Presentation Abstract

Surname
IAPICHINO

Name
Stefano

Other Authors
Oscar Durante, PTSTA-P

Field of Expertise
Psicoterapy

Name of National Association
IRPIR

Other Affiliation
ITAA

Modality of Participation
in-person

Type of Presentation
Workshop

Presentation Title

Psychotherapy with Social-Cognitive Transactional Analysis (SCTA): A single-case study in daily clinical practice

Abstract

In daily psychotherapeutic practice, it is often difficult for clinical psychotherapists to focus on verifying the effectiveness of their work's outcomes. This is due either to a lack of familiarity with the available tools or the significant time and energy required to obtain client consent and administer valid, reliable instruments to measure such results (Scilligo, 2009a). We will present the clinical case of "Paola," drawn from the psychotherapeutic practice of one of the two authors, to evaluate the outcome of a psychotherapy process based on the Social-Cognitive Transactional Analysis model (SCTA; Scilligo, 2009b; Cornell, 2015; Tosi, 2016). The goal is to demonstrate the model's effectiveness and examine how specific client variables—considered outcome measures—have changed. These variables include the intensity of clinical distress, developmental Self-States (as defined by SCTA), and Counter-injunctions and Injunctions (as defined by TA - Goulding & Goulding, 1979; Scilligo et al., 1999). The client's diagnosis, conducted clinically based on the DSM-5, Section II and Section III (APA, 2013) and supported by the MCMI-III (Millon & Everly, 1985), was Trait-Specified Personality Disorder (primary diagnosis) with Persistent Depressive Disorder and Post-Traumatic Stress Disorder. To verify the outcome, we used three different questionnaires corresponding to the three aforementioned variables: the CORE-OM (Palmieri et al., 2009), the ANINT-A36 (Scilligo, 2005), and the ESPERO (Scilligo et al., 1999). These were administered at the beginning and at the end of a one-year SCTA psychotherapy process consisting of 39 sessions. Together with the workshop participants, we will reflect on how the SCTA psychotherapeutic treatment proved effective in "Paola's" case and how it is possible to implement a specific focus on outcome effectiveness research within one's own clinical practice.