



Rome, December 06, 2019

Selected Publications by Pio Scilligo and members of LaRSI or referred to their work

(with red color the titles of the three articles chosen for the award)

Books or parts of books

Scilligo, P. (2005). *La nuova sinfonia dei molti sé [The new symphony of many selves]*. Roma: LAS.

The main objective of the volume is to provide a methodology of observation and analysis of the psychological processes involved in the formation of the self, according to an interpersonal reading that takes into account substantially the psychological system that is internalized in the course of life and in particular in the first twenty years. In the systematic analysis of these processes, the counselor and the therapist find a guide for the aetiological understanding of psychological and interpersonal difficulties and a resource for the planning of prevention and psychological development interventions.

The second objective is to give a structure, easily legible in scientific terms, to the Ego States of Transactional Analysis. The model of transactional analysis is, as the name indicates, relational and interpersonal in its essence. In the quadrants of the ASCI (Italian translation for SASB) is possible to insert the three relational processes of the person's experiences: creativity and exploration, logical-causal and descriptive regulation of the perception of self and of external reality, normative processes that guide the action. The redefinition of the ego states makes it possible to draw a parallel between the theory of ego states, Bowlby's key concepts (internal working models and attachment processes), and connectionist theories in the cognitive sphere. (From the Preface by Pio Scilligo)

Scilligo, P. (2009a). *La ricerca scientifica tra analisi ed ermeneutica [Scientific research between analysis and hermeneutics]*. Roma: LAS.

The book deals with the topic of scientific research applied to the study of the human person, highlighting the need to integrate two methods: the first is the traditional scientific method, which with its naturalistic vision mainly studies what can be seen or that can be "analyzed", reaching generalizable conclusions; the second one is the art of "hermeneutics" which allows us to consider and study the experience of the single subject in its complexity, with its will, freedom and intentionality, capturing its uniqueness and individuality.

The starting point of the book is precisely the distinction between two different approaches to the study of man: the nomothetic one and the idiographic one. The first studies groups of people to gather common traits. This approach, in the psychological field, gives rise to the classification of people in specific categories based on clearly identifiable indices, as it is DSM-IV that identifies types of disorders through the *analysis* of distinctive features. The idiographic approach deals instead with the single person, exploring the uniqueness and seeking the meaning of his behaviors and difficulties through a *hermeneutical* process that leads to understand the person in his peculiarities, his values and his intent.

The distinction presented in the text between method and epistemology makes it possible to integrate nomothetic and idiographic approaches, contemplating the possibility of a mixed approach - for example, idiographic in epistemology and nomothetic in the method.

The book as a whole supports the need and richness of constant dialogue between research, theory and clinic so that the three foci can support and integrate each other; for example, the effectiveness of psychotherapy can be enhanced thanks to the results of research and explained in the light of theory. At the same time, new research can be stimulated by phenomenological observations coming from the clinical situation and can create conditions for new theorizing. In the study of the human person, in short, a constant dance is essential between objective and subjective, quantitative and qualitative dimension of research, analysis and hermeneutics. (From the Preface by Carla de Nitto)

Scilligo, P. (2009b). *Analisi Transazionale Socio-cognitiva [Social-cognitive Transactional Analysis]*. Roma: LAS.

The book is the result of decades of work and presents, in an organic way, the approach of social cognitive transactional analysis developed by Pio Scilligo and his collaborators, particularly by the research group of the LaRSI.

Three theoretical options characterize the book.

The first one concerns the vision of the personality as an expression of the interaction between conscious and unconscious mediational processes. The outcome of this interaction can be found in predictable configurations that emerge in the relationship between human behavior and stimulus situations. This vision of the personality has the merit of not leading to either a rigid theory of traits or situational relativism and, at the same time, safeguards an anthropological vision of the human being as free, responsible, constructor of himself and of his interpersonal situation.

The second theoretical option concerns the central consideration of the concept of ego state, a nodal point for the entire theoretical framework of TA. The thesis is the following: we need to redefine the concept of ego states in the light of contemporary research in order to validate the theoretical constructs of TA and promote the exchange within the international scientific community. The theoretical and research effort underlying the Social Cognitive Transactional Analysis in its current formulation allows us to appreciate Eric Berne ego states concept: he has extensively described the characteristics of ego states in a way compatible with the current theory of schemas. Today we can see how ego states are highly complex patterns that traditional transactional analysis has made easily understandable and accessible to all, including patients in psychotherapy; in fact Parent, Adult and Child are names that are intuitively understandable.

