

Institute for Research on Intrapsychic and Interpersonal Processes

IRPIR is a member of SIAT, the Italian Society for Transactional Analysis, is affiliated to EATA, the European Association for Transactional Analysis and cooperates with ITAA, the International Transactional Analysis Association.

IFREP runs a graduate school in Clinical Psychology and Psychotherapy for graduates in Psychology and Medicine. The graduate school follows an integrated model with a humanistic approach.

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Research related to TA carried out at IRPIR under the leadership of Pio Scilligo (39 articles)

Scilligo, P., Coratti, B. (1987). Effetti della psicoterapia di gruppo sulla percezione di sé nella formazione degli psicoterapeuti *Polarità, 1, 1-15.*

Three groups of university students in psychology doing practicum to refine their psychotherapy competencies, serving as control, and two experimental groups attending a graduate schools in psychotherapy training were observed using self-descriptive questionnaires describing self-perception with the aim of evaluating the effect of group training in psychotherapy.

The treatment model for the experimental groups was an integrated model of Gestalt and Transactional Analysis. The experiment was also planned to check if the change in self-perception depended on the quality and the number of hours of group therapy.

Statistically significant differences emerged among the groups treated. There was a curvilinear relationship between number of hours of group therapy and self perception. Groups that had had less than 120 hours of group therapy showed changes towards less positive perceptions of self, but groups who did more than 120 hours of group therapy showed a significant increase in positive self-perception and self-integration.

Scilligo, P. (1988). Un'analisi dimensionale prototipica degli Stati dell'Io. *Polarità, 2, 25-67.*

The article analyses the system of ego-states in Transactional Analysis as Berne defined them, A prototypical definition of ego-states is introduced that suggests a redefinition of their hierarchy according to evolutionary, interpersonale and

developmental dimensions. In the new definition the idea of Berne is preserved but the general system is redefined introducing structural conception for the functional level of the classical view. The adult (non capital letter A) is seen as a Global Self.

Innamorato, A.M. (1988) Lo Stato dell'Io Genitore: un'analisi della letteratura dell'Analisi Transazionale. *Polarità*, 2, 69-82.

The article is an analytical study of the historical development of the meanings attributed to the Parent ego-state in Berne and in the theorists of Transactional Analysis who have used and amplified its meaning.

Multari, M (1988). Lo Stato dell'Io Bambino: un'analisi della letteratura dell'Analisi Transazionale. *Polarità*, 2, 83-106.

The article examines critically the meaning of the concept of Child Ego-State. The five basic characteristics that define the Child Ego State are explored as they manifest themselves in the works of Eric Berne: a collection of memories of infancy, maintained in the individual psyche by a process of fixation; it is highly organized; it can manifest itself in an Adapted or Natural form; it is created under the influence of the Parent. The article goes on clarifying the development of the concept in the TA literature after Eric Berne.

De Luca, M.L., Fruttero, Lucia, Sevirio, L. (1988). Il Minicopione: una griglia per l'osservazione del processo terapeutico. *Polarità*, 2, 175-190.

The miniscript is introduced in its basic meanings and then synthesized as an observation grid and a way of supervising the therapeutic process. Detailed comments are suggested about the observation grid to facilitate its use. As an example a selected sequence of therapeutic interventions is observed and comments are offered as a help to use observation grid.

Tassone, E., Scilligo, P. (1990). Un'esplorazione sul legame affettivo tra l'uomo e gli animali domestici. *Polarità*, 4, 1-23.

The article explores the relationship between preferences for two pets, the dog and the cat, and the structure of self-descriptive characteristics observed using a questionnaire derived from the SASB model (Benjamin, 1979; Scilligo 1988) and structured in a set of twelve prototypical Ego States. Sex differences emerge that depend on which pet is preferred or refused. Low preferences for the cat is a sign of intrapsychic conflict especially for women. High preferences for the cat by men tends to indicate that affective conflicts are present. High preferences for dogs tend

to be correlated with functional use of defenses and relatively good integration of the Self. Positive attitudes towards both the cat and the dog are generally correlated with good autonomy and flexibility of the Self.

Lucarini, V. (1993). Aspetti teorici e clinici del transfert in Analisi Transazionale. *Polarità*, 7, 293-326.

