

## THE "METALOG": AN-OTHERPROPOSAL OF OPEN DIALOGUE

The recognition of the other as a subject worthy of attention and listening in his/her own diversity is the key to open dialogue. Moving from this premise, it is possible to expand the concept of alterity in different ways. According to Paul Ricoeur (1993), the other is at the heart of the self, at the heart of the person, who is rich in parts, if alterity can be experienced at different levels: body, significant "you", culture.

In this workshop, the lecturer will try and expand the concept of dialogue, not only as a conversation among people, but also among the parts of a person, for example between the conscious self and the involuntary self. Immediately, it becomes necessary to face a difficulty resulting from the difference between a dialogue among people and a dialogue among parts of the self. As the involuntary part only communicates through analogic language, it will be necessary to build a conversation between a subject endowed with speech and a subject endowed with analogic communication.

During the workshop, the lecturer will explain how to create a code that, starting from the distinction between a no and a yes, can help build a dialogic structure that lets both parts take a stand in regard to the proposals of the other.

This methodology of dialogic conversation is applicable to individual psychotherapy, group psychotherapy and workgroups, provided that it is integrated with the possibility of contact with a "meta" position, that is with an alterity that is situated at a different level compared with the parts in question. The "meta" position allows the subject to overcome the reflexive intransitive loops (Cronen, Johnson, Lannamann, 1982), that is conflicting polarities, paradoxes.

During the workshop, the lecturer will give live demonstrations for a better understanding of the concepts and methodologies explained.