The third theoretical option is related to the need of rethinking ego states concept starting from the current theory of schemas. The social cognitive transactional analysis represents a useful compromise between the simplicity of the operational definition of ego states in the traditional transactional analysis and the complexity of the current theory of schemas. This new ego states model enriches clinical meaning, scientific clarity and allows empirical research.

De Luca, M. L. (Ed.) (2009). *Psicoterapia e ricerca. Dalla teoria alla clinica. [Psychotherapy and research. From theory to clinic]*. Roma: LAS.

The book collects a series of contributions, mostly from the editor, which address from various angles the necessary, fruitful and problematic relationship between psychotherapy and research with a particular attention to epistemological questions without neglecting, as specified by the subtitle, the close connection between research and clinical practice.

In the *first part*, dedicated to the theoretical bases, are addressed the epistemological and methodological questions applied to the research on the therapeutic alliance and to the figure of the "scientist practitioner" embodied, hopefully by the psychotherapist; it should be noted that this first part includes an important contribution by Pio Scilligo on the "valley to be bridged" between clinical research and psychotherapy and closes with a chapter on research in Transactional Analysis.

The *second part*, dedicated to applications into practice, contains nine rather heterogeneous chapters ranging from reflections on data from a research that analyzes the relationship between therapeutic alliance and therapist and patient ego states to intensive studies on single case and reports of clinical reparenting interventions (in individual and group settings) read in the light of Transactional Analysis, the SASB model and the Socio-Cognitive Transactional Analysis.

Tosi, M. T. (2016). Social-cognitive Transactional Analysis: from theory to practice. In R. G. Erskine (Ed.) *Transactional Analysis in contemporary psychotherapy*. (pp. 229-255). London: Karnak.

“... this paper will very much repay careful reading and consideration. It is important for several reason. It is grounded in research. It bridges TA and cognitive psychology. It offers clear, operational definitions which help us make more refined and nuanced descriptions of ego states, transactions, and our interventions. To add to this, Tosi’s paper provides clear examples of the sensitive use of this approach in clinical practice. Although social-cognitive TA may be unfamiliar to many, it actually has an active forty year history. ... I value this work because, although it is grounded in research, it does not sacrifice the subjective to universalism.” (From the Foreword by James R. Allen)

“ Maria Teresa Tosi (Italy) introduces us to a new development in TA theory and practice called social-cognitive Transactional Analysis. Her explanations of ego states integrate the social/cognitive/interpersonal perspectives offering a model that facilitates research on the psychotherapeutic processes. ... she focuses on the ongoing process of ego states development and the reciprocal use of transference in the patient-therapist dyad.” (From the Preface of Richard J. Erskine)

Ecker, B., Ticic, R., & Hulley, L. (2018). *Sbloccare il cervello emotivo. Eliminare i sintomi alla radice utilizzando il riconsolidamento della memoria*. [in Bastianelli, L. (Ed.) it. transl. of *Unlocking the emotional brain: Eliminating symptoms at their roots using memory reconsolidation*. 2012, NewYork: Routledge] Milano: Franco Angeli, pp 184-197.

The 2018 Italian edition of *Unlocking the Emotional Brain (Sbloccare il cervello emotivo. Eliminare i sintomi alla radice utilizzando il riconsolidamento della memoria*, published by Franco Angeli) incorporates a new section in Chapter 6 on Social-Cognitive Transactional Analysis (SCTA). The new section examines a case study and shows that SCTA carries out the steps of the Therapeutic Reconsolidation Process (TRP), resulting in transformational change. That demonstration adds support for the hypothesis that the TRP is a universal process responsible for transformational change in any therapy sessions.

Bastianelli, L. (2018) Il ben-essere della mente dall’età evolutiva all’età adulta: la prospettiva della Analisi Transazionale Socio-cognitiva. In Baffetti, B., Marcacci, F. (a cura di) *Quando io non sono Tu: pensare e praticare una cultura del rispetto*. pp 47-62. Pisa: Edizioni ETS. [The well-being of mind from childhood to adult life: the perspective of Social-cognitive Transactional Analysis. In Baffetti, B., Marcacci, F. (Eds.) *When I am not you: thinking and practicing a culture of respect*. pp 47-62. Pisa: Edizioni ETS].

