

# ERASMUS + Psych.E.In

NOVEMBER 2020

## Partner Presentation Form

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**Type of organisation:**

SME     School     University     Public Authority   
 Training  <sup>+</sup>    No Profit  <sup>+</sup>    NGO

Other (Specify)

**Fields of action :**

SMEs     Youth  <sup>+</sup>    Universities  <sup>+</sup>    Public Authorities  <sup>+</sup>  
 Equal opportunities     Schools  <sup>+</sup>    Unemployed

Other (Specify)

## Description of the organisation

"Institut Alfred Adler de Paris" (IAAP) is a non-profit organization founded in 2015, inside the SFPA, and after in 2017 as independent Association and Institute.

As the evolution of knowledge and practices in the fields of adlerian psychoanalysis, psychotherapies and psychodrama are still not sufficiently well known in France, IAAP main purpose is to disseminate Alfred Adler's psychological, psychoanalytical and philosophical body of work to a French speaking audience.

In order to do so, the IAAP has chosen to carry out several projects:

1. The creation of an innovative 3 years training program + 1 years Stage and clinical memory for Adlerian Psychoanalyst based in Paris, to pursue the transmission of the specific Adlerian psychotherapy. IAAP program aims at coupling the theoretical knowledge with the practical know how. The program focuses on methodology of research, observation, analysis, psychodiagnostic synthesis, clinical thoughts and technical tools promoting an efficient tailor-made therapy. Entitled instructors are IAAP Members, members of other Adlerian societies (from Italy, Switzerland, Austria...), and less often members of other compatible psychoanalytic and psychotherapeutic groups or fields of expertise. Live translation is ensured for non-French speaking instructors. IAAP training program is, to date, the only open and distance learning in French centered on the Adlerian approach. Students can follow (and review) on line all the pedagogical material related to the seminars as well as the video recording of the lectures. Live chat and videoconferencing group sessions between students and instructors are organized. This allows to clear up misunderstandings and perform an efficient monitoring of the students' progress along with a mandatory assessment of their work. A presence equal to 1/3 of the hours of the program is still mandatory. A fourth year of supervised internship and the defense of a thesis is required to get the title of Adlerian psychoanalyst.

2. Public outreaching on line through the IAAP website - <https://institut-alfred-adler-paris.fr> - and the group presence on social media (twitter, facebook, instagram, linkedIn, pinterest). Also, each year, 4 conferences days of the Adlerian psychoanalyst training program are open to all of the members of the organisation, not only the enrolled students. These open training sessions allow our organisation to promote Adlerian techniques, our training program and the interactions between the students and the other members and new members. Today's context of confinement triggered a creative dynamic in our Institute that organize a new clinical interdisciplinary training Psychological First Aid and an outreach project to support people facing psychological suffering during the COVID-19 pandemics. A group of volunteer students are involved in this Support Unit, coordinated by the IAAP Director. The same team realized an Interactive Resilient Path follow the training indications and supervised by the IAAP Director.

3. Supporting research initiatives via the creation of a bilingual international scientific journal : Dynamiques Adlériennes – Adlerian dynamics. This peer-reviewed journal aims to publish original research papers on theoretical and/or clinical level. International contributions as well as practice

exchanges between different psychoanalytical schools of thought and other fields (anthropology, education, neuroscience, philosophy, psychiatry, psychotherapy...) will hold a place of choice. French speaking therapist, students and specialists will form the main targeted audience.

4. Annual participation in the International Congresses or Training Days, focused to International cooperation. An Advanced Adlerian Master Counseling project is being with the Blanquerna University, Ramond Lull Private University of Barcelona, Faculty of Psychology, Science de of Education and Sport.

5. Setting a directory of Adlerian professionals, enabling networking and supervision opportunities. Adler's strong values of community and social interest can contribute to the evolution of society through encouragement and collaboration with a sense of belonging, particularly relevant and necessary in today's world. We also strive to work nourishing the feeling of community amongst the francophone Adlerian practitioners and to connect with the international community, so that our country can benefit more from Adler's principles and practice.

#### **Experience of the organization in previous European projects**

NONE

#### **Experience and Expertise of the organization in the project's subject area**

On 15 March 2020, the IAAP gathered a team to respond to specific psychological needs in crisis situations. The aim was to create a tripartite structure that can both train new operators in first aid psychology and provide remote assistance to people in distress.

In response to the pandemic, the Institute has therefore launched a new crash course in psychological first aid. At the same time, the institute decided to launch an online psychological support program, in addition to a remote psychological support unit.

Organization of the project: a IAAP tripartite structure for psychological first aid

##### **1. TRAINING IN PSYCHOLOGICAL FIRST AID & Psychological Emergency Intervention**

Implementation of a theoretical and practical training module (with supervision and co-vision) in the context of Emergency Psychology in general.

Training by videoconference on the following subjects: Teaching through 200 theoretical slides; Initiation to the Resilience Pathways; Initiation to first telephone support protocols; Exercises, scenario-based role play, and simulations; Clinical focus on concrete cases; Pair work and supervision. Theoretical highlights: Organizational requirement; Outreaching: clinical features [caractéristiques]; Specificities of interlocutors and contexts; Priorities and specificities of the care given to first-aid and medical staff; Characteristics of COVID-19 and the SARS-CoV-2.

## 2. RESILIENT PATH IN A PANDEMIC, FOLLOWED BY INDIVIDUAL PSYCHOLOGY

An on-line, step-by-step, instruction manual to assist people in emotional distress to develop coping skills, using integrative method to provide the users of the pathway with the possibility to reconnect with themselves, in order to reconnect with the world, and with others afterwards [par la suite, ultérieurement].

