

- **Dott.ssa Jessica Scheggi** – psychologist and psychotherapist – IT EN FR DE

Psychologist and psychotherapist, registered with the Ordine degli Psicologi della Toscana (the Order of Psychologists of Tuscany) No.: 6680

She graduated in Clinical Psychology in 2010 and specialized in 2016 in Gestalt psychotherapy at the Gestalt Institute in Florence. In 2012 at the CO.ME.TE. centre of family therapy in Empoli, she obtained the qualification of "Technical Consultant and Psychological Expert" (CTP).



For several years she has been working in schools with children and adolescents with disabilities or learning difficulties. She has been carrying out dance, theatre, art and music projects: through artistic support, children and young people can relate with their peers and with their teachers and thus promote acceptance, communication and mutual support. Since 2013 she has combined her passions, theatre and dance, with her psychological skills. She has had several professional experiences in psychological support and social inclusion of people from other cultures and from other countries, both in developmental age and adults. In addition to being a psychologist and psychotherapist, she is also a Level D1 educator.

Gestalt psychotherapy with a phenomenological orientation focuses on personal experience, through perception, in which each individual formulates their own theory of the world differently, with which they deal with their own existence. The body is a place as well as an instrument of perception. Sensations and emotions manifest in the body, and they manage the process in which the organism organizes its behaviour as needs emerge. Since Gestalt does not seek a conceptual reality, but the reality of the individual (what the latter perceives), the therapist is interested in how the individual feels, rather than what he thinks. The psychotherapy session is always an encounter between two subjects of equal dignity, each the bearer of their own reality and way of perceiving, and will go towards constituting an intersubjective reality that understands and respects the differences of both individuals.