

Training in Psychotherapy: The Experiential Group as a Matrix of Change

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Training is made of relationships and the changes that this has on trainees. In psychotherapy, working on the relationship is fundamental because the psychotherapist is an active part of the change and for this reason it is essential to focus on the person who arrives before the professional.

As Sottocorrente we deal with Training and Research in Psychotherapy, privileging the group because it is the engine of social change as a response to contemporary individualism widespread in too many human contexts.

We propose, within the Conference “Wisdom in Practice”, an experiential group for the participants, responding to the proposal “From existential training to therapeutic encounter” with a space for group and in-group training. The participants will be able to share reflections, active listening, emotions and simply be, in a private but collective moment within the conference. This training space, woven of sharing and active listening, will offer the participants an oasis of collective reflection, an intimate and shared moment in the ferment of the conference.

The knowledge acquired with the papers and workshops becomes an expressive possibility together with others: training as “formatio” from the Latin “taking shape” that does not remain an individual process but can meet others because alone you do not go far, together it is better.

The group has its epistemological bases in an experiential model used in psychotherapy, in training in psychotherapy and in the health professions (Battuello et. Al., 2022; Battuello & Albanese, 2024), also presented in other conferences and finally as a performance entitled “OpenToTheInsideOut” in museum spaces, as a bridge between art and psychotherapy for a message of union, democracy and solidarity.

Fabiana Albanese and Michele Battuello, psychotherapists, together with Nicole Guido, coaching intern await you for 1.30 h together.