The volume offers an interdisciplinary reflection that gives value to the experiences of otherness made by children and young people in school environments and in society. Particular attention is paid to the experience of cultural otherness and gender difference, in relation to the construction of personal identity. The key concept is “respect” which is understood into the book as that attitude that allows one to get closer to the other in an open and non-hostile way, based on the recognition of the dignity of each person. The chapter by Laura Bastianelli is the contribution to this interdisciplinary dialogue from the psychological perspective, and offers Social-Cognitive Transactional Analysis as a model to understand intra and interpersonal processes and to promote the thriving of people during the all life span.

Articles

International Journal of Psychotherapy

Bastianelli, L., Tosi, M.T., Giacometto, R., Messina, C., & Ceridono, D. (in press) Why Transactional Analysis works: reasons for a possible explanation of change in psychotherapy. *International Journal of Psychotherapy*, 23 (3), November 2019.

The article presents a possible explanation for the efficacy of Transactional Analysis (TA) oriented psychotherapy, throughout the current dialogue between TA methodology and the reconsolidation process, discovered by neuroscientists at the end of last century. This hypothesis can enrich the debate between psychotherapy models about the issue of the common yet specific factor of change, promoting the integration of psychotherapies. Furthermore, the shift in the definition of ego states according to the theory of schema operated by social-cognitive transactional analysis is offered as a solid theoretical base to develop clinical research lines capable to integrate the analysis of quantitative and qualitative data, outcome and process studies, and verify the reconsolidation as specific ingredient of change hypothesis, for the benefit of clinicians, clients and trainees.

Transactional Analysis Journal

Bianchini, S., & de Nitto, C. (2019), The Parent Ego State as a Developmental Achievement: A View from Social-Cognitive Transactional Analysis. *Transactional Analysis Journal*, 49 (1), 14-31.

The concept of the Parent ego state as initially proposed by Berne is the point from which the authors started as they expanded their understanding of the Parent from a primarily processual perspective. This concept of the Parent can be most usefully viewed in developmental terms based on the theories of Mahler and as elaborated by Scilligo and others in the form of a social-cognitive construct. The model of social-cognitive transactional analysis helps to elucidate the often complex interplay of individual efforts to regulate emotions, thoughts, and behaviors. The model also helps to illustrate how people interact in the world with others, particularly when it comes to understanding and modifying the Parent ego state in order to promote adaptation in individual, family, and community life. This vision is arguably central to work with clients, students, and others seeking to understand themselves and to grow toward more meaningful lives.

Cornell, W. F. (2015). Ego states in the social realm: Reflections on the theories of Pio Scilligo and Eric Berne. *Transactional Analysis Journal*, 45 (3), 191-199.

The author discusses theories of ego states and the Self based in the work of Pio Scilligo within his model of social-cognitive transactional analysis. One of the founding theorists of transactional analysis in Italy, Scilligo proposed a model of ego states based in social psychology. This article examines the similarities and significant differences between Scilligo's model and the one developed by Eric Berne.

De Luca, M. L., and Tosi, M. T. (2011). Social-Cognitive Transactional Analysis: An Introduction to Pio Scilligo's Model of Ego States. *Transactional Analysis Journal*, 41 (2), 206-220.

Drawing from contemporary research on social-cognitive processes and schemas, Pio Scilligo introduced a social-cognitive perspective into theory and practice of transactional analysis. His distinctive model and understanding of ego states represents a significant development of Berne's original ego states theory, useful both clinically and in research.

Scilligo, P. (2011). Transference as a Measurable Social-Cognitive Process: An Application of Scilligo's Ego States Model. *Transactional Analysis Journal*, 41 (2), 196-205.

Freud's original intuition about the transference - which we repeat in the present some key relational patterns of the past - is supported by the results of recent socio-cognitive research that shows that transference is an omnipresent process in everyday life, not limited to the psychotherapeutic environment or to relations with the first custodians. Understanding transference manifestations helps us not only to make sense of our clients' transactional models, but also to work through self-conscious and unconscious representations that interfere with our work as psychotherapists. Scilligo's model of ego states offers a method for analyzing transference as a normal and modifiable social and cognitive process.

