Book of Abstract

1st Transactional Analysis Theory Development & Research Conference
Rome, Italy
July, 9-11, 2015

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le copie fotostatiche e i microfilm) sono riservati.
There is a time for scientific method and a time for intuition. The one brings with it more certainty, the other offers more possibilities. The two together are the only basis for creative thinking.

Eric Berne

Preface

Dear Colleagues,

The members of the Scientific Program Committee and Local Organizing Committee extend to you a warm welcome to Rome for the first Transactional Analysis Theory Development & Research Conference of the European Association for Transactional Analysis. We have assembled a wonderful program that reflects the depth and breadth of our membership, with representation from countries across all Europe.

The conference theme, “Beyond Limits: Verifying the Development of TA Theory through Research”, generated submissions that present research from multiple perspectives and from researchers, clinicians and practitioners from diverse theoretical orientations, modalities, methodologies and cultures.

Presenters were encouraged to draw on their rich experience made with Transactional Analysis in different field of application.

The conference will be an opportunity to support the development of Transactional Analysis theory, in connection with other theories. Also, it will be an opportunity to promote and encourage Transactional Analysis research in different fields of application: Psychotherapy, Counselling, Educational and Organizational.

The conference is intended to be a meaningful opportunity for exchange in providing a forum to reflect on the state of the art of TA theory, on its current stage.
of development, on its strengths, as well as on the directions and areas that can be explored in depth through research in the future.

The presentation of experiences and projects is, at the same time, an opportunity to learn, share and explore methods, tools and different directions of research in Transactional Analysis. Research means both stimulus and resources for “doing” theory.

The conference will begin on Thursday July 9, 2015 at 9:00 am, with a welcome to the delegates by the EATA president and the presidents of the Italian associations of TA.

In keeping with the conference theme, two plenary sessions, two semi-plenary round tables and one structured discussion are scheduled. The first plenary session will be on Thursday morning with John McLeod, and the second on Friday morning with Omar Gelo. The semi-plenary round tables will take place on the afternoon of each day. The structured discussion at the end of the conference will summarize key points and future directions.

Each day there are 10 parallel tracks organized by TA fields. There are four presentation formats including 26 workshop of 120 min, 34 workshop of 90 min, 39 brief paper and 1 poster session.

This Book of Abstracts is the result of joint creativity and research enthusiasm in the growing TA research community gathered at the First TDRC Conference. Transactional analysis, as a personality theory as well as modus operandi in change management, has proven its outstanding status among humanistic modalities due to its theoretical coherence and compatibility in integration with various other paradigms and modalities. As we are still living in modernist reality, especially when it comes to measurement of change and progress, EATA TDRC has mobilized its research resources and potential to stay in connection with the state of the art in science today. The Book of Abstracts represents the richness of topics and methodology strategies taken by active researchers engaged in Transactional Analysis verification and further development through research.

The format of the Book of Abstracts has turned out to be a slight variation of the APA 6 guidelines. As we know, EATA brings together a range of practitioners and researchers coming from different contexts of practice and professional frames of reference (psychotherapy, education, organizational work and counselling). It was the editors decision to include a reference list for the authors that were directly mentioned in the text of abstracts even though it is not a standard way of abstract presentation. The rationale behind this decision was to give more information to the professional audience at the Congress and later on to all other interested readers, especially students in TA training.
The ordering of abstracts is by fields of practice, from the most to the least covered by research, and by alphabetical order within the fields. There is a fifth category to the usual four fields of practice, and that is the category "various fields", meaning that the topic has relevance to more than one field of practice.

Marco Mazzetti, President
Laura Bastianelli, Chair, Scientific Program Committee
Alessandra Pierini, Chair, Local Organizing Committee
Kristina Brajovic Car, Editor
Enrico Benelli, Editor
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Key note speech 1: The scientific validation of TA theory – theory construction and scientific recognition of basic concepts

John McLeod

Over the last 50 years, an important development within the field of psychotherapy has been a significant growth in research-based knowledge. Historically, psychotherapy has been mainly based in theoretical, practical and personal knowledge. The integration of research-based evidence into these knowledge domains has therefore represented a considerable challenge for all professional groups within the discipline of psychotherapy. The aim of this paper is to explore some of the issues facing the Transactional Analysis community in relation to this challenge. As a means of understanding the options and possibilities that are available, an overview of contemporary research in psychotherapy is offered, with a particular focus on the key research questions and directions that seem likely to dominate the field over the next decade. Consideration is then given to the types of research that might be carried out within from a Transactional Analysis perspective, that might usefully contribute to current debates. Finally, the paper addresses the question of how research might be supported and organized within TA institutes, for example through practice research network. It is hoped that the issues and examples outlined in this paper, from the point of a view of a friendly outsider, will be of value to TA colleagues as a means of reflecting on possibilities and choices in respect of the development of TA theory and the scientific recognition of a TA model of therapy.

Key Note Speech 2: Scientific Validation of TA theory- How can basic TA concepts be empirically validated to reach scientific recognition?

Omar Gelio

Theories are organized sets of knowledge allowing us to make sense of our experience: they orient the way we perceive, describe, and explain different
aspects of reality. In the field of Transactional Analysis (TA), theories mainly deal with both the general understanding of humans beings (i.e., theories of psychosocial functioning) as well as with how professionals should work with clients in order to alleviate their suffering and/or promote their well being (i.e., theories of professional intervention).

As in most fields of applied psychology, one usual way through which theories have been supported and validated in TA is by means of professional practice (practice-based knowledge). On the contrary, very few attempts have been made to validate and support (professional) theories of TA by means of empirical research (research-based knowledge). This situation, also known as the science-practice gap, may hinder the development of TA.

The aim of this keynote speech is to address the current science-practice gap in TA and to suggest different ways through which different kinds of empirical research might help to bridge this gap. First, I briefly introduce the relationship between practice and research in terms of respectively evidence-based practice (EBP) and practice-based evidence (PBE). Then, I present a methodological survey of current scientific literature on TA, with the aim of identifying the types of empirical research that has been most and least employed. Drawing on these results, I conclude by suggesting future lines of research that might be used to increase the scientific validations of TA theories.

Round Table 1: Creating a network: Transactional Analysis in Universities
Maria Teresa Tosi
Discussants: Enrico Benelli, Kristina Brajovic Car, Carla de Nitto, Cesare Fregola, Henning Schulze, Mark Widdowson

This round table will offer a space to professors who teach TA at Universities in Europe to dialogue on such issues as: creating a research network, exchanging students/programs, discussing experiences in teaching TA, and so on.

Round Table 2: Emergent Theory: the ongoing evolution of TA theory
William Cornell
Discussants: Giles Barrow, Maria Luisa de Luca, Sabine Klingenberg, Sylvie Monin

This roundtable will explore contemporary theories and practice among the four fields of practice in TA. Participants on the panel will each summarize the “leading edge” thinking in the field of practice they represent, illustrated
with recent developments in the theory and research in their respective fields. We will also take time to discuss the differentiations among the fields and how each can inform and enrich the others.

**Structured Discussion: Time for sharing our findings for the 4 fields: how theory and research can strengthen each other**

*Susanna Ligabue*

We will share some reflections, starting from the different voices and experiences we have lived in the Conference, and offer participants from the different fields in TA (clinical, counselling, educational, organizational) the opportunity to answer to some focused questions and to discuss, deepening the theme of the conference. We will underline: the new ideas arising, updating and integrating TA theory through the research contribution; how to strengthen and foster research in TA, and to promote the attitude of “becoming researchers”, in different fields of intervention, as practitioners.

**Developing research into TA: How to integrate research skills and awareness into basic psychotherapy training**

*John McLeod*

At an international level, there is an increasing expectation and requirement that counsellors and psychotherapists will be capable of engaging in research-informed practice. However, it can be problematic to integrate research skills and awareness into training curriculums that already place substantial demands on trainers and students. This workshop will introduce participants to a model of research training for therapists that is based on experiential learning around multiple points of contact between research and practice. The workshop is primarily aimed at trainers and lecturers on therapy training programmes, but any also be of interest to anyone who wishes to learn about the potential of research to enhance the quality of practice.
TA RESEARCH IN THE PSYCHOTHERAPY FIELD

TA SUPERVISION: NEW IDEAS AND QUALITY CONTROL OF THE PROCESS
Allamandri, D. (IAT, IANTI - Turin), Procacci, M. A. (IAT, IANTI - Rome)

Keywords: Supervision, Parallel process, Projective identification, Questions, Self supervision

We intend to present our ideas about supervision, seen as a relational experience, by using a new concept about supervision as a relational practice. We would like to underline typical relational dynamics in supervision that may facilitate or obstruct supervision itself, and can be an important source of information about both the patient’s process and his emotional state. We would like to explain our ideas about parallel process: how and why it happens and what we can do in order to use it as a facilitating instrument for effective supervision. We will link parallel process to projective identification and we will explain how to use it in supervision. Then we will offer some questions that supervisors can use during supervision to facilitate supervised learning process. We will use a little guide-questionnaire in each supervision phase as a road map for the exploration during all the supervising process. The same questionnaire may be used at the end of the supervision to review different elements of supervision itself: the relationship, the contract, the process and the conclusion.

CONFLICTS AND IMPASSES
Alleysson, E. (IFAT - Lyon, France)

Keywords: conflict, impasse, cathexis

Conflicts are the dynamic aspects of psychic life. They occur when antagonistic forces (cathexis) develop and become too intense. As the expression of these conflicts is forbidden they are the search for a situation of compromise. There is several way of compromise and impasses is one of them. In this presentation, I will present the different conflicts that occur: conflict between reality and ego states, internal conflict between different ego states, conflict of ambivalence. Then I will develop how the expression of the conflict is avoided and by what it is replaced. And at the end, how to help people to open the conflict in a secure space.
“FOR THE LOVE OF FOOD”: PERSONAL STORIES AND CULTURAL INFLUENCES. PROMOTING BODY-MIND HEALTH THROUGH WITNESSES AND INTERPRETERS OF THEIR OWN HISTORY

Angelucci, I. (SSPIG, IRPI - Palermo), Adorno, V. (SSPIG, IRPI - Palermo)

Keywords: Autonomy and person-eating relationship, Intimacy construction with oneself, Nourishment, Personal story and food tradition, Frustration and desire, Body-mind duality versus integration

This workshop intends to offer an opportunity for discussing “the relationship a person has with food” in our complex contemporary reality, with particular regard to autonomy (Stewart & Joines, 1987, 266; Berne, 1961, 1977). The relation we have with ourselves and with the physical and palpable attribute of our being - our body- as well as with what helps us to provide a source of nourishment - the food - shows whether or not, and to what extent, an individual is able to be healthy, that is to have a balanced, self-centred and properly self-individuated trait; or otherwise, it shows the changes in self-perception and the dysfunctional patterns that are likely to occur (Ciocca, 2013; Ferrari, 1993, 2004; Klein, 1984). The goals of the present workshop are to identify some basic criteria that characterize a healthy relationship with one’s body and with the food, and to grasp the structural meanings of these dynamics in terms of a positive psychological functioning. A positive mental relationship with one’s body, perceived as an ally and interpreter of one’s story, is when an individual takes nourishment - including the food -, and is able to taste it and enjoy it (e.g., while eating, one enjoys the delicious aspect of this experience, looks at him/herself in a mirror and likes him/herself). At the same time the individual keeps alive the desire as something whose meaning is totally confidential. The individual has a special taste for what is full and one for what is empty, that is gives place and meaning to what in his/her own history has worked and what has missed (Recalcati, 2007). Within this framework, we believe that knowing how to assign and to renew the meanings of one’s roots can become a true "nutritious" experience. This refers to the ability to recognize one’s own culture and background, to perceive oneself in the fascinating mind-body connection that as a whole has shaped one’s individual story (Matte Blanco, 1975; Ferrari, 1993; Ginzburg & Lombardi, 2007).

References:
In this workshop we want to present a perspective on trauma in Borderline Personality Disorder. We will explain the concept of trauma according to Berne, Erskine, Cornell and Stuthridge. Our aim is to share our experience of integration in working on trauma, with TA, EMDR, studies on affect regulation of Shore, Target and Fonagy. In clinical practice we found useful ways of working on Grade 3 impasse when the experience is to be "without words" to tell the trauma. We want to underline how in the conflict between the different Ego States in the impasse the application of EMDR would be useful, as this approach oversteps verbal limits of the experiential narrative. Moreover the trauma interferes with the integrative ability of the Adult, producing excluded Ego States and a disorganized Self: an impasse at the level of the protocol is actually a defense against a traumatic affect which is recorded inside the implicit memory. Our clinical experience suggests to us how the therapeutic relationship itself develops the ability of the Adult to create a consistent narrative which supports the person to move from acting out to reflective function.
REDECISION PROCESS AND STATES OF CONSCIOUSNESS: MULTIDISCIPLINARY CONNECTIONS AND METHODOLOGICAL DEVELOPMENTS IN TA ACCORDING TO THE BIO-PSYCHO-SOCIAL-EXISTENTIAL PARADIGM

Attanasio Romanini, S. (SIMPAT - Rome), Maggio, P. (SIMPAT - Rome), Sasso, R. (SIMPAT - Rome)

Keywords: Multidisciplinary, Consciousness, Self, Awareness, Integration, Redecision, Techniques.

This workshop aims to describe, analyze and reformulate the redecision process in the light of contributions from multidisciplinary research (Quantum Physics, Neuroscience, Psychoneuroendocrinoimmunology, Integrated Medicine), highlighting the connections with the core of Berne's intuition. This makes it possible to clarify and carry through the methodological implications contained in the core of Berne's anthropological vision. The result is a new multidisciplinary paradigm that embraces and includes the bio-psycho-socio-existential unity of the human being, integrating those aspects into the therapy.

REDECISION THERAPY: REFLECTIONS ON ITS EFFECTIVENESS FROM THE PERSPECTIVE OF NEUROSCIENCE

Barrera, S. (IRPIR - Rome), Di Legge, D. (IRPIR - Rome)

Keywords: Redecision Therapy, Neuroscience, Mind, Change, Neuronal connections, Integration

The project aims to build a bridge of meaning between the therapeutic approach of Redecision Therapy, developed by Robert and Mary Goulding, and research in neuroscience related to the development of the brain and its ability to change. Robert and Mary Goulding intuitively have proposed a model of therapy proved to be extremely effective in promoting change. The aim of the intervention is to propose stimuli and open a debate over how modern theories on the functioning of the brain may explain today how different procedural steps of the approach of Redecision Therapy promote change by altering neuronal circuits, stimulating new connections and facilitating the integration of different modes and information processing systems. Specifically, you will learn more concepts such as that of "Triune Brain", developed by Paul D. MacLean, of "Mind as embodied and relational process" and "Integration" of Siegel to evaluate how the procedural steps designed by Goulding promote functional changes of the brain at the neuronal level.
TA TREATMENT IN A CLINIC CENTRE: HEART RATE VARIABILITY AS OUTCOME MEASURE RELATED TO EGO STATE PROFILE
Bastianelli, L. (IRPIR - Rome), Tauriello, S. (IRPIR - Rome)

Keywords: HRV, Research in psychotherapy, Heart rate variability, Ego States and HRV, CORE-OM, ANINT

The work presents the results of a pilot study conducted by LaRSI (Laboratorio di Ricerca sul Sè e l'Introietto - Research Laboratory on Self and Intobject at IRPIR, Rome) in cooperation with CePI (Centro di Prevenzione ed Intervento Psicologico – Prevention and Psychological Intervention Centre at IFREP, Rome; Spallazzi & Gubinelli, 2000) with a small group of subjects in 2013-2014. The aim of the research project was to evaluate the outcome of a short TA oriented psychotherapy using self report questionnaires, CORE-OM and ANINT-A, (Connell et al., 2007, Scilligo, 2000, 2009) and Heart Rate Variability (HRV) as a measure of physiological wellness. HRV is a computerized physiological measure derived from the heart rate, useful to evaluate the functional integrity of the Autonomic Nervous System (Bradley et al., 2006, Task Force, 1996) it is a feasible and sensitive method to measure physiological changes of individuals after the psychotherapeutic treatment. The authors assumed a correlation between CORE OM, ANINT-A and HRV, with an improvement of patients after the treatment. The results show the potentiality of HRV as a parameter to assess the increase of health physiological response after the treatment, therefore as an independent measure of the impact of psychotherapy. The presentation will focus also on the impact of the research work on the involved trainees. Being active participants, receiving a specific feedback both on initial assessment and final outcome including a physiological measure, provided the trainees with a more complex view about their clinic work and their role as 'local scientist'.

References

TA TREATMENT OF DEPRESSION: AN OUTCOME-ORIENTED CASE STUDY RESEARCH - PENEOPE

Benelli, E. (AIAT, CPD - Padua), Scottà, F. (AIAT, CPD - Padua)

Keywords: Systematic Case Study Research, Hermeneutic Single Case Efficacy Design, TA treatment of Depression

This study is part of an Italian series of systematic replication of Hermeneutic Single Case Efficacy Design to demonstrate the efficacy of Transactional Analysis as a treatment for depression. A rich case record with quantitative and qualitative data was collected and analyzed by two teams of researchers in order to develop arguments either for or against 1) the claim that a change occurred, 2) effect of therapy on change, and 3) mediator and moderator factors of change. Finally, a panel of independent judges came to a verdict about the quality of the outcome and the factors of change. Qualitative data includes a Change Interview at the end of the therapy (CI) and helpful and hindering aspects of each session (HAT). Quantitative data includes instruments for depression (PHQ9, HAM-D), distress (CORE) and Personal problems (PQ). Penelope is a 40 year-old Italian woman with DSM5 diagnosis of Major Depression and histrionic traits, who described longstanding problems in her PQ, such as feeling stressed, without peace, left alone to face her problems, helpless, unable to manage her son and daily life, and unable to set limits to others. She received 16 sessions of a manualized transactional analysis treatment for depression, tailored to her personality. In the CI she unexpectedly described herself as able to create boundaries in order to protect herself, self-guard from others, change herself when others do not change. She described the non-directive and non-judgmental relationship with her therapist as very useful in her HAT as it enabled her to express her feelings, anger, complaints, and take her time to think about new experiences. Quantitative outcome measures (CORE, PHQ9, HAM-D) present mixed results, showing a deterioration in the third follow up, suggesting that this patient may require a longer treatment in order to obtain a stable change in long standing problems. This study partially supports the efficacy of TA treatment for depression and suggests that TA manualized treatments may be enhanced considering a patient's personality traits.
TA TREATMENT OF DEPRESSION IN ADOLESCENCE: AN OUTCOME-ORIENTED CASE STUDY RESEARCH – FIREWORKS BETWEEN CLINIC AND RESEARCH

Bergamaschi, M. (CPAT - Milan)

Keywords: Depression, Adolescence, Research, Treatment plan for adolescent depression

The contribution describes a TA therapy with a depressed teenager in a multi-problem family. The author reports the case conducted following the research protocol "Evaluation of the effectiveness of Transactional Analysis in the treatment of sufferings associated with mood disorders in Adolescence", modified by the research group of I.T.A.C.A. (International Transactional Analysts for Childhood and Adolescence) to be applied with adolescents. Starting from the image of fireworks, as a metaphor of adolescence, the author opens a reflection about how treatment of depression in adolescence supposes to consider a variety of plans both theoretic and related to the flexibility and features concerning this period of life. It highlighted how the use of tests in the treatment plan and in the therapeutic project has become a way to create a transitional object between the dyad patient / therapist and it has been used as a tool for comparison, promoting awareness of what was happening in the “here and now” of the therapeutic relationship. Considerations of the experience are shown as cues for reflection.

BEYOND CASE FORMULATION: THERAPIST AND CLIENT, CO-PROTAGONISTS OF A COMMON SCENARIO IN THE THERAPY ROOM

Bianchini, S. (IRPIR - Latina), De Nitto, C. (IRPIR - Rome)

Keywords: Clinical case, case formulation, therapeutic planning, quantitative and qualitative research, research on single case, Social Cognitive Transactional Analysis, Core-Ohm, ANINT, ESPERO, MCMI-I

Starting from the case formulation using the Social Cognitive Transactional Analysis (SCTA) model (Scilligo, 2005, 2009a), we propose a model aimed to monitor and calibrate the direction of the treatment in order to promote the achievement of the contract with the client; it can be considered as a bridge between the abstract conceptualization of the clinical case finalized to the case formulation and treatment planning from one hand and the observable data coming from the narration of the client, on the other. The model uses information from the analysis of transcripts illustrative of the therapeutic process and the information derived from the ongoing administration of a set of self-assessment questionnaires (ANINT-A36,
ANINT-D, CORE-OM, MCMII-III, ECR-R, ESPERO, AL-Therapeutic Alliance). Combining the analysis of the narrative of the client along the therapeutic process and the analysis of ongoing self-assessment questionnaires will highlight a map aimed to identify the functional processes useful to promote and monitor the change in psychotherapy. In short, it will give a picture that shows how therapist and client are co-protagonists in a common scenario that takes place in the therapy room; a map will be constructed useful to support research on individual cases, combining aspects of qualitative research with aspects of quantitative research (Scilligo, 2009b).

