

# Mea Culpa: che cosa deve fare l'umanità? L'esperienza di Adler durante la pandemia

Articolo disponibile in allegato: [DOWNLOAD PDF](#)

[089\\_bluvshstein](#)

Summary - MEA CULPA AND WHAT IS HUMANITY TO DO? ADLER'S UNDERSTANDING OF AND APPROACHES TO PANDEMICS. Alfred Adler lived through the epidemics of typhus, malaria, diphtheria, and later the Spanish flu as an army physician between 1916 and 1918. He was a physician in Wien after the World War I. Yet there are no direct references to the Spanish flu in any of his writings during or about the corresponding year. This article discusses the social, economic, and public health environment in which Adler lived between 1918 and 1920, details of his life, the focus of his work during those years, the possible reason he never mentioned the Spanish flu directly, and a clear holistic evolutionary approach to the pandemics that is visible and palpable in Adler's writings

---

# Pandemia, Disturbo da Ansia da malattia e Coraggio di vivere. Riflessioni Individualpsicologiche, teoriche e cliniche sull'ansia e sul coraggio di affrontare il futuro.

Articolo disponibile in allegato: [DOWNLOAD PDF](#)

[089\\_ponziani](#)

Summary - PANDEMIC, ILLNESS ANXIETY DISORDER AND COURAGE TO LIVE. INDIVIDUALPSYCHOLOGICAL, THEORETICAL AND CLINICAL REFLECTIONS ON ANXIETY AND THE COURAGE TO FACE THE FUTURE. This work aims to be a reflection on the illness anxiety disorder considered in the interpretation for unconscious purposes, specific to individualpsychology. It takes its cue and intends to place itself also in the temporal framework of the current Covid-19 pandemic. We will consider the most emerging clinical situations, as well as the forms of alarm that constantly accompany the lives of many. In order to adequately place reflections, we will consider the sense of the future in individualpsychological terms and we will suggest dynamisms for purposes which underlie often these strong and frequent anxieties. Finally, we will also evaluate the process of co-building courage. This process, in terms of intersubjectivity, goes through all our psychotherapeutic work and represents its ultimate purpose.

---

## [Alla ricerca delle emozioni: resoconto di un intervento adleriano](#)

Articolo disponibile in allegato: [DOWNLOAD PDF](#)

[089\\_ghidoni\\_alii](#)

Summary - FINDING EMOTIONS: REPORT OF AN ADLERIAN INTERVENTION. The following article presents an intervention about SARS-CoV-2-related emotions management, dedicated to the infant participants of a summer camp in Brescia's province in summer 2020. The Italian lockdown's consequences elicited emotive reactions that are still under study. The intervention's promoters assumed that not every pandemic-related emotion had been knowingly elaborated. Moreover, it had been supposed the absence of aggregative events corroded the affiliate interactions of the youngsters, amplifying the need for them. A project constituted of cooperative games activities had been proposed, since the organizers had identified in social playing an adequate compensation. The participants thought and shared their personal reflections about the emotions they had felt during the social isolation, and about their behavioural implications. The fiction sustaining the activity facilitated the whole process. After pointing out the limits and strengths of their emotions, the recipients were encouraged to express their emotive states through new attitudes, more inclusive of social feeling.

---

## [Lutto fisiologico e lutto patologico durante la pandemia di Covid-19: uno studio sperimentale](#)

Articolo disponibile in allegato: [DOWNLOAD PDF](#)

[089\\_bovero\\_cito\\_tosi](#)

Summary - PHYSIOLOGICAL AND COMPLICATED GRIEF DURING COVID-19 PANDEMIC: AN EXPERIMENTAL STUDY. In the early 2020 a new coronavirus, Sars-Cov-2, has spread all over the world causing the current pandemic situation. The current social distancing has changed the way people die and may influence the grief of COVID-19 patients' caregivers. The aim of this study was to investigate the possible predictor factors of complicated grief disorder in a preliminary sample of 31 caregivers of patients died six months earlier, because of COVID-19. The 48.4% of the sample met the criteria of complicated grief. Being single or widowed and have lived during the lockdown alone, or only with the partner or with the child/children and feeling guilty of having survived to the

loved ones have been associated with the presence of complicated grief. On the contrary, having attended the funeral was a protective factor for the development of complicated grief. In this sense, the social support, and the occasions of sharing emotional experiences seemed to have a protective function against the development of complicated grief. As underlined by the Individual Psychology, the Social Feeling is a core element and a protective factor in facing an experience such as that of the pandemic and the loss of loved ones for COVID-19.

---

## [Dall'équipe, al gruppo e, attraverso la rete, alla comunità](#)

Articolo disponibile in allegato: [DOWNLOAD PDF](#)

[089\\_brambilla](#)

Summary - STARTING FROM EQUIPE, TO THE GROUP AND, THROUGHOUT THE NETWORK, TO THE COMMUNITY. This work intends to bring the experience of a medical practitioner, adlerian psychotherapist, at the time of the coronavirus pandemic. The evolution starting from the equipe to the group and, through the network community, has enabled a reflection about the inter and intra-subjective that the present historical time has caused

---

## [Adolescens-entis, "in via di crescita" al tempo del COVID-19. Ritiro sociale individuale e collettivo](#)

Articolo disponibile in allegato: [DOWNLOAD PDF](#)

[089\\_righetti\\_rossi](#)

Summary - ADOLESCENS-ENTIS, "GROWING" AT THE TIME OF COVID-19: INDIVIDUAL AND COLLECTIVE SOCIAL RETREAT.

As it is known, in the first months of 2020, a new coronavirus, Co<sup>o</sup>vid-19, spread all over the world, leading to the pandemic that we are still experiencing today. The health emergency we are experiencing enters, as it is logical, also in the therapeutic room, in the experiences and stories of adolescent patients, where private and public, personal and collective intersect, influencing each other. We asked ourselves how the pandemic has affected social withdrawal, a phenomenon that has

been increasing in recent years among young people. Does it still make sense today to talk about social withdrawal? What happens when the individual retreat turns into a collective retreat? Psychotherapy becomes, today even more, the space in which the adolescent can play again in a real relationship, when even the school and the normal aggregative contexts are suspended or lived at a distance. The therapeutic space offers the opportunity for a protected emotional exchange, in which to reassure oneself and take courage to face the challenges of sociality and growth

---

## **EDITORIALE - Le 'Emozioni della Pandemia', tracce da non dimenticare**

Editoriale disponibile in allegato: [DOWNLOAD PDF](#)

[089\\_editoriale](#)

---

## **EDITORIALE - La pandemia: "catastrofe vitale"**

[088\\_editoriale](#)

EDITORIALE disponibile in allegato: [DOWNLOAD PDF](#)

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. [...]

---

# [Vita e morte nell'era del Covid-19: un'esperienza adleriana](#)

[088\\_a\\_bovero](#)

Articolo disponibile in allegato: [DOWNLOAD PDF](#)

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

rises 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](#)

Articolo disponibile in allegato: [DOWNLOAD PDF](#)

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.

---