

Mediterranean Journal of Clinical Psychology

MJCP ISSN: 2282-1619

VOL. 5, N.1 (2017)

Book Review

Clinical Psychology and Psychoanalysis between diagnosis and therapy

Carmela Mento

Assistant Professor of Clinical Psychology, University of Messina

Email Corresponding author: cmento@unime.it

Clinical Psychology and Psychoanalysis find a link in projective assessment methods.

The volume, in original title: *Psicologia Clinica e Psicoanalisi tra diagnosi e terapia. Attualità in campo proiettivo*. Edizioni Universitarie Romane. 2016. Language: Italian, is edited by Tiziana Sola, with the contributions of national and international Authors. The text intersects clinical and research collaborations on the focus of clinical psychology, psychopathology, psychodiagnostic assessment and projective methods.

Here are included clinical researches introduced at the International Conference of the Associazione Italiana Rorschach, October 2015, at the G. D'Annunzio University in Chieti. The text gathers a debate between clinical psychologists and projection practitioners in a psychodynamic and clinical perspective in the 'avant coupe' of psychotherapeutic experience (see Callieri B., Sola T).

In the clinical section, it is possible to trace an in-depth study of the projective clinic and analytical psychology on psychopathological issues (see Chabert C., Ferro F.M., Schinaia C., Settineri S). Methodological reflections are provided by phenomenological and clinical readings both in the study of complexes and phenomenological matrices useful for

understanding the image (see Armezzani M., Saccà M., Capri P., Mento C.).

As suggested by E. L. Auchincloss, to do good clinical work, we need a Psychoanalytic model of the Mind, and if we look at literature and history, we can see lots of influences by psychoanalysis in mental health.

The reflections on the scientific method are treated as well as the theme of individual and parental counseling, the study of representations and emotions in the child, the personality and perversions in adulthood (see Verdon B., Bruno L., Gandino G., Chagnon J.Y.).

The accordance between clinical history and practical application of the test, requires a respectful attitude towards production of symptom and clinical images.

The narrative context is another topic that highlights the link between psychological and psychotherapeutic techniques. The construction of the narrative context produce a continuum in which can be inserted fragments, ideas, dreams, images. Some narrative techniques allow this. In fact, the image does not have a single meaning but a plurality (symbols) and it presents a series of themes (complex). The phenomenology of technique and projective method uses the protocol and integrates it with clinical data and the history of the clinical case. This methodology made of logical reflection and interpretation, based on the existential reality of the patient and on the relationship, traces the diagnostic assessment indicators useful to the case.

The text offers, in an analytical point of view, the possibility of looking at the relationship between man and the outside world with its adaptation problems (Ego), the possibility of an intimate connection with the inner world, useful to transformative processes (Self) that may arise from therapeutic dynamics.

It is central to the experience of sense and transformation of consciousness, which reflects an analytical attitude and which is the assumption to allow a balance between the conscious and unconscious components of the patient.