The article describes the various meanings of transference as used in the literature of Transactional Analysis.

Barzotti, R. (1995). L'atteggiamento della adolescente verso la maternità. *Psicologia, Psicoterapia e Salute*, 1, 173-188.

A study aiming at observing the correlates of the desire to have children in adolescent girls has shown positive correlation between the desire to have children and the capacity on the part of the mother to be interpersonally active within the family and in her external social contacts, as perceived by the adolescent girls. The study has also shown a positive relationship between a loving acceptance of self, i.e. Free and Nurturant Ego States, and the desire to have children, and a negative correlation between the desire to have children and self refusal and self denigration. Most likely mothers who model rich and loving interpersonal activity in their social life, facilitate in the young adolescents a sense of positive regard towards themselves and towards what they may create within themselves.

Camilli, M. (1995). La famiglia del grave traumatizzato cranio-encefalico: effetti sulla relazione coniugale. *Psicologia Psicoterapia e Salute*, 1, 303-318.

The research article studies the nature of changes that take place in the relational Ego States of couples who face the problem of a child that is recovering from neurological handicaps following accidents that cause a cranial trauma. Twenty two couples were studied. The results show that changes in the Relational Ego States take place by a weaker presence of Free and Protective relations in the couplet; there is also a drop in the reciprocal loving and care.

Fiscarelli, G. (1995). Grave trauma cranico: effetti sulla relazione interpersonale madre/figlio. *Psicologia Psicoterapia e Salute*, 1, 319-337.

The relational Ego States for twenty two mothers were examined during a period in which one of their child was recovering from a neurological trauma following an accident. The relationship between mother and child changes drastically in the sense that there is a return to regressive modes of relating and an increased dependency of the child on the mother; besides it was observed that, if the recovering

lasts in time, the quality of the social and personal relationship between mother and child worsens.

Rizzuto, M. (1996). Edonismo, centralità dell'impegno lavorativo e desiderio di paternità *Psicologia, Psicoterapia e salute*, 2, 67-84.

The research analyses the correlates of the wish to father a child. The sample consists of 116 unmarried and childless men, all of them workers, from 20 to 30 years old. The results show that a high level of hedonism goes with a low desire to have a child. The desire to have children is negatively related to a defensive paternal attitude. When the profiles of Ego States are taken into consideration in terms of self perception then Critical Parent, Critical Adult and Critical Child, autocratic and self-destructive Ego States, are related negatively to the desire to have children in ways that depend also on the socio-cultural status of the subjects.

Scilligo, P., De Luca M.L. (1997). Copione del terapeuta e alleanza terapeutica. *Psicologia Psicoterapia e Salute*, 3, 1-20.

The article presents an initial analysis of a research project, in progress at the Istituto di Formazione e Ricerca per Educatori e Psicoterapeuti of Rome, directed by the two authors. The article examines a sample of interactions between length of therapy and psychological integration of the therapist in the development of affective and working alliance. Therapists who show an excess of enmeshment in their self description show a sharp drop in both types of alliance during the second year and recuperate it defensively during the third year. Therapists with an excess of individuation keep good levels of alliance during the three years, but they seem to be scarcely sensitive to the developmental changes of the therapeutic process during the same lap of time. The therapists well integrated show generally an increase of alliance during the second year and a gradual drop during the third year, indicating a probable process of disengagement as the autonomy of the patients increases.

Scilligo, P. (1998). Schemi e Stati dell'Io. *Psicologia Psicoterapia e Salute*, 4, 1-24. Schemi e Stati dell'IO.

The article suggests a general definition of Ego States of Transactional Analysis in relation to the connectionist Parallel Distributed Processing approach of McClelland and Rumelhart (1991). Prototypically Ego States are defined briefly in relation to the SASB model of Lorna Smith Benjamin (1998). A more detailed prototypical definition will be presented in a subsequent article.

The essence of the contents of the article are presented in a nutshell at the following link (in pdf)

Scilligo, P., De Luca, M.L., Messina, C., Tosi, M.T., Rosso, M. (1998). Dimensioni degli Stati dell'Io. *Psicologia Psicoterapia e Salute*, 4, 89-116.

