Presentation Abstract

Surname
Mastromarino

Name
Luca

Field of Expertise
Psicoterapy

Name of National Association
IRPIR

Modality of Participation
in-person

Type of Presentation
Posters

Presentation Title

Redecision and Memory Reconsolidation in Transactional Analysis: a study of the outcomes and processes of Redecision Therapy

Abstract
Redecision Therapy (Goulding, 1979) is one of the main intervention models used in the deconfusion phase of Transactional Analysis (TA), aimed at transforming the emotional schemas underlying the script. However, the TA literature highlights the absence of a shared and operationalised methodological framework both for redecision process and, more generally, for intervention in the deconfusion phase. Research on memory reconsolidation (Pedreira et al., 2004; Ecker 2024) has identified the specific sequence of experiences required to permanently modify these schemas; this sequence was translated into a clinical context as a trans-theoretical and shared process: the Therapeutic Reconsolidation Process (TRP) (Ecker & Vaz, 2022; Ecker et al., 2026). This study investigated both the correspondence between the redecision process and TRP and the effectiveness of Redecision Therapy in five three-day residential workshops, reserved for psychotherapists, involving a total of 59 participants.To verify the correspondence between the Redecision Process and TRP, four independent coders analysed transcripts and videos of 10 therapeutic sessions conducted during the workshops. To assess efficacy, quantitative and qualitative data were collected at four time points (pre-intervention and follow-ups at 1 week, 3 and 6 months). The Anint-A36 was used to detect changes in Ego States over time, while a semi-structured interview, designed by the researcher, enabled the assessment of both the presence of markers of transformative change - which emerge exclusively following the activation of memory reconsolidation (Ecker, 2024) - and changes in the SUD and VOC scales. The difference in scores between participants who undertook decontamination work and those who undertook deconfusion work was also analysed. The results confirm the proposed theoretical correlation between the Redecision Process and TRP and demonstrate the clinical efficacy of redecision therapy. The proposed integration offers a shared methodological framework, fostering dialogue both within TA and with other psychotherapeutic models at an international level.

Professional Picture

