Presentation Abstract

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Field of Expertise
Psicoterapy

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What Counts as Evidence? Expanding the Foundations of Evidence-Based Transactional Analysis

Abstract

The development of evidence-based transactional analysis (TA) can be understood as an ongoing dialogue between past theoretical foundations, present research methodologies, and future directions for practice. While randomized controlled trials (RCTs) represent an important and welcome development in contemporary TA research, they constitute only one dimension of a broader concept of evidence-based practice.

Historically, TA has been grounded in clinically derived theory and practice-based knowledge. In the present, there is an increasing emphasis on methodological rigor and empirical validation. Looking toward the future, an important question arises: how can these different forms of knowledge be integrated to support both scientific credibility and practical relevance?

At the same time, there is a risk that a narrow emphasis on evidence-based approaches may unintentionally widen the gap between research and clinical practice, if not carefully integrated with practice-based knowledge. Recent initiatives within the TA community have also aimed to support practitioners in developing empirical contributions, highlighting the importance of bridging research and practice.

This presentation explores how multiple forms of evidence—including clinical expertise, therapeutic process understanding, and client experience—can be articulated and integrated within TA. Drawing on examples from clinical work and research, it examines how evidence is interpreted and applied in complex, real-world settings where standardized approaches meet individuality and relational depth.

The aim is not to challenge the value of methodological rigor, but to situate it within a broader epistemological framework that reflects the diversity and richness of TA practice. By expanding the understanding of evidence, this presentation contributes to the continued development of TA as both a scientifically grounded and practice-oriented discipline.

Professional Picture

