Presentation Abstract

Surname

Rocco

Name

Diego

Other Authors

Evita Cassoni- TSTA in Psychotherapy – CPAT Milan; Emanuela Lo Re - TSTA in Psychotherapy – CPAT Milan

Field of Expertise

Psicoterapy

Name of National Association

CPAT Milan

Modality of Participation

in-person

Type of Presentation

Oral Presentation

Presentation Title

To become a psychotherapist. A research on the Motivation and result of training in Transactional Analysis Psychotherapy

Abstract

Background and objectives: This research, which has been planned on occasion of the thirtieth anniversary of the foundation of the School in psychotherapy of the Center of Psychology and Transactional Analysis (CPAT), after having licensed over 300 psychotherapists, considered how, in recent decades, the role of the psychotherapist has changed for, cultural, social and technological reasons. As a result, there is an expansion of the number of clients who turn to a psychotherapist both in person and online, and consequently, many questions arise about the outcome of the psychotherapy training, for example: "Is the psychotherapy training, as organized until now, able to answer the new current requests? Is TA, considered as a theory and related technique, a model that fits the challenges of the new upcoming era?". Method and approach: Starting from these considerations, we have involved a sample of more than 150 former students of the Specialization School in Psychotherapy of CPAT, by which we aimed to explore four main areas of content, organized by 41 multiple choice questions. 1. The professional profile (Which is the main professional category; How many years of experience as a psychotherapist do you have?...); 2. The role of TA in the profession (How much do you use TA in your professional Activities?; which constructs do you use?...); 3. Professional development and continuing education (Do you continue your education?; How do you do it?...); 4. General opinion on the training process in psychotherapy (Which of the following aspects recognized in the literature as important to influence the choice to become a psychotherapist has played a role in your choice?...). Conclusion and implications: The results obtained, once statistically elaborated, will be presented by trying to answer the main questions and evaluating the opportunity to update the training program accordingly.

Professional Picture

