

Summary of the 4th #outofthebox workshop on “Experience mapping - Exploring the healing power of places in health and transgenerational trauma”

On April 24th, 2024, the Institute for Transgenerational Transmission of Trauma Research at the Faculty of Psychotherapy Science, Sigmund Freud University, hosted Prof. Dr. Tamas Martos and Dr. Habil. Viola Sallay from the University of Szeged, Szeged, Hungary.

The workshop focused on experience mapping, exploring the healing power of places in health and transgenerational trauma. This workshop, delving into the space of the home today, gave listeners the opportunity to understand that by studying each person's way of living in their own home, we can comprehend a lot about the person and the relationships they have established with the people around them.

Viola Sallay and Tamas Martos asked listeners to think about free associations related to the word home, aiming to clarify that home is a sociophysical environment constructed through person-environment transactions. As the primary site of dyadic and family processes throughout the family life cycle, home can provide psychological comfort like privacy and security, but it can also have negative effects such as conflicts. Sallay and Martos explained that behind both the positive and negative effects lie invisible emotions. During the workshop, they demonstrated their method for making their patients' emotions visible and helping them overcome transgenerational trauma, known as the EMOTH ‘Emotional Map of the Home interview’.

To better understand the meaning of security and insecurity, participants were tasked with drawing their house and identifying areas of security, insecurity, well-being, tension, togetherness, and withdrawal. After hearing the stories of two couples who managed to improve their coexistence and overcome their transgenerational traumas thanks to the EMOTH method, the listeners fully understood the aim of Sallay and Martos' work.

Their aim is to change the feelings of their clients and enable them to react in a safer place.

Written by intern Anna Pisoni