References:

SAFETY SYSTEM: AN ACTIVATION PROTOCOL FOR EGO STATES LINKED TO INTEGRATION AND WELL-BEING

Corrias, E. (IRPIR - Cagliari), Mameli, S. (IRPIR - Cagliari), Onnis, A. (IRPIR - Cagliari), Bodano, B. (IRPIR - Cagliari), Bastianelli, L. (IRPIR - Rome)

Keywords: Racket System, Safety System, EMDR, Bilateral Stimulation, Secure Attachment, Social Cognitive Transactional Analysis

The workshop is focused on the activation of Ego States linked to well-being and to the healing potential of people, integrating different contributions from Transactional Analysis (Berne, 1966; Erskine & Zalcman, 1979), Social-Cognitive Transactional Analysis (Scilligo, 2009; De Luca & Tosi, 2011; Bastianelli, 2014), attachment theories and its recent neurobiological developments and clinical applications (Siegel, 1999; 2010; Mikulincer & Shaver, 2010), the Compassion Focused Therapy (Gilbert, 2010) and finally the bilateral stimulation of EMDR applied to resources development (Shapiro 2001; Parnell, 2008). Neuroscience shows how first relationships model the development of the brain and the mind from childhood to adulthood. The relation with attachment figures stimulates neural networks that persist throughout life, shaping cognitive, emotional and behavioural patterns and much more. When these processes are dysfunctional, and related to Insecure or Disorganized attachment patterns, as transactional analysts we can conceptualize the related phenomena with the Racket System framework (Erskine & Zalcman, 1979). The authors propose the “Safety System” as a model for identifying and reinforcing the
integrate processes, Ego States and phenomena related to Secure Attachment. This system can be seen as composed by thoughts, emotions, internal experiences and actions that can be accessed by the person taking as a starting point memories of safety, support and trust actually experienced with attachment figures or built with the help of imagination together with the therapist. Research supports the idea that developing such representations and mental images has positive effects on mood, promotes integration, well-being and a positive attitude toward self and others, eventually supporting the patient facing painful life experiences (Gilbert 2010, Parnell 2008). The authors will illustrate the Safety System, the basic principles for using this framework for case conceptualization and the treatment plan, and will show its application in integrating transactional analysis with the bilateral stimulation of EMDR. This section can be used also by psychotherapists who are not trained with EMDR.

References

TA TREATMENT OF DEPRESSION: AN OUTCOME-ORIENTED CASE STUDY RESEARCH – LUISA
Boscetti, D. (AIAT - Turin)

Keywords: Systematic Case Study Research, Hermeneutic Single Case Efficacy Design, TA Treatment of Depression

This study is part of an Italian series of systematic replication of Hermeneutic Single Case Efficacy Design to demonstrate the efficacy of
Transactional Analysis as a treatment for depression. A rich case record with quantitative and qualitative data was collected and analysed by two teams of researchers in order to develop argument either for or against 1) claim that change occurred, 2) therapy effect on change, 3) mediator and moderator factors of change. Finally, a panel of independent judges come to a verdict about the quality of the outcome and the factors of change. Qualitative data include Change Interview at the end of the therapy (CI) and helpful and hindering aspect of each session (HAT). Quantitative data include instruments for depression (PHQ9, HAM-D), distress (CORE) and personal problems (PQ). Luisa is a 65 years old Italian female with DSM5 diagnosis of depression, that described in her PQ long-standing problems such as feeling depressed, abandoned, guilty, without interests, in a total grief situation after the end of the relationship with her partner. She received 16 sessions of a manualized transactional analysis treatment for depression, tailored considering her personality. In the CI she described herself as, able to stay peacefully with other people, with a good level of mood; she reorganized her live and she resumed her relationship with her partner but in a different and more healthy way. She described as very useful in her HAT the non-directive and non-judgmental relationship with her therapist that enabled her to express her feelings. The therapy represented the possibility to think about herself and to reach the awareness of her responsibility in the end of her relationship. This study supports the efficacy of TA treatment for depression and suggests that TA manualized treatments may be enhanced considering patient’s personality traits.

A PRE-TO-POST STUDY IN A PSYCHOEDUCATIONAL GRUOP OF CARERS OF PATIENTS WITH DEMENTIA

Cadeddu, A. L. (IRPIR - Cagliari), Viale, D. (IRPIR - Cagliari)

Psychoeducation, introduced in the sciences of mental health in the 80s is a method that aims to increase the awareness of individuals with mental disorders, and to help their families to identify ways to cope. In the Alzheimer Unit of the Public Health Services in Cagliari, psychoeducational interventions have been organized to help families and carers of patients with cognitive impairment and dementia. These interventions are structured in 10 sessions for groups of 30-35 people. Alongside the theoretical aspects in the program, ample space is reserved for moments of confrontation and mutual sharing of experiences among the participants in order to facilitate
establishing positive relationships between members of the group and the development of a therapeutic alliance based on an empathic understanding and mutual trust. An empirical study is presented with pre-post treatment measures of two groups of subjects who have attended, at different times, a psychoeducational course for family members and caregivers of people with dementia, followed at the Alzheimer Unit. This poster aims to evaluate the impact of the psychoeducational intervention in the participants using measures of out-come.

THE USE OF HUMOUR IN PSYCHOTHERAPY: THE WORK WITH THE TRANSACTIONAL ANALYSIS
Cardeti, E. (IRPIR - Arezzo), Seriani, M. L. (IRPIR - Pordenone)

Keywords: Humour, Lateral thinking, Technique, Ego States

The study of the influence of humour and laughter on health has very ancient roots. It started, in fact, with the thought of Hippocrates and Galen, (V and IV century BC). On the opposite from the long tradition of philosophical analysis, the history of empirical science of humour and laughter is slightly more than a century old. Currently the most popular techniques for the use of humour in psychotherapy are those of Ellis and Rational Emotional Therapy as well as those of Frankl through "the paradoxical intention". Also Ventis at the University of Virginia has developed an application of humour in systematic desensitization in the treatment of phobias. The workshop aims to make the participants experience humour themselves through group activities and subsequently by stimulating a reflection on the processes activated by each participant, through Transactional Analysis as a theoretical frame. The aim is to conceptualize how and when the therapist may be able to consciously use humour therapy as an integral part of the work in the process of client growth. In this phase some theoretical aspects will be presented concerning the meaning of humour as well as research regarding its use in psychotherapy. During the work the model of learning by Kolb and Fry will be applied.
PROMOTING AND SUSTAINING THE FAMILY RESILIENCE: AN ACTION-RESEARCH

Cassoni, E. (CPAT - Milan), Regalia, C. (Catholic University of the Sacred Heart - Milan)

Keywords: action-research family resilience trauma migration narrative script protocol

We present an action-research conducted both by the Family Service of Terrenuove – Milan and by the researchers of the Center Ateneo for the Family of the Università Cattolica di Milano. The aim was to explore the resilience of families facing traumatic life and family events, and to identify key resources that can sustain personal and family changes. Twelve families - immigrants, mixed couples, Italian - participated in the research project: all the families were supported by therapists of the Family Service team (CooperativaTerrenuove). Adopting a multi-methodological approach, based on self-report scales, graphic-symbolic tools and in-depth interviews, the action-research has analysed the main changes experienced by the families during the therapeutic process, specifically focusing on several areas: critical events, personal resources, parental functioning, marital relationship, ties with one's own cultural context, formal and informal networks. Results show the positive influence of protective factors -like parental skills- and also the negative influence of poor marital relationships, fragile community ties and problematic relations with the cultural context. There is also straightforward evidence that family resources can be activated only by a supporting and trusting relational and social context. Together with the results on family resilience indicators during traumatic events, we would also like to present some thoughts regarding the collaboration between clinic and research. Theory and technique are continuously verified and renewed in this research work, suggesting possible developments of the therapeutic relationship. We will particularly reflect on the relational vectors: within the family -marital relationship and parental relationship - and outside the family- relationship with origins, relationship within its own social network and environment. Theoretical reflections will intertwine with the narration of clinical cases: the relationship between traumatic experiences, migration and script protocol, the concept of network in the therapeutic intervention.
THE DEVELOPMENT OF THE REDECISION THERAPY

Castrenza, C. (IRPIR - Castellammare del Golfo)

Keywords: Re-decision, Injunctions, Decision to challenge, Decision of despair, Resolution

John McNeel’s research (1999) has given a contribution both to the theory of the model of Redecision therapy and its practical implementation, so McNeel expanded the Re-decision concept through five objectives: 1. To extend the comprehension of Redecision going from the vision of an event full of emotions to a resolution process, in which the patient acquires a new conviction, thanks to which he changes the archaic decision; 2. To explain the criterion with which injunctions can be diagnosed through the observation of behaviour frameworks; 3. To support the hypothesis that, at the base of each injunction, people take two different decisions: the first is a challenge one, the second is a desperation one; 4. To describe the inner “Receiving-Nourishment Parent” who is necessary to support and keep the re-decision in the course of time; 5. To display a criterion through which a person can understand the influence that the injection can exercise over his/her life. The author applied all these concepts to Injunctions that he has summarized in “Diagnostic Charts of Injunctions and Resolution Activities”, which gather Injunctions in five categories according to the subject they deal with: survival, attachment, identity, competence and self-confidence.

References


TA TREATMENT OF DEPRESSION: THREE CASE STUDY RESEARCH – LILIANA, MD, BIA

Cavallero, G. C. (SIFP School of Transactional Analysis - Rome), Berdini, E. (SIFP - Rome), Moretti, E. (SIFP - Rome), Valpiani, F. (SIFP - Rome)

Keywords: Systematic Case Study Research, Hermeneutic Single Case Efficacy Design, TA Treatment of Depression

These studies are part of an Italian series of systematic replication of Hermeneutic Single Case Efficacy Design (HSCED) aiming to support the efficacy of Transactional Analysis treatment for depression. A rich case record with quantitative and qualitative data was collected for each case and analysed by two teams of researchers in order to develop arguments either for or against 1) the claim that a change occurred, 2) the role of therapy in change, 3) mediator and moderator factors of change. Finally, a panel of

– 27 –
independent judges came to a verdict about the quality of the outcome and the factors of change. Qualitative data includes Change Interview at the end of the therapy (CI) and Helpful and hindering Aspect of Therapy (HAT). Quantitative data include instruments for: depression (PHQ9), distress (CORE), anxiety (GAD7) and personal problems (PQ). All patients fulfilled DSM criteria for Major Depression and received 16 sessions of a manualized transactional analysis treatment (Widdowson, 2013), tailored in accordance with their personality traits as diagnosed with SWAP and Psychodynamic Diagnostic Manual.

The first case presents Liliana, a 67 years old Italian female with severe Major Depression (severe) and histrionic and narcissistic personality traits. Her PQ described emotional problems due to divorce from her husband after 33 years of marriage, feeling of loneliness, helplessness, inability to handle daily life, lack of interest and difficulty in managing anger. The second case presents MD, a 37 years old Italian female with Major Depression (mild) and dependent and histrionic (SWAP) personality traits. Her PQ described longstanding problems about relationship, loneliness, feeling of inadequacy and guilt. The third case presents Bia, a 44 years old Italian female with Major Depression (mild) in comorbidity with anxiety disorder and dependent and histrionic personality traits. Her PQ described desperation for being unable to have children, difficulties in relationship with the partner, feeling of guilt for the choices made in the past, fear for the future, job dissatisfaction. The three cases showed a mixed to good outcome as for RCI index and clinical cut off in quantitative measures (PHQ9, CORE, GAD7, PQ), and a good outcome in qualitative patients' accounting of therapy (HAT, CI), supporting the claim that TA Therapy for depression may be effective. The patients' personality characteristics (SWAP), their experiences of the therapists and their perception of their own change (CI) and their perceptions of helpful and hindering aspects of the therapies (HAT) are presented and discussed in respect of developing and refining the theoretical model of TA treatment for depression.

References:
QUALITY ASSURANCE IN PSYCHOTHERAPY TRAINING

Cavallero, G. C. (AIAT - Rome)

Keywords: Psychotherapy, Quality Assurance, Therapeutic skills

The paper presents the results of the Quality Assurance process within the psychotherapy postgraduate institutes in psychotherapy, promoted and realized by the CNSP (the National Association of the Private Schools of Psychotherapy). It will explain the long and complex process for the progression of the shared evaluative parameters used to support the Internal Quality Assurance, realized among more than 150 psychotherapy postgraduate institutes belonging to different psychotherapy theoretical paradigms. Therefore, presentation will be related to analyzed survey materials and the results of the second phase of the process, started in 2012 and which will end in may 2015.

THE OUTCOME OF TA PSYCHOTHERAPY IN TRAINING CLINICS
ACCORDING TO THE SCTA MODEL: PRE TO POST CHANGE AND SIX MONTH FOLLOW–UP IN SELF EGO STATES AND IN CORE-OM MEASURES


Keywords: Psychotherapy, Outcome, Transactional Analysis, Self Ego States, CORE-OM, follow-up, Training Clinic

This study, conducted on more than 180 adults that received TA psychotherapy according to the model of Social-Cognitive Transactional Analysis (SCTA) (Ceridono & Bastianelli, 2013) in six training clinics of four training schools, is a part of a broader line of research that has four main aims: 1) to assess the construct validity of the theoretical model of SCTA (Scilligo, 2009); 2) to monitor systematically the practice conducted by trainees; 3) to assess the effectiveness of the psychotherapy delivered in the training clinics; 4) to study the change process in this model of psychotherapy. The outcome of TA psychotherapy made by trainees has been studied at the end of the treatment and at the 6 months follow-up with two self-report questionnaires: 1) Anint-A36 (Scilligo, 2000, 2005), that measures the Self Ego States; 2) CORE-OM (Evans et al., 2002), a measure of the ‘core’ domains of problems, developed to assess change in psychotherapy. Results show a change in Self Ego States coherent with the aim of the treatment: a reduction of Critical and Rebellious Ego States and a growth of Free Ego states. This outcome confirm a previous study
(Ceridono & Viale, 2013). Results of CORE-OM indicate that 30% of clients maintained non-clinical levels, 43% passed from clinical to non-clinical, 24% maintained clinical levels. Among clients with clinical score at intake, 65% had post-treatment recovery (non clinical score) and 35% maintained clinical levels. An improvement resulted in 85% of clients and in 47% of clients the improvement was statistically reliable. The changes obtained at the end of the therapy tend to be maintained at the six month follow-up. Data reveal a coherent set of significant correlations between CORE-OM total scores and Self Ego states measures: positive correlations with Critical and Rebellious Ego states and negative with Free and Protective Ego states.

References:

TOWARDS AN OPERATIONAL DEFINITION OF TA CONCEPTS IN RELATIONAL TERMS: A TRANSTHEORETICAL RESOURCE FOR RESEARCH, THEORY AND PRACTICE

Ceridono, D. (IRPIR - Rome)

Keywords: operational definitions, Social-Cognitive Transactional Analysis, Structural Analysis of Social, Behavior, Ego states, transactions.

To do empirical research in TA we need operational definitions that allow to observe and measure the key concepts of the TA theory. Starting from the assumption that TA has a relational view of the personality, the paper shows as a model of analysis of interpersonal and intrapsychic behavior, the Structural Analysis of Social Behavior (SASB) by Lorna Benjamin (1974, 1986), allows the development of operational definitions of some concepts
(Ego states, transactions, symbiosis, autonomy). For his transtheoretical characteristics SASB is used in research, not only in the interpersonal model, but also in psychodynamic, experiential, and cognitive ones. SASB has been adopted in Social-Cognitive Transactional Analysis SCTA (Scilligo, 2009, 2011) to operationally define Ego states. In fact it is based on interpersonal dimensions analogous to the evolutionary dimensions used in theoretical definitions of Ego states of SCTA (Ceridono, Gubinelli & Scilligo, 2009). SASB model is suitable for defining operationally the TA concepts, also from theoretical perspectives different from SCTA, because it describes in a comprehensive way the relational, interpersonal and intrapsychic behavior, addressing the fundamental aspects of the observable behavior and its internalized representations. The use of SASB to develop operational definitions not only helps research (Henry, 1996), but also gives interesting stimuli to the theory: 1) stimulus to analyze systematically the concepts in term of basic dimensions; 2) help to make connection between the different concepts of the theory using an unique matrix to describe health, pathology, developmental processes, interpersonal and intrapsychic processes, problems and goals; 3), facilitate connection with theories other than TA, like interpersonal, psychodynamic and attachment theory, due to the high level of abstraction of the dimensions used. SASB, widely used in the clinical field, is also a resource for practice (Benjamin, 1986, 2003; Strupp, Schacht, & Henry, 1988; Ceridono, 2014).

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"HOME IS WHERE WE START FROM" PSYCHOTHERAPY WITH CHILDREN AS A CONTEXT FOR UNDERSTANDING AND RESEARCHING PLACES OF ORIGIN 

Chiesa, C. (CPAT - Milan)

Keywords: Protocol, Child Psychotherapy, Origins, Script, prenatal experience

We will consider the therapeutic relationship with children as a context for understanding and researching a highly pertinent psychological and social issue: that of origins. Talking about origins means thinking about the conditions that brought about conception and birth, and wondering together about the experiences, stories and emotions that ushered in the beginning of life. Origins are all qualitatively different and lead to different opportunities in our lives. This also means dealing with old and new questions, like the still-unexplored issues related to assisted reproductive technology and the future of the children born thanks to it. There are many questions about origins that children bring to therapy today: Who am I? Where do I come from? What was there before me? How was I born? Did you really want me? The children who are asking these questions are the ones wondering, "Who's tummy was I in?" before being born; they are adopted children looking for connections between their biological and adoptive parents; they are migrant children who have left their country of origin with their family or have recently been reunited with one or both parents; they are children born through artificial insemination who only know one parent. Together we will expand upon the hypothesis that our origins represent a first "home", a place for thinking and dreaming, an imaginary place that, at least at the beginning of life, someone builds for us. It is a place where we are born before being born, of which we find traces in the script protocol. In addition to examining clinical cases, we will discuss various theories: prenatal experiences and script protocol (Berne, 1972), Bydlowski’s (1997) concept of transgenerational mental womb and Winnicott’s idea of the facilitating environment (1957).

References:
THE PREDICTIVE EFFECT OF INJUNCTIONS ON PERSONALITY DISORDERS IN A GROUP OF OUTPATIENTS

Crea, G. (Pontifical Salesian University - Rome)

Keywords: Injunctions, Millon's Model, ESPERO, Psychodiagnosis, Clinical Setting

Various studies within the transactional analysis community have suggested that a person's life script is formed on the basis of received injunctions, and that people with mental and psychological disorders have more destructive and numerous injunctions (Ernst, 1971, Steiner, 1974, Erskine & Zalcman, 1979; Budiša et al. 2012; Bastianelli et al. 2004; Bove et al. 2004; Caizzi et al. 2003; Ceridono et al. 2008; D'Aversa et al. 2004; De Nitto et al. 2008). The purpose of the present research is to check such assertions, using ESPERO (a scale to test injunctions according to Goulding & Goulding's classification, constructed by Scilligo et al., 1999) in the Millon Clinical Multiaxial Inventory III psychopathology cluster subgroups, in a sample of 175 adult subjects who had voluntarily sought therapy (Millon, 1994; Wouters-Smale, 1990; Tosato, 1996). Hierarchical agglomerative cluster analysis, using Ward's method, was employed to identify high (n=78), moderate (n=54), and low (n=43) MCMI-III psychopathology cluster subgroups. Members of the low psychopathology subgroup demonstrated a significantly lower numerical set of injunctions than high and moderate psychopathology subgroups. The high psychopathology subgroup reported a greater number of negative injunctions than the moderate psychopathology subgroup. This means that the high pathology group were exposed to more destructive messages than were members of the other two subgroups, which is certainly commonly seen in persons with mental illnesses, and is in line with the theoretical assumptions of TA. The data suggest that those who present more negative injunctions are more at risk for pathological tendencies, while those who present fewer negative injunctions are generally well adjusted and socially skilled. In other words, the concept of injunctions can differentiate between persons with and without mental disorders (Budiša et al. 2012; Scilligo et al. 1999; Scilligo-Bastianelli, 1999). These results are discussed in the context of a growing literature indicating treatment needs among patients of high psychopathology subgroups with a high number of negative injunctions. Findings demonstrate how the link between the diagnostic framework and the concept of injunctions can
provide not only theoretical but also practical implications for therapy, so to have a better access to understanding the patients’ scripts and psychological structure of their personality.

