

OCTOBER 18TH, 2024

LISBON, PORTUGAL

14TH
EFTA-TIC
MEETING
OF
TRAINERS

PRE-CONFERENCE

Event open to all mental health professionals and trainees.

TERESA
MORATALLA



SPANISH

UMBERTA
TELFENER



ENGLISH

REGISTRATION & FEE



80 per person



<https://forms.gle/yLwYNYnrmfwceqnj7>
(click on the link)



info@efta-tic.eu

PLEASE PAY TO:

Bank: Millennium

Owner: SOC PORTUGUESA TERAPIA FAMILIAR

IBAN: PT50.0033.0000.45350368388.05

SWIFT/BIC : BCOMPTPL

Please use your surname as reference.

TERESA MORATALLA (CV)

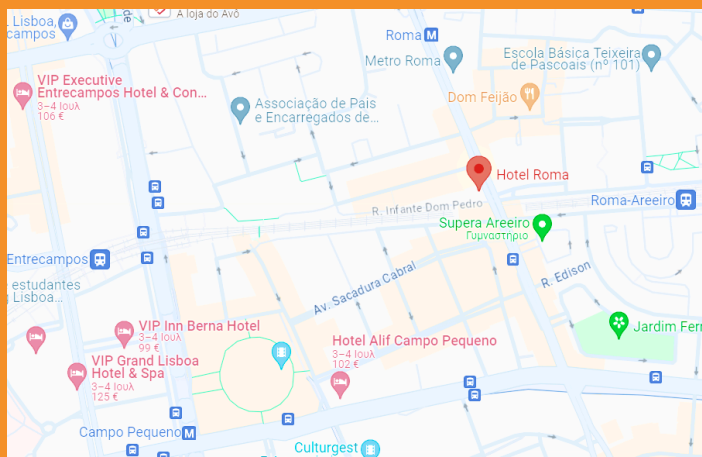
The use of emotions in change processes.

The bond between therapist and family is the vehicle through which therapeutic change is produced, without alliance without therapy. In the same way that we need to mobilize emotions in families to facilitate change, the therapist's emotions also play an important role in the process.

Including emotional language in the form of therapeutic tools in systemic interventions opens up new perspectives that facilitate changes in the process.

In this workshop we will work on some emotional work techniques between the therapist and the family, useful both in therapy and in other systemic interventions.

Hotel Roma, Entrecampos



UMBERTA TELFENER (CV)

How to survive to blocked and difficult clinical encounters. A systemic perspective.

Therapy is a creative, transdisciplinary and transformative art. Sometimes we find ourselves faced with so-called "difficult" cases in which there are too many dissonant voices or the explanations agree too much and become monologic. Too many professionals involved, situations in which the motivation seems to have been lost and linearity has taken over.

I would like to reason with the participants on how to understand the processes that involve all those who participate in defining the problem, including us, in order to make therapy become a renewed evolutionary process, a dance. In the seminar I will propose how to combine the relational, reflective and technical aspects. How to think about the premises which are present in order to discuss the narratives and re-narrations that reverberate within each of us.

We will work on clinical flashes and the dialogical feedback that derives from them.

I will speak of :

- the risk of blocking the system's self-correcting ability by not trusting the system's resources
- the need to help clients reconnect with 'silent' details of their life stories
- the emotions we feel in the session which concern us very personally
- the fractal effects and the isomorphisms that emerge in the process

We will talk about blocked cases, when we have the feeling that the situation is not evolving and that the usual patterns are repeated over and over.

