

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

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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](#)

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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.

[La pandemia di Alice: l'analisi di transfert positivo](#)

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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.