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EVALUATING THE PSYCHOMETRIC PROPERTIES OF THE EGO-STATE QUESTIONNAIRE REVISED IN ITALIAN CONTEXT

Crea, G. (Pontifical Salesian University - Rome), Laghi, F. (Sapienza University - Rome), Greco, G. (SIFP School of Transactional Analysis - Rome), Cavallero, G. (SIFP - Rome)

Keywords: Transactional Analysis, Functional Ego States, Validation, Psychometric Proprieties, Clinical Setting

The principal aim of the study was to examine the psychometric properties and construct validity of the Ego-State Questionnaire Revised (Loffredo, Harrington, Munoz, and Knowles) in a sample of 400 Italian young adults (200 males and 200 females; Mean age=36.56; SD=.45). The Ego State
Questionnaire-Revised (ESQ-R) was created to address some of the unclear psychometric proprieties obtained in previous studies (Loffredo and Harrington). The ESQ-R consists of five subscales: Nurturing Parent (NP), Critical Parent (CP), Adult (A), Free Child (FC), and Adapted Child (AC). A factor analysis using Varimax rotation was used to analyse data. The scree plot suggested that five factors should be extracted. The dimensions were partially confirmed after factor analysis and accounted for 46 % of the post-rotational variance: Factor 1 (17.33 % variance) was loaded by all the items of the NP dimension, and by items 6 and 27 (FC); Factor 2 (10.78 % variance) by the items that describe the Adapted Child dimension and by items 22 and 14 (FC), by items 8 and 37 (A), and by item 20 (CP); Factor 3 (7.40 % variance) was loaded by all the items of the CP dimension; Factor 4 (6.31% variance) was loaded by the items of Adult dimension and by items 26 and 4 (AC); Factor 5 (4.17% variance) was loaded by the items of FC dimension, and by items 4 (AC) and 31 (A). The internal consistency was high for the 3 subscales (Cronbach’s alpha coefficient range .76 to .84), except for A (.62) and for FC (.65) dimensions. In its final version the questionnaire comprised thirty-two items. Exploratory factor analyses, with a new sample of 200 young adults, (Mean age=36.4; SD=2.45) provided evidence for a solid five-dimension structure reflecting the theorized construct. Data encourage the use of ESQ-R not only in the research of personality but for educational and counselling purposes.

SINGLE-CASE STUDY RESEARCH METHODOLOGY: A DESCRIPTION OF SETTING, PROCESSES AND RESULTS FROM THE ANALYSIS OF A CLINICAL CASE ACCORDING TO THE SOCIAL-COGNITIVE TRANSACTIONAL ANALYSIS


The present study aims to schematically introduce the single-case study research methodology (Widdowson, 2011) applied to the psychotherapeutic setting of CePI (Center of Psychological Prevention and Intervention) of the SSSPC (Superior School of Specialization in Clinical Psychology) of the Salesian Pontifical University, highlighting processes and results from the analysis of a clinical case according to the Social-Cognitive Transactional Analysis (SCTA) (Scilligo, 2009). Therapists were third year trainees. Single-case study research methodology is highly
relevant to a postmodern perspective to psychotherapy with its accounting for a range of factors in the work. The benefit of using the single-case study bases itself upon the resources that it supplies in the context of therapy, avoiding a strictly controlled situation, however systematic. Well-designed single-case studies enable the researcher to account for additional factors and complexity in the client’s life and other variables in a way that is not present in large-scale quantitative research (Widdowson, 2011). In line with such method of study, the present work will include the peculiar points of the client’s history and of the presented problems, together with a summary of the therapy work and obtained results. Furthermore, questionnaires will be briefly described used for: a gathering of information in intake phases in order to contextualize client’s experience and to measure the stability of client's problems prior to commencing therapy; measure his ongoing change; evaluate marked effects on the identified problem/ symptoms following the commencement of therapy. The aims that the present work proposes to achieve are: to produce a summary on the use of the single-case study applied to the specific psychotherapeutic setting of the CePI (De Luca, 2009); to outline and explore processes and outcomes of SCTA psychotherapy in practice; and to contribute to the evidence based research for SCTA.

References:

REDECISION IN TRANSACTIONAL ANALYSIS AND EMDR: TOWARD A POSSIBLE INTEGRATION
De Luca, M. L. (IRPIR - Rome), Mastromarino, R. (IRPIR - Rome), Messana, C. (IRPIR - Rome), Scioliere, M. (IRPIR - Rome)

Keywords: TA SCTA, redecision, EMDR, treatment plan.

The workshop offers a perspective that aims to integrate, within the redecisional process, the treatment procedure of EMDR on the basis of the experience of the authors (TSTAs and EMDR practioners) in their clinical work that is redecisionally oriented (Goulding & Goulding, 1979; Mastromarino, 2006) in the theoretical framework of Social-Cognitive Transactional Analysis (Scilligo, 2009; De Luca & Tosi, 2011).
Neurosciences, and in particular the Interpersonal Neurobiology (Siegel, 1999; 2012) form the common base in reading: the script process (Berne, 1972), the "adaptive information processing" realized in the EMDR protocol and the vision of ego states as the activation of neural networks configured in patterns according to the Socio-Cognitive Transactional Analysis (SCTA). The SCTA approach considers ego states as activation of neural networks that corresponds to patterns more or less rigid and adaptive: "ego states are schemas and working models made of constraints networks, typically correlated, that define each specific ego state type" (Scilligo, 2009, p. 62) that are built in interactions with attachment figures. The concept of script decision as self-limiting decisions "which inhibit spontaneity and limit flexibility in problem-solving and in relating to people" (Erskine, 1980, p. 102) is read in light of interpersonal neurobiology as procedural memory connected to dysfunctional beliefs. These correspond to Negative Cognitions on which EMDR works, starting from a specific episode (Shapiro, 2001; 2013) and that are proper of Critic and Rebel ego states, according to the SCTA. In therapy we access to the neural network that we call ego state in order to facilitate the process of making flexible the schema activated in order to encourage a change in adaptive direction (activation of Free and Protective ego states) corresponding to a redcision. In this sense, the workshop will examine, through video clips, as in the TA treatment plan (Tudor & Widdowson, 2002; Attanasio Romanini & Maggio, 2007) the 10 steps of the redcision process (Moiso, 1987; Mastromarino, 2006) may be, in some cases, advantageously accelerated by EMDR procedures.

References:
THE "GRIEF & GROWTH THERAPY" IN A TRANSACTIONAL ANALYSIS FRAMEWORK: THE RESULTS OF A PRELIMINARY STUDY


The poster presents a brief outline of the "Grief & Growth Therapy" approach to therapy (10 to 30 sessions) with bereaved clients who asked for help from the Brief Therapy Intervention Service offered by the "Lutto e Crescita - Grief & Growth" Association. A preliminary study of the outcome of the intervention will be presented. The Grief & Growth approach (briefly: G & G) has been developed by a group of TSTA-Ps, CTAs and in CTAs in training with specific education on grief and trauma with the goal of integrating in a general TA framework some of the best known approaches in the field of grief therapy: the Dual Process Model (Stroebe & Shut, 1999), the Continuing Bonds model (Klass, Silverman, & Nickman, 1996), the meaning-making approach (Neimeyer et al., 2011) and Frankl's Existential Analysis (Frankl, 1988; De Luca, 2014). We will present an outline of the variables assessed at the in-take and in the follow-up and a table summarizing the content and process of the 10 to 30 sessions.

References:

PREVENTING EMOTIONAL AND PSYCHOLOGICAL DISORDERS IN DEVELOPMENTAL DYSEXIA: A KEY UNDERSTANDING AND INTERVENTION WITH SOCIAL-COGNITIVE TRANSACTIONAL ANALYSIS

Errigo, G. (IRPIR - Rome)
The Developmental Dyslexia is a specific learning disorder characterized by a difficulty in the acquisition of reading, whose diagnosis must be made as early as possible. Where is recognized belatedly, the child with Dyslexia experiences a series of school failure without understanding the meaning, with negative effects on self-esteem and motivation to learn. Low family support and inadequate teaching methods may be risk factors for comorbid emotional and behavioral details such as strong inhibition, aggression, disordered behavior in the classroom. A growing literature also documents an increased incidence of psychopathological disturbance associated with anxiety. This contribution explains the Self and the Relational Ego States, according to the Social-Cognitive Transactional Analysis, of significant adults functioning to protect the child in the cascade mechanism that can lead to the development of emotional and psychological problems mentioned above. Theoretical experiential methodology: lectures, clinical case presentation, exercise in small groups and comparison. Learning objectives: to recognize Ego States Self and Relational (significant adults) to frame the risk factors and protective; to identify interventions useful for therapeutic purposes.

PSYCHO-ONCOLOGY AND TRANSACTIONAL ANALYSIS COMPARED: SOME REFLECTIONS

Esperide, B. (IRPIR, SIAT - Ferma), Miandro, S. (IRPIR, SIAT - Ferma)

Keywords: psycho-oncology, transactional analysis, psychological and existential distress, quality of life

The authors will present their contributions which they have drawn from clinical experience in the specific environment of psycho-oncology in which the individual, according to a bio-psycho social perspective, experiences a significant physical, emotional and social change linked to the disease. The primary psychological interventions are aimed to support the person by promoting the development of a new balance through the identification of functional and adaptable solutions. In this course of treatment the analytical transactional theories, methodologies and techniques become a useful tool for the allocation of meaning to the psychological and relational distress of the individual and is an effective means of change.
FROM THE LIMITS OF THE STRUCTURE TO THE NATURAL STATES OF MIND: FROM THE ‘PUPPET’ TO THE SPONTANEITY OF BEING

Ferrara, A. (IAT - Naples)

Keywords: Creativity, Theater, Enneagram, Adaptation, Character, Script, Natural Mind, Puppet, Ego, Self-realization

This workshop, which is theoretical and experiential, aims to present some aspects of the Transactional Analysis model, Gestalt of the IGAT School of Psychotherapy recognized by the Italian Ministry of Education, University and Research (MIUR). The forms of adaptation organized creatively, for defensive purposes and fixed on a stable and repetitive manner, according to scripts formed since early childhood, will be brought to light through expressive instruments, such as the Transforming Theater, developed by the author-presenter, inspired by the traditions of the Commedia dell'arte and the characterology founded on the Enneagram of Personality. The aim will be to discover the limiting forms of being and behaving by identifying the traits of the man "puppet" and encourage the rediscovery of spontaneity and of states of consciousness closer to the natural mind, which precedes the ego. Inspired by the principles that come from ancient spiritual traditions it will be possible to experience freer states of consciousness, such as the empty mind, the discovery of the inner self, which is the matrix of existence, and the goal of self-realization.

TRANSGENERATIONAL THERAPY: CLINICAL INTEGRATION OF PSYCHOGENEALOGY, TRANSACTIONAL ANALYSIS AND GESTALT PSYCHOTHERAPY

Festa, I. (IGAT - Avellino)

Keywords: Transgenerational therapy, Psycho-genealogy, Transactional Analysis, Gestalt Psychotherapy

The family tree influences individuals’ lives. Unresolved traumas and unfinished tasks, even if symbolic, often emerge through unconscious 'psychic material', that drives descendants to re-act (re-live) traumatic feelings and situations experienced by their ancestors. That can lead to unease, illness, tragic deaths and accidents. By integrating three models: Psychogenealogy (Schutzenberger, 2007; Boszormenyi-Nagi, 1988), Transactional Analysis (Berne, 1979) and Gestalt therapy (Perls, Hefferline & Goodman, 1951) it is possible to develop a method in three steps to recover, re-read and re-narrate the patients from their own stories. This process makes it possible to dismantle the system that for the individual
represents his/her discomfort, to restore a person's sense of individuality and his/her potentialities.

References:
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DEPENDENCE AND CO-DEPENDENT RELATIONSHIPS
Fornaro, A. (IAT - Rome), Rossi, S. (IAT - Rome)

Keywords: Dependence/Codependence, Self - awareness, Adaptation, Relationships, Projective identification

The ability to conceptualize problems and issues involved in dependence and co-dependence requires the use of further research tools, needed in order to deal with dependence according to a multidimensional approach rather than one using only descriptive categories. This workshop will focus both on different areas of dependent behaviours connected with awareness, self-awareness, adaptation and relationships, and on the specific affective relationship with the co-dependent partner. Affective processes organizing both behaviours and relationships of co-dependent partners will be discussed according to Gloria Noriega's ICOD questionnaire. Affective dimensions of codependence will be analyzed according to the TA model and compared with the recent theoretical developments on inter-subjectivity.

PARADOXICAL ALLIANCES: A RESEARCH ON AN EFFICIENT TOOL FOR CURING ANXIETY ATTACKS AND SOME PHOBIAS
Gentelet, B. (IFAT - Dole, France)

Keywords: Anxiety attacks, Case study research, Paradoxical Alliances, Eidetic vision

Using the original tool that he called 'the Paradoxical Alliances', the presenter has made a research on the effectiveness of this tool during Transactional Analysis Psychotherapy for a 41 year old white French female who attended two sets of bi-monthly sessions. This tool is aiming to fill the gap between the Relational Transactional Analysis approach & the Mental Research Institute (MRI) Palo Alto approach. CORE-OM; GAD-7 and PHQ-9 were used for screening and also for outcome measurements during the whole process of the research. In addition, during the set of sessions in
which he used the Paradoxical Alliances with the patient, the presenter asked other patients from his practice to complete more than 200 forms of the Helpful Aspects of Therapy (HAT). These HAT forms, from the point of view of the clients, how much helpful, or unhelpful, was a session with a psychotherapist working with Paradoxical Alliances as a background practice.

DIALOGING WITH THE HIDDEN POLE: A PROPOSAL FOR A NEW REPRESENTATION OF IMPASSE

Gerosa, S. (CPAT - Milan)

Keywords: impasse, polarity, ego state relational unit, integrative approach, protocol, relational impasse

The traditional theory of impasse is more focused on the intrapsychic conflict, whereas more recent theories highlight its intersubjective aspects (Cornell & Landaiche, 2005; Hargaden & Sills, 2001; Little, 2011). To me, impasse is a rich and profound way of depicting the script, in its dual aspect of intrapsychic dialogue and internalized relational schema, which is externalized in transference and countertransference relations, in projective identification and parallel process. Here I present a review of impasse theory, starting with the original formulation by Gouldings (1976), enriched by the evolutionary perspective of Mellor (1984), integrating it with more recent contributions from an intersubjective perspective (Hargaden & Sills, 2001) and using Little’s concept of Relational Units (Little, 2001). I am interested in considering impasse not just for its result, namely the deadlock, the block, but rather to explore its powers, for a better understanding of how to release the potential energy contained in its opposite polarities, moving towards a change. I am especially interested in earlier impasses, written in the body and inseparable from the ancient experience of primary relationships and experienced again in transference-countertransference (Cornell & Landaiche, 2005). Starting from these ideas I propose a new graphic representation of impasse, whose main purpose is that of making the “hidden” (ineditus) pole more visible, so that the Free Child’s needs and aspirations may come out and communicate with the known pole (editus) in the search of possible new concordances. In such representation, the core of impasse is rigidity, separation or unbalance between the two poles, and it is overcome with a higher fluency and harmony between the two parts, from an integrative perspective (Petriglieri, 2007; Mellor 2008). The goal in the treatment is what Mellor calls “integrity” and it is the dialogue between
opposite poles, towards a possible “dynamic unit” or, maybe more realistically, a “dynamic balance between the parts”. I am interested in verifying this proposal with colleagues, illustrating it in a clinical situation, and in experimenting with it as an instrument for reading other clinical situations eventually reported by colleagues.

References:

“DECONTAMINATION DURING EMERGENCY”: A TRANSACTIONAL ANALYSIS PERSPECTIVE ON A FIELDWORK WITH EMDR (EYE MOVEMENT DESENSITIZATION AND REPROCESSING) AFTER EARTHQUAKE
Giordano, F. (IRPIR, SSSPC, UPS - Bologna)

Keywords: EMDR, Transactional Analysis, Emergency, Decontamination, SCTA, IES, PTSD

This work explores empirically if the Transactional Analysis (TA) approach can be integrated with the most recent EMDR (Eye Movement Desensitization and Reprocessing) (Shapiro, Elan & Laub, 2008) protocols after an emergency. Here is described a clinical intervention with EMDR, evidence based method for PTSD, after Emilia’s earthquake. This paper points out to the TA factors in EMDR, particularly in the phase of therapeutic Alliance and Adult Decontamination, and emphasizes the similarities between the two approaches, to understand if it is possible to provide an interpretation of the EMDR process from a TA point of view. Results are based on data collected after the earthquake in Emilia. Psychological first-aid engaged 2089 patients and more than 100 volunteer therapists. A humanitarian assistance program was provided by EMDR Italia together with ASL Modena (local health authority). This study proposes a quantitative/qualitative analysis of the therapeutic sessions that
took place “on field” with a smaller number of clinical subjects that were evaluated pre and post-treatment. The patients have been treated, in the acute phase, with EMDR R-TEP Protocol (E. Shapiro, Laub, 2008) and were tested with the Peritraumatic Dissociative Experiences Questionnaire (Marmar, Weiss & Metzler, 1997) e with IES-R Scale (Weiss & Marmar, 1997). The aim of the work is to show that EMDR is a process that can be compatible and integrated with classical TA and, in particular, with Scilligo’s Social-Cognitive TA (Scilligo, 2009).

References

NEW PROSPECTS IN ATTACHMENT THEORY AND ITS CORRELATIONS WITH TA AND WITH INTEGRATIVE TA

Giusti, M. A. (IANTI - Arezzo)

Keywords: Attachment styles, Trans-generational transmission, Prevention

The workshop illustrates research that analyses and assesses the quality of the mother-child dyadic relationship during the first year of life of the infant that is instrumental for the development of an adequate relational milieu that will facilitate the structuring of a primary and secondary inter-subjectivity between child and caregivers. The research work comprises three phases: 1) administration of the Adult Attachment Interview according to Patricia Crittenden’s DMM to the parent. 2) administration of the CARE-Index to the mother-child dyad. 3) interviews with the mother or both parents during which VMA-videomicroanalysis (Downing) and Integrative TA are used to facilitate an attuned relationship between caregiver and child. Recent studies carried out by Fonagy and collaborators on the trans-generational transmission of attachment shown in the research published in 2010 show a correlation of attachment styles between parent and child at fourteen months. By using the DMM (Dynamic-maturational model) the Author intends to confirm the validity of the data mentioned by Fonagy also among the Italian population, secondly they intend to break down the cohorts of
dyads examined into two groups using the first group as control and the other to show that by intervening on the response modality of the mother to the child’s needs the relationship changes and hence so does the mother’s attachment style.

THE INTERRUPTED WORDS: COMMUNICATING THROUGH PSYCHOTIC LANGUAGE - AN EXPERIENCE
Granati, O. (IAT - Florence)

Keywords: psychosis, multiprofessional team, schizophrenia, communication, passivity, mental health
Psychotherapy is based on an interpersonal relationship: the schizophrenic spectrum disorders often involve a significant impairment in the ability to establish and maintain interpersonal relationships, especially when they evolve into chronic conditions. The delusion arises then as a defensive shield from psychotic anxiety and the risk is then that the encounter with the Other - the therapist as well - may become experienced as an invasion and an attack to the integrity of Self. Dealing with this defensive shield, and having access to the delusional world while at the same time helping the patient to remain anchored to reality, is the challenge facing a therapist working with psychotic patients. In this presentation I will describe the therapeutic process involved in working with a chronic schizophrenic patient with a severe social and clinical impairment. This process was carried out by a multidisciplinary team within a public mental health service. Different stages of the therapeutic process will be related with changes in the patient's passive behaviors, in his script beliefs and in his feelings and ratchet displays, which could be observed clinically and interpreted through the use of graphic techniques enabling in fact to overcome the interrupted communication.