Dimensioni degli Stati dell'IO

The article defines the concepts of Ego States, as they are used in Transactional Analysis, at a most general level referring to four evolutionary concepts of existence, adaptation, reproduction and the human competence of abstraction. At an intermediate level the concepts are related to the SASB model of Benjamin (1974) in order to define the Relational Ego States of Parent and Child in terms of relational power and the affective dimension of the model. At a more analytic level Ego States are defined in relation to developmental processes. The set of dimensions makes it possible to define Ego States in a multidimensional fashion that facilitates the use of the concepts in scientific research and clarifies their use in applied fields.

Scilligo, P., D'Aversa, C., Liverano, A., Schietroma S, Guglielmotti, F. (1999). Il questionario ESPERO: la misurazione delle ingiunzioni e delle contro-ingiunzioni. *Psicologia Psicoterapia e Salute*, 5, 137-166.

The paper introduces the ESPERO scales, constructed to measure both the Injunctions as conceptualized by the Gouldings in their Redecision Model, and the 5 Counter-Injunctions, created empirically by Kahler. For each scale the psychometric characteristics are presented and discussed

Scilligo, P., Bastianelli, L. (1999). Le dimensioni fattoriali di secondo ordine delle ingiunzioni. *Psicologia Psicoterapia e Salute*, 5, 1-10.

The article describes the results of the explorative factor analysis of the questionnaire ESPERO. The ESPERO was constructed to measure the concepts of injunctions and counterinjunctions used in Transactional Analysis. Three second order factors emerge called, if low injunction values are considered, Relational Richness, Creative Exploration and Existence. The three dimensions are seen as good representatives of three aspects encountered in evolutionary psychology called: Replication, Adaptation and Existence. The factors Relational Richness and Creative Exploration are seen as parallel to the two basic dimensions of the attachment model of Bowlby.

Scilligo, P. (1999). Aspetti epistemologici in Analisi Transazionale. *Psicologia Psicoterapia e Salute*, 5, 245-257.

The article is a brief analysis of the main epistemological positions followed in doing psychotherapy and counselling. Some of the dominant positions held in

Transactional Analysis are examined to show that they vary from a well informed psychodynamic archeology to a critical interpersonal and experiential constructivist position in the approach of the Gouldings and in more recent authors in TA.

Scilligo, P. (1999). Gli Stati dell'Io Sé e le dimensioni ingiuntive. *Psicologia Psicoterapia e Salute*, 5, 277-305.

The article explores the relationship between three injunctive factors and the Self Ego States. The three factors were derived, through factor analysis, from the measures of 15 injunctions using the ESPERO questionnaire. The measures of Self Ego States were derived as operational definitions from the questionnaire measuring the introject in the SASB model of Lorna Smith Benjamin (1974). The first two factors are operational definitions of the two basic dimensions of Bowlby's model, Attachment and Exploration; the third factor is related to the lethal injunctions of the Gouldings (1979). Knowledge of the correlation between the factorial dimensions and the 12 Self Ego States of Scilligo, make it possible to relate some aspects of the Redecision Model to Bowlby's developmental model. The analysis throws new light on how injunctions can be used in clinical settings for diagnostic and treatment planning purposes.

Caizzi, C., Scilligo, P. (1999). Gli Stati dell'Io Relazionali dei genitori naturali ed adottivi. *Psicologia Psicoterapia e Salute*, 5, 307-323.

Gli Stati dell'Io Relazionali nei genitori adottivi e naturali (1)

Gli Stati dell'Io Relazionali nei genitori adottivi e naturali (2)

In a correlational study, the nature of Relational Ego States in the mother and in the father are examined when they relate to adopted and natural children in the family. The hypothesis is that the way mothers and fathers relate to their natural children differs from the way they relate to adopted children and that this difference is influenced by the gender of the children. The results show that there are no differences in the perception of the relationship with adopted or natural children in the fathers. Instead, differences are found in the perception the mothers have of their relationship to adopted or natural children.. Mothers are more loving to their natural children and the children respond in an open and empathic way. Mothers are also more aggressive and demanding on their natural children. This result emerges especially in the relationship between mothers and their daughters. In relating to adopted daughters, mothers are less loving, less aggressive but more controlling; they tend to be enmeshing.