Tosi, M. T. (2018). Personal identity and moral discourse in psychotherapy, *Transactional Analysis Journal*, 48 (2), 139-151.

This article proposes that personal identity is based on two fundamental dimensions that deserve special attention in psychotherapy: one that grounds personal identity in autobiography along with core needs, wishes, and intentions, and another that sees moral traits—one's sense of interpersonal responsibility—as the most important part of personal identity as recognized by others. The author proposes that moral values are linked to overall development and introduces a new perspective on psychotherapeutic work, one that relates to both clients and professionals. The Social-Cognitive Transactional Analysis model paves the way for this developmental and affective vision of morality. The role of moral discourse in psychotherapy is highlighted as an important area of exploration, one that promotes personal growth, social responsibility, and awareness of the relational processes that have healing value for clients and communities.

Tosi, M. T., De Luca M.L., Messina C. (2015). A Response to Cornell's "Ego States in the Social Realm: Reflections on the Theories of Pio Scilligo and Eric Berne". *Transactional Analysis Journal*, 41 (3), 206-222.

The authors respond to the ideas presented by William F. Cornell (2015) in his article "Ego States in the Social Realm: Reflections on the Theories of Pio Scilligo and Eric Berne." They offer additional perspectives on concepts relevant to a greater understanding of social-cognitive transactional analysis, including transference, copy processes, the well-being system, the Integrated Self, and Relational and Self ego states.

International Journal of Transactional Analysis Research

Bastianelli, L., Ceridono, D. (2013). Drivers and Self Ego States in Social Cognitive TA: a research on drivers as protective strategies. *International Journal of Transactional Analysis Research*, 4 (1), 30-38.

The work presents a synthesis of a set of studies of a correlational research conducted by Scilligo and coworkers on drivers and their relationship with the developmental Self-integration. Drivers are examined in the light of their historical development in TA. A definition is adopted that sees the drivers as normative protective strategies that can acquire dysfunctional connotations both when they are absent and when they are present in a rigid and "out of context" way. Self-integration is defined in terms of self-perception of Self Ego state according to Social Cognitive TA. Subjects (N= 700) were adults, mostly university students and trainees in clinical psychology. The five drivers (Hurry Up, Please Me, Try Hard, Be Strong, Be Perfect) were measured with the Espero self-report questionnaire (Scilligo, 2005) and Self Ego States were measured with the Anint self-report questionnaire based on SASB (Benjamin, 1974, 2000; Scilligo & Benjamin, 1993, Scilligo 2005) by which 12 prototypical Ego states are operationally defined according to SCTA (Scilligo, 2009; De Luca e Tosi, 2011). Different studies were conducted for men and women, concerning Ego states for three levels of each of the five drivers. Results show, for all the drivers, that an average level of the driver is related with Self Ego State profiles indicating good integration both for men and women. High level of the driver is related with less integration of Self, except for Be Strong and Be Perfect in men, which result is associated to a functional profile of Ego states. Low level of the drivers is related to less integration of Ego states except for Be Strong in women, and for Hurry Up both for men and women. Results support the hypothesis of a non-linear relationship between drivers and Self-integration, with better levels of integration in subjects with average levels of drivers.

Ceridono, D., Viale, D. (2013). Ego States in the therapeutic relationship and pre- to post- change in Self Ego States. *International Journal of Transactional Analysis Research*, 4 (1), 49-58.

This study investigates process and outcome of psychotherapy conducted according to Social-Cognitive Transactional Analysis (SCTA); the perception of Self Ego states, pre- and post- treatment, and of Relational Ego states activated in the therapeutic relationship is studied. Subjects (N=288) were adult clinical outpatients who received 21 sessions of psychotherapy in Prevention and Intervention Clinics connected to four training schools in psychotherapy. Therapists were 3rd and 4th year trainees. Perception of Ego states was studied with self-report questionnaires based on SASB (Benjamin, 1974, 2000; Scilligo & Benjamin, 1993, Scilligo 2005) by which prototypical Ego states are operationally defined according to the SCTA (Scilligo, 2009; De Luca e Tosi, 2011). The results of the preliminary studies show that clients perceive that Free and

