

## **The Role of Family and Community Mythology in How Couples and Families Spend Their Spare Time**

**Cristina Denisa Godeanu\***<sup>i</sup>

\* Faculty of Psychology and Educational Sciences, Psychology Department,  
University of Bucharest, Bucharest, Romania

### **Abstract**

**Introduction:** *In the present article we have presented the means of representing spare time both for couples and families divided into three age groups, and taking into account the explored family and community mythologies as well as the family psycho-genealogic dynamics, that of passing on a way of enjoying spare time within a couple or a family.*

**Objectives:** *The article's objective was to centre on exploring how the subjects spent their spare time, exploring the means through which the idea of spare time was passed down from generation to generation (family and community mythologies about spending freely time, in couples or with the family). At the same time we ment to pinpoint the effect perceived and experienced by the subjects pertaining to insufficient or absence of spare time.*

**Methods:** *In order to study the methods through which the research participants perceived spare time and time spent at work we used the qualitative research method that allows us to find out the meaning and implications of the studied phenomenon. Qualitative research of data is a branch of Interpretative Phenomenological Analysis (IPA) and offers insights on how individuals, in given contexts (spending their spare time with their partners or family) makes sense of a particular phenomenon. Thus we came up with a life-story type semi-structured interview guide which allowed the observation of relevant aspects pertaining to the studied existential dimension (spare time).*

**Results:** *The qualitative analysis allowed for the identification of the specific methods of spending one's spare time. We started analysing these methods based on the highlighting of family and community mythologies revolving around the link between how we spend our spare time and our jobs. The way in which individuals relate to spare time and working hours gives rise to a functional or dysfunctional life style either for the individual or for the family. By becoming aware of the way in which the individual relates to spare time (dissimilar or alike to how their parents or grandparents did) leads to the possibility of stepping out of the collective time frame (psycho-genealogical - past) and becoming entrenched in the present, based on present, personal, couples' or family development needs.*

**Conclusions:** *By researching the specificities of family and community mythologies centred on spending spare time (individual – belonging to each of us) with our partners or families we can identify functional or dysfunctional life styles with a great impact on family life.*

**Keywords:** *family mythologies, couple relationship, spare time, work, qualitative methods*

---

<sup>i</sup> Corresponding author: Cristina Denisa Godeanu, Faculty of Psychology and Educational Sciences, University of Bucharest, Panduri 90, Sector 5, 050663, Bucharest, Romania. Email: denisagodeanu22@gmail.com

## **A Psycho-Genealogical Study of Partner Selection**

**Alin Sebastian Godeanu<sup>\*ii</sup>**

**\* Faculty of Psychology and Educational Sciences, Psychology Department,  
University of Bucharest, Bucharest, Romania**

### **Abstract**

**Introduction:** *In the present article we want to explore the means of selecting erotic partners. In this case we are exploring the specific intergenerational and transgenerational means of choosing partners. Further on, we focus on the psychotherapeutic mechanisms of the transgenerational approach through which clients can be helped to recognize the specific role-sex identity needs in their erotic relationships.*

**Objectives:** *Our objective is to determine the effects of transgenerational transmission of masculine and feminine roles on relationships. Towards this end we have used the experiential grids of mythology and drama-genograms such as specific psycho genealogical approaches.*

**Methods:** *For our exploratory and trans-generational experiential intervention process we focused on two investigation strategies: the extensive strategy which included the investigation of an extensive number of 300 cases from among which we selected 120 participants, 65 women and 55 men. The ages of the participants ranged from 22 to 55. The intensive strategy included the evaluation and diagnosis of deep aspects linked to how we choose our partners and how the couple dynamics evolves, using drama-genograms as well as using the instruments of exploring family and community mythologies related to the way we choose our partners.*

**Results:** *The qualitative analysis indicates specific patterns of choosing one's life partner. These specific patterns indicate how much our ancestors are involved (unconsciously) – in a transgenerational way in our life. As a result of one of our psycho-genealogical interventions concerning the means of choosing one's life partner, we noticed the similarities with the way in which we live in our relationships and which are the unconscious mechanisms that help us make decisions in particular moments of our life.*

**Conclusions:** *The use of psycho-genealogical approaches during psychotherapeutic sessions makes it easier for students to assess their real needs concerning the way they choose and live with a life-long partner. Thus we help students realize in which ways their choices resemble or differ from those of their parents and grandparents.*

**Keywords:** *partner, psycho-genealogy, needs, unconscious mechanisms*

---

<sup>i</sup> Corresponding author: Alin Sebastian Godeanu, Faculty of Psychology and Educational Sciences, University of Bucharest, Panduri 90, Sector 5, 050663, Bucharest, Romania. Email: alinsebastian79@gmail.com