Stanizzo, M.R., Scilligo, P. (2000). Immigrati magrebini in Italia: come cambia il sistema dei valori. *Psicologia Psicoterapia e Salute*, 6, 37 - 60.

Gli Stati dell'Io Relazionali nella coppia genitoriale con figli autistici

A group of 90 Maghrebin male immigrants in Italy was examined and their value system was studied in relation to their integration in the culture of origin and the culture of the country of immigration. People with low levels of integration in both the local and the culture of origin are searching for meaning and courteous acceptance; they show difficulty to integrate initiative and dependency as means for a rich experience in the new situation. Immigrants with low levels of local contact and good levels of contact with the culture of origin know how to adapt themselves but are low in values that gear them towards assertiveness and initiative. Those with low contact with the culture of origin and good contact with the local culture show constructive aggressiveness and feel solid in their social relations in the new environment. The immigrants who show good contact with both cultures show good control of the new environment and achieve a rich integration of values that allow them to live richly in the new cultural situation.

The transformation of cultural scripts.

Scilligo, P. (2000). Il questionario ANINT-A36: uno strumento per misurare la percezione di sé. *Psicologia Psicoterapia e Salute*, 6, 1-35.

The article introduces the basic characteristics of the interpersonal model called Structural Analysis of Social Behavior, SASB, of L. S. Benjamin (1974, 1996) as an introduction to the presentation of the Italian version of the INTREX questionnaire used to describe the Intoject. Psychometric data are presented for the 8 cluster version of Benjamin and the 12 cluster version of Scilligo. A brief description follows of the developmental meaning of a set of profiles emerging from the 12-cluster version. The article ends with a summary discussion of the factorial composition of the questionnaire and its meaning.

The questionnaire is used to define operationally Self Ego States as described by Scilligo

Folino, F., Scilligo, P. (2000). Gli Stati dell'Io Relazionali nella coppia genitoriale con figli autistici. *Psicologia Psicoterapia e Salute*, 6, 179-199.

Gli Stati dell'Io Relazionali nella coppia genitoriale con figli autistici

The article presents the results of a research project aimed at studying the impact of the stressful presence of an autistic child in the family on the interpersonal behavior of the parents.

The study reveals that the help the father gives to the mother of an autistic child has a significant impact on the nature of the relationship the parents establish between them. There are no differences in the nature of the interpersonal profiles of the mother and the father when comparing the behavior of parents of families with and without an autistic child if support to the mother on the part of the father is not taken into account. When the level of help of the father in dealing with the autistic child is taken in consideration, significant differences emerge. It is the mother who is aware of what is going on when help is not available; she reacts with negative

affect, she withdraws from the partner and isolates herself. The husband is scarcely aware of his way of relating to the child's mother if the mother withdraws her interest and warmth for him; he is more aware of her and his own relational behavior when she attacks or controls him. When both parents help each other the interpersonal behavior is functional and satisfying.

Scilligo, P., Schietroma, S. (2000). Gli Stati dell'Io Sé a confronto con il Dio dell'Alleanza e il Dio del Giudizio. *Psicologia Psicoterapia e Salute*, 6, 245 - 279.

Gli Stati dell'Io Sé a confronto con il Dio dell'Alleanza e il Dio del Giudizio

The study examines the nature of the relation between the psychological development of the person and the idea the person has of God. If God is conceived as loving and accepting and at the same time He is seen as fair and not punitive, people in general show average high levels of individuation and enmeshment, two signs of good psychological growth. If God is seen as a punishing judge then both men and women report the presence of negative internal objects. Women with high levels of the *God of Alliance* and high or intermediate levels of the *God of Justice* report good psychological development. Things are different with men. Men show good levels of psychological integration and perhaps absence of negative internal objects if the *God of Alliance* is high and *the God Justice* is low or intermediate; if the level of the *God of Justice* is high, men show signs of defensive behavior related to control and efficiency.

Bevilacqua, T., Scilligo, P. (2000). Correlati psicologici del Sé Relazionale nel Travestitismo. *Psicologia Psicoterapia e Salute*, 6, 281-335.

