Presentation Abstract

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Beyond Codependence: Attachment and Transgenerational Script in Transactional Analysis

Abstract
In recent years, codependence has increasingly been understood as a complex relational phenomenon, closely connected to attachment dynamics and to the transgenerational transmission of relational patterns. This workshop presents an ongoing research project, also inspired by Gloria Noriega's work that explores these connections within the theoretical framework of Transactional Analysis (TA). The study has a Practice-Based Evidence perspective, integrating clinical experience. It is based on a non-clinical sample of approximately 350 participants and employs validated self-report instruments: ICOD (codependence), ECR (attachment styles in close relationships), TSQ (transgenerational script), and ACL(Adjective check list). This methodological design explores the codependence as a dimensional and relational phenomenon across different cultural contexts. The research addresses three main questions: whether different forms of codependence can be identified, how these relate to attachment patterns, and how they are connected to processes of transgenerational transmission of life scripts. Data analysis is currently ongoing. Rather than considering codependence as a unitary trait, this study explores it as a dynamic and context-dependent relational configuration. Preliminary data suggest the emergence of differentiated patterns associated with specific attachment styles and script configurations. This workshop offers a process-oriented and integrative perspective, highlighting implications for early identification and assessment, towards prevention in both non-clinical and clinical contexts. This appears important in situations characterized by relational trauma and intergenerational transmission of relational models. By the end of the workshop, participants will be able to: 1. Recognize codependence as a complex and differentiated relational pattern; 2. Analyze the

relationship between attachment styles and codependent patterns, integrating attachment theory and Transactional Analysis. 3. Focus on the role of transgenerational script transmission in the development of codependent dynamics.

Professional Picture

