



3rd Constructivist Winter School
2-4 February 2017, San Martino di Castrozza (TN) – Italy

PCP and Human Needs: From Theory to Experience

BOOK OF ABSTRACTS

Workshop

What words don't say: A non verbal self-characterization

Susan Bridi (Psychotherapist) and Veronica Mormina (Psychologist – Padova, IT)

Quello che le parole non dicono: un'autocaratterizzazione non verbale

Susan Bridi (Psicoterapeuta) e Veronica Mormina (Psicologa – Padova, Italia)

Abstract

*We are going to work on relational needs and how we express them in a non verbal way.
How much does our body say about us and for us?
Are we able to recognize the others' needs beyond their words?
We will use the self-characterization tool in a non verbal way, in order to experiment
with the expression and comprehension of our needs.*

Workshop

Ways of Belonging. An exploration of the human need to belong, and the personal and social construction of communities and homelands

Mary Frances (Consultant and Facilitator – Leamington Spa, UK) and Lucia Andreatta (Psychologist and Psychotherapist – London, UK)

Modi di appartenere. Un'esplorazione del bisogno umano di appartenere, e la costruzione personale e sociale dei paesi e delle terre natie

Mary Frances (Consulente e Facilitatore, Leamington Spa – Regno Unito) e Lucia Andreatta (Psicologa e Psicoterapeuta – Londra, Regno Unito)

Abstract

Where do we feel we belong? Has our sense of belonging changed over time? Why does belonging matter to us? How does belonging work across time and space? How are our ideas of homeland constructed? Can we have strong communities without fierce borders? When borders dissolve, where do we find our place of belonging?

Workshop

It's just pain, but it's my pain. Stories and tools to face daily experience

Chiara Lui and Alessandra Pruneddu (Psychologists and Psychotherapists – Mantua, Padua, IT)

È solo dolore, ma è il mio dolore. Storie e strumenti per affrontare l'esperienza quotidiana

Chiara Lui e Alessandra Pruneddu (Psicologhe e Psicoterapeute – Mantova, Padova, Italia)

Abstract

The workshop aims to explore our construction of pain and how it inhabits our everyday life, as a way to understand possible patient's constructions of their pain. Given that medicine tends to reduce pain to a "just physical" or a "psychologically caused" construct, how can PCP help us to explore and work with its different levels of meaning?

Workshop

Love: A Havoc on the Construct System or Ultimate Validation?

Dorota Joanna Bourne (Associate Professor of Coaching and Change Management – Reading, UK)

L'amore: scompiglio nel sistema di costrutti o definitiva validazione?

Dorota Joanna Bourne (Professore Associato di Coaching e Change Management – Reading, Regno Unito)

Abstract

The need for love, being loved and nurtured, is undoubtedly one of the most fundamental human needs. While the subject of love has been researched and fairly well explored in psychology, there is little discussion on this in the Personal Construct Psychology (PCP) field. Love in PCP is considered to be one of the emotions defined in Kellian terms, that is a state associated with the anticipated or experienced change in one's construct system (Kelly, 1955). According to Lecky (1949) and McCoy (1977 and 1981) love is a reaction when one's core structure is comprehensively validated resulting in a sense of ultimate acceptance. However, for this type of emotion to be experienced one needs to be able to construe an individual which becomes the subject/ object of one's love. When this takes place, the lover's construing of the core of us is consistent with our own construing of our core. This level of construing indicates a relationship between two individuals which had developed over some time and allowed for them to know each other intimately. Love at first sight clearly does not fall in this category (Lester, 2009).

Reik (1957) postulated that love is one of the most overlooked words in our vocabulary as it describes the notion which is applicable to many tasks, types of relationships as well as actions and behaviours. The attempts to systematise our knowledge and understanding of love go back to Greek philosophers who distinguished between six styles of love: the love between friends, unselfish love, possessive, practical, playful and romantic love (Pines, 2005). Another popular theory behind love (Sternberg, 1986) proposes the three components necessary for love to happen: intimacy, passion and commitment.

In this workshop we will explore love using the Personal Construct Perspective. The literature on the subject is not only scant but also, it could be argued, does not cover the plethora of ways and types in which love can be experienced. The workshop is designed for the participants with basic understanding of Personal Construct Psychology, although the beginners to the field are also welcome to attend.

Bibliography

- Kelly, G. A. (1955) *The psychology of personal constructs*. New York: Norton.
- Lecky, P. (1949) *Self-consistency*. Garden City, NY: Doubleday.
- Lester, D. (2009) "Emotions in Personal Construct Theory: A Review". *Personal Construct Theory and Practice*. Vol. 6, pp. 90-98
- McCoy, M. M. (1977) "A reconstruction of emotion". In D. Bannister (Ed.) *New Perspectives In Personal Construct Theory*, pp. 93-124. New York: Academic Press.
- McCoy, M. M. (1981) "Positive and Negative Emotion". In H. Bonarius, R. Holland & S. Rosenberg (Eds.) *Personal Construct Psychology*, pp. 95-104. New York: St. Martin's Press.
- Pines, A.M. (2005) *Falling In Love: Why We Choose the Lovers We Choose*. Routledge
- Reik, T. (1957) *Of Love and Lust*. New York: Groove Press.
- Sternberg, R.J. (1986) "A Triangular Theory of Love". *Psychological Review*, 73, pp. 119-135.

Workshop

PCP, photography and the need for creativity: construing worlds through pictures

Erica Costantini (Psychologist and Psychotherapist – Trieste, IT)

PCP, la fotografia e il bisogno di creatività: costruendo mondi attraverso immagini

Erica Costantini (Psicologa e Psicoterapeuta – Trieste, Italia)

Abstract

Photography can be seen as a way of construing worlds through pictures. Given that nowadays taking pictures is a within everyone's means activity, and that sharing pictures with lots of people is so easy, it may be important that we are aware of our purposes and of possible implications in taking and sharing pictures. Furthermore, as professionals we may have increasing need or interest in using pictures in our work activities, to work with individual and groups in clinical or organizational settings, or to communicate and promote ourselves (e.g. websites, social networks).

During the workshop, starting from my interest in photography, my experience as a beginner and my personal construction of creativity, and making references to the work of some photographers and to my work experience in training with artists in organization, I will invite participants to focus on one among the reasons and goals underlying their activity of taking pictures, and suggest an experience to explore new ways of construing worlds through photography.

Workshop

Rithm&Silence: inspired by Dalcroze

Elisa Messina and Giulia Tomasi (Psychologists – Venice, Trento, IT)

Ritmo e silenzio: trarre ispirazione da Dalcroze

Elisa Messina e Giulia Tomasi (Psicologhe – Venezia, Trento, Italia)

Abstract

PCP as Dalcroze's didactic founded their roots on the same epistemological point of view: the knowlogy is espressed by experience and experiences are embodied. Rhythm and Silence are superordinate constructs and as well they are essential to the life. They always break into the terapy room. The workshop pourpose is to experience these constucts trough bodily suggestions.

Workshop

Silence: a human need?

Ingrid Karlegger (Psychologist and Psychotherapist – Meran, Italia)

Silenzio: un bisogno umano?

Ingrid Karlegger (Psicologa e Psicoterapeuta – Merano, IT)

Abstract

Experiential workshop / personal research starting with an “1-hour-silent walk” offering various possibilities to listen to the “silence”. The walk in silence is followed by a group-work: the creation of a feedback/reflection-poster – without speaking – in order to share experiences, constructs about “silence – a human need?”