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Experiences of Patients after Short-Term Inpatient Transactional Analysis Psychotherapy

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This article presents the results of interviews with 14 ex-patients four years after a short-term inpatient psychotherapy in which transactional analysis was used as one of the methods. These interviews show that for some patients the positive results of the psychotherapy did not hold; their symptoms recurred and they sought help again. For them the transition from the hospital to society was difficult, especially since they did not participate in aftercare. The results of the interviews has stimulated additional research, which is already underway, to compare the effects of different forms of aftercare on complaints and seeking help again.