QCA (QUALITATIVE COMPARATIVE ANALYSIS) AS A NEW RESEARCH METHOD FOR TA
Günter, M. (DGTA - Germany)

In social sciences research often there is the problem with small N (Number of cases). In between Case Studies and the standardized Regression Analysis Method particularly for small N the method of QCA was developed. Based on Boolean Algebra QCA transfers concepts and qualitative data by calibration into measurable data. The results are sufficient and/or necessary conditions for the connection of independent and dependent variables.
WORK WITH - IN - THROUGH THE BODY: TRANSFORMING PHYSICALITY INTO BODILINESS, THE SIGN IN SYMBOL. IDEAS TO RETHINK THE CHILD EGO STATES

Inglese, R. (IRPIR - Rome), Riccioli, E. (IRPIR - Rome)

Therapeutic relations are one of the most complex systems of interaction. We can think of "working with the mind", but we are immersed as therapists in a vital relationship with our body and with the body of another. The body is performative. With severe patients, the sensorial and emotive experiences are more evident, but this bodily dimension is always present in therapeutic work and offers many stimuli, possibilities for reflection and intervention. We believe, as Dashiell (1994) shows, that to allow the Child Ego State to break the script there needs to be a powerful transaction on the permissions between the Child Ego States of the therapist and that of the client. If the therapist does not use this Ego State in changing the client, there will be no long lasting change, for this is what offers affirmation, permission and protection, thanks to verbal and non-verbal messages. Many TA authors are interested in the analysis of the physical part of the script: Berne (1957), Kahler, Erskine, and Downing (1995) for example. We look to Cornell (2003, 2009) for his interesting reflections on protocol processes and on the Child Ego State. The body in TA can be observed to make diagnoses, as a signal of the script or as backdrop of the script itself, for we share the idea that the body prepares, creates its structure, models physical, imaginative and perceptive schemes that uphold what will be the structure itself of the sensations, perceptions, emotions, imaginations, thoughts, and movements, a focusing that brings us back to reflect on the Child Ego States. In following Cornell, we have moved on from a vision of Child Ego States as a mere deposit of fixations arising from unsatisfied basic needs, so the therapeutic process must move toward a corrective or compensative modality. Through the discussion of some clinical cases, the theories of Ruggieri (2001) and Ferrari (1992) will be presented together with the reflections of Cornell and other TA authors to show how the implicit and procedural processes are always operating, precious sources in the process of change in the vital activities. We shall reflect too on the concepts of primary protocol and protocol, to highlight how, next to defensive and removed aspects, the implicit and procedural dimensions are constantly active and working, for they constitute the senso-motorial basis that cannot be overcome, to which the verbal one draws close, without ever substituting it.
References:
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THE SCIENTIFIC PRACTITIONER - THE MUTUALLY BENEFICIAL PROCESS OF RESEARCH AND PRACTICAL WORK

Johnsson, R. (STAF - Malmö)

Keywords: The Scientific Practitioner, Alliance, Core Conflictual Relational Theme Method, TA Psychotherapy, Theory Practice Research

The focus of this workshop will be on the cons and pros of doing research on your own clinical practice. The workshop will be based on my work with my PhD dissertation titled Transactional Analysis Psychotherapy – Three Methods Describing a Transactional Analysis Group Therapy (2011) a compilation thesis, based on material from a one-year long TA group Therapy with 10 clients. Three articles published in IJTAR covered empirical studies of three key areas of TA using three different research methods. The first study (Johnsson, 2011a) was about diagnosis and client assessment using TA´s Script Analysis and made as a reliability study. In the second study (Johnsson, 2011b) the aim was to identify different components in TA´s psychotherapy method with the use of Discourse Analysis and in a third study (Johnsson & Stenlund, 2010) the affective dimension of the Therapeutic Alliance was investigated. In the workshop I will focus on the last study. My PhD work was first developed through many years of TA training and practical work as TA psychotherapist. Then after 15 years it was tested in research work. There are differences in approach and attitude but with the workshop I want to show that there is a mutually beneficial process between the researcher and the practitioner. From my dissertation I will invite people to use one of my research classifications, the CCRT by Luborsky but it would be possible also to use the Ohlsson, Björk and Johnsson (1992) script checklist or my revised
version of McNeel's (1975) 42 sub-categories (components) as tools for deepening their understanding and efficiency as clinicians. From a researcher point of view I will invite the practitioners to be 'local clinical scientists' (Stricker & Trierweller, 1995; Stricker, 2002) and use a scientific attitude in their work.

References:


BIOGRAPHICAL WRITING AND TA
Koch, H A. (DGTA - Hamburg)

Keywords: creative writing, trauma, biographical writing, script, pattern, racket

Biographical writing as a part of Creative Writing could reveal patterns and rackets like working with the script (TA). The best case would be to integrate the writing into TA-fields for those cases that need a metaphor to enter the theme. The writing will open doors to complex and difficult topics. There are various examples of training units which could be applied for appropriate cases. Introduction and presentation of two cases with a successful TA-Therapy and Biographical Writing.
DEVELOPING RESILIENCE IN CRITICAL INCIDENTS: A THEORETICAL AND PRACTICAL APPROACH

Lapichino, S. (IRPIR - Venice), Fratter, N. (IRPIR - Venice), Anfuso, I. (IRPIR - Venice)

Keywords: Critical Events, Resilience, Trauma, Attachment Theory, Transactional Analysis, Critical Incident Stress Management, Socio-Cognitive Transactional Analysis

Survivors’ response to a critical incident can be either of resilient type or of traumatic one. In any case, that response is deeply subjective and depends on a combination of risk and protective factors. In this workshop, starting from a video-stimulus, we aim to show how you can read those two types of response with the Attachment, Transactional Analysis (TA) and Socio-Cognitive Transactional Analysis (SCTA) theoretical models. We want to highlight what Ego States are activated in case of response to a critical incident. We will demonstrate the application of an intervention instrument, linking it with the aforesaid theoretical approach, to stimulate and to facilitate the development of resilient responses in people who experienced critical incidents.

THE BILATERAL NATURE OF GAME(S): WHERE PROTOCOL COMMUNICATIVE PROJECTIVE IDENTIFICATION PROCESSES MEET

Leone Guglielmotti, R. (Auximon - Rome), Guglielmotti, F. (Auximon - Rome)

Keywords: Game, Project identification in the game, Exteropsycy, Archeopsycy, Deconfusion, Conflict, Adaptation modes, Behavioral pressures

The bilateral nature of game(s) highlights how the two players hook one another through a projective identification process in the failed integrations present both in the extropsycy and archaeopsycy introject. Generational dynamics of confusive attunements related to the respective unconscious worlds of parents and children set in motion an automatic neurobiological-emotional process aimed at survival, which is unintentional and uncontrollable (Fonagy & Target, 1997). In the individuals involved in the first steps of the game the conflict paradigm (projective identification) is acted out/displayed/manifested functionally through the Child Ego State in its three adaptation modes: Helpful-pleasing Child, Hurtful-rebellious Child and Helpless-complaining Child (Holloway, 1977; Woollams & Brown, 1978). Survival manipulative communicative-relational modes are a further attempt by both players to find relief from an archaic painful relational psychological conflict. Within the complex script plot the game represents an “as if” communicative-relational micro-process. A present-time transposition of a dysfunctional attunement in the intersubjective field of the
two players (Leone Guglielmotti, 2010). During the therapeutic process the analysis of the behavioural pressures acted out/displayed/manifested in the real relationship (Leone Guglielmotti, 2008) will favour the recognition of the adaptation dysfunctional dynamics, collusive in both the exteropsyche and archaeopsyche, connected/linked in a deep dynamic relation in view of a change desired, chosen and wanted by the individual.

References:

EXPLORATION OF PERSONALITY AND THE ROLE OF PSYCHOTHERAPY TRAINING

Marconcini, A. (IAT - Pisa), Bonino, D. (IAT - Pisa), Tangolo, A. E. (IAT - Pisa)

Keywords: Personality, Personality adaptation, Life experiences role, Effect of psychotherapy training

Everyday experiences, by means of people we met, environments where we are living, as well as our learning, are the starting point to develop our way to think, to behave, and to feel ourselves, the others and the environment: our script. Recent neuroscience studies demonstrated the role of everyday experiences in modifying our brain structure, connections, and functionalities, as well as the plasticity role in our cerebral structure adaptation to the surrounding world. Coherently with these ideas, epigenetic changes describe the deep influence of our experiences even on our DNA (desoxy-ribonucleic acid) structure (for a review see i.e. Tammen or Woldemichael). So multidisciplinary studies contributed to shine a light on the fundamental role of life experiences. Not only this, but those data confirm also TA (Transactional Analysis) theories about early experience influences on the individual script. This is the basic concept of personality adaptation theory. Here we present a preliminary project that we are planning, to explore the role of four years TA training in psychotherapy on personality characterization. We want to explore how personality features of TA psychotherapy students might vary after the training experiences.
During four years, students learn how to apply a specific dynamic psychotherapy approach, go through with an individual psychotherapy pathway, and an educational group psychotherapy. We hypothesized that all of those experiences could influence personality features. We decided to explore personality by administering a battery of selected questionnaires. Temperament, thinking style, personality features, adaptation abilities, and possible psychopathological expressions were investigated through the MMPI-2 (Minnesota Multiphasic Personality Inventory – 2). We took a look on personality adaptation with the Personality Adaptation Questionnaire of Joines. Eventually, we decided to introduce the SCID-II (Structure Clinical Interview for DSM IV Axis II Disorders) to investigate possible personality disorders.

**WORKING ON DREAMS IN CLINICAL PRACTICE: ANALYTIC PSYCHODRAMA DANCES WITH TRANSACTIONAL ANALYSIS**

*Marsala, L. (IRPIR - Alcamo), Mineo, A. (IRPIR - Palermo)*

Keywords: Dreams, Jungian Analytic Psychodrama, Integrated approach, Psychodynamic, Group, Imaginal, Symbolism

If “a dream is an awakening that begins” (Freud) and “every interpretation is an hypothesis, a mere attempt to read an unknown text” (Jung), our proposal - which is concerned with clinical work on dreams - is an experience in which two different models combine each other, in order to decode the signs of this unknown text, represented by dreams. Scilligio draws attention to the relevance of the “meaning” attributed by the dreamer to his own dream. Dreams are seen as an extension of the existential meanings and personal narrations as a tool of identity development. In the proposed model, the dreamer tells, lives the dream and put it into the context of his own life - present, past and future life - through a three-stages process: expository, identifying, correlative narration. Therefore it is possible to expand the conscious and unconscious meanings of the large storage of individual awareness. Jung has also underlined the relevance of dream “meaning”, starting from the importance attributed to the mythopoetic function of unconscious, appreciating the centrality of creative fantasies and dreams on expressing an alternative point of view (the unconscious one), fruitful and corrective to the one-sidedness of conscious thinking: the “imaginal function”. Transactional Analysis, whose roots are embedded in psychoanalysis, cannot disregard the clinical relevance of dream, as a weighty element of therapist-patient communication, and as a message
coming from creative and imaginative unconscious. The work on dreams proposed by Scilligo integrates trans-theoretical elements and increases the opportunities to use dreamlike material in treatment. Jungian Analytic Psychodrama extends further the representative scenario and offers additional therapeutic work spaces through the dramatization of the dreamlike elements. In our proposal we intend to make links and connections between these two models, combining other work dimensions with transactional analysis, recovering the psychodynamic roots of Berne’s model and its capability of working in the depths. We believe that such a recovery could develop new opportunities in the transformative aspect of therapeutic work.

**DIA-GNOSIS: A RESEARCH AND KNOWLEDGE PATH "BETWEEN TWO"

Martucci, M. (AIAT - Turin)

Keywords: Relationship with, empathy, Understanding, Diagnosis historical, social, behavioural and phenomenological

DIA-GNOSIS: a research and knowledge path “between two”. The path-diagnostic process is mostly understood and used as a method of personality or framing of the disease, often for purposes exclusively Nosological. The author, in his work, considers the process of diagnostic knowledge a central and essential part of an analytic or therapeutic relationship. Analytical report is unique and unrepeatable therapeutic as is the process of co-knowledge that inside is realized. Through the three moments and movements that embody the "journey of the wayfarers": reception, listening and accompaniment, the knowledge-of-two, is, in fact, the diagnosis. From this location co-knowledge, according to the author, and the pace becomes livable - involving both educational travelers.

**WHEN SPIRIT COMES TO MIND: FUNDAMENTALS FOR ADVANCING TA THEORY AND “RESEARCH” ON SPIRITUALITY AND RELIGIOUS PSYCHOPATHOLOGY

Mellacqua, Z. (EATA, ITAA - London)

Keywords: God(s), Religion, Spirituality, Meta-metaphysics, Transcendence hunger, Spirit, Religious psychopathology

In this seminar, drawing on comparative religion studies, the presenter re-examines the main epistemological ideas underpinning the original TA theory of personality, which have intriguingly resulted in some sort of God exclusion in Berne’s thinking. Moving from the pioneering work of Muriel
James on the “Human Spirit”, the presenter returns to Berne’s humanistic reflections on the problem of “man’s essence or Self”, opening a renewed opportunity to critically review the best known TA contributions available in the broad-ranging area of religious and non-religious spirituality. Then - through the presentation of clinical cases - an argument is offered for the need to further advance the TA understanding of spirituality and its rather complex interfaces with religiosity and religious psychopathology, that are often responsible for the existential dilemmas and more practical challenges clinicians face when they relationally deal with religious and spiritual experiences of patients. Finally, future directions are offered for the development of clinical research in this field including a call for in-depth qualitative research and longitudinal studies.

TA RESEARCH ON A SYSTEMIC BACKGROUND
Mohr, G. (DGTA - Germany)

There are some schools in TA which currently develop new theoretical ideas. One of them is the systemic approach particularly in the German systemic transactional analysis as it is applied in organizations. Systemic thinking has a lot of consequences for research. The world is no longer as it was before. Being a construction of the observer all research has to start with this observer. It is not only Habermas’ old hypothesis of the interest of the observer, it is the fact that all research about the human being is the result of communication. There is no direct way to the psyche. MRT or Computer tomography don’t represent feelings. The human system itself is only a limited address to be asked because of different levels of consciousness and subconscious information.

TA TREATMENT OF DEPRESSION: AN OUTCOME-ORIENTED CASE STUDY RESEARCH: THE SIMPAT CASE
Musso, R. (SIMPAT - Rome), Filanti, S. (SIMPAT - Rome)

Keywords: Relation, Research, Systematic Case Study Research, Hermeneutic Single Case Efficacy Design, TA Treatment of Depression

This study is part of an Italian series of systematic replication of Hermeneutic Single Case Efficacy Design to demonstrate the efficacy of Transactional Analysis as a treatment for Depression. A rich case record with quantitative and qualitative data was collected and analyzed by two teams of researchers in order to develop arguments either for or against 1) claim that change occurred, 2) therapy effect on change, 3) mediator and
moderator factors of change. Finally, a panel of independent judges come to a verdict about the quality of the outcome and the factors of change. Qualitative data include Change Interview at the end of the therapy (CI) and helpful and hindering aspect of each session (HAT). Quantitative data include instruments for depression (PHQ9, HAM-D), distress (CORE) and Personal problems (PQ). Simpat is a 30 year old Italian female with DSM5 diagnosis of Major Depression, with Histrionic and Dependent traits. She is employed and lives at home with her mother and sister. Demand for treatment came after the separation of her parents that took place after the umteenth betrayal of her father. She describes herself as very sad. She has a tightness, difficulty concentrating. She received 16 sessions of a manualized transactional analysis treatment for depression, designed considering her personality. Within the framework of the research project, adopting a mainly cognitive protocol (typical of a qualitative research project), it was observed how the transactional analysis methodology produced positive changes in the patient. The strengths emerged from therapeutic relationship in a vision of ok-ness. On the basis of the personal model of Romanini, which underlines the uniqueness and unrepeatability of each individual “person”, therapeutic intervention focused on recognizing the strengths of the patient who thus allowed herself to be herself, to be important, to feel good. Once the therapeutic relation was established, the alliance, the empathy and the intimacy allowed her to experience the opportunity to trust others and herself, to feel power and to come out of her depression. As a result of ongoing supervision, the therapist was able to concentrate on her own countertransference, which thus became a valuable tool in the therapeutic relationship. This study partially supports the efficacy of TA treatment for depression and suggests that TA manualized treatments may be enhanced by considering a patient's personality traits.

**HOW TO WORK RELATIONALLY WITH A COUPLE WITHIN A STRUCTURED FRAME AND LAUNCHING RESEARCH ON THE EFFECTIVENESS OF TA COUPLES WORK**

Miller, J. (UKATA - Winchester)

Keywords: couples work, relationships, working relationally, research

Transactional Analysis offers a range of interventions to work with couples, yet often TA psychotherapists and counsellors appear to avoid this work. I see this partly due to the lack of training on this subject, being able to work with one client doesn't equal feeling equipped to work with two, plus what I
perceive is some anxiety and even fear in doing the work. When preparing for my CTA viva I would often hear peers say that once they had the couples tape they wouldn’t go near this work again. I see this as a pity and a missed opportunity to get TA out into the wider world. In light of this I have designed a “how to” model of working with couples. It’s called The Key to Couples Work. In the programme I deliver a nine session model and explore the impact on the practitioner in undertaking this work. My proposal is to bring a section of this workshop where I look at working relationally with a couple plus introducing some of the layered model I use. I would like to then ask the participants to partake in some research; I am also asking my own students to do this. My aim is to gather data to help prove that TA is an efficient and potent model to work with couples. I use my model working with any two people who would like help in their relationship, heterosexual, gay, lesbian couples and any two family members for example mother and daughter relationship’s. Working within a structured frame with a couple I have found then frees me to fully engage with each of them. I can hold in mind the model and our therapeutic contract thus reducing my anxiety of how I’m going to work with two clients who are often in a state of high affect. The feedback I have received from my courses has been highly positive, often mentioning how the practitioner feels equipped and thereby confident to undertake the work. Working relationally with a couple: in my country (UK) the training in couples work often starts from a place of “the practitioner has a relationship with the couple’s relationship, not the couple as individuals”. I came across this both within the TA world and other modalities. I began to realise that I was experiencing my couples work as becoming awkward, I felt as thought I was moving from a place of working smoothly and competently to one of difficulty and almost obstructiveness. On reflection I realised that I was being different, from fully engaging with an individual I went to a place of attempting not to fully engage with a couple, this began to feel like an awkward dance and certainly not as therapeutic for the work as I would like. Working within this frame frees the therapist to be open to what might emerge. “But let the frame of things disjoint, both the worlds suffer” (Macbeth Act 3, Scene 2.William Shakespeare, 1623).
CODEPENDENCY: A TRANSGENERATIONAL SCRIPT
Noriega, G. (Instituto Mexicano de Análisis Transaccional - Mexico City)

Keywords: Codependency, Transgenerational scripts, Psychotherapy, Codependency Instrument (ICOD)

Codependence is a relational disorder that often, but not necessarily always, occurs in conjunction with familial alcoholism. Previous research has shown that various etiological factors resulting from recurring stressful circumstances experienced in childhood or adulthood may contribute to this relation. To examine the prevalence of codependence and its predictors, a cross-sectional study was conducted among a population of 845 young women seeking primary health care in Mexico City. A prevalence of 25% of codependence was found. The Codependence Instrument (ICOD) will also be presented.

THINK ABOUT THE MIND: THE RELATIONSHIP AS PATH REPAIRER OF TRAUMATIC EXPERIENCES IN BORDERLINE PERSONALITY DISORDER
Panella, F. (IRPIR - Rome), Cherri, G. (Auximon - Rome), Piermartini, B. (IRPIR - Rome)

Keywords: Borderline Personality Disorder, Psychotherapy interventions, Traumatic experiences

The workshop aims to stimulate the participants in a discussion on the therapeutic work with clients diagnosed with Borderline Personality Disorder (BPD). A clinical case, some theoretical TA contributions, integrated with different theoretical perspectives, the use of ad hoc movies, combined with small group experiences, will enable participants to reflect on the management of the social and emotional worlds in clients with BPD. It will highlight the link between disorganized attachment, trauma and inability to build a representation of himself and other. Presented therapeutic work will show how the integration of traumatic archaic experiences of the client is possible within a relationship, which is the one with the therapist and the psychiatrist, through which is developed reflective function and self-narration of the Adult, making possible to think of his mind and that of the other.
A SOUL IN THE RESEARCH: AN EATA RESEARCH PROJECT FOR PRACTITIONER/RESEARCHER TRANSACTIONAL ANALYSTS

Piccirillo, C. (AIAT - Turin), Ventriglia, S. (AIAT - Caserta)

Keywords: Hermeneutic Single Case Efficacy Design, Transactional Analysis Treatment of Depression, Systematic Case Study Research

In 2013, in cooperation with the University of Padua, the University of Chieti-Pescara and the University of Salford (UK), AIAT developed a research project for spreading the Hermeneutic Single Case Efficacy Design (HSCED) within TA Italian schools and associations. The project was approved and financed by the EATA Research Committee. The HSCED is a sound methodology and may support transactional analysts in their effort to obtain TA recognition as an Empirically Supported Treatment (EST). At the same time, HSCED allows us to investigate the change experience of the suffering persons, and the self reflection of practitioners, that in turn allow theory refining and developing. The project was implemented first at the CPD (Padua), Logos Centre (Caserta), ITAT (Turin) and then extended to ITACA (Bergamo), SIFP (Rome), SIMPAT (Rome) and EleutheriAT (Rome). Each Center received training and support in order to become progressively autonomous in both implementing HSCED within routine clinical practice and publishing research articles. The first centres to start were the CPD in Padua, the Logos Centre in Caserta and the ITAT in Turin. Later on further centres joined: ITALA, SIMPAT, SIFP and EleutheriAT. The aims of this project were: To publish case study researches on IJTAR, providing systematic replication of evidence supporting TA treatment for Depression; To create a network of practitioner/researchers able to conduct HSCED research, committed in the effort of sustaining TA recognition as an EST; To spread TA research outside the boundaries of TA literature, through reviews and meta-synthesis published on scientific journals recognized within main databases (e.g.: SCOPUS). Rationale for this project will be discussed and first results will be presented.

