

# PRESENTATION

The Committee for the Psychoanalysis of Couples and Families (COFAP) *Psychoanalytic Perspectives of Families and Couples* of the International Psychoanalytical Association (IPA) is happy to present this event four years after the First International Congress held in Buenos Aires in 2013, dedicated to diagnosis, and two years after the Second International Congress held in Madrid in 2015, dedicated to interpretation. The theme suggested for this year is **Variations in the setting: psychoanalysis of couples and families**.

Naples was chosen as location by the Italian Society of Family and Couple Psychoanalysis (PCF) to recall an event held in Naples twenty years ago organized by Anna Nicolò and Gemma Trapanese that collected those who were at the time pioneers of family and couple psychoanalysis.

Psychoanalysis, born as a talking cure within the dual relationship between an analyst and an adult patient, introduced relevant variations to the setting with the treatment of children, adolescents and groups. Starting from the Controversial Discussions and the pioneering work of Anna Freud, Melanie Klein, Donald Winnicott, play, seen as a representative of unconscious dream work, rightfully entered the analytical room, not only in the analysis of children but also of adults, giving new value to words, to the analytical relationship, and to analytical space and time. Group analysis, introduced by Bion in the analytical domain, highlighted the inter and intra-psychic modes of expression of the unconscious, beyond the boundaries of the individual. The theory of the analytical field and that of links suggested a new way of reading the setting and opened to new forms of listening to the unconscious. In addition, the treatment of serious patients and adolescents in breakdown required psychic listening not only of individuals but also of their environment, represented by their families, and opened the way to reflections on the transgenerational.

The materials that will be presented to this Congress intend to delve deeper in the comparison between settings with an individual patient, a couple, a family, a group and an institution. Through the illustration of these settings we will search for the therapeutic factors, the tools available to analysts, their toolkits, the ability to work in different contexts. Couple and family psychoanalysis has reached a degree of theoretical and clinical maturity that we wish to share with a wider audience of colleagues in psychoanalysis and psychotherapy, because we think that with some forms of psychopathology, such as psychosis, multi-problematic families or distress in infancy, psychoanalysis reaches better clinical results thanks to different settings and can make wider use its discoveries.

On the other hand, what Winnicott hoped for was efficient psychoanalysis available where the patients need it.

The Organizing Committee