Presentation Abstract

Surname
Zuykova

Name
Nadezhda

Other Authors
Olga D. Tuchina, CTA-P, PhD; Anna Zuykova

Field of Expertise
Psicoterapy

Name of National Association
SOTA EATA

Other Affiliation
-

Modality of Participation
in-person

Type of Presentation
Oral Presentation

Presentation Title
Scientific Presence of Transactional Analysis in Russia

Abstract
Background and Objectives. Transactional Analysis has been increasingly recognized as an evidence-based approach. This presentation reviews the status of TA research in Russia and its presence within academic and educational institutions. Methods. A narrative review covers TA-related studies published in peer-reviewed journals and dissertation databases. Pubmed/Medline and elibrary databases were used for search. Results. Three main lines of TA research in Russia have been identified, with most of the studies belonging to the clinical and, more infrequently, educational fields of TA application. The first line deals with exploring and validating fundamental TA concepts such as ego-states, life script, and personality adaptations. The second line deals with TA application in specific conditions: self-destructive behaviours, addictions, cancer, codependence. The third line deals with outcome research and testing traditional and emerging TA approaches and techniques in clinical and community samples. TA was found to be present and recognized on the governmental level. It is included in medical Clinical Guidelines, official textbooks and handbooks on psychotherapy, psychiatry and addiction treatment. TA has become part of official curricula at major Russian universities. A Russian TA journal has improved its visibility and is ready to enter citation indexes. Implications. TA is visible and recognized by the Russian academic and scientific communities. However further research and consolidation of its position as an evidence-based approach in various fields of application is needed. Promising research directions include adaptation of the existing TA treatment protocols for emotional disorders and anxiety, promotion of evidence-based TA practices among Russian practitioners, addressing new research subjects, e.g. spiritual and narrative TA, and development of network-based research projects, where TA researchers receive validated training, conduct supervised studies (PTSTA/TSTA) in

collaboration with Russian academic institutions, and disseminate results in line with national scientific standards.

Professional Picture

