

Title of the seminar:

Emotional and unconscious dynamics in psychotherapeutic processes

Time: Saturday, October 24, 2020, 9.15 – 17.30

Timetable:

09.15 – 10.45	Paper discussion
10.45 – 11.15	Short break
11.15 – 13.00	Case 1 (presented by a seminar participant)
13.00 – 14.30	Lunch Break
14.30 – 16.00	Case 2 (presented by a seminar participant)
16.00 – 16.15	Short break
16.15 – 17.30	Final session

Attached papers which we recommend to read in advance:

→ Wilfried Datler & Margit Datler (2018): Il concetto della regolazione delle emozioni: il suo significato per la psicoterapia e per campi lavorativi psicosociali ad essa collegati dalla prospettiva della psicologia individuale. Manoscritto, presentato a CRIFU / Milano nel Febbraio 2018.

→ Wilfried Datler & Margit Datler: (2020): Primary task, the reflection of emotions and professional development: Three Adlerian perspectives from the background of recent developments in psychodynamic theory, training and research. Manoscritto, presented at the Institute Alfred Adler de Paris, March 7, 2020

Content and structure of the seminar:

1. Paper discussion

In 2018 we read and discussed the paper „Il concetto della regolazione delle emozioni: il suo significato per la psicoterapia e per campi lavorativi psicosociali ad essa collegati dalla prospettiva della psicologia individuale.“ The presentation and discussion of the paper took much time. This year we would like to start with questions concerning this paper and some time for discussion – therefore it recommend that the participants are already familiar with this paper. The paper is attached (as well as another paper which we recommend to read in advance, too..

2. Sharing thoughts about case material from running psychotherapeutic processes

In 2018 we had little time for discussion of sequences or sessions of running psychotherapeutic processes presented by seminar participants. This year we want to spend much time to this topic. According to the paper mentioned above our reflections and considerations will be focused on emotional and unconscious dynamics which are present in psychotherapeutic interactions and relations.

Therefore it would be helpful if seminar participants who will present case material (a) could start with a very short report concerning some general information concerning the „case“, the setting and the psychotherapeutic process and (b) could report in detail the interaction between the psychotherapist and the patient which took place in two psychotherapeutic hours (sessions).

Usually 90 to 105 minutes are appropriate for one case. Sometimes a little more than 90 minutes is if some questionhelpful if questions of interest concerning theory or technique arise. If we will need less time for the paper discussion or the final session we will have more time for sharing thoughts about case material.

3. Final session

In a final seminar session we should share some thoughts about the seminar and the seminar process.

If we will have enough time we would like to give a short report about a particular kind of seminar called „Work Discussion“ developed at the Tavistock Clinic in London which is very helpful for the professional development of a psychodynamic attitude with a strong focus on emotional and unconcious processes. At the beginning of March 2020 we presented a paper in Paris in a seminar lead by Alessandra Zambelli about „Work Discussion“ at the Institute Alfred Adler de Paris

Unfortunately we don't have an Italian translation, therefore we are going to attach the English version of this paper. Maybe we will have some time to share some thoughts about this kind of seminar and professional skills and abilities which increase and grow by attending such a seminar. However – we recommend that seminar participants also read this paper in advance, too: The content of this paper is in addition tot he other paper also an appropriate preparation for the discussion of case material in the seminar.