

Models of the Mind

From Psychoanalysis to Neuroscience

An interdisciplinary dialogue between psychoanalysis, neuroscience and AI.

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His clinical and research work focuses on the organization of the self, trauma and dissociation, personality and affective disorders, and the relational processes involved in psychotherapy. His interdisciplinary approach integrates psychoanalytic theory, clinical psychology, cognitive science, neuroscience, and brain imaging to investigate the organization and disruption of the self in health and psychopathology. He has authored more than sixty peer-reviewed publications in international journals, including *Molecular Psychiatry*, *Neuropsychopharmacology*, *Cerebral Cortex*, and the *Journal of Affective Disorders*. He received the 2026 Sloan–Menninger–Shevrin Prize in the Emerging Researcher category from the Neuropsychoanalysis Association.



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The Self in Relation: From Synchrony to Dissociation

Abstract: The self is often conceived as an individual and internally generated structure. Psychoanalytic theory, clinical experience, and contemporary neuroscience, however, suggest that its organization is fundamentally relational. The sense of being a coherent subject develops and is continuously maintained through the temporal, affective, bodily, and symbolic coordination of self and other.

This presentation proposes a neuropsychodynamic model of the relational self, bringing together psychoanalytic accounts of affect regulation and intersubjectivity with research on interpersonal synchrony, spontaneous brain activity, and the nested organization of self-related experience. Synchrony is understood not as simple correspondence or fusion between individuals, but as a dynamic process through which connection and differentiation can coexist. The self may therefore be conceived as an open, multilevel organization whose continuity depends partly on the capacity to coordinate with others while preserving a distinct subjective perspective.

From this perspective, dissociation can be understood not only as a defensive separation of mental contents, but also as a disruption in the integration of bodily, affective, relational, and reflective dimensions of self-experience. When relational coordination becomes overwhelming, unpredictable, or traumatic, processes that ordinarily support continuity and regulation may instead contribute to disconnection, fragmentation, or rigid segregation among different states of the self.

By connecting psychoanalysis, clinical research, and neuroscience, the presentation will explore the continuum from relational synchrony to dissociative disruption and consider its implications for contemporary models of the mind and for the therapeutic relationship.