Presentation Abstract

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From Relational Needs to Tailored Clinical Intervention: Integrating Research and Practice in Integrative Psychotherapy

Abstract
Background and objectives Relational needs are central to psychological development and therapeutic change in Integrative Psychotherapy, yet translating this knowledge into tailored clinical interventions remains a key challenge. This workshop is based on a model-based clustering study conducted on a non-clinical sample using the Relational Needs Satisfaction Scale. Findings indicate a differentiated pattern of direct effects: receiving the other's initiative and support and protection show significant direct effects on psychological wellbeing and life satisfaction, respectively. The aim is to explore how to identify relevant relational needs within the patient's presenting problems and link them to models of self and other, to guide tailored clinical interventions. Methods The workshop proposes an experiential process based on participants' clinical cases, integrated with five profiles of relational functioning, conceptualized as non-categorical configurations derived from the data. These profiles are examined in relation to wellbeing, life satisfaction, neuroticism, psychological distress, models of self and other, and attachment styles. Starting from a patient's therapeutic question, participants will be guided in identifying the most relevant relational needs, the attachment representation most pertinent to the case, and the relational quality developmentally needed to build a personalized therapeutic relationship. Key findings / expected outcomes Participants will learn that relational needs are not interchangeable, but operate as integrated dimensions with differentiated effects, organizing into clinically relevant configurations. They will develop the ability to recognize different profiles of relational need satisfaction and understand their associations with psychological functioning variables. Overall, participants will acquire a more refined clinical reading of relational dynamics,

grounded in a dimensional and differentiated perspective. Conclusions and implications By integrating empirical findings with clinical reasoning, this perspective supports a more precise and contextual understanding of relational needs and their translation into tailored interventions consistent with the patient's internal functioning and life script. The workshop promotes more complex clinical formulations while preserving the complexity of the therapeutic process.

Professional Picture

