OF POSITIVE TRANSFERENCE ANALYSIS.

This paper aims to describe a case of an Adlerian Psychodynamic Psychotherapy (APP) during the pandemic. The story of Alice and her psychological suffering aggravated by the current health emergency, allows

some reflections on the nature of the analytical work and its implications. The following items will be described: the diagnostic evaluation (according to PFL-Psychopathological Functioning Levels), the treatment,

the implications of pandemic on the therapeutic path and the transference analysis as a way to encourage a

new emotional and relational experience for the patient.