Sé Relazionale e Travestitismo

The article studies the nature of the relationship between the transvestite and his parents during his infancy as he recalls it. He describes his relationship with the mother as warm and understanding, often warmer than how girls perceive such relationship. The father is described as astonishingly absent, cold, abandoning, controlling and attacking. The hypothesis is advanced that the son in such situation has no way to identify positively with the father and may identify exceedingly with the mother as a way to protect himself from the conflicts coming from the presence of negative internal objects learned in the relationship with the father.

Addonizio, E., Scilligo, P. (2000). Correlati psicologici del Sé Relazionale nel transessualismo. *Psicologia Psicoterapia e Salute*, 6, 337-386.

Sé Relazionale e Transessualismo

The article introduces a correlational study on how transsexual sons perceive their relationship with their mother and their father during infancy. The study confirms

the hypothesis that the father is distant and cold in his relationship with the son, whereas the mother relates to her son more positively; the mother in general tends to promote more autonomy than dependency, but at the same time there are signs of attack and negative control, especially in families with lower social status. The study suggests a hypothesis of lack of male identification and excess of somewhat conflicting female identification.

Jovine, A., Scilligo, P. (2000). L'omosessualità femminile e relazioni infantili con i genitori. *Psicologia Psicoterapia e Salute*, 6, 337-386.

L'omosessualità femminile e relazioni infantili con i genitori

The article reports the results of a correlational study of 50 lesbian women compared with 50 heterosexual women. The study relies on the Bowlby theory of attachment and the interpersonal model of Benjamin (1999), both of which stress the importance of early interpersonal experience in the development of the person and its behavioural tendencies.

From the comparison of the two samples of subjects mothers of lesbian women are perceived as weaker and less inclined to trust their own capacities; the mother-daughter relationship appears cold and distant compared with heterosexual women. In the relationship with the father, the data confirm the hypothesis that the daughters perceive him distant, dominating and with lower levels of affectivity in their relationship.

Scilligo, P. (2001). Il Dio con noi tra speranza e timore la relazione con Dio nell'Eucaristia condizionata dalla relazione di noi con noi stessi e dalla relazione con i genitori nell'infanzia. *Psicologia Psicoterapia e Salute*, 7, 339 - 366.

Il Dio con noi tra speranza e timore

The article studies the nature of the relationship with God in the sacrament of the Holy Eucharist as understood in the Catholic Church when compared with the relationship with oneself and with the parents in the early years of psychological development. The main results indicate that the perception of the Holy Eucharist as a source of hope and caring on the part of God is correlated with bland levels of isolation and loss of meaning in the perception of oneself. The perception of the Holy Eucharist as a source of fear is related positively to levels of interior rebelliousness and self-blaming adaptations. Fear in the perception of Holy Eucharist is correlated with parental behaviours, during infancy, lacking in loving attachment and especially with the presence of parental blaming criticism and careless freedom giving. Holy Eucharist is seen as a source of hope and support for persons who describe their mother's behaviour in infancy as lacking in warm attachment or perceived as permeated with attacking criticism and careless freedom giving.

Comelli, D., Scilligo, P. (2001). Percezione di sé e relazioni familiari nell'omosessualità maschile. *Psicologia Psicoterapia e Salute*, 7, 79-114.

Percezione di sé e relazioni familiari nell'omosessualità maschile

This article examines 80 homosexual men and 80 heterosexual men with the intent of looking into the effect of a set of contextual variables active in the family during the child's infancy. It is also hypothesized that such environment is invasive of the biological gender identity of the child, and that should show up in the manifestation of conflictual development of his gender identity. The heterosexual group shows higher means on four of the five contextual variables tested: the mother of the homosexual group is dominant, there is an inversion of parental social roles (the mother behaves like father), the mother instills feminine role behaviors and the father shows low levels of affectivity and support. The homosexual group of low socio-cultural extraction shows higher means on the variables having to do with identification with external ideals, higher levels of negative control, higher levels of resentment and self punishment and higher levels of self attack; the homosexual group of higher socio-cultural extraction shows a tendency to high levels of resentment, self punishment and self attack; however this groups shoes an excess of individuation to the detriment of adequate inmeshment. The heterosexual group shows average high levels of idividuation and enmeshment, a sign that the developmental process has proceeded relatively smoothly.

