Presentation Abstract

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Modality of Participation
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Presentation Title
Transactional Analysis (TA) focus on the theory and practice of using Outcome Measures (OMs)

Abstract
Background and Objectives

Recent research and literature on Transactional Analysis (TA) focus on the theory and practice of using Outcome Measures (OMs) with clients experiencing depression and anxiety, to strengthen the evidence supporting the effectiveness of TA. Indeed, research in psychotherapy highlights OMs as indicators of a client's response to treatment, showing whether there is improvement, stagnation, or deterioration. A significant gap existed in both TA and the wider psychotherapy research regarding how practitioners might utilise OM data in their clinical decision-making (Remfrey Foote, 2024).

Methods or Approach

The Interpretative Phenomenological Analysis study explored the lived experiences of 12 TA counsellors and psychotherapists regarding their interpretation of OM data and its influence on their clinical decision-making in TA diagnosis, contracting, and treatment planning (Remfrey Foote, 2023, 2024).

Key Findings

Participants demonstrated how they integrated OM data in the early establishment of the working alliance and therapeutic relationship, as well as identified and managed clients' risk of self-harm and suicide. They used OMs in TA diagnosis, contracting, and the stages of treatment planning; decontamination of the Adult (Berne, 1961, 1966), deconfusion of the Child (Clark, 1991; Hargaden & Sills, 2001), redecision (Goulding & Goulding, 1979), reorientation (Clarkson, 1992), and relearning, recycling (Berne, 1961,

1966, 1975a; O’Reilly-Knapp & Erskine, 2010; Tudor and Widdowson, 2002), establishing the stages of script cure (Berne, 1961, 1972), and planning the ending of

therapy. In clinical practice, OMs helped supervisees and supervisors identify and

prioritise client presentations. OMs aided their communication with other professionals

and supported their System 1 and 2 clinical decision-making (Bate et al., 2012;

Beresford & Sloper, 2008; Kahneman, 2011). The results found that the participants

triangulated their clients' OM responses with their TA diagnosis, contract, treatment

planning, and in-session narrative.

Conclusion & Implications

These key, innovative Practice-Based Evidence findings support Evidence-Based

Practice in TA and have clear implications for TA clinical practice, practitioners,

supervisors, trainees, educational establishments, and regulatory bodies.