

# **Bios Psychè, Psychodynamic Psychotherapy Programm**

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## **Abstract**

Bios Psyché School of Dynamic Psychotherapy is relatively young as it started its action on November 15, 2018, but in reality, it has a long history rooted in research and care through the seminars of Analisi collettiva led by psychiatrist Massimo Fagioli, based on his theoretical work. Today, the school comprises 59 teachers and 64 students. The entire course of study is dedicated to giving a high meaning to the word "training" because psychotherapists must feel, know, and distinguish, in their clinical activity, human health from mental disease. Massimo Fagioli, throughout his work, has shown an obsessive attention to the words that name mental realities (vitality, ability to react, ability to imagine, ability to recreate in memory the experiences had, ability to draw the line, etc.). Knowing and naming mental realities allows us to observe them in the therapeutic relationship; by highlighting their alterations, we can link them to psychopathology to diagnose illness and approach treatment with psychotherapy. We want to teach our students the physiology of the human mind so that they can, through psychotherapy, restore the state of health that has been lost in mental disease. We wish to teach our students to observe, listen, and communicate, but above all, we would like to share with them the ethics that we have absorbed in 40 years of Analisi collettiva that has made possible the healing care based on Human Birth Theory.