THE TREASURES AND TRAGEDIES OF SCRIPT PROTOCOL: THE NON-CONSCIOUS FOUNDATIONS OF ONE’S PERSONALITY

Pierini, A. (SIMPAT - Rome), Cornell, W. (ITAA - Pittsburgh - USA)

Keywords: Script protocol, Non-concious processes, Therapeutic relationship, Rupture, Impasse, Development of script, Neuroscience

The theoretical elaboration of Berne’s concept of protocol is one of the most revolutionary advances developed in TA in the last 10 years. It links the

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core concept of script to contemporary developments in the understanding of unconscious processes, neurosciences, implicit memories, and the relational approach. In the workshop the presenters will consider both the importance of protocol in building the script and its implications for practice. The attendees will have the opportunity to learn more about the intrapsychic and interpersonal functions of protocol and how it develops from intrauterine life through the childhood. Some connections with brain development, neuroscience research, and the impact of significant relationships on it will be described. Attendees will be offered experiential learning through exercises and some videos clips. Once the “working couple” of the therapeutic relationship moves beyond attention to the symptoms and issues that are within conscious/cognitive control, uncertainty, vulnerability, and potential intimacy begin to emerge as the therapeutic dyad (or group) moves into unconscious realms of experience and interaction. These are the times when the unspoken protocols of family and culture may emerge. If unrecognized and unaddressed, the work may come to an impasse or rupture.

TA TREATMENT OF DEPRESSION: AN OUTCOME-ORIENTED CASE STUDY RESEARCH - SARA

Revello, B. (AIAT - Turin), Piccirillo, C. (AIAT - Turin)

Keywords: Systematic Case Study Research, Hermeneutic Single Case Efficacy Design, TA Treatment of Depression

This study is part of an Italian series of systematic replication of Hermeneutic Single Case Efficacy Design to demonstrate the efficacy of Transactional Analysis as a treatment for depression. A rich case record with quantitative and qualitative data was collected and analyzed by two teams of researchers in order to develop argument either for or against 1) claim that change occurred, 2) therapy effect on change, 3) mediator and moderator factors of change. Finally, a panel of independent judges come to a verdict about the quality of the outcome and the factors of change. Qualitative data include Change Interview at the end of the therapy (CI) and helpful and hindering aspect of each session (HAT). Quantitative data include instruments for depression (PHQ9, HAM-D), distress (CORE) and Personal problems (PQ). We will present the results for Sara, she is a 60 years old Italian female with DSM5 diagnosis of Depression and narcissistic traits. She has lived through some mourning in the last few years.
received 16 sessions of a manualized transactional analysis treatment for depression, tailored to consider her personality.

THE SCRIPT AS PERFECT FUTURE: AN OLD AGE FOR A NEW PROSPECTIVE

Riccioli, E. (IRPIR - Rome), Adorno, V. (IRPIR - Trapani), Fiorica, V. (IRPIR - Palermo), Zaccarello, G. (IRPIR - Siracusa), Pistritto, P. (IRPIR - Palermo)

Keywords: Keywords: script, desire, need, present time, future, memories, subjectivity, out program, singularity

Inspired by our interest about "beyond" towards which Transactional Analysis theory develops, in this work we will reflect on the possible relations between the script (Berne, 1961, 1966; Cornell & Landaiche, 2008; Tosi, 1993, 2010) and desire (Riccioli, 2014), outlining the scope and methodology of psychotherapeutic interventions. One has the flavor of adaptation, the other a foretaste the research. Our aim is to, through clinical cases, illustrate the hub of the script, its possible resolution when the present meets the future in a new being time, which is the perfect future (Lacan, 1966), called in Latin futurum exactum. We will use this verb form to open an issue that affects not only the script as a container of past and bad memories (childhood, and injunctive and contro-injunctive equipment) or beliefs taken from the child on the basis of unmet needs (English), or yet, such a reconstruction of its original story, but above all as an opportunity to regain possession of desire and its vicissitudes through a human temporality that is future-oriented. In this work we will resume Heidegger's idea, in which he conceives the person as a subject always in power who specifies how the story is a past only as a historical context for the present. Then, we will compare the concept of need with that of desire, starting from the Bernian concept which considers the objective of script analysis to "close the show to start one that is better" (Berne, 1961), determining not what is the best alternative for the patient, but helping him to learn and re-learn from what desire is moved in his actions, what is its contaminated thrust, to help him to find his personal search of a generative enjoyment and fruitful happiness, keeping alive the quest for the new and the not yet known. In this paper, we propose to highlight how this opening of the script to the future is actual and active, identifying signs through which it tries to make its own presence in relationship. In our contribution we will prepare to locate this script opening to the future as actual and active in the rhythm of each session and how to access it if we can ask ourselves, when we listen to the

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breaking points in the narratives known by the patient, the clinical manifestations we encounter (slip, blunders, contradictions etc.). From the methodological point of view, this can open and, at the same time, mark the clinician intervention because it requires to stop at this time on the border between past and future, to cross territories that go beyond beliefs, diagrams and explanations. In this paper we will focus, therefore, on the signs through which the power of script opening tries to make itself present in the psychotherapeutic relationship, identifying the sequences as well as urgent transference, which mark a new temporality that, rather than a property of this revival that has already been or of a research of satisfaction or compensation eternally equal (more than a continuous repetition of what has already been or equal eternally a search of a satisfying or repair), offer and open unusual encounters with the singularity of the subject's desire.

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STATES (UNITED) OF EGO: THE SUBJECT BETWEEN STATES OF DEMOCRACY AND EGO-CRACY
Riccioli, E. (IRPIR - Rome), Inglese, R. (IRPIR - Rome)

Keywords: Ego, Subject, Boundaries

In this paper, we will focus on the concepts of the Ego State. Starting from Berne’s theory (1961, 1966), we will work on the concept of Ego trying to understand whether this concept is coincident with the consciousness or, rather, it is a content of it, since a part of literature (as Sartre, 1936; Lacan, 1978, 1991; Gault, 2009; Tricarico, 2009) more skeptically suggests that Ego does not overlap with the subject. These issues, for us preliminary, revolve around the theme of subjectivity. The concept of Ego, declined in
the various States (Parent, Adult and Child), will be the starting point of this presentation whose aim is to analyze whether the Ego state is a unifying experience, or rather if it intrudes, as an ideal image, between the subject and the actual experience of self. This presentation, furthermore, aims to map the territory of the Ego in order to understand whether its nature is characterized by an harmonious democracy of Ego, States and boundaries as the individual experiences them, or we are in a territory ruled by an Ego-cray. Our wandering along the lines of these issues will take us to meet the thought of Sartre (1936) and, above all, of Lacan (1978, 1991) which bring us to notice that we should be careful, when talking about definitions and concepts of psychological area, such as that of Ego, as they find support in the same language that establishes them. In this respect the aforementioned authors have pointed out the risk of sustaining an equivalence between thought and subject. This symmetry is important to us because it identifies an issue linked to the Ego, and especially to the subject, whether he is the result of the cogito, of thought, of rational consciousness, aware of the narrative of his own experience or if he comes from another place (genesis) as we will try to argue. This final note is linked to and completes this brief presentation of the work in which we will reflect on the position taken by the Ego in the theoretical consideration of psychotherapy looking through some questions, in order to go beyond the boundaries of personal and consolidated theoretical certainties.

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PERCEPTION OF SELF AND EGO STATES

Roccia, A. (SIFP, La Sapienza University - Rome), Crea, G. (La Sapienza University - Rome), Montovan, A. (SIFP, La Sapienza University - Rome), Paizzolo, P. (SIFP, La Sapienza University - Rome)

Keywords: Ego States, ANINT, ESQ-R, Psychic energy, Functional ego states, Transactional analysis, Self perception

Self is a multi-faceted aspect of mind: it can either be conceived as a component of mind that perceives reality (self-knowledge), or someone's perception of himself as object of knowledge (self-perception). Many psychologists, like Kohut or Winnicott, focused on this concept. Berne (1961) describes Self as a changing experience that can move across Ego States borders, with psychic energy shifting through them, depending on circumstances. A target of this study is the comparison of two typical questionnaires investigating predominance of specific Ego States over others, in relative terms: ESQ-R and ANINT; first one refers to functional aspects of Ego States in the framework of Transactional Analysis classical theory, second one relates to Socio-Cognitive Transactional Analysis (SCTA). The group studied consists of 115 non-clinical adult subjects, 50 adult males, 65 females. Statistic analysis shows that ESQ-R differentiates the Critical Parent from the Nurturing Parent in a drastic, dichotomous way: on one hand, CP only appears depicted as a solely negatively-biased Ego State, ignoring possible positive aspects of normativity; on the other hand NP is coarsely portrayed like a prototypical positively-biased Ego State, that dismisses negative aspects like smothering or self-entanglement. The same drastic split can be noticed between the Free Child and the Adapted Child. Results concerning the Adult emphasize as well incompatible aspects between ESQ-R and ANINT. Eigenvalues on the rotated factor loadings matrix justify the presence of three dimensional clusters in SCTA, that we called: Hostility towards themselves, Loving affirmation of Self, Self entanglement. Multiple regression stepwise points out CP, AC, A dimensions, in ESQ-R, as predictors of the first cluster (Hostility toward themselves); FC, AC as predictors of the second one (affirmation of self), NP, A, AC as predictors of the third group (Self Entanglement).

References

TRANSACTIONAL ANALYSIS AND INTENSIVE SHORT TERM DYNAMIC PSYCHOTHERAPY: INTEGRATION OF MODELS AND COMPARISON OF TECHNIQUES THROUGH PSYCHOTHERAPY VIDEOS

Sambin, M. (AIAT - Padua), Scottà, F. (AIAT - Padua)

Keywords: Transactional Analysis, Intensive Short Term Dynamic Psychotherapy, Psychotherapy, Integration, Davanloo, ITAP

The history of “short term” dynamic psychotherapy runs alongside dynamic theories, starting from their origins. In the workshop we will discuss the most important theories developed by authors like: Ferenczi, Rank, Mann, Malan, Sifneos, Gillieron, Davanloo, Fosha, Osimo. After that we will focus on ISTDP, Intensive Short Term Dynamic Psychotherapy, of Davanloo exploring his theoretical ideas and his techniques in psychotherapy through the means of authors like J. ten Have de Labije and Allan Abbass. During the presentation we will show how it is possible to integrate Transactional Analysis with ISTDP theoretically and technically and we will focus on the exploration of a new idea of technique called ITAP (Intensive Transactional Analysis Psychotherapy). We will do this initially through a clinical vignette and secondly through videos of real therapies.

ALCOHOLIC SCRIPT DIVERSITY – VARIOUS FORMS OF SUICIDAL AND NON-SUICIDAL SELF-DESTRUCTIVENESS


Keywords: Transactional Analysis treatment of alcohol dependence, Alcoholic script, Self-destructive behavior, Alcoholic personality, Alcoholic marriage, Episcript, Self-narrative, Attachment style

A number of TA concepts and models have proved very useful in describing and understanding well-known and newly-described phenomena of alcohol dependence. For instance, based on Menninger's conceptualization of alcohol dependence as a self-destructive behavior, we have identified a statistically significant (p<0.05) increase in the Don't Be injunction on a following continuum: clients without suicidal ideation; clients with suicidal ideation; clients who attempted suicide (Shustov, 2005). Using statistical methods, we have singled out 7 groups of alcohol-dependent clients: clients with (1) classical suicidal self-destructiveness; (2) family self-destructiveness; (3) somatic self-destructiveness; (4) professional self-destructiveness; (5) antisocial self-destructiveness; (6) self-destructiveness through risky behavior; (7) co-morbid group (Shustov & Merinov, 2000). An analysis of correlations between personality disorders according to the
PDQ-IV test, Pearl Drego's questionnaire, and characteristics of the aforementioned types of self-destructiveness has shown that there are statistically significant correlations between the Borderline Personality Disorder and classical suicidal behavior (Group 1); Antisocial Personality Disorder and Groups 5 and 6; the Narcissistic Personality Disorder and professional self-destructiveness (Group 4); the Paranoid Personality Disorder and family self-destructiveness (Group 2) (Novikov & Shustov, 2013). We have also identified a number of significant self-destructive traits of an alcoholic marriage and described its types and the role of the episcrit (Merinov & Shustov, 2012). Interesting regularities in the family transfer of the alcoholic script have been identified in adolescents and adults suffering from alcohol dependence (Shitov & Shustov, 2006) and during the investigation of specific features of attachment styles, self-narrative and self-destructiveness in alcohol dependent clients (Fedotov, Shustov & Tuchina, 2014).

References:

THE SCRIPT OF JEWISH CULTURE AND TRANS-GENERATIONAL TRANSMISSION OF TRAUMATIC EXPERIENCES

Spagnolo, S. (IAT - Rome)

Keywords: Transmission of traumatic experiences

The work presents a reflection on the development of the cultural script of Jewish people and on trans-generational transmission of traumatic experiences of the survivors of the Shoah. The considerations are the result of my own experience because I belong to a Jewish family from generations; I am the daughter of a Jewish mother living during the Nazi
persecutions. The work describes the development of Jewish culture in the process of adaptation to the external environment and the forming of functional behaviour patterns for survival and coexistence with other cultures. We will consider the archetypal image of the treacherous, unpleasant Jew, diffused in the European culture for a long time, and the influence of these prejudices on the psyche of Jews and in the development of individual scripts. Also, a reflection on trans-generational transmission of traumatic experiences is suggested. The surviving Jews from the Nazi persecution wanted to forget the tragedy, using the psychological defenses of repression and denial. In this situation there was the risk that their lives were based on a sense of insecurity and existential anguish. The painful and frightening emotional experiences were relegated in the unconscious. Probably these emotional experiences have remained still active, filed in Child Ego States. The emotional experiences could be handed down to the children, causing them anxiety, sense of insecurity and difficulty in taking root. These children may take care of their inferiority and shame feelings only through a deep analysis of script, of the images full of repressed feelings. In this way they can acquire confidence in themselves and decide again on their fate.

**HERMENEUTIC SINGLE-CASE EFFICACY DESIGN FOR TREATMENT OF DEPRESSION IN ADOLESCENTS: THE I.T.A.C.A.'S MODEL**


Keywords: Hermeneutic single-case efficacy design, Adolescents, Depression

This work offers a contribution to the research for a model of transactional analytic treatment of depression in adolescence, amenable to experimental verification through the use of validated tools. Depression in adolescence is a highly complex phenomenon that requires appropriate pathogenetic models, diagnostic and treatment plans. Widdowson has provided a TA model for the treatment of depression following the basic concepts of the TA schools. The model is divided into 12 points and represents an operationalization, useful both clinically and in research. From this work Widdowson has conducted several studies to evaluate the effectiveness of the TA treatment for major depression and, in Italy, Dr. Benelli and colleagues are working to carry out several studies following the same protocol in order to enhance the literature on the subject. Despite this attention to the structuring of intervention protocols for adults, there was not
a clear protocol for adolescent clients, a population in which depression is a highly prevalent disorder, but where the structure of a common diagnostic and treatment plan is remarkably complex. In this paper, the authors propose an integration of the 12 points presented by Widdowson to make them accessible to clinicians who works with adolescents (Capoferri & Morena, 2013) with describing the characteristics of the treatment taking in mind the fragility, the risks and potentialities of this stage of life. This in order to structure the criteria that can be applied to single case studies with adolescents and also to other research projects in general. A modification of the original research project, as defined by the research group of I.T.A.C.A., is also proposed, so as to make it possible to realize single case studies with adolescent clients. The proposed instruments and the first preliminary results of the project are discussed.

References

GROUP IMAGO AND DREAMWORK IN GROUP THERAPY
Tangolo, A. E. (IAT - Pisa), Rosa, S. (IAT - Pisa)
Keywords: Dreamwork, Psychotherapy, Group therapy
This paper describes the use of dreamwork in group therapy, analyzing the narration of dreams with particular emphasis on the evolution of the group imago over time. The model is that of an exploratory analysis, with emphasis on the creative process of the dream and on the co-creation of the discussion about the dream in the context of the group. In particular, we shall here describe dreams narrated and analyzed in the group setting, in which the focus is on the analysis of the group imago and on the way in which, in the process of de-confusion and healing, this imago is modified and differentiated by the script themes, enriching the inner and interpersonal world of patients with new healing and integrative experiences. The dreamwork method that we utilize here follows the ethical rules described by Bowater (2003, 2013) and Bovather and Sherrard (1999, 2011) summed up in the following key words: ownership, respect, privacy, dialogue, meaning and caution.

References
“ALIEN IN MY BODY”: AN AGONIZING INTEGRATION PATH BETWEEN SEXUAL IDENTITY AND GENDER IDENTITY

Settanni, A. S. (SIMPAT - Rome)

Keywords: Gender identity disorder, Transsexualism, Gender Identity, Transsexual script

Transsexualism represents the extreme limit in the spectrum of gender identity disorders and is characterized by the request for operations for sex reassignment surgery (GRS). In the international nosographic system of DSM-IV (American Psychiatric Association – APA, 1994), transsexualism is positioned in the diagnostic category of gender identity disorder (GID) and is related to those individuals that show a pervasive and stable identification with the opposite sex, a lasting awkwardness relative to own anatomical sex and feeling an inappropriateness in playing the role of the expected gender. Specifically, DSM-5 indicates gender dysphoria as characterized by evident pain related to the inconsistency between expressed/experienced gender and the gender assigned at the birth. 

Research Plan: The following study is a descriptive research on transsexual script that aims to obtain an accurate representation of what happens on a level of injunctions, counter injunctions, decisions, life plan, existential position, games, extortions and contract. Meanwhile, this research is also correctional, indeed it is useful to describe behavioural indicators of the variable object of the study, that is of the script, in regard others factors like personality disorders of axis I and II, and attachment relationships with the parental figures. 

Sample: Patients asking for a sex change at Gender Identity Disorder Centre. 

Inclusion criteria: Persons fulfilling requisites for a transsexualism diagnosis. 

Exclusion criteria: Patients with psychiatric disorders (schizophrenia, delusional or schizophreniform disorder according to the DSM IV-TR criteria, dementia, organic mental disorders, mental retardation and others cognitive disorders, psycho-active substance dependence). 

Purpose: The aim of the plan is to reveal the life script of the transsexual in order to arrange a suitable therapeutic intervention, that allows the therapist to identify the actual patient needs so that the contract and the objectives during the therapy are suitably defined. The key objectives are: Injunctions can be counter-productive for physical and
psychological well-being if they do not preserve flexibility and adjustment to new circumstances: make a deepened analysis of the present injunctions in the script of the transsexual patient; Observe the transsexual patient’s life script; Evaluate the disorder's presence or absence on axis I and II; Measure the relationship quality that the person has with the father and mother.

**Method:** The study involves all patients making a request of a surgical reassignment of sex at Gender Identity Disorders Day-Hospital of Policlinico of Bari. The following tests will be administered to transsexual patients responding to the inclusion criteria: Espero Questionnaire; Script Questionnaire; Parental Bonding Instrument (PBI); SWAP-200.

**Conclusions:** Revealing the fundamental characteristic of the transsexual patient life script, recognizing the constricting elements of the script (injunctions, decision, curse, etc.) that inhibit the innate potentiality of the person, could help the individual to reformulate work objectives in contracts that aim for the individual's development to pass the bottlenecks of “projected script” allowing “a lengthened membrane delimiting of personality structure”

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**SYSTEMATIC COLLECTION OF DATA IN TRAINING CLINICS ACCORDING TO THE SCTA MODEL: A DATA BASE FOR TA PSYCHOTHERAPY RESEARCH AND A RESOURCE FOR CLINIC AND TRAINING**


Keywords: training clinic, psychotherapy, Social-Cognitive Transactional Analysis, research, database

Six training clinics (Center for Prevention and Intervention, CePI) of four training schools in psychotherapy connected with IRPIR adopt a common format of psychotherapy (2 intake sessions, 21 therapy sessions, 2 follow-up at two and six months) conducted according to the model of Social Cognitive Transactional Analysis (SCTA) (Ceridono & Bastianelli, 2013). The training clinics follow a common protocol of data collection through questionnaires and audio-recording of all therapy sessions. The data collection is carried out for clinical, training and research purposes (Bianchini & Ceridono, 2011). The questionnaires are used to observe variables about the clients, the process, and the outcome. A dedicated
software has been produced to elaborate the scoring of questionnaires and to
save data with a coding system that protects the privacy of clients and
therapists. Data are exported to a server and assembled in files according to
the research interests. Statistic elaborations are conducted with the software
“Statistic”. Some results of group studies of outcome and process-outcome
are reported in Ceridono and Viale (2013), Ceridono (2014) and Lucernoni
et al. (2014). The questionnaires are compiled at different times (intake,
during therapy, end of therapy and follow-up) by clients, therapists and
observers. The discussion of intake data is included in the decision-making
of taking on the client and to make diagnosis and case formulation. Data are
also used in case discussion and supervision. Audio recording of sessions
are analyzed in supervision and may be a source for micro-analytical
sequential research to integrate process-outcome designs (Elliott, 2010).
Further qualitative data collection is under design to study helpful factors
for the change process (Elliott, 2010). The data collected are used by
trainees in the redaction of the clinical cases for the CTA written exam.

