

The top down process of 3D Therapy®

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Introduction

3D Therapy® is a psychotherapeutic methodology that applies the 3D object within the therapeutic setting. The 3D object is a concrete, visible object built with the 3D printer, it represents the discomfort externalized by the subject and transferred into a graph during the first phase of the therapeutic activity and then transformed into a 3D object.

Methodological application

The 3D Therapy® methodology is applied to a small group of 9 subjects of different ages (8-30 years) with various psychopathological problems. This methodology is divided into 4 fundamental moments:

- phase A of visual and verbal activation and stimulation with externalization and graphic transposition of the negative emotion;
- phase Cx of presentation of the 3D object, placed on the overhead projector active on the chromatic plane;
- phase D characterized by the observation of the 3D object placed on the overhead projector active on alternating light;
- phase E confrontation and narration with search for solution or emotional-cognitive repair (phase F)

Objectives of the Observation

The objective of the observation is to focus on the neurophysiological and behavioral process implemented by the subjects in the first 10 minutes which characterize the transition from the phase Cx to the phase D. Time interval in which the change in therapeutic setting occurs with the insertion of the 3D object (phase Cx) and for the following 10 minutes (phase D) with the observation of the 3D object.

Description of the neurophysiological process

Upon positioning the 3D object on the chromatic plane, an initial amazement/surprise was observed in the 9 subjects, underlined by the majority of subjects with verbal production, a few showed pupillary dilation or a smile. This attitude is immediately accompanied by a visual excitation which produces the target behaviors “direction of gaze” and “fixation of the object” and within 10 minutes some subjects are observed spontaneously activating the manipulative scheme of pressing, taking, moving, stroking, remove.

Process Analysis

From the presentation of the 3D object and for the first 10 minutes, the same behavioral trend is observed in the 9 subjects which originates with amazement/surprise and continues with ocular excitation which manifests itself with the convergence and fixation of the gaze on the object, processes which, activated by the novelty and concreteness of the stimulus, slowly involve, in a short time, the high level of attention and visual exploration. Processuality that opens up to closeness and verbalization behavior and, in some subjects, to involvement in the manual exploration of the 3D object [1-3].

Conclusion

The 3D object, the third therapeutic element, predisposes the subjects to an ocular neurosensory activation which quickly initiates the top down process of attention and ocular and manipulative exploration on the object itself.

References

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