

# 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.