Caselli, E, Scilligo, P. (2001). La percezione di sé negli studenti universitari in sede e fuori sede. *Psicologia Psicoterapia e Salute*, 7, 159-180.

La percezione di sé negli studenti universitari in sede e fuori sede

The article investigates the relationship between the distance from the family and the self-perception in a sample of 202 University students. A group of them lives together with the family, a group has left it, but lives near, and a group lives far away. The hypothesis is that a big distance is related to a deeper individuation and to a self-perception as a free and autonomous person. From the analysis of the self-perception profiles, emerges that male students who live far away, feel more free than the students who live with their family and who describe themselves as enmeshed. Female students, on the contrary, even though they live far away, are generally under a closer control from the family, and appear not very autonomous. Important differences are associated with a different social and cultural extraction.

Abbate, M., Scilligo, P. (2001). Rallentamento nel corso degli studi universitari e percezione di sé. *Psicologia Psicoterapia e Salute*, 7, 181-216.

Rallentamento nel corso degli studi universitari e percezione di sé

The study analyzes the correlation between the developmental integration of the

self and the success in the academic requirements that lead to graduation. A sample of 102 female students of the University of Rome "La Sapienza" of the Faculty of Psychology were examined to test the hypothesis that the levels of personal autonomy are related positively to successful conclusion of the academic requirements of the university. The hypothesis is confirmed for the female students daughters of mothers highly educated (possessing a diploma or a degree) but it is not confirmed for daughters whose mothers are not highly educated. For these students a slower pace in academic performance seems related to a higher level of responsibility in facing life problems. For these students a higher level of control and a lower sense of freedom appears to be a way to achieve autonomy through graduation.

Students who delay their graduation are also delayed in their individuation process; this result tends to confirm the hypothesis that the delay of graduation may be a defensive move to avoid assumption of responsibility, more so for students of higher socio-economic status.

Caruso, G., Scilligo, P. (2001). Prestazioni accademiche e rapporto con i genitori. *Psicologia Psicoterapia e Salute*, 7, 217-262.

Prestazioni accademiche e rapporto con i genitori

The article examines the relationship between parental interaction with their daughters and the daughters' readiness to graduate within the times established by the university. In general lack of loving and supporting control interactions are related to delay of exams and graduation. However, the relationship is very complex and depends also on socio-economic conditions of parents, especially for the daughters who delay their graduation. There seems to be a significant relationship of delay of exams when parents less rich control a lot and if parents who are rich deprive their daughters of adequate frustration or of adequate steps to carry out concretely planned activities.

Castiglione, R., Scilligo, P. (2001). Lo sviluppo dell'adolescente e il tabagismo. *Psicologia Psicoterapia e Salute*, 7, 263-289.

Lo sviluppo dell'adolescente e il tabagismo

This study examines the psychological development of adolescents who smoke heavily, 20-30 cigarettes a day, moderately, 8-19 cigarettes or smoke very little, 1-7 cigarettes a day. The study has been made on 140 adolescents, 70 women and 70 men, between ages 14 and 20.

The results show that adolescents who smoke heavily, compared with those who smoke less, have lower levels of psychological integration of the Self and low levels of individuation. Heavy smokers of different social extractions build up similar defensive processes when faced with different failures in the socialization process: they isolate themselves psychologically.

Scilligo, P. (2003) Defining Ego States in relational and developmental terms
Defining Ego States in relational and developmental terms

The article describes in a nutshell a new integrated definition of Ego States as known in Transactional Analysis. The new definitions are correlated with the SASB model of Benjamin (1999) and the attachment theory of Bowlby (1988). Through an example it is shown how the new Ego State profiles help understand the origin and suggest how to intervene therapeutically to bring about new integrations for situations in which serious developmental interruptions have taken place.

Bastianelli, L., D'Aversa, C. (2004). Le controingiunzioni come strategie protettive. *Psicologia Psicoterapia e Salute*, 10, 20 - 36.

