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**Multifamily Psychoanalysis Group: let's go learning about ourselves, the others, and the others in ourselves.**

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**Learning Goal:**

Participants will fully experience a Multifamily Psychoanalysis Group, together with a group of facilitators from Argentina, Belgium, Spain and Italy. Comparing different experiences about family relationships in a respectful atmosphere leads to a deeper comprehension of how psychotic mechanisms work in a family and how reflecting on them can help.

**Abstract Text:**

Joining a Multifamily Psychoanalysis Group (MFPG) is very easy: anybody can sit anywhere in the circle of chairs, there is no need for introductions, and one can talk or just listen just as one likes.

The only rule is that when somebody is talking, she or he cannot be interrupted, and she or he can talk until it is needed. Anybody who wants to talk just has to raise a hand: facilitators will keep in mind turns and everybody will have the chance to talk and to listen and to be listened to.

Listening is an essential part of experiencing a MFPG: while I listen, I can compare the experiences of others with mines, I can identify with others and I can experience and then talk with others as if they were also members of my own family. Through this multiple transferences, deep relational dimensions can be worked through, and especially those repetitive, everlasting relational mechanisms that keep two or more people stuck in the same roles can be better understood and improved.

MFPGs gather families units, but everyone can join as one wishes: together with the whole family or part of it, together with those one considers as family even though they are not relatives (friends, neighbors, pets), and of course also on one's own, since all of us have an inner family we have relationships with.

The founder of MFPGs, Jorge Garcia Badaracco, before starting a group used to: say let's go learning! MFPGs are a big chance to learn a lot about oneself, about one's family, about the others, about emotions and about respect and the importance of listening. Such chance involves participants as well as facilitators, as everybody has the same relevance in a MFPG. Facilitators from Argentina, Belgium, Italy and Spain will join the group.

**ON THE HEALING POWER  
OF HUMAN RECONNECTION**