Presentation Abstract

Surname
Piccinini

Name
Mattia

Other Authors
Marcella Maria Spirito (CTA-P, InPerformat,), Adele Grottoli (CTA-P, InPerformat,) Maria Cotov (CTA-P trainee, InPerformat,)

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Psicoterapy

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InPerformat

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Research Design and Outcome Evaluation in Group Psychotherapy Settings

Abstract
Background and objectives While group psychotherapy is a cornerstone of Transactional Analysis (TA) clinical application, scientific literature reveals a persistent lack of structured empirical studies demonstrating its effectiveness. This workshop addresses this academic gap by providing the epistemological and methodological coordinates necessary to design research projects capable of capturing the complexity of individual structural change within the group matrix.

Methods and approach The workshop begins with a presentation of data from our recent study on group treatment efficacy, illustrating the integration of the CCRT model with a multidimensional psychometric toolkit. The second part is a hands-on research design laboratory: participants will engage in structuring investigation protocols, analyzing methodological architectures suited for group settings (e.g., mixed-methods designs, pre-post measurements with follow-up, and time-series observational studies) and strategies to manage confounding variables inherent in group dynamics.

Key findings and expected outcomes Participants will acquire an operational framework for constructing scientific investigations within their own clinical contexts. They will identify appropriate indicators to operationalize therapeutic efficacy, learning to objectively distinguish and measure both the intrapsychic evolution of the individual patient's script and the observable relational outcomes within the group.

Conclusions and implications Developing tailored investigation methodologies for group settings is a fundamental step in transitioning from anecdotal validation to robust Practice-Based Evidence. Generating empirical data on the efficacy of these interventions not only enriches TA theory but

also provides significant evidence to legitimize group treatments in dialogue with public health institutions and academic bodies.