Presentation Abstract

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Field of Expertise

Psicoterapy

Name of National Association

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Modality of Participation

in-person

Type of Presentation

Panel

Presentation Title

Towards Evidence-Based TA Practice: Redefining the CTA-P Clinical Case and Aligning Training with Learning Health Systems

Abstract

Background and Objectives: Sara Foschi will introduce the panel, presenting the background and methodology. The European context increasingly requires psychotherapy schools to integrate clinical practice with research. In Spain, institutional initiatives against pseudotherapies and the recent regulation of psychotherapy (2022) demand proof of efficacy for every therapeutic model taught. In parallel, psychotherapy research is shifting towards Practice-Based Evidence, embodied in Learning Health Systems (LHS), where each treatment contributes to the broader system through systematic collection of outcome and process data. This work presents a revision project of the CTA-P examination, section C, aimed at alignment with international standards (CE, SPR, APA) and LHS requirements. Methods and Approach: The clinical case is redesigned by integrating validated outcome measures and therapeutic process instruments, consistent with international methodological criteria. Three trainees from the CEP Eric Berne training programme in Barcelona present their clinical cases constructed according to this new framework, with systematic pre-post data collection and session-by-session process measures. Expected Outcomes: Angelica Scalas will present the first clinical case, illustrating how the LHS model has been applied within her therapeutic work. Anna Moral Rovira will then present a second clinical case, offering a further concrete example of this evidence-based approach in TA training. Together, these cases demonstrate that integrating outcome measures into the construction of the Section C case improves the quality of clinical assessment, enhances reflectivity in the trainee therapist, and produces data comparable with other research networks. Conclusions and Implications: Training TA

psychotherapists capable of systematically collecting evidence from their own practice represents a strategic contribution to developing TA as an evidence-based treatment, integratable into contemporary healthcare systems and recognisable within European and national regulatory policies.