References:
THINKING OF SOMATIC ILLNESS: A THEORETICAL APPROACH TO IMPASSE THEORY

Tenconi, P. M. (CPAT - Milan)

Keywords: Somatic disease, Impasse, 3rd degree, fourth-degree, Countertransference, Somatic Countertransference, Body, trans-generational, Intuition, Confusion

I think of somatic illness as a possible result of trans generational pain. My hypothesis is that a “relational silence”, likely to be fixed in the Child Ego State, may result from a care-giver suffering from an unshared pain. Referring to the Hargaden and Sills' (2001) model of the Development of the Self, I take into consideration a not-integrated micro area that I call “enclave”, laying at the intersection between P0 and C0 that corresponds to a Core Self emerging. The “Enclave” represents a silent splitting, a mortified area from which a somatic disease might develop, particularly in "sensitive periods", as at the beginning of the independent life, after giving birth or following a separation. According to this model, the Enclave represents the core of Confusion, the silent side of the deep impasse. Starting from Goulding's (1974) original theory, through the work of Mellor (1984), the 3rd degree impasse requires us to look at the Protocol. As Cornell (2010) writes, when we work at the protocol level, our interventions will fundamentally be somatic and experiential. The sudden onset of somatic disease in a young woman, who had just re-decided about a 2nd degree impasse, led me to rethink about the deep impasse. The intense countertransference activated by the story of the mother's pain allowed me to feel in my body the original maternal emotion and this is why I came back to Erskine’s Fourth degree impasse (1979), using it as a tool to mark the transition of the overwhelming emotion from parent to child and, then, the starting point of the impasse. I wonder if this concept, as redundant as some might consider it, could be useful to describe and support the therapist's intuition along the defining process of the "apparent lack of intersubjectivity" typical of the 3rd degree impasse. The aim of therapy is building a bridge to bring affect and sense to the unintegrated area, solving the confusion.

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THE DEVELOPMENT OF SCRIPT (IN DSM-5 TERMS: PERSONALITY DISORDERS) ILLUSTRATED WITH FILM-FRAGMENTS

Thunnissen, M. (TA Academie - Bergen op Zoom)

Keywords: DSM5, Script, Personality disorders

Script is one of the core concepts of TA theory. Berne’s rather rigid view of script (1972) has been adapted over the years, due to research and publications by several authors. Cornell (1988) emphasized the role of adaptation and resilience in script formation. English (1988) saw script as an existential life pattern that gives meaning to reality. Erskine (2010) described script as an unconscious relational pattern, developing at moments lacking contact between parent and child. Thunnissen (2010) connected script theory to Yalom’s existential theme’s (meaninglessness, existential isolation, freedom and death) and illustrated this with the stories of Harry Potter (Rowling). In this workshop the presenter gives her views on script and connects these with the diagnostic model of personality disorders in DSM-5.

References


RESEARCH AND PRACTICE OF A TA-BASED INPATIENT PROGRAM FOR PATIENTS WITH PERSONALITY DISORDERS

Thunnissen, M. (NVTA - Bergen op Zoom), Sebregts, P. (NVTA - Tilburg)

Keywords: Research psychotherapy, Personality disorders, Inpatient psychotherapy

In the Netherlands, there has been quite some research in TA based psychotherapy programs in the last decade. The first study was the PhD research of Moniek Thunnissen which she finished in 2007. In this research she proved the effectiveness of a 3-month inpatient TA-based program for patients with personality disorders. This research was followed by a multi-centre study in which the programs of six different hospitals in the
Netherlands were compared. These programs, all for patients with personality disorders, had different formats: outpatient, day-treatment and inpatient treatments, different lengths: short (less than 6 months) or long-term; and different methods, like psychodynamic, cognitive behavioural and TA. In this comparison, again the TA program came out as the best program for patients with a cluster C-personality disorder and with a personality disorder Not Otherwise Specified.

**DIALOGUE ON TRANSACTIONAL ANALYSIS PROCEDURES AND ACTIVE INGREDIENTS**

*Tosi, M. T. (IRPIR - Rome)*

Keywords: Adherence, Psychotherapy, Transactional analysis, Social cognitive transactional analysis

The workshop will offer a lab to discuss the topic of adherence in Transactional Analysis. In psychotherapy, adherence refers to the extent that the therapist is using procedures described as characteristic of the model being used (Margison et al., 2000). Some questions will be offered in the workshop to stimulate the debate among participants: what are the basic procedures recognized as characteristic of Transactional Analysis model? What are Transactional Analysis procedures that are similar to other approaches (Johnsson, 2011)? How do we assess the appropriate delivery of those elements? My proposal is inserted in the research branch on psychotherapeutic processes that aims to define the specific rules that characterize a psychotherapeutic approach and allow its recognition (Migone, 2006). Creating such an algorithm (Benjamin, 2003) for Transactional Analysis psychotherapy would facilitate qualitative/quantitative studies. A proposal will be put forward related to the basic ingredients of psychotherapy according to Social Cognitive Transactional Analysis approach (Scilligo, 2009, De Luca & Tosi, 2011).

**References**


RESEARCHING IN THE TRANSACTIONAL ANALYSIS COMMUNITY

Tosi, M. T. (IRPIR - Rome), De Luca, M. L. (IRPIR - Rome), Gubinelli, M. (IRPIR - Rome)

Keywords: Social Cognitive Transactional Analysis, ego states, colloquium, content validity, theory development

Our presentation will describe a methodology used to develop theory by the Lab for Research on the Self and Identity (LaRSI) in the Institute for Research on the Intrapsychic and Relational Processes (IRPIR). We selected some meaningful articles presenting the theory of ego states, elaborated by Scilligo and collaborators, and Social-Cognitive Transactional Analysis (Scilligo 2006, 2011, De Luca & Tosi, 2011) and invited a group of international Transactional Analysts to discuss that new theory. Specifically, we offered some questions to the authors that would guide the discussion. Six authors answered positively to our invitation: Allen, Cavallero, Cornell, Sambin and Benelli, Widdowson. They sent their thoughtful feedback that stimulated our group to re-think some important issues related to Social-Cognitive Transactional Analysis. Some authors of LaRSI (Bastianelli, Bianchini, Ceridono, De Luca, de Nitto, Gubinelli, Messana, Perotto) then answered to each author that has been involved in the theoretical dialogue so generously. All the written papers related to that theoretical exchange has been just published (in Italian and in English) on a monographic issue of IRPIR’s journal *Psicologia, Psicoterapia e Salute* (AA. VV, 2014). We think that the theoretical development that has sprung from that process of respectful theoretical discussion has been really valuable and will give rise to further theoretical growth. In a theoretical community we think that these and other types of colloquia may expand the quality and depth of Transactional Analysis with beneficial effects for the whole community.

References:


HOW DO WE DEMONSTRATE TA PSYCHOTHERAPY PRACTICE IN EFFECTIVENESS RESEARCH. EXPLORATION OF AN ADHERENCE QUESTIONNAIRE IN RELATIONAL TA PSYCHOTHERAPY

Van Rijn, B. (IARTA - London)

Keywords: Adherence questionnaire, Effectiveness research, Supervision, Psychotherapy training

The workshop presents an adherence questionnaire in Relational TA psychotherapy. The questionnaire was developed by the TA tutor team at Metanoia Institute to evaluate effectiveness of Relational Transactional Analysis within the research clinic. This questionnaire has already been used in several published research papers. It has also been evaluated as a research tool. In this workshop, we will look at the analysis of the validity and reliability of the questionnaire and its strengths and difficulties in practice. We will also explore the need for research measures of this type in TA. The participants will have an opportunity to explore how they might use an adherence questionnaire in their own practice, supervision, training and research. There will be a space for a discussion and critique of the questionnaire and an exploration of how you might approach adapting it for your own use.

SCTA AND ADDICTION: COMPARISON BETWEEN SELF EGO STATES PROFILES OF A SAMPLE OF PATIENTS WITH ALCOHOLISM, INTERNET ADDICTION AND EATING DISORDERS


The concept of addiction has become a paradigm to comprehend different pathologies which share high levels of compulsivity and lack of behavioural self control. Many authors include in the group of addictions both behavioural addictions such as internet addiction, and some eating disorders. According to Socio-Cognitive Transactional Analysis (SCTA), the Self can be represented by a set of Ego States characterized by different levels of love/hate and freedom/control toward oneself. Scilligo defines: Free Ego States, characterized by loving freedom; Protective Ego States, representing loving self control; Critical Ego States, defined by hostile self control;
Rebellious Ego States, characterized by self-neglecting freedom. The first studies on drug addictions using ATSC theoretical framework showed that alcoholic patients control themselves with hostility and treat themselves destructively more than nicotine addicts. They also show higher levels of impulsivity and lack of emotional self-regulation.

THE CONCEPT OF INTEGRATION: SOCIAL-COGNITIVE TRANSACTIONAL ANALYSIS AND INTERPERSONAL NEUROBIOLOGY

Keywords: Social-Cognitive Transactional Analysis, Interpersonal Neurobiology, Integration in TA and wellness

This work has been inspired by the concept of wellness and healing in TA. We wanted to proceed in analyzing how this concept from the original theory of Berne has been expanded and integrated over time by new theoretical developments, in particular we refer to wellness and healing according to the Social-Cognitive Transactional Analysis by Scilligo (2009, 2011) and Scilligo and Bastianelli (1999). Psychological well-being according to the SCTA is related to a dialectic process between the Free and Protective Ego States, which respectively have to do with the ability to be in contact with the inner world and with the outside world. According to the theoretical model of "interpersonal neurobiology" of Siegel (2010, 2012), the human mind is created within neurophysiological processes and relational experiences and the development of structures and brain function depends on the manner in which the experiences, particularly those related to interpersonal relations are conducted. A key concept of both theoretical approaches lies in the idea of "integration", meant as functional process to the wellness of the individual. The work aims to present some considerations about some points of contacts between the SCTA and Interpersonal Neurobiology around the theme of integration, meaning integration as a metacognitive process able to integrate cognitive, emotional and social aspects.

References:
EARLY RELATIONSHIPS AND MICROTRAUMA: AN EMPIRICAL RESEARCH IN VIEW OF SOCIAL COGNITIVE TRANSACTIONAL ANALYSIS

Vibi, L. (IRPIR - Rome)

Keywords: relational micro-trauma, early attachment relationship, attachment, Social Cognitive Transactional Analysis

The present work is inspired by the minor trauma construct and places it within the early attachment relationships, specifically the one with the mother. “Relational micro-trauma” is the term used to describe different and cumulative episodes (Van der Kolk (1987) speaks of "traumatic atmosphere") perceived from the person as painful, in those early relationship. More specifically, the aim of the work, as well as giving importance to the personal life experiences considering situations not necessarily dramatic and objectively traumatic, is to relate the relational micro-trauma and the configuration of Ego States theorized in the model of Social Cognitive Transactional Analysis (Scilligo, 2009). Early attachment relationships were considered, searching in them for the presence and influence of injunctive messages considered microtraumatic for the development of the personality. Specifically, the injunctions were examined related to the importance of the relationship (Scilligo & Bastianelli, 1999), represented and included in what we have defined in our research as Injunctive Relational Factor (FIR). The injunctions were linked to eight relational needs identified by Erskine (1998) to highlight how the non-fulfillment of those needs can be a microtraumatic event for the child's life, with possible effects on the development of a healthy and integrated adult personality, oriented to wellbeing. The sample group for the research consisted of 948 Italian subjects, including 386 men and 562 women. The sample consisted of: Students of the specialization school in psychotherapy of Salesian Pontifical University in Rome and other graduate schools connected to it; Students' friends that made themselves available to the administration of the various tools used (these first two categories of persons -making a total of 709 people- belong to the healthy population
sample); Patients of clinical centers of graduate schools making a total of 239 subjects. The results obtained have validated the existence of a close relationship between the concepts of relational microtrauma, injunctions and development of Self-concept. The hypothesis, which aimed especially to assess the incidence of specific behaviors and maternal attitudes on the development of personality, have been confirmed; the sample used, being composed mostly of healthy subjects, has helped to show that microtraumatic episodes in the early attachment relationships can also be found in the non-pathological experiences. This means that microtraumatic experiences not necessarily lead to the development of psychopathology, but could affect the welfare of the person in specific situations and contexts, and have a fundamental influence on the development of a well-integrated Self.

References:

THE REIGN AND THE EXILE: NARCISSISM AND TRANSFERENCE IN PSYCHOTHERAPY

Vignozzi, F. (IAT - Pisa)

Keywords: Narcissism, Type C transference, Countertransference, Idealization, Discounting, Projective identification, Therapeutic relationship, Dreams

The paper describes the characteristics of the narcissistic personality disorder focusing on the latest discussions raised by the making of the DSM 5. It examines the related literature and illustrates the etiology, diagnosis and treatment of this disorder by using the theoretical model of Classic Transactional Analysis (TA) and, more specifically, of Psychodynamic TA. In particular I refer to the concepts of the drama triangle, the different types of transference (Moiso, 1985; Hargaden & Sills, 2002) and countertransference analysis in order to help psychotherapists to therapeutically interpret and manage what happens in the difficult relationship with narcissistic patients.

THE “WAY WALK” AS "SETTING OF THE HELPING RELATIONSHIP”. TA IN ACTION IN A NEW CONTEXT

Ansini, L. (IAT - Rome), Loreti, A. (IAT - Rome)

Keywords: “Way walk” Setting, helping relationship, training for educators, Emotional Literacy, Empowerment of the Group, Behavioral Skills

The workshop is focused on the “Way walk”, thought of as "setting of the helping relationship." This original and co-creative setting was designed from a theoretical and practical point of view by Dr. Luca Ansini, as part of a PhD in Education at the University of Roma Tre (2007). The Setting of “Way walk” has been used in this context either as "training for educators" to the helping relationship, or as "experience help" to people with social disadvantage and with specific disabilities. The chosen route was from Spoleto to Assisi (7 days Way walk - about 70 Km). This project is currently being developed as part of the Center for Training and Research "EleutheriAT" and is the subject of a specific course of research-action in education, organizational and clinical fields. This workshop examines the application of the Setting of Way walk in the Educational and Organizational fields. The research’s project in the field of Organization is coordinated by Dr.ssa Antonella Loreti. In the introductory part of the workshop the following issues will be discussed: the "travelling" and "full immersion" helping relationship; the dimension of the lived body, time and space during transit; the group: "multifaceted" and "stretched" dimension during the Way. Traditional conformation in a circle during the evening Process Group; the change in self-perception on the Way; emotional Literacy; the three moments of separation - itinerancy - regrouping that make this experience approachable to the ancient rites of passage, that marked a socially recognized change; the Way within the Organization for the Empowerment of the Group in the various stages of development and in the awareness and experimentation of "resources" such as Behavioral Skills. In the experiential part of the workshop, participants will be divided into small groups for personal elaboration of the offered content. The workshop activity is aimed to: Counsellor in educational and organizational
fields; Pedagogists; Educators; Teachers; Human Resources Consultants; Operators for pastoral care in training; Professionals with advanced training.

References:

PARENTAL REACTION TO SON/DAUGHTER COMING OUT

Baiocco, R. (Sapienza University - Rome), Leone Guglielmotti, R. (Auximon Training Institute in Transactional Analysis - Rome), Coraci, A. (Auximon - Rome), Morelli, M. (Sapienza University - Rome)

Keywords: Coming out, Parental reactions, LGBT, Transactional analytic therapy, Script

The coming-out process, defined as the sharing of one’s sexual orientation with others, has been described as an essential component in lesbian and gay identity formation and integration. Parental responses to youths’ coming out are crucial to the adjustment of children and families in shaping and maintaining the Script. According to the Family Stress Theory, parental reactions to coming out are the results of families’ relational capabilities and competences, family members’ beliefs about meanings of stressful events, and the amount of stressors that undermine family stability. Therefore, the quality of inter-subjective relational experiences, which are implicit in the creation of the protocol and shaped only by imitative mechanisms, play a relevant role in the development of social skills and in the management of prejudices related to social homophobia. These prejudices are expressed through the common stereotypes of young adult gays and lesbians because they raise an automatic neurobiological - emotional process which is unintentional, uncontrollable and adaptive. The present study investigated Italian negative parental reactions to the disclosure of same-sex attractions and the differences between maternal and paternal responses, as reported by their lesbian daughters and gay sons. Identity integration includes acceptance of one’s gay, lesbian, or bisexual identity, and sharing this aspect of the self with other individuals. Previous researches have indicated that the coming out process may have positive effects on relationships with others, the construction of self-identity, and mental health. The coming out process can also have negative consequences such as rejecting reactions from parents that could lead to depression, negative identity, substance abuse and, in some cases, suicide. Some clinical cases of “BE as you ARE” service will be presented. This service provides psychological support also
within an analytic transactional approach. Thus, people can improve their self-consciousness and experience freedom of “re-writing” their personal life history.

REPORT ON EATA SURVEY RESULTS

Brajovic Car, K. (SATA - Belgrade), Golovan, G. (UATA - Kyiv, Ukraine), Ilic, M. (MonTA - Nikšić-Montenegro)

Keywords: online survey, research instruments, research protocol, EATA survey

The poster presents the result of the first online survey made by the Theory Development and Research Committee of EATA (TDRC). TDRC, starting from 2014, became a registered user of on-line research and survey platform - Question Pro. Since the membership of EATA is geographically widely distributed it seemed a most practical tool for quick and effective surveying among active members about their research experience and knowledge. This initial (start-up) survey was conducted with an aim to gather information about used and recommended instruments and research protocols in TA. Over 6000 members were reached during the period of six months. The total number of completed questionnaires is 106. 39% of participant have never done research, while 30% of think of themselves as an active researcher. When it comes to the preferred and used methodology among members the results suggest that the qualitative methodology dominates current research practice among EATA members. 14 % of respondents were engaged in design process of TA instruments which were later used in research and practice. When asked about where and how they found information about valid TA instruments, majority of answers was “No answer” (64%), “TA training” (10%) and “Personal conversations” (9%), “TAJ” (7%), “ITAA web-site” (6%), "IJITAR” (4%), “Books” (4%), “Internet” (4%). The respondents identified as useful the following instruments, starting from the most to least frequently mentioned, the following instruments: ESPERO 2000 and ANINT, Drivers questionnaire, Ego state diagram, Injunctions Scale by Drego, Working styles by Hay, Script questionnaire, ZESUI Inventory, JPAQ by Joines, Wheel of permissions and DGTA-online evaluation tool. 17% of respondents misunderstood the question and named their preferred TA concepts and research articles instead. 25% of respondents use research instruments that are in English, 13% of respondents in Italian, 8% of respondents in German. Results suggest that
the research potential of the global EATA community is still very weak, and needs to be supported by strategically planned actions.

RELATIONSHIP BETWEEN EGO STATES AND PSYCHOPATHOLOGICAL DISEASE

Buccione, A. (SIFP - San Bartolomeo in Gaeldo), Crea, G. (Pontifical Salesian University - Rome), Iesce, F. (SIFP - Rome), Nappa, F. (SIFP - Rome), Somma, G. (SIFP - Rome)

Keywords: Functional Ego States, Psychopathologic Disease, SCL -90 R, ESQ-R

The purpose of this pilot study is to explore the relation between functional Ego States as defined in Transactional Analysis and psychopathologic disease. Our aim is especially to observe the importance that functional Ego States might have in predicting psychopathologic disease, and outcomes about specific symptomatic dimensions. Our sample consists in 230 people, whose average age is 35.21 years, randomly selected among the population invited to take the survey. In this study two tests have been used: the Ego-State Questionnaire-Revised, that is able to measure the presence and intensity of functional Ego States, and the Symptom Check-List 90 Revised for the measurement of psychopathological disease. Previous empirical research on the relation between functional Ego-States and psychopathological disease using these instruments is lacking in literature. The results have confirmed the presence of a positive correlation between psychopathologic disease and functional Ego States of Normative Parent and Adapted Child, and a negative correlation between the Adult Ego State and psychopathological disease. This study highlights an ambiguous role of the Affective Parent because, if weak, there is however a relation with psychopathological disease. Preliminary results show that there is a permeability of borders between Ego States. The latter is probably not correlated to any form of disease according to Transactional Analysis theory, which considers psychopathology as an excessive closure or opening of borders. Based on these results we intend to evaluate if there is a relation between specific functional Ego States and particular symptom scales of SCL-90 R and if some functional Ego States may have a major weight in predicting psychopathological disease. This study paves the way for further investigations on this topic on a wider sample.
WHAT MARK DO I GET? TRAINING PROGRAMS THAT STIMULATE PERSONAL GROWTH
Casartelli, A. (SIMPAT - Milan), Nespoli, A. (SIMPAT - Monza)

Keywords: Learning, Evaluation, Result, Okness, Performance, Training.

We show a learning style in which the trainee builds his/her learning by developing the stimulations and the instruments received. The contest is based on Okness and the trainee has an active role. The focus of the style is a concept of evaluation based on knowledge and competences development, and not just based on results. We reference the work of Tudor, Knowles, Rogers, Tosi and Ligabue. We want to promote an idea of training as a growth process in which evaluation and learning follow one another in a circular manner. The evaluation moments consider: the relation between trainer and trainee, content learned and performance of the trainee. The performance include all the experiences of the trainee. We think a training focus on results only doesn't help the trainee to organize the information and to shape personal learning, because the professional value is based on result. Reflecting on this theme can help us as TA evaluators and trainers to think about a new way to achieve certification.