## 3. PANDEMIC First Aid/Emergency UNIT

Beneficiaries: Proxy /vicarious trauma; Burnout syndrome; Covid Outpatient; Relatives of sick or deceased persons; Anxiety, stress, Impulsiveness and decompensation; Apparent indifference leading to risk-taking behavior. The need of outreaching: upstream intervention to get in touch with victims without waiting for an explicit request for traditional psychological counselling; intervention as soon as possible, to prevent PTSD; Coordination with the Centre Médical Clémenceau (93) to reach patients and care staff; IAAP social networks: Internet, Likedin, Facebook; IAAP students and staff network.

### **Contributions that can be provided to the project**

The IAAP is a young Institute, so it has a recent experience in a training and Intervention about Psychology First Aid & Emergency Intervention, but it has more decennial experience in the field of its President, Dr Cristina Galeazzi, and is Training Director, PhD Alessandra Zambelli, and others IAAP members or partners.

The IAAP has a resilient team - dedicated core group of IAAP 4th-year students entitled to follow a therapeutic internship.

### **Reasons of involvement in the project**

The IAAP believes in international and interdisciplinary method to increase experiences and transmit competences, almost in the field of Psychology First Aid & Emergency Intervention. The IAAP is born in this approach, and wants to grow with. The Psychology First Aid & Emergency Intervention is today a crucial necessity, particularly in French, where the psychological terrorism context is associated to the pandemic situation and multiplies the psychological crisis stress. So the IAAP started his own psychological emergency intervention project before this European project that will become as natural evolution for the IAAP .

### **Contact Person's Experience and Expertise**

Alessandra Zambelli started early (1983) her training in Psychology graduating from an experimental high school of Human Sciences, undergoing a private training in Community Psychology, and working in non-profit Social & Educational Association (Diapason) for 7 years as founding member and board manager.

She obtained a Bachelor's degree in Contemporary History and Philosophy (Psychology section, Phenomenological Specialisation) at the University of Milan in 1988, and a Master of Philosophy at Sorbonne Paris I in 1992. While she was working as manager in a private company, she obtained a degree of Clinical Psychology at the University of Turin in 1999, and her PhD in Psychopathology and Psychoanalysis at University of Paris Denis Diderot (Paris 7) in January 2007. Alessandra had constantly been trained in a broad array of skills such as Adlerian therapies (Italy and France), psychodrama (Adlerian or not), EMDR (Italy and France), which qualifies her as Adlerian Psychological Senior Supervisor and Teacher. She was member of the board of SFPA (Société

Française de Psychologie/Psychanalyse Adlérienne) during more the one decade, and she is a founder member of IAAP, the Director of IAAP Training School and IAAP Vice-President with International Communication function. She is part-time lecturer at University Paris 8 teaching “Adlerian psychodiagnostic toolkits on the PDM”. She also published a book in French “Adler face to Freud : a difference to safeguard. An intimate dialog between the two matrices of psychoanalytic psychotherapy” (2014 L’Harmattan), and she directed the translation and publication of Andrea Ferrero’s book “A psychotherapy based on psychopathological mental functioning” (2014 L’Harmattan).

She also published several articles in international peer-reviewed journals, in philosophy and psychology journals, with participation in editorial board and as expert reviewer in psychodynamic psychology. She is director of Adlerian Dynamics, the bilingual scientific journal initiated by IAAP.

She has already handled emergency psychology situations (e.g. related to terrorist attacks, suicides, aggression, migratory distress), working in a private cabinet in Paris and in a general medical center, in the 93’ department (Paris problematic neighbors). - Trainer and psychodramatist with Children and Youth. She worked in some psychological projects and training programs in Africa.

PhD Alessandra Zambelli is the IAAP Manager Project and Communication Manager for the Psych.E.in

#### **Contact Person’s Experience and Expertise**

Morgane Pidoux obtained a Bachelor of Science degree in Physiology and Cellular Biology at the University of Rennes I in 2006. She pursued her studies with a Master of science degree in Integrative Biology and Physiology (2008) and a Ph.D in Neurosciences (2012) at the University Pierre et Marie Curie, now Sorbonne Université in Paris. During her PhD, she was a teaching assistant and taught practical and tutorial classes to students from 2nd year of Licence to 1st year of Master at Sorbonne Université. She attended several international scientific conferences and presented posters as well as oral communications. Morgane was co-organised a meeting between ICM and CNP as the head of French student organizing committee at the Champalimaud Center for the Unknown (2011) in Lisbon, Portugal. She then joined Jesse Goldberg’s lab at Cornell University, in Ithaca, NY, USA as a postdoctoral associate. She also published several articles in peer-reviewed international journals. As of 2015, Morgane came back to Europe and worked as a Biology and Earth Sciences teacher in secondary schools. She obtained her teaching certification in 2017 and an extended certification allowing her to teach science in English (2019). Morgane currently teaches in a clinic that hosts teenagers in need of follow up care and rehabilitation while being involved in vocational training of biology teachers as an instructor on the topic of stress and the brain. On the other hand, Morgane is actively involved in the projects of IAAP. She is one of the first students undergoing the Adlerian psychoanalyst three-year training. She is also the coordinator of Adlerian Dynamics, the bilingual journal initiated by IAAP.

PhD Morgane Pidoux is the IAAP Scientific Manager for the Psych.E.in