Presentation Abstract

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Field of Expertise
Psicoterapy

Name of National Association
Associazione Italiana di Analisi Transazionale

Other Affiliation
University of Bergamo

Modality of Participation
in-person

Type of Presentation
Panel

Presentation Title

Transactional Analysis in Dialogue: Epistemological Orientations and Their Implications for Psychotherapy, Research, and Education

Abstract

Presenter: Giorgio Cristiano Cavallero Title: Epistemological characteristics of transactional analysis. Transactional analysis can engage in dialogue with other psychotherapeutic paradigms. This stems from the ways in which it accounts for complexity, allowing meaning to be found through complementary and diverse conceptual frameworks. Reflection on the findings of the research will aim to identify the points along which such shifts may lead to potential changes in epistemological orientation.

Presenter: A.R.Ella Paolillo Title: How does the epistemological framework of Transactional Analysis influence teaching and learning processes? L'intervento si colloca nel dialogo tra ricerca e clinica, proponendo una riflessione sulla dimensione epistemologica dell'Analisi Transazionale. A partire dall'esperienza nel circuito Teoria, Metodologia Clinica e Ricerca, si intende esplorare come tali fondamenti possano generare ricadute concrete nei processi didattici, orientando pratiche di insegnamento e apprendimento.

Authors: Stefano Milesi, Attà Negri Presenter: Attà Negri Title: The epistemological beliefs of Italian transactional analysts: associations with therapeutic style and theoretical preferences Scientific disciplines are characterized by different epistemological orientations, ranging from positivist approaches—emphasizing objectivity and linear causality—to complexity-based perspectives highlighting contextuality and non-determinism. In psychotherapy, early models were grounded in positivism, while later developments increasingly adopted relational and contextual frameworks. Transactional Analysis (TA) integrates both structured models and relational assumptions. This

study explores the epistemological orientations underlying TA psychotherapy in Italian training programs. Preliminary data come from an ongoing survey involving 134 TA therapists and trainees from eight institutes. Measures included the Epistemological Belief Questionnaire, the Social Paradigm Belief Inventory, and instruments assessing therapeutic style and theoretical preferences. Results indicate that epistemological dimensions are associated with both therapeutic style and theoretical preferences. A preference for directive interventions correlates with a more positivistic stance, characterized by analytic thinking and reduced emphasis on sociocultural context. Epistemological orientations also relate to openness toward other approaches: more mechanistic and less dialectical views are linked to cognitive preferences, while relativism is associated with systemic orientations. Intersubjectivity and contextuality relate to psychodynamic preferences. No significant differences emerged across training institutes or levels of experience. Comparisons with a smaller non-TA sample suggest that TA therapists endorse slightly more positivist assumptions than systemic and relational-psychodynamic practitioners. This trend warrants further investigation regarding its implications for the scientific status of TA in Italy.

Presenter: Michele Novellino Title: The experimental method in clinical practice and education The first topic concerns the application of the experimental method to psychotherapy, viewed as a constant search for confirmation of the transactional analyst's hypotheses. The second topic addresses the need to apply this method to teaching in training schools; the SCRIPT ANALYTICAL QUESTIONNAIRE FOR PSYCHOTHERAPISTS is presented once again.

Professional Picture

