Presentation Abstract

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Type of Presentation

Oral Presentation

Presentation Title

Three research studies into the effectiveness of TA Psychotherapy in the Netherlands.

Abstract

Background

A Dutch study group based in psychotherapeutic Centre de Viersprong, conducted several research studies during more than a decade, in which the effectiveness of a three-month inpatient program with TA as method of psychotherapy was reserched.

Method

Three different studies examined the TA-psychotherapy program.

Key Findings

In the first study, a randomised controlled trial, two different kinds of aftercare after a three-month inpatient, TA-based program were compared. Both aftercare-programs proved to be effective with an effect size (Cohen's d) of the whole treatment of 2.00 for the reintegration training and 2.00 for the booster sessions (each result above 0.8 is considered a large effect). (Thunnissen, 2007; Thunnissen et al., 2001, 2008).

In the second study, the three-month inpatient TA program was compared to four other programs: another long-term inpatient program, day-treatment (longer and shorter than six months) and outpatient treatment. 371 patients with a Cluster C personality disorder participated in one of those five modalities. The short-term inpatient group (which consisted mainly out of patients of the TA-program) showed significantly more improvement in psychiatric symptoms than three of the four other groups (Bartak et al., 2010).

In the third study, 67 patients of the short-term inpatient TA program were matched with 67 patients of one of the other four programs from the above-mentioned study. The patients from the TA program showed more symptomatic improvement at 12-, 24-and 36-month follow-up. At 36 months, 68% of the patients from the TA program were symptomatically recovered, compared to 48% of the other patients (Horn et al., 2014).

Conclusion

These three studies show the effectiveness of this short-term inpatient TA-program: in itself (study 1); compared to other settings and dosages (study 2); and compared to similar other patients (study 3).

Professional Picture