AN ACTION RESEARCH PROJECT AIMED AT RAISING SOCIAL CONSCIOUSNESS AMONGST WOMEN ATTENDING TRANSACTIONAL ANALYSIS GROUP PSYCHOTHERAPY IN BRAZIL
Costa, J. (UNAT-BRASIL, ITAA - Porto Alegre, Brazil)

Keywords: hegemony, social consciousness, discrimination, transactional analysis, group psychotherapy, action research, radical psychiatry, levels of oppression.

Based on awareness of material by Gramsci (1978, 1982) on hegemony, Freire (1979a, 1979b) on cooperative contact, and Steiner (1975) on radical psychiatry, action research methodology was used by the researcher, who was also a psychotherapist, with 12 women attending two ongoing weekly psychotherapy groups in Brazil in order to raise their social consciousness of culturally-based oppression of women, particularly relating to work; to apply life script analysis as a therapeutic intervention within the groups; and to facilitate recognition by the women of the benefits of cooperative contact when seeking to liberate themselves from oppression. Individual structured interviews were conducted and the data from these was discussed within the groups, leading to the development of a model containing 6 levels of consciousness of oppression. Examples of oppression identified by the women are provided, with only 17% relating directly to sexual
discrimination at work. Although the research was conducted many years ago (1987-1989), it is shown that problems still exist and the research methodology could usefully be applied elsewhere.

References:

**ANOTHER KIND OF EVIDENCE: THE PLACE OF SUBJECTIVITY IN HUMAN SCIENCE**

*Cornell, W. (ITAA - Pittsburgh, USA)*

Keywords: Subjectivity, Phenomenology, Research rigor in clinical thinking, Clinical research

In a recent article discussing Freud’s efforts to present psychoanalysis as a science, Muriel Dimen observed, “the scientific suit of clothes into which he tried to pack the stuff of clinical life is bursting at the seams.” This paper will discuss the limits (and sometimes the illusions) of objectivity and traditional scientific methods within the human sciences and the demands of clinical work. This paper will argue that a deep and ongoing appreciation of subjectivity is essential if human relations professionals are to maintain their function as both observer and critic of contemporary culture and society. We will discuss the necessity for rigorous thinking as part of the investigation of human subjectivity.

**INTO TA**


Keywords: Into TA, New introduction to TA

'Into TA' is, more then 25 years after 'TA Today', a brand new introduction to TA. This weighty book is written and edited by Bill Cornell, Anne de Graaf, Trudi Newton and Moniek Thunnissen. The book consists of two parts. Part 1 comprises ten chapters in which the basic theory of TA is presented. Each chapter has the following structure: basic theory, further theory and extra. Every chapter ends with an insight into relationships to other trends: TA concepts are discussed in relation to other theories from psychotherapy, organizational development and education. In Part 2, a
number of TA professionals from all over the globe discuss the application of TA within their specific area of work. This workshop will introduce you to the book and all of its possibilities.

**BEYOND THE LIMIT OF RESEARCH**


Keywords: Limit research, Boundary verbs, Existential psychotherapy, Connecting, Cognitive fixations

How can research help us to make sense of our lives? What is our life about? What answers does TA give? If we are meant to connect: how do we connect? The model of Adrienne Lee. The five boundary-verbs (can I, do I want, must I, am I permitted to, do I dare?). Application of the theory is for the TA professional in all fields: exercises to discover our own cognitive fixations related to connecting, existential psychotherapy and the four ultimate concerns: how do they apply to individuals and to yourself? How do they apply to organizations? What do we need to know to make further progress? And, is it really about knowledge? What further research do we need? TA academy trainers are highly inspired by existential psychotherapy and during the workshop they work with the four ultimate concerns (Tillich/Yalom/van Deurzen): the inevitability of death, freedom and its attendant responsibility, existential isolation, and finally meaninglessness. ‘TA, faiths and beyond’ was the title of a TA conference organized by the Wealden Institute last October. The Dutch TA academy offered a workshop with the intriguing title ‘Religion! A way to connect?’. In this workshop the academy trainers worked with participants on the limits in connecting and on the boundaries people's experience when they really connect, both with self and others. The workshop was received well and evoked longing for a deeper level of learning regarding the relationship between faiths and TA. Their proposal fits the EATA invitation on ‘sharing knowledge and ideas on TA application and theories’.
EGO STATES AND INJUNCTIONS/ DRIVERS: A STUDY USING ESPERO AND ESQ-R


Keywords: Ego States, Injunctions, Drivers, Espero, ESQ-R

Most of the researches, reported in the literature, analysed the connection between different sets of injunctions, drivers and ego states. They used tests such as Espero Questionnaire to observe script messages, and Anint (developed by the model of Structural Analysis of Social Behaviour (SASB) drawn by the theory of Benjamin and Bowlby’s Theory of Attachment to detect the dimensions of ego states (Bastianelli et al 2006; Caizzi et al. 2003; Ceridono et al. 2008; de Nitto et al. 2008; Scilligo et al., 1999a, 1999b). The purpose of this research is to continue investigating these connections, using the Espero and Ego State Questionnaire-Revised (ESQ-R), and addressing three specific research questions: Which are the connections between injunctions, drivers and specific functional ego states? Which are the connections between the three-second-order factors (measured with Espero) and ego states? Which are the differences or similarities between results from other researches and the findings of this research? According to Transactional Analysis (TA), Bivariate Correlation Analysis shows significant positive correlations between: “Don’t belong” and AC (r=.720); “Don’t succeed” and NP (r=.577); “Don’t be close physically” and CP (r=.546) and AC (r=.585); “Hurry Up” and CP (r=.571); “Be perfect” and AB (r=.448). Furthermore, there are negative correlations between: “Please Me” and NC (r=-.337); “Be Perfect” and NC (r=-.248). In addition, the results, between the three-second-order Factors and ego states, show that Relational Richness obtains lower value for CP (r=.50) than for NP (r=-.33). Moreover Existence is low in AC (r=.26). In conclusion, the analysis of this data establishes a foundation and discovers how injunctions and drivers can be used in clinical assessment and treatment planning purposes.

References:

**FROM PSYCHOANALYSIS TO TRANSACTIONAL ANALYSIS: A THEORY OF EVOLUTION BY GAMES**

*Gaudieri, M. (AIAT - Naples)*

Keywords: Instinctual payoff, homeostatic function, rapid intervention with symptom

Transactional Analysis is the natural evolution of the psychoanalytic dualistic theory of personality (E. Berne, "A layman’s guide to psychiatry and psychoanalysis"). Ego States and hunger theory allow us to overcome and develop the Freudian consideration about the existence of two basic and fighting instincts, (pro-individual against pro-species instinct); entire and different Ego States can fight and can be removed, and the script is the final governance that drive ours needs and beliefs. Game theory, as is proposed by Berne in "Sex in human loving" and "What do you say after you say hello?" subsequently deepened by James with reflection on the "Positive payoffs after games" and further articulated in my "Giochi: un tornaconto instintuale ed intrapsichico (Games: an instinctual and intrapsychical payoffs)", allows us to have a dynamic and relational understanding of how dynamic forces organized around different Beliefs, Emotional and Behavioral System and motivated by "irreconcilable" instinctual drives, homeostatically interact. In the therapeutic work it is useful to recognize the homeostatic meaning of games because it opens the way to a redecisional process that will encompass both rewriting of the script decisions and beliefs, and also the organization of a new manager of instinctual impulses which facilitates the individual integration. During the workshop will propose a re-reading of these aspects of TA theory with particular attention to games theory, underlining the practical aspects of organization of the setting and issue regarding the management of the therapeutic relationship. An accurate reflection will be dedicated to some innovative ways to treat symptoms, which in many cases allow us to make faster the intervention, both for what concerns the relief of the symptom itself, and as regards the identification of pathogenic belief systems and the possible alternative.
LEARNING AND TRAINING IN TA: POSITIVE PRACTICE THROUGH LEARNING IMAGOES THEORY AND SOCIAL-COGNITIVE TRANSACTIONAL ANALYSIS

Giacometto, R. G. (IRPIR - Rome), Newton, T. N. (EATA - ITAA - Ipswich)

Keywords: training, SCTA, learning, imagos, education philosophy

The aim of the workshop is to support and promote the development of TA theory and practice relating to training, combining two TA perspectives, Learning Imagoes Theory (Newton, 2003, 2014) and Social-Cognitive Transactional Analysis (SCTA), developed by Scilligo and his collaborators through research and professional practice (Scilligo, 2009; De Luca & Tosi 2011), opening further research lines in teaching and training. The two theories will be presented theoretically, and then explored in their combination, in order to create an original frame of reference for practical experiences during the workshop: the learning imagos model, which offers a way of viewing educational approaches, and the training relationship seen through the perspective of Social-Cognitive Transactional Analysis. The goal is to show how to establish and enhance positive and effective experiences in training, both for the trainees and the trainers. There will be time and space for exercises, and reviewing of practical situations proposed both by the presenters and emerging from the participants. The proposal is open to all interested in training, trainees and trainers, of any TA field, with the aim to give a model for this action and the understanding on it.

References:

CTA WRITTEN EXAM - THE OPPORTUNITY AND DOORWAY FOR ONGOING: RESEARCH, TA PROFESSIONAL PRACTICE AND PEDAGOGICAL DEVELOPMENT AND RESEARCH BASED LEARNING DECISION MAKING

Lacy, M. (University of Sydney - Australia), Widdowson, M. (University of Salford - United Kingdom)

Keywords: Research based learning, Transactional analysis research, CTA written exam, Transactional analysis pedagogy, Inquiry based learning, Transactional analysis evidence

This workshop will be a discussion lead by Mark Widdowson and Mandy Lacy who are both passionate and serious about creating a forum for good
debate for the CTA written exam to be reviewed and changed to have a research perspective. This would allow both student/trainee inquiry based and research based learning and would see each CTA written exam as research. From this, transactional analysis would begin to stand alongside other modalities within professional and academic forums with evidence based research that would be recognized and credible in many global forums. As time goes by this would see transactional analysis grow exponentially to be a recognized modality, practice and intervention. Both Mark and Mandy consider that should the CTA written exam not be rigorously reviewed with both a professional, pedagogical and research lens that there is enormous risk of lost opportunity and credibility for transactional analysis to sit equally amongst peer modalities, professions, practice and sectors. Brew (2013) offers a 'holistic model for research-based learning decision making' that offers a place to start this discussion, although the research is directed at undergraduate research there a many alignments that can be made and utilized for a review process. Included also as a reference is Wilson's (1981) Doctoral Dissertations so that not only can the discussion focus on the CTA written exam as a starting point, also to consider ways to increase and/or add value to PhD research in transactional analysis.

References:

"WHO IS REALLY IN THE ROOM!" - COMPARING SOME RESEARCH DONE ON WHAT MEDIATORS IN RESTORATIVE JUSTICE DO AND HOW THAT COULD BE EXPLAINED IN TA TERMS

Lind, E. (Scandinavian Institute for Transactional Analysis - Göteborg)

Keywords: Restorative Justice, Victim Offender Mediation, Relevant TA models

Transactional analysis (TA) is a social psychology and a comprehensive psychology of people. During the presentation and dialogue I will present some findings from a research done in Sweden on mediators style in Restorative Justice. The transcripts are from mediations when mediating with often young offenders and victims of different ages and comparing these findings with some theoretical models from TA. Both facilitator/mediator as well as parties in the room sometimes misunderstand
what is being said or don't dare to speak what is really on their mind, sometimes perhaps feeling they don't have anything to say. What can mediators do to help parties better express their thoughts and feelings in a way that minimizes harm and increases understanding? And which styles are most suited to the basic principles of Restorative Justice – confidentiality, impartial mediator and voluntariness of process. TA offers a model to understand how we can be of help to parties so that they can more easily access what they would like to say. And to be a help for parties in their thinking and feeling process so that they can resolve the problematic situations they find themselves in because of conflict or crime.

**HOARDING SYNDROME: THEORETICAL PERSPECTIVES, CLINICAL INTERVENTIONS AND RESEARCH**


Keywords: Hoarding, TA, DSM-V, diagnosis, treatment plan

The hoarding syndrome will be explored and explained through: DSM-5 diagnosis, differential diagnosis, TA perspective, proposals for the intervention and contributions of the research. The workshop is an opportunity to deepen the Hoarding Syndrome through a practical experience supported by a theoretical frame of reference with focus on TA, to explain the personality disorders mostly involved in this syndrome. The aim is to enhance our knowledge about it, from a theoretical, diagnostic and clinical point of view, according the TA literature and other approaches, through the direct participation of the group, along with experiential moments. We will also stimulate reflection about the exiting research and the tools available for the clinicians to conduct it within these situations.

**PLAYBACK THEATRE: A DYNAMIC TOOL IN SUPERVISION**

Lo Re, E. (CPAT - Milan), Cristofori, D. (CPAT - Milan)

Keywords: Supervision, Improvisation, Relational approach, Body, Intuition, Playback theatre, Technique

The workshop illustrates a useful tool in supervision, Jonathan Fox’s playback theatre, that can be used in the four fields of application of Transactional Analysis. Playback theatre is a form of social theatre based on the actors’ improvisation of stories shared by the audience. The use of this tool is theoretically and technically connected to Transactional Analysis’s body-relational approach, further explored by Ligabue (2007), Cornell and
by Eric Berne’s studies on intuition. As part of our research dedicated to the application of theatrical techniques to TA, we have offered this tool for several years in different supervision groups of certified transactional analysts and in training in the four TA areas. Playback Theatre has proved to be an effective tool in supervision, in line with the objectives of TA supervision (EATA PTSC, 2014). Those supervised are encouraged in their awareness of the implicit aspects of their work (Cassoni, 2007); their emotional contact with their own experiences; their identification of resources and risks with attention paid to aspects of protection; and the possibility of future directions and new intervention options (Clarkson, 1992; Sills & Mazzetti, 2009). This facilitates the process of mentalization and reflectivity in their professional work.

References:
EATA PTSC (2014). European Association for Transactional Analysis Professional Training and Standards Committee, , TSTA Oral Examination: Supervision Section, in “Training and examination handbook”.

TA AND EPISTEMOLOGY: ADULT REVISITED - WHAT SCIENCE TEACHES US ABOUT REALITY AND FREE WILL
Montadat, O. M. (IFAT - Bagneux, France)

Keywords: Epistemology, Adult, Relativity, Quantum physic, Free-will, Script, Reality

In Chapter 2 of “Transactional Analysis and Psychotherapy”, Berne speaks of the Adult as “one ego state characterized by reasonably adequate reality-testing and rational reckoning (secondary process)”. This definition of Adult was coherent with the Berne’s intent at making TA a scientific approach. Adult is viewed as an epistemological system for deriving and developing knowledge by Observing, Hypothesizing, Predicting, Experimenting and Reproducing reality’s events. Reality is seen as physical, objective and approachable through rationality and testing. This has now been questioned for a century through Relativity and Quantum physics theories. Topics such as Time, Physical reality and Free-will have been given new views. Our
vision of Adult functioning could greatly benefit from those input from physics and this is the purpose of this workshop.

**THE PREVENTION OF SEXUAL ABUSE BY A TA KEY**

*Ramella Paia, S. (AIAT - Biella), Braga, A. (CPAT - Brescia)*

Keywords: sexual abuse, relational needs, sexual information, prevention

The authors will present the work they did in Northern Italy about the prevention of sexual abuse in classrooms made up of children 5 years old. The workshop will present an interpretation of an European project called "la regoladelquinonsitocca" which has the aim at aid teachers, parents and children to learn more about sexual abuse. The authors will help participants to organise and to manage the project by experiencing the method and trying their useful straightforwardness. The TA basis is focused on the 8 relational needs of Erskine: the need for security, the need for valuing, the need for acceptance, the need for mutuality, the need for self-definition, the need for making an impact, the need to have the other initiate and the need to express caring. Those relational needs will be the key to interpret the work. There are four important items that participants will work on: your body belong to you; good touch versus bad touch; good secrets versus bad secrets; the responsibility about sexual abuse is on the adult. The workshop will be primarily experiential.

**APPLICATION OF REDECISION THERAPY IN EXECUTIVE COACHING WORKSHOPS: PART 1 – DESCRIPTION OF THE WORKSHOP**


Keywords: Redecision, Sustainable change, Executive coaching

In this workshop, authors demonstrates how the Gouldings' redcision approach has been applied over many years within executive coaching workshops internationally. The potential controversy about using a therapeutic approach in a business context is addressed, participant profiles and leadership characteristics are described, the impact of the group environment is considered, and the links between working on ‘problems’ and Berne’s stages of cure are explained. The stages of working are related to those described by and supplemented with material from McNeel and Allens. This workshop will take participants through the interventions that are evaluated qualitatively by Widdowson and Rosseau and that are further
evaluated quantitatively. The methodology and results of the quantitative evaluation will be discussed in a second workshop.

APPLICATION OF REDECISION THERAPY IN EXECUTIVE COACHING WORKSHOPS: PART 2 - A QUALITATIVE EXPLORATION OF PARTICIPANTS’ CHANGES

Keywords: Research methodologies, Autonomy, Environmental mastery, Personal growth, Positive relationships, Purpose in life, Self Acceptance

In this second workshop, we present an investigation into the way that executive coaching as a growing field of organizational development can be based on transactional analysis theory and methods, especially the Redecision school. We present the 3 parts of our research: 25 years of general qualitative analysis, thematic in depth analysis with 12 participants and quantitative research, using Ryff scales of well being with 76 participants. Participants reported experiencing a wide range of personal growth experiences, positive interpersonal change and growth in their business, managerial and leadership skills as a result of participating in the workshops. Limitations are described including the possible impact of the transferenceal artifact of wanting to please the workshop facilitator. The thematic analysis findings suggest that such an approach can provide an effective framework for executive coaching workshops. We will also present the findings from our recent quantitative research which has identified positive growth in well-being amongst participants of the workshops, thus validating this method as an effective approach to business coaching and personal development. Participants will also gain an understanding of how research can be used to develop both theory and practice.

A RESEARCH MODEL OF EGO STATES
Sandström, S. (STAF - Hööö)

Keywords: ego states, research-model, memory, structuralism

The purpose of this presentation is to present a researchable ego state model. This is done in relation to natural science by linking ego states to memory research and to social sciences by presenting it as a structuralist model in the tradition of the French structuralist school as represented by Claude Lévy-Strauss and Jaques Lacan. I will also present some thoughts about the nature
of the Adult ego state. Berne stated that ego states are “memories in their natural form”. This statement must be considered to refer to Parent and Child ego states, since the Adult ego state is linked to the present. This can be taken to mean that these ego states can be understood from the viewpoint of memory research, thus presenting us with a vast field of knowledge that can be used to understand them, as well as for testing of various hypothesis. One interesting question is what memories will go on to make up ego states. Berne excluded factual memories: “The human brain is the organ and organizer of psychic life, and its products are organized and stored in the form of ego states.... There are other sorting systems at various levels, such as factual memory, but the natural form of experience itself is in shifting states of mind”. Also, not all human experience goes on to be encoded in the memory. A structure is comprised of all its elements and all relationships between its elements, in this case ego states. Each element in a structure derives its meaning from its place in the whole. Withdrawing or adding an element will change the meaning of the entire structure. The structuralist theory was first conceived in linguistics (Roman Jakobson) and therefore it would be permissible to say that a structuralist theory of ego states would consider ego states, in a way, as a language. Ego states can be thought of as forming structures from various points of view: as a totality of personalised memory, as types of ego states (P, A, C) e.g. the totality of Parent ego states. In treating ego states as structures I will link it to the concept of representations of Internal Generalised Experience R.I.Gs as presented by Daniel Sterne, and from this I derive the concept of Thematic groupments of ego states (TGE).

TEAM AGILITY

*Van Poelje, S. (NVTA - Goteborg)*

Keywords: Coaching, Innovation, Teams agility, Organizational interventions, Score card

There was a time when a focus on production and planning was enough to dominate the market. But we live in a turbulent world. Increasing complexity, drastically shortened production cycles and lack of resources is forcing us to come up with new answers. We know that teams outperform individuals, and that a focus on control limits an organization’s capacity to be agile. In these turbulent times it is time to transform our individual management focus to a team agility focus. Our clients increasingly ask for ways to increase their capacity to anticipate, innovate and cooperate. They
want to recapture the entrepreneurial spirit that helped make them great. We have carried out extensive research into which teams survive turbulent times and which don’t. We started with hundreds of factors and ended up with four dimensions that determine a team’s ability to stay agile under stress. The decisive dimensions of team agility are formation, anticipation, innovation and cooperation. Each dimension consists of two factors - a red emotional factor and a blue cognitive factor. Development of all factors, in relation to your market is necessary to create optimum agility and maintain high-performing teams.
IMPASSE AND ORGANIZATIONAL SCRIPTS: A RESEARCH HYPOTHESIS FOR THE ORGANIZATIONS

Bussi, G. (Mida - Milan), Fornari, L. (Arcosviluppo - Milan)

Keywords: Script, Organization, Merging and Acquisition Change, Impasse, Culture

With this paper we examine the implementation of concept of impasse applied to organizations that are facing some important and rapid changes— in regard to business strategy or international mergers and acquisitions. The culture and script of the organization give direction and stability over time to the company and to their employees. When an organization is facing important structural changes, script and culture are sometimes challenged by some direct actions that can lack any thought or shared reflection with their employees. As a result people may have feelings of uncertainty and demotivation, resulting in the organization experiencing possible difficulties in dealing with these issues. We think that renegotiating the explicit and implicit agreement that tie the organization to the individuals is important while dealing with such changes - even though we are aware of the difficulty of guiding such a process especially when these changes are radical. For those leading these developments it’s easier to look at the hard variables (organization, strategy, processes), and less to the soft ones (needs, identities, sense of belonging) (Berne, 1963). Our theoretical research leans on two case studies: we suggest the use of the concept of impasse to frame blocks – caused by the stiffening of the organizational script - that hinder these changes (Clarkson, 1992; Gerosa, 2013; Stuthridge, 2010). We use the concepts of organizational script as a “safe base” and of implicit and unexpressed pole of impasse to hypothesize guidelines and direction of intervention for the support of these changes. By allowing existing but unavailable resources to surface (permissions, needs etc.) that are present in the organization/ employee relationship, it is possible to loosen the typical rigidity of the organizational script in this phase, resulting in the release of the vital force (physis) of the system.

