

I. Contents

Acknowledgements.....	4
I. Contents.....	6
II. Abstract	9
III. Introduction	10
IV. Article 1: The study of change in psychotherapy by means of relevant events	20
Abstract	20
Keywords:	20
Introduction.....	21
Significant Events in Psychotherapy	22
Key Change Events.....	25
Change Episodes.....	27
Innovative Moments	30
Rupture and resolution episodes	32
Moments of Meeting.....	34
Discussion	37
References.....	42
V. Article 2: “I couldn’t change the past; the answer wasn’t there”: A case study on the subjective construction of psychotherapeutic change of a patient with a Borderline Personality Disorder diagnosis and her therapist.....	53
Abstract.....	53
Keywords:	53
Introduction.....	54
The present study	57

Method.....	58
Researchers’ reflexivity	59
Procedure	60
The Case of Ms. B.	63
Results.....	65
“YouTube”: The establishment of the psychotherapeutic relationship	65
“I couldn’t change the past”: The working-through of the traumatic experience....	69
“The baby”: The therapeutic relationship as an emotional experience.....	73
“WhatsApp”: The continuity of the relationship	77
Discussion	80
References.....	87
VI. Article 3: Moments of meeting in psychotherapy: What they are and how they contribute to therapeutic change from a therapists’ perspective.....	96
Abstract.....	96
Introduction.....	97
The Present Study	101
Method.....	101
Participants.....	101
Procedure	105
Results.....	107
Moments of Meeting as Moments of Resonance with the Other.....	108
Moments of Meeting as Generators of Change	115
Towards a Comprehensive Vision of the Therapists' Perspective About Moments of Meeting in Psychotherapy.....	120
Discussion	123

References.....	128
VII. Article 4: From moments of meeting to episodes of meeting in psychotherapy: The patients' perspective about their relevance and their effect on their implicit relational knowing:	133
Abstract.....	133
Key words: episodes of meeting, microanalytic interview, subjective experience, implicit relational knowing.....	134
Introduction.....	135
The present study	137
Method.....	137
Design	137
Participants.....	137
Data Collection	138
Procedure	140
Data Analysis.....	141
Results.....	142
From moments of meeting to episodes of meeting.....	142
Generic structure of episodes of meeting.....	143
Subtypes of episodes of meeting.....	149
Synchronic Structure of Moments of meeting.....	153
Discussion.....	155
References.....	158
VIII. Discussion and Conclusions.....	163
Final considerations	175
IX. Complete References.....	177