

## Editorial

*Fabio Vanni\**

This *Ricerca Psicoanalitica* (Psychoanalytic Research) issue sees as its first thematic focus the ‘Consensus Conference on psychological therapies for anxiety and depression’, a document put together last year by a workgroup promoted by the University of Padua and endorsed by the Istituto Superiore di Sanità (Higher Health Institute).

It is therefore an institutionally official text which was created through a scientifically proven procedure. It should therefore have concrete effects on treatment and prevention in Italy for both public services and private organizations and professionals, as well as for Third Sector associations and organizations.

The so-called ‘common mental disorders’ are the syndromes that affect the largest number of people with psychopathology, although not the most serious, and therefore the document covers a wide diagnostic area.

If we add to this two more considerations, namely the low number of people with these diagnoses being treated in public services, as these services are more oriented toward the more serious psychoses or severe personality disorders, and the prevalence of psychopharmacological treatments despite them being notoriously less effective in treating these compared to psychological therapies – both of which are highlighted in the paper – you can understand how important it is for a journal that wants to develop a culture of care to analyze the Consensus document in depth.

The significance concerns the content and process of the Consensus – the latter is an element highlighted in several proposed studies – and, in particular, its final recommendations which concern clinical practice directly, but also prevention and training choices for operators, in particular psychotherapists, who are involved in the treatment itself and who are the main recipients of this document.

We have therefore asked several healthcare professionals and researchers to write an independent comment regarding the document, taking care of selecting colleagues of proven competence and belonging to different cultural areas – I would say more broadly than the document itself has done.

The outcome, which will be clear from reading the texts, is critical to the

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quality of the proposed guidelines. The remarks concern all levels of the document, although the first part certainly seems less defensible than the second – specifically the final recommendations – which is the most important part.

I will not go into the individual observations that operate on different levels – epistemic, theoretical, methodological, institutional, political, and educational – and that make it important for the authors of the document, the most important public scientific body in the health sector, also use these contributions to guide the next steps regarding the revision of the document, which, as a custom in this type of program, will begin soon.

It would be a pity if this was not the case, given the unanimous agreement on the good intentions behind the ethical as well as scientific need to direct treatment practices where research shows they are most effective.

Ignoring the findings that have been made would condemn the work to irrelevance at best, or worse, to orient operational practices toward unacceptable forms.

In the second part of the issue, we present an ideal dialog between two highly experienced psychoanalysts on one of the main pillars of psychoanalytic training: supervision. Sandra Buechler and Maria Luisa Tricoli propose the essence of their experience, enlightened by the way they think about the subject, psychological care, and training. North American and Italian relational psychoanalysis are expressed via the two therapists, making it possible to glimpse the similarities and differences concerning this topic between the two worlds.

Giuliana Nico will then narrate a clinical story that will be commented on by Valentina Argento and Cristina Sempio, and will then be followed by her own reflections. Comments by Manuela Di Fabio on the cycle of conversations ‘Young people: ways of being in the world’ and Gianfranco Bruschi’s comments on the book ‘Clinical practice of the vacuum’ by Massimo Recalcati, and then Vanni’s comment on the film ‘Vicini di casa’ as well as Emanuele Arletti’s contribution to the feature ‘Transformations’, complete the issue worthily and we hope these will arouse your interest as always.

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