References

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ORGANIZATIONAL CULTURE, ROLES AND COOPERATION

De Ambrogio, U. D. (CPAT - Milan), Casartelli, A. (SIMPAT – Milan)

Keywords: organizational ego states, organizational cultures and roles, intercultural communication

The workshop aims to develop and offer insights on organizational ego states (Berne) and organizational cultures (Balling) and to examine the connection between them and the participants’ jobs and also with relational aspects between colleagues and collaborators. In particular, two issues will be discussed: the relationship between organizational roles (Schmid) and organizational culture; the way to communicate and cooperate between organizations with different organizational cultures. Some theoretical references about organizational ego states and about the concept of organizational culture will be provided to the participants to promote the awareness of their organizational affiliations and to explain them how to recognize the cultural patterns of the organization in which they work. The concepts of culture and intercultural communication will be used in order to make clear how communications and relationships are influenced by cultural aspects and to understand how we can take this into account and activate an effective communication mode.

PRACTICAL APPLICATION OF TA THEORY USING FUNCTIONAL FLUENCY IN ORGANIZATIONAL DEVELOPMENT – MAKING TEAMWORK WORK

Dielmann, A. (DGTA - Kaiserslautern, Germany)

Keywords: Ego States Theory, Functional Fluency, TIFF, Organizational Change, Teamdevelopment, Coaching, Training of executives

In this workshop I will present findings resulting from a project based on the scientific studies of Susannah Temple who was awarded the Eric Berne Memorial Award in 2014. I will cover the experiences made using TIFF (Temple Index of Functional Fluency) as a tool working with teams and organizations. The focus is on an individual's influence on the system as a whole through focusing systematically on the strengths (effective modes). In this workshop I will present a survey of the project’s design, its results and the management’s conclusions concerning the controlling of the organizational unit based on the TIFF test's findings. I would also like to


give participants the opportunity to gain some first-hand experience using TIFF in Organizational Development.

TRANS-DISCIPLINARY TEAMS MAKING SENSE OF TECHNOLOGY THAT IS CHANGING THE TRADITIONAL WAY OF DOING THINGS - A TRANSACTIONAL ANALYSIS PERSPECTIVE

Lacy, M. (Centre for Research of Computer Supported Learning & Cognition at the University of Sydney - Australia)

Keywords: Expansive learning, Realism research, Epistemic objects, Disruptive innovation theory, Trans-disciplinary leadership, Organizational transactional analysis, Tele-health

A PhD research project will be presented that looks at how trans-disciplinary teams are making sense of disruptive technology that is changing the traditional ways of doing things. Outlined will be the innovative realism research methodology of a pre-study approach to inform the research proper along with the findings to date. The theories and concepts involved in this research are: activity theory, epistemic objects, boundary objects, expansive learning, disruptive innovation theory, conversational analysis, sense making, trans-disciplinary leadership and team meetings. The industry sector is tele-health. It is intended that this workshop will first provide an outline of this research to date, then second, devote time for discussion of the transactional analysis perspectives, theory, methods, research and concepts that align, are relevant to and integrate with this PhD research dissertation.

THE ORGANIZATIONAL SCRIPT: FROM ROSA KRAUSZ’S MODEL TO A SET OF QUALITATIVE AND QUANTITATIVE INDICATORS TO TRACK BUSINESS CHANGE. A CASE STUDY FROM A SERVICE COMPANY

Paparelli, V. (SIMPAT - Rome)

Keywords: organization script indicator flag-marker ideologies functional modes change business development

The undertaken analysis has the objective of reducing the gap between Rosa Krausz's theory and model on organizational scripts and standard business practice and its commonly understood evaluation systems. More specifically, a hypothetical segmentation of organizational modes of function is presented, assuming a possible relation between the modes of function and the four organizational ideologies identified by Rosa Krausz. For each mode of function a measurable indicator will be identified. In the same way for each segment of indicators, agglutinated by their conceptual link to an ideology, a flag marker will be pointed out. The result will be an
evaluation grid merging Rosa Krausz’s theoretical assessment of organizational scripts with a control panel containing qualitative and quantitative indicators objectively measurable within a company. Krausz’s model so enriched with business indicators will be then used to assess the organizational script of a service company where the human factor – thus the individual scripts of the organization’s members - highly impacts on business performances. The diagnosis grid will be eventually used to highlight and track the development path of the company object of the case study. The business indicators will also support specific actions to foster organizational change and observe the results of their implementation.

THE 3D INFLUENCE: A LEADERSHIP MODEL

Severino, A. (SIMPAT - Rome), Achilli, C. (SIMPAT - Rome), Li Puma, S. (SIMPAT - Rome)

Keywords: 3D Influence, PAC, Key-competencies, TA-O, Energy activation, Effectiveness, Organizational culture, Self-efficacy, Systemic Leadership

What is the three-dimensional (3D) influence? How does a 3D influence act in a Leadership model? Starting from these questions, we have looked for possible new interpretations of people’s behaviour in complex organizational structures. Ours is an investigation "in itinere" which, through Transactional Analysis, leads to an understanding of the complex network of relations (with collaborators, inter/intra-functional colleagues, internal and external clients) with which a 3D Leader interacts and of his/her distinctive abilities. Our objective is to search for a specific means and model, based on Transactional Analysis, of facilitating the identification of key competencies in a 3D Influence System and help guide personal and professional developmental action-plans. Based on our experience we will further examine the concept of "influence space" (vertical and horizontal) and discuss how a Leader can establish productive influencing relationships with others (in a 360° dynamic) and how consequently his/her abilities should be engaged.

CULTURAL COMPETENCE - CONCEPTS FOR LEADING CHANGE

Tongue, L. (IDTA - Torquay, UK)

Keywords: Leadership, Organizational culture, Change management

The Care Sector in the UK is under severe scrutiny due to several high profile instances of mistakes made, and people mistreated. I would like to present my on-going research, conducted within a care sector Trust, which
aims to discover how TA concepts can support cultural change. Leaders are vital in giving direction and support and hold the key to unlocking potential in staff members. Through clear contracting, and a coaching style of leadership they can encourage their team members to grow and develop within their roles. Helping leaders understand the impact they have on others may also remove barriers for change and growth, and bring about cultural change.
TA RESEARCH IN THE EDUCATIONAL FIELD

USING THE TRANSACTIONAL ANALYSIS (TA) MODEL TO IMPROVE TEACHER STUDENT RELATIONSHIP DURING DEBRIEFING SESSIONS
Barelli, A. (Catholic University School of Medicine - Rome), Bocci, M. G. (Catholic University School of Medicine - Rome), Palmintieri, G. (TA Psychotherapy School Performat - Pisa)

Keywords: Faculty Development, Debriefing, Adult learning, Teachers' Ego states

A basic course (8 hours) in TA for faculty members is conducted by experienced trainers. The program is experiential with exercises and practice sessions for developing personal ‘awareness’ through practice of the Ego state tool, stroking practice and role plays on types of interpersonal transactions. In Rajan’s study the greatest improvement in awareness was reported in three areas namely ‘being aware of my reaction to the behaviour of others’, ‘being aware of what behaviour modification I need to do’, and ‘knowing how to modify my behaviour’. These three awareness competencies help the teacher to modulate behaviour in the “here and now” of the teacher student interaction. It is also significant that as time goes by after training, practice of awareness over a year has consistently improved the faculty’s self-perception about their ‘general interpersonal skills’. Many results suggest that practice of the ego state awareness using the PAC model helps to improve self-awareness and sustains it even up to a year after training. This awareness in turn is helping medical educators to become aware of their own and student’s behaviour in different situations and makes appropriate modifications. This is particularly significant during debriefing sessions that request higher levels of self-awareness for teachers.

References

LEARNING OUTCOMES IN A STROKES VILLAGE
Fregola, C. F. (IAT - Rome)

Keywords: Village of strokes, Cooperation, Social Knowledge co-construction, Development co-creative of integrated learning

This workshop aims to present and implement an experience carried out with a group of former students of the Master in Transactional Analysis
Educational Counselling, with which we experienced, in a Comprehensive School, a workshop aimed at integrating strokes theory into school teaching. The workshop was attended by about 120 teachers working at kindergarten, at primary and at middle school. At the center of the work was set the learning relationship and the workshop was conceived and designed to co-build an environment of co-creative learning through giving, receiving, welcoming unconditional and conditional strokes. It thus identified a framework for the teaching of language, of logic and mathematics, and developed both interpersonal and relational skills of teachers aimed at cooperation and the social construction of knowledge with their pupils. The multiplicity of phenomena that the laboratory detected finds a representation in the metaphor of the class as a village of strokes in which the exchange of "warm fuzzies" becomes in turn a learning which influences the profile of strokes of every child and every teacher. At the end of the workshop the teachers have experienced in their own classes the path that has been proposed to them. Teachers who participated to the workshop had no knowledge of the TA and achieved the following learning objectives: to explore the concept of strokes and put it in the terms used in teaching to give reinforcement, praise, punishment and effective feedback on doing and being; to develop awareness of the educational value of giving and receiving conditional and unconditional strokes in the learning process of the subject contents (Language, Logic, Mathematics); to achieve a better awareness of self in relation to the interaction in a group oriented to a learning task by promoting the free expression of thoughts, emotions and behaviors; to foster positive interpersonal and group relationships within the school, experiencing the capability of collaboration, discussion and dialogue. The workshop is divided into five phases: the first, about individual reflection on your own strokes profile (about 10 minutes); the second, about individual processing of a task on the basis of a stimulus situation, prepared by means of images; (about 10 minutes), the third, about working in subgroups of 8-max 10 components (about 30 minutes); the fourth, about debriefing aimed at the discovery of the subject content and the revelation of the process of exchanging strokes (about 20 minutes), the fifth in building the strokes bank in the strokes village (about 20 minutes).
RELATIONSHIP AMONG PERSONALITY CHARACTERISTICS, EGO STATES AND PERCEPTION OF UTILITY OF COOPERATIVE LEARNING IN PRIMARY AND SECONDARY TEACHERS INVOLVED IN A COOPERATIVE LEARNING TRAINING: AN EXPLORATORY STUDY

Matini, C. (Co-Opera - Rome), Pavan, D. (Scintille - Treviso)

Keywords: Cooperative learning, Teachers, Ego States, Personality, Social Desirability, Training, Teachers' training

Are there specific characteristics of teachers that relate to their evaluation of new teaching methods? If self perception in school context activity, and self efficacy, commitment and job satisfaction may be important in the learning process (Gentile, 2004; Rosa & Alessandri, 2009), no evidence of research on psychological characteristics of teachers in training was found in Italian and international TA journals. This exploratory study presents introductory data about personality characteristics and Ego States in primary and secondary teachers involved in a Cooperative Learning (CL) training. More specifically, the purpose of the study was to investigate: Teachers’ perceived utility of CL’s application, personality characteristics and Functional Ego States of teachers who voluntarily participate to training on CL, the relationship among those variables. The sample consisted in 54 teachers (13 Veneto, 41 Lazio; 4 men), age between 32 and 62 years old (mean age: 47). More than 42% in service from more than 20 years. 77,8 % was at his/her first CL training. The two groups received 18 training hours. They were introduced to Cooperative Learning, its advantages, the main models (Johnson & Johnson, Slavin, Kagan, Sharan), and the basic elements of CL: positive interdependence, face to face interaction, individual accountability, interpersonal small group skills, and group processing (Johnson & Johnson, 1994). At the end of the training, subjects filled out the following questionnaires: Self report questionnaire on professional information and opinions on CL, Adjective Check List (ACL): the subject was asked to check those adjectives that he/she considered to be self-descriptive, from a list of 300 adjectives (27 scales), which have been found to reflect different aspects of an individual’s personality. Ego State Questionnaire-Revised (ESQ-R), a 40-item forced-choice instrument based on a five-point Likert scale. It consists of five subscales, each of which measures one functional ego state: Nurturing Parent (NP), Critical Parent (CP), Adult (A), Free Child (FC), and Adapted Child (AC). Marlowe-Crowne Social Desirability Scale (M-C-SDS): knowing that self-report is susceptible to the tendency to give overly positive self-descriptions, the
validity of results were tested with the M-C-SDS; it is a 33-item self-report questionnaire which uses a forced choice, True – False format for responding to items. Total scores range from zero (low) to 33 (high social desirability). Results show interesting correlations between the perceived utility of CL and some ACL Scales (ACH: $r=.29$, p $p<.05$; CRS: $r=.33$, p $<.01$; S-Cfd: $r=.36$, p $<.01$; P-Adj: $r=.38$, p $<.05$; Cps tot: $r=.38$, p $<.01$; FC: $r=.29$ p $<.05$) which suggest that the decision of some teachers to deepen the knowledge of the methodology and use it, may depend upon personal characteristics.

References


**TA CAREER GUIDE FOR HIGH SCHOOL STUDENTS: DISCOVERING STRENGTHS, OVERCOMING LIMITS**

*Sansone, N. (SIMPAT - Rome)*

Keywords: Career guide, Group, Teenagers, Collaboration, Self-development, Contract, Choice-making

The project here described refers to a career guide path for students who are completing their High School terms. The main objective of the project is to sustain students in the crucial transition between schooling and the subsequent university or professional career, with a particular focus on choice-making processes, so to support recognition of their own needs and enhancement of their own skills. The project is organized in 3 phases ("contract", "knowledge and competencies", "consolidation") which include 10 face-to-face meetings and online activities. Students attend the course voluntarily and in groups of 6-8 members. Main themes of the
meetings are: becoming active in the choice-making process, learning to communicate effectively, collaboration and team-working, recognizing personal emotions and needs. Each meeting lasts 3 hours and consists in the alternation of theoretical and practical activities, having the students working together. Online the students are asked to: build their personal e-Portfolio in which to a) outline skills and experiences, b) focus on their developmental areas, c) comment on each others' portfolio, at the same time learning how to provide constructive feedbacks. The presentation will emphasize students' learning experience as an experience of change. When the client is a teenager or a group of teenagers, the educational relationship becomes a powerful tool in learners' Self-development and empowerment: the educator, with his/her behaviour, provides a new model of dialogue, not only with each other, but also with themselves. Moreover, particular attention will be placed on TA core concepts as contract and time and on how they have been concretely included in the process. Finally, there will be briefly described the techniques used - from TA as well as from different approaches, through examples drawn from the meetings.
TRANSACTIONAL ANALYSIS COUNSELING IN A HORTICULTURAL THERAPY SETTING WITH CHILDREN WHO HAVE EVOLUTIVE DISHARMONY AND DIFFICULTIES IN SOCIAL RELATIONS

Chisari, S. (IAT - Catania), Vecchio, G. (ASSIORT - Catania)

Keywords: Terapia orticolturale, emotions, ego states, counseling, garden.

An educational and clinical experience can put together TA counseling for children and horticultural therapy. Twelve children with difficulties in relating were placed in a group for a total of eight meetings. Communication modes, games and transactions were seen in a typical setting of horticultural therapy. The meetings were held in a relaxing place where gardens are places of renewal and locations where children can discover well-being for both individual and group. In these places diversity coexists in harmony and helps to find balance and serenity. Horticultural therapy, widespread in Northern Europe, but still unknown in Italy, and TA counseling become the means that can give these places powerful therapeutic tools to intervene benevolently in the relationship by assisting the experiential cognitive stimulation to achieve the balance of the person. The objectives of the contract: knowing how to recognize the roles in drama triangle; be able to socialize in a balanced way-knowing how to read and decode and non-verbal communication; to explore the physical space-self-psychological-social and other; know the self-confidence and knowing how to develop empathy in relationships; to redefine social boundaries; being able to express their need; know their emotional skills, being able to cooperate productively and in Adult. The meetings of two hours each, for a total of 8 meetings, operate outdoors in a previously defined space in which the group in based. During the meetings the kids are provided with appropriate materials and equipment, carry out activities of: illustration of the type of map in association to your temperament; planting of seedling prepared in chosen ways; discrimination of natural materials to find within the space available with symbolic association-construction of an "emotional-garden" individual and group; outdoor counseling activities on experience gained and feedback group. The effectiveness of educational and clinical activity was monitored through: grid and questionnaires administered in the early
stages, in process and at the conclusion of the project and by means of observation of the group in 3 phases by a professional counselor. The course is divided into 3 phases Initial phase: welcome meeting at the headquarters of counseling: visual-aural stimulation to activate emotional competence through group screenings of pictures and listening to music. Reading a story that will be the leitmotif of the path. From the first meeting, by emotions, behaviors and thoughts detected you will be prepare an analysis of the ego states of each child. During this first meeting each member of the group will be able to choose a "natural object" to take care of during the time between the first and the second meeting. In the phase devoted to horticulture garden activities the group has to put into practice all the operative part. In the final round each member of the group "bring back" the emotional garden created by himself by holding impromptu collective display of the tasks created. The group has witnessed the power-point projection containing the same path. We close with a final group feedback and delivery of the CD containing the power-point. At the end of the path, the group is able to have healthy and balanced relationships using Adult ego state.

COUNSELLING PROCESS IN ACTION: TRILATERAL VISION OF COUNSELLING PROCESS BASED ON INTERCONNECTION BETWEEN COUNSELLOR’S INTERVENTIONS AND CLIENT’S INTRAPSYCHIC PROCESS AND OUTCOMES

De Micheli, E. M. (CPAT - Genova), Soana, V. (SIMPAT - Genova)

Keywords: Contract, Counselling interview, Process, Outcome, Treatment plan

Participants are invited to act a real counselling meeting in order to identify methodological elements, to pay attention in the different stages of the counselling process according to the presented grid, focusing on the client, on the counsellor and on the outcome. This model rises from the experience and the praxis as trainers and supervisors in a Counselling Centre during the last 15 years. At the end of this presentation, participants will be able to recognize the structure of the process of primary counselling, its methods and functional elements as well as the outcomes; to focus their observation on the relationship, on the counsellor, on the client, on the process, and on the outputs; to identify client’s and counsellor’s games, according to the focuses of observation.
The purpose of our work is to promote a reflection on methods and content of models and practice of Counseling and Coaching, referring to that 'existential humanistic approach of' transactional analysis that includes both approaches and to that phenomenological orientation finalized in both areas of application to the realization of the subject’s potentialities. Specifically, we intend to show how the theoretical-methodological approach of transactional analysis, our theory of reference, has contributed substantially to the identification of two distinct and effective intervention models: Counseling, (as a discipline with a marked psychological approach that allows the person to reorganize his cognitive and emotional experiences in a perspective of problem solving) and Coaching, more specifically oriented to the performance's development and to the person's professional empowerment. According to the epistemological perspective and within the point of view of research, we have also developed a critical investigation regarding the structure and methods of the single areas of intervention, and the issues related to possible interactions. Therefore we want to emphasize the specificity of the respective constructs Counseling and Coaching, tracing the boundaries and differences, but also identifying plots and connections. Our reflections originate from the specific professional experiences of both us, as Counselors working in training and as coaches in the organizational field.

This workshop aims to show how to integrate Art Therapy and Transactional Analysis, to amplify the contact with "here and now" and the awareness of self. We believe that in both fields there are many similar perspectives and processes. We would like to put together experiences done showing participants our work and provide for them a concrete experience. Participants will see and prove the practice of art-therapy, where they can experience their own "vitality affects" (Daniel Stern) as lived in that moment. We will show few key art-therapy concepts and strategies, connecting these to transactional analysis theory. In particular, we will link:
Ego states, Little Professor, Counter-injunction. We would like to propose situations where colleagues may contact themselves through a personal search for modalities of self-expression and attunement with others. This workshop is for counsellors interested in the use of the artistic expression or in the art-therapy in their daily work or that are curious to prove these on themselves. During the workshop, through a slide presentation, some projects will be illustrated, to see an effective integration between Transactional Analysis and Art-Therapy.
