

- ◆ **Pirounaki-Lioni M., (2023). Symposium Convener: Four Mediterranean voices advocating for the necessity to listen to our inner selves and to each other attentively, in the face of conflict and other challenging situations, “Systemic Resonances and Interferences.”** 11th Conference of the European Family Therapy Association., 7<sup>th</sup> – 10<sup>st</sup> September 2023

The multicultural Mediterranean nature seems to have a long tradition in blending effectively and creatively diversity in its funnel. Then comes systemic perspective to blend it all and add structure, hierarchy, dynamics, all in specifically well-defined boundaries. So, in the midst of adversity ‘here comes the sun’ uniting the apparent opposites, making a synthesis out of an incongruent reality be it at the social, familial, individual levels, in any science. In the present era resonances and interferences are not only necessary but also highly valuable for our wellbeing. In our field, that of enhancing the quality of life via psychotherapy, we invite you to share with us the different theoretical and applied models of our work, blended with the synthetic nature of the Italian, Greek and Spanish cultures: addressing the inner child, the multifaceted individual, the multicultural couple, within an everchanging world.