Presentation Abstract

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Psicoterapy

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Psychodynamic Personality Adaptations in Transactional Analysis (APAT): a new TA diagnostic tool

Abstract
Within Transactional Analysis literature, there is a lack of updated assessment tools that integrate personality evaluation according to both TA theory and modern diagnostic manuals. Such tools are essential for diagnosis, monitoring, and evaluating psychotherapy outcomes. This panel addresses this need by presenting the validation research of a new instrument: Personality Adaptations in Transactional Analysis (APAT). The APAT tool builds upon the Joines and Stewart model, expanding it from 6 to 11 adaptations to include previously unaddressed profiles. A significant methodological innovation is the introduction of a third "adaptation-pathology" axis, aligning the tool with the diagnostic framework of the Psychodynamic Diagnostic Manual (PDM-3). The panel details the operationalization of the questionnaire and the methodology used in two distinct validation studies. Findings demonstrate the tool's reliability in identifying personality structures and its effectiveness in bridging TA theory with international psychodynamic standards, providing a more nuanced and clinically versatile assessment. Integrating APAT into practice offers a standardized approach to diagnosis and treatment planning. By aligning TA theory with the PDM-3, this research promotes a "Theory-driven" and "Disorder-driven" integration, facilitating communication between TA practitioners and the broader scientific community while providing a solid empirical basis for personality assessment. 1. Personality in TA: State of the Art and the Need for Quantitative Assessment – Alessia Anello This talk reviews the evolution of personality assessment in TA, highlighting the limits of current tools. While external tests (e.g., MMPI, SWAP) lack TA-specific paradigms, existing TA instruments often miss a comprehensive functional profile. Building on

Joines' intuition, this intervention argues for a validated quantitative tool that uses TA terminology to provide a nuanced diagnosis, anchoring clinical practice to modern Evidence-Based Practice standards. 2. The APAT Model: Personality Adaptations in TA – Adele Grottoli This presentation introduces the APAT model, a taxonomic evolution expanding adaptations from 6 to 11. The introduction of an "adaptation-pathology" axis, consistent with the PDM-3 framework, offers a multidimensional diagnostic profiling that addresses previous theoretical gaps. 3. APAT Validation Studies – Maria Cotov This intervention details the psychometric architecture of the ongoing research, focusing on the two validation studies conducted. Preliminary statistical evidence from a sample of approximately 400 participants supports the tool's construct validity, empirically validating the link between TA theory and international diagnostics. 4. Clinical Use of APAT and Future Research Directions – Andrea Marconcini The clinical application of APAT facilitates structural patient assessment and progress monitoring. This integrated perspective aims to guide treatment planning, providing a starting point for future efficacy studies and empirical research.

Professional Picture

