Presentation Abstract

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The network of CePI training clinics: instruments for practice and research in time-limited psychotherapy according Social-Cognitive Transactional Analysis model

Abstract
The aim of the poster is to share the experience of the CePI training clinics with transactional analyst trainers, clinicians, and researchers, demonstrating the possibilities of combining training and clinical practice with research. The CePI training clinic network currently comprises five training clinics from three specializations schools that train transactional analysts certified in psychotherapy, connected with the Institute for Research on Intrapsychic and Relational Processes (IRPIR) in Rome. The three schools, SSPC-IFREP, SSSPC-UPS, and SSPT-SAPA, adopt the model of social-cognitive TA (Scilligo, 2009). The five training clinics follow a common protocol of time-limited psychotherapy that includes two intake sessions, 21 psychotherapy sessions, and two follow-ups at 2/3 months and 6 months. The network is currently structured as a Practice Research Network. The research approach adopted by the CePI network follows the Practice-Based Evidence paradigm (Barkham, Hardy, & Mellor-Clark, 2010), developing research that takes into account real users and real practitioners, producing knowledge generalizable to the contexts in which practice takes place. Since the network consists of training clinics, training is important and is connected in a virtuous circle with practice, research, and theory. The same assessment instruments used for clinical purposes provide data for group and single case research, allowing not only to monitor the process and outcome of therapies, but also to gather evidence supporting the effectiveness of TA psychotherapy. The instruments of the new protocol used for assessment and to study outcome and process are briefly presented in the poster. These instruments consist partly of specific questionnaires to measure transactional analysis constructs and partly of trans-theoretical

questionnaires to measure personality aspects, symptoms, and psychological distress. The temporal structure of the questionnaire administration protocol is also presented.