

# IPAP OPEN HOUSE 2020

## SOGNO E IMMAGINAZIONE NELLA PSICOTERAPIA DIGITALE

IL TRATTAMENTO CLINICO DI PAURE, ANSIA E INCUBI IN UN TEMPO DI INCERTEZZA E ISOLAMENTO

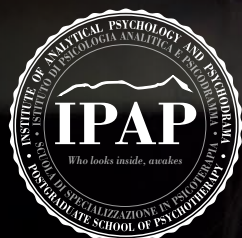
Stephen Aizenstat e Alia Aizenstat  
Istituto di Psicologia Analitica e Psicodramma  
Scuola di Specializzazione in Psicoterapia

Zoom online education  
27-28 giugno 2020, ore 16-22

Traduzione simultanea italiano-inglese

Partecipazione gratuita

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**Dream Tending**  
STEVE AIZENSTAT PHD

CON IL PATROCINIO DI



**REGIONE  
PIEMONTE**



*Città di Ivrea*



## Contents

### Part 1: COVID-19 Life Unfiltered: Virtual Identities Integration Treatment (VIIT). Methods for Managing Anxiety, Overwhelm, FOMO and FOGO

The field and practice of psychotherapy has undergone a massive change given COVID-19 with the need to immediately shift to Telemedicine. Psychotherapy is now mostly held in the container of the digital world. Within a month we have undergone one of the largest leaps in mental health, perhaps the largest and fastest the field has ever seen. Yet, the question remains: can my virtual identity heal your virtual identity? This lecture will begin with an exploration into the global and collective undercurrents of grief and how understanding grief can set the cultural, individual and familial tone to understanding thoughts, emotions, behavior and reactions. Through the lens of the speaker's original model, The Virtual Identities Integration Treatment (VIIT) Model, the second part of this lecture, will look at how Telemedicine has shifted elements of psychotherapy. This includes elements such as: confidentiality, access, psycho-social assessments, rapport building, transparency, interruptions, treatment options and referrals. The third part of this lecture will examine, through case studies and tools, a 20/20 vision of how psychotherapists and mental health workers can help individuals, couples, families, and youth manage and heal their relationship with anxiety, uncertainty, the fear of missing out (FOMO), and the fear of going out (FOGO). Clinical case studies will help bring to life how creativity, imagination and psyche-centered expression can break the trance of anxiety, uncertainty, FOMO and FOGO. In closing, participants will examine their own virtual identities, what it has been like to watch themselves online so much, and how to integrate and honor the unedited human behind the virtual world's pervasive filters.

### Part 2: Dream Tending and the Psychotherapeutic Process

Especially in times of uncertainty and crisis, dreams originating in both the traumatic conditions of the world situation and in the fear based experiences of individuals become pronounced. Horrific images recurring in nightmares are not uncommon. We will bring particular attention to working with the 'intolerable images' or nightmares. We will explore the healing potential of such images, and too, the medicinal value in relation to boosting the immune system. Nightmares often open the portal to deep imagination and 'soul making': in the workshop we will explore how this is just so. A five step process of discovering the generative possibilities of the nightmare will be described, demonstrated, and distributed.

## Program

Saturday, June 27, 2020

04:00pm – 04:50pm: How to Manage Fear, Anxiety, and Nightmares in Times of Uncertainty (part I) – Steve Aizenstat

04:50pm – 05:00pm: Coffee Break

05:00pm – 05:50pm: How to Manage Fear, Anxiety, and Nightmares in Times of Uncertainty (part II) – Steve Aizenstat

05:50pm – 06:00pm: Coffee Break

06:00pm – 07:00pm: How to Manage Fear, Anxiety, and Nightmares in Times of Uncertainty (part III) – Steve Aizenstat

07:00pm – 08:00pm: Dinner Break

08:00pm – 08:50pm: Working with a Dream (part IV) – Steve Aizenstat

08:50pm – 09:00pm: Coffee Break

09:00pm – 10:00pm: Review & Questions; Introduction to the online course and the Academy of Imaginal Arts and Sciences; What are people's direct experiences working with telemedicine; Introduction of Sunday (part V) – Steve Aizenstat

Sunday, June 28, 2020

04:00pm – 04:50pm: Covid-19 Life Unfiltered: Virtual Identities Integration Treatment Methods for Managing Anxiety, Overwhelm, FOMO & FOGO (part I – Timeline, Background, Stages of Grief) – Alia Aizenstat

04:50pm – 05:00pm: Coffee Break

05:00pm – 05:50pm: Covid-19 Life Unfiltered: Virtual Identities Integration Treatment Methods for Managing Anxiety, Overwhelm, FOMO & FOGO (part II – Psychotherapy Moves to the Digital World and the Virtual Identities Integration Treatment Model Assessments, Case Studies, and Defining Digital Boundaries in a Digital World) – Alia Aizenstat

05:50pm – 06:00pm: Coffee Break

06:00pm – 07:10pm: Covid-19 Life Unfiltered: Virtual Identities Integration Treatment Methods for Managing Anxiety, Overwhelm, FOMO & FOGO (part III – Common Psychological Symptoms and Treatment Methods for Anxiety, Uncertainty, FOMO, FOGO, and the Virtual Identity Integration of Body Image – ending conclusions) – Alia Aizenstat

07:10pm – 08:10pm: Dinner Break

08:10pm – 08:30pm: Covid-19 Life Unfiltered: Virtual Identities Integration Treatment Methods for Managing Anxiety, Overwhelm, FOMO & FOGO (part IV – Questions) – Alia Aizenstat

08:30pm – 08:40pm: Break

08:40pm – 09:40pm: Dream Work (part VI) – Steve Aizenstat

09:40pm – 10:00pm: Questions and Closing