# **Evolutionary Psychology of Personality A New Psychology Model for the Person's Evolution, Wellbeing and Cure**

**Monica Bonsangue\***<sup>iii</sup>

\* psychologist, psychotherapist, researcher  
Private practice, Milan, Italy

## **Abstract**

**Introduction:** *By means of this article, the author aims to introduce to the scientific community the evolutionary Psychology model of the Personalities developed by Professor Giulio Cesare Giacobbe, whose student and collaborator she is. This model is revolutionary because it is the first time one certainly asserts that the human being does not evolve only biologically and cognitively speaking, but also emotionally and affectively and that, in his natural development, the individual is built of multiple personalities.*

**Objectives:** *After a brief survey of the most famous personality theories, we will illustrate the origins and the current structure of the model, as well as its applications in psychotherapy*

**Methods:** *The method used for the development of the model is derived from the constant clinical practice, by applying and experimentally systemizing the therapeutic intervention.*

**Results:** *Infantile neurosis is currently the most spread, especially in Italy, and it is easily noticeable within the phenomenon of the infantilization of the new generations is one of the results of this study.*

**Conclusions:** *We think the Evolutionary Theory of Personalities represents a new theoretical and practical starting point, in the light of which it is worth studying new intervention methods for the cure and wellbeing of the human being.*

**Keywords:** *evolutionary psychology, evolutionary psychotherapy, personality, multiple personalities*

\*

\*

\*

---

<sup>iii</sup> Corresponding author: Monica Bonsangue, PhD. Tel.: 3389777642. E-mail: monica.bonsangue@fastwebnet.it

## **Men's Sexual Life and Repeated Exposure to Pornography. A New Issue?**

**Alin C. Cotigă\*<sup>iv</sup>, Sorina D. Dumitrache\*\***

\* Faculty of Psychology and Educational Sciences, Psychology Department,  
University of Bucharest, Bucharest, Romania

\*\* Faculty of Sociology and Social Work, Social Work Department,  
University of Bucharest, Bucharest, Romania

### **Abstract**

**Introduction:** *The effects of pornography consumption among men are revealed by both hundreds of internet testimonies and specialists who deal with such effects. This topic raises strong questions and determines the search for valid answers, as this behavior becomes addictive in some cases. There is a strong consideration among specialists that pornography consumption can be related to other problems.*

**Objectives:** *The present paper aims to clarify some sexuality aspects in the pornography consumption context, in an attempt to understand both the brain mechanisms and the psychological factors involved in it.*

**Methods:** *The method used was the investigation of the literature and the analysis of some clinical cases from our practice.*

**Results:** *Pornography consumption influences the person's behavior as he resorts to this type of stimulation to cope with life dissatisfaction. Even if the compulsive behavior fades to remission, the individual may relapse if the true cause that predisposes him to pornographic material consumption is not found. Therefore, it is needed to identify the psychological mechanisms that cause and maintain this behavior or that can favor relapse.*

**Conclusion:** *Mental health specialists should take in consideration the possible effects of pornography consumption on men sexual behaviors, men sexual difficulties and other attitudes related to sexuality.*

**Keywords:** *pornography consumption, sexuality, brain*

\*

\*

\*

---

<sup>iv</sup> Corresponding author: Alin C. Cotigă, Faculty of Psychology and Educational Sciences, University of Bucharest, Panduri 90, Sector 5, 050663, Bucharest, Romania. Email: e-mail: alincotiga@gmail.com

## **Equine Therapy - Applications in the Recovery of Disabled Children**

**Anca Nicoleta Bîlbă<sup>\*v</sup>**

\* Faculty of Psychology and Educational Sciences, Psychology Department,  
University of Bucharest, Bucharest, Romania

### **Abstract**

**Introduction:** *The recovery and social integration of children with psycho-motility disabilities is an important goal for the integration of Romania into the European Union regulations. Studies conducted in this area reveal that people, who practice therapy using the horse due to a recommendation by professionals, benefit from a much faster recovery and at a much higher level.*

**Objectives:** *Identification of results for adaptive areas due to participating in a therapy program with the help of the horse for children with psycho-motility disabilities.*

**Methods:** *A number of 26 children with psycho-motility disabilities shall take part in the study. They will participate in 20 sessions of treatment with the help of the horse over a period of 2 months. All participating children are aged 2 to 14. The diagnostics of children are: autism, ADHD, cerebral paralysis. All participants will be assessed at the beginning and at the end of the program. For assessment, the ABAS II assessment form shall be used. It is a multifunctional tool used to assess the overall skill level of everyday subjects necessary for the efficient adaptation in life and research.*

**Results:** *The results of the assessments are composite scores for skills areas in the General Adaptive, Conceptual, Social and Practical field. These scores are rated as average for each subject. The value of the average will determine how horse therapy using adaptive skills influences the uptake in the scored areas.*

**Conclusion:** *This research aims at demonstrating that therapy with the help of horses - hippotherapy is a method that produces positive effects on the acquisition of skills necessary to children with psycho-motility disabilities.*

**Keywords:** *hippotherapy, autism, ADHD, cerebral paralysis, therapy*

---

<sup>v</sup> Corresponding author: Anca Nicoleta Bîlbă, Faculty of Psychology and Educational Sciences, University of Bucharest, Panduri 90, Sector 5, 050663, Bucharest, Romania. Email: ancabalba@yahoo.com