Presentation Abstract

Surname

De Luca

Name

Maria Luisa

Other Authors

Daniele Guglielmi (First author), Giuliano Grossi (second author)

Field of Expertise

Psicoterapy

Name of National Association

IRPIR

Other Affiliation

Pontificial Salesian University

Modality of Participation

in-person

Type of Presentation

Posters

Presentation Title

Empirical Validation of the "Grief and Growth" Therapeutic Model: First Step for a Pilot Pre-Post Study in Perinatal Grief Psychotherapy

Abstract

Background and Objectives: The Grief & Growth model is an integrated Transactional Analysis framework for grief psychotherapy. Despite clinical adoption in Italy, no quantitative validation of its therapeutic effectiveness exists. This pilot study addresses a critical gap in evidence-based TA practice by providing the first empirical assessment of treatment outcomes for bereaved families, contributing to the shift toward Evidence-Based Transactional Analysis. Methods: Single-arm pre-post design with 32 participants (21 completers). Validated instruments assessed Prolonged Grief Symptoms (PG-13), Continuing Bonds (CBS), psychological distress and functioning (CORE-OM), Post-traumatic growth (PTGI), and family relationships (FRI). Analysis: repeated-measures ANOVA with Benjamini-Hochberg FDR correction (α=.05), Jacobson-Truax reliable change indices using published reliability coefficients, and post-hoc power analysis to inform future sample size requirements. Key Findings: Functioning and distress showed large effects (p multi-site collaboration to establish TA-informed protocols for healthcare settings supporting bereaved families.