The article introduces a correlational research on counterinjunctions and their relationship to the developmental Self integration. The counterinjunctions are examined at the light of their historical development in Transactional Analysis. A definition is adopted that sees the counterinjunction as normative protective strategies that can acquire defensive connotations both when they are absent and when they are present in a rigid and outside the historical context of the moment.

Bastianelli, L., Centofanti, S., Scilligo, P. (2004). La controingiunzione Spicciati e Stati dell'Io Sé. *Psicologia Psicoterapia e Salute*, 10, 37-48.

The article studies the relationship between the counterinjunction Hurry Up and Self-integration. On a sample of 700 men and women the results indicate that high levels of Hurry Up correlate with weak individuation and excess of enmeshment both for men and women, with a tendency on the part of male subjects to show negative affect for Critical and Rebellious Ego States. Low and intermediate levels of Hurry Up make no difference for women. For men low levels of Hurry Up are related to higher means for Nurturing Child, Free Child and Free Adult and good levels of Nurturing Adult and Parent.

Guglielmotti, F., D'Aversa, C., Scilligo, P., Schietroma, S. (2004). La contro-ingiunzione Compiaci e gli Stati dell'Io Sé. *Psicologia Psicoterapia e Salute*, 10, 49 - 60.

The article studies the relationship between the counterinjunction *Please me* and psychological integration of the Self. The study was done on a sample of 700 subjects, male and female, examining the Self Ego States of three levels, *low, medium and high*, of *Please me*. The profiles of *medium* and *low Please me* show fairly good self integration; however in the case of *low Please me* there is a tendency towards an

excess of individuation in men and a lack of normative *Nurturant Parent* in women. High levels of *Please me* both in men and women are related to Self Ego State profiles that indicate presence of pathology: there is a strong presence of normative control with strong affective ambivalence. All in all the relationship between *Please me* and psychological wellbeing is not linear.

D'Aversa C., Caizzi, C., Scilligo, P. (2004). La controingiunzione Dacci Dentro e gli Stati dell'Io Sé. *Psicologia Psicoterapia e Salute*, 10, 61 - 74.

The article describes the relationship between the counterinjunction *Try Hard* and the psychological wellbeing observed using the profiles of 12 Self Ego States. The sample studied consists of 700 subjects of adult men and women. Three levels of the *Try Hard* counterinjunction were analyzed comparing the means of the 12 Self Ego State observed at each level for men and women. The results indicate that the best level of integration belongs to the subjects who show an intermediate level of the *Try Hard* counterinjunction.

Bove, S., D'Aversa, C., Scilligo, P., Carpineto, L. (2004). La controingiunzione Sii Forte e gli Stati dell'Io Sé. *Psicologia Psicoterapia e Salute*, 10, 75 - 84.

The article describes the relationship between the counterinjunction *Be Strong* and the psychological wellbeing observed using the profiles of 12 Self Ego States. The sample studied consists of 700 subjects of adult men and women. Three levels of the *Be Strong* counterinjunction were analyzed comparing the means of the 12 Self Ego States observed at each level for men and women. The results show that the relationship between *Be Strong* and psychological wellbeing must be read very carefully as its meaning changes for men and women. Women with a high level of *Be Strong* show signs of serious weaknesses regarding Free Ego States, FP, FA, FC and also NC; they show also an emerging presence of rebellious Ego States, especially RA and RC. For men the relationship is problematic if *Be Strong* is very low: it shows the presence of high control of self and the presence of Critical and Rebellious Ego States even if Free Ego States are at an adequate level of development.

Caizzi, C., Bove, S., Scilligo, P. (2004). La contoingiunzione Sii Perfetto e gli Stati dell'Io Sé. *Psicologia Psicoterapia e Salute*, 10, 85-94.

The article examines the relationship between the counterinjunction *Be Perfect* and the integration of the Self. On a sample of 700 subjects, men and women, the curvilinear relationship between *Be Perfect* and psychological development of the person is evident. Low levels of *Be Perfect* in men is an indication of low individuation and the development of negative introjects in the area of freedom. For women a similar development emerges if the counterinjunction *Be Perfect* is high: high *Be Perfect* in women goes with low levels of individuation and high levels of critical control, especially in the area of Critical Parent and Critical Adult.