Protective Ego states in the relationships with therapist are highly activated, and Critical and Rebellious Ego states are very low. Pre- to post-treatment changes of Self Ego states in clients are observed: a growth of Free and Protective Ego states and a reduction of Critical and Rebellious Ego states. This outcome appears to be related to the therapeutic relationship that stimulates Free and Protective Ego states through complementarity during the sessions, and that promotes the development of Free and Protective Ego states by internalization.

de Nitto, C., Bianchini, S., e Tosi, M.T. (2013). Theory, research, clinical practice and training: a virtuous circle through Social Cognitive Transactional Analysis. *International Journal of Transactional Analysis Research*, 4 (1), 59-66.

This paper describes the authors' view of research, strictly linked to clinical practice, in creating theoretical constructs, forming a virtuous circle within our training model, putting together quantitative and qualitative research. The contribution is a meta-level reflection on research. The Experiential Learning Model of Kolb and Fry (1975) is used to explain the circular relation between research, theory, clinical practice and training. The article underlines that learning, change and growth empower each other through a circular process based on four different aspects: Concrete Experience, Reflective Observation, Abstract Conceptualization and Active Experimentation. It describes how these elements impact on the different activities that are part of this virtuous circle.

Scilligo, P. (2010). The empirical basis of medicine in search of humanity and naturalistic psychotherapy in search of its hermeneutic roots. *International Journal of Transactional Analysis Research*, 1 (1), 61-71.

This article was originally published in Italian as 'La base empirica della medicina alla ricerca di umanità e una psicoterapia naturalistica alla ricerca delle sue radici ermeneutiche' in: *"Psicologia Psicoterapia e Salute"* 2006, Vol.12, No. 1, 1 – 30.

The article describes briefly the successful application of naturalistic assumptions to medicine, and how Empirical Based Medicine (EBM) is moving towards a complex vision of medical care, aware of the human relational context and of the importance of the dialogue between the doctor and the patient in the process of cure. A summary analysis is then introduced dealing with the progress made by psychology of health in the adoption of the naturalistic outlook of medicine in facing difficult problems and embracing methodologies and procedures that allow for scientific evidence of psychological interventions. A punctual analysis follows, aimed at showing the frail stand of uncritical adhesion to the naturalistic assumptions in psychology, and in the social sciences in general, pointing out the risk of getting enmeshed in a mechanical and dualistic vision that ignores the fundamental nature of the human being as a unitary creator of meanings and the dialogical originator of self, envisioning itself critically in the living tradition of which naturalistic empiricism is an essential aspect. A vision is espoused which sees the social sciences and psychology an ongoing empirical, interpretative and critical process.

Tosi, M.T., de Nitto, Carla, Bianchini, S. (2013). A Social-Cognitive Definition of Ego States to Implement TA Research. *International Journal of Transactional Analysis Research*, 4 (1), 107-112.

A distinctive model of ego states is presented according to the social-cognitive TA approach which draws from contemporary research on social-cognitive processes and schemas. This model of ego states represents a significant development of Berne's original ego state theory, useful both clinically and in research. This presentation highlights both the continuity and the departure from Berne's model of ego states, explaining how the social-cognitive model of ego states allows us to implement research work.

Psicologia Psicoterapia e Salute [Psychology Psychotherapy and Health]

Psicologia Psicoterapia e Salute [Psychology Psychotherapy and Health] is a scientific journal founded by Pio Scilligo and published by IRPIR and IFREP. It was born in 1995 as a continuation of the journal *Polarità [Polarity]*, always founded by Pio Scilligo in 1987, so it has a history of over thirty years. The journal is published in Italian and some contributions that may have a wide interest are occasionally published in English. Here are some recent articles in English.

Bastianelli, L., Ceridono, D. (in press). Biomarkers in psychotherapy research: an integrative perspective for the outcome evaluation. *Psicologia Psicoterapia e Salute*, 24 (3).

There is growing interest in the biological correlates of specific psychological problems like depression or anxiety, and the impact of biological aspects on the treatment outcome (e.g. Yehuda et al., 2015; Strawbridge et al., 2015). It is therefore useful to include biomarkers in TA research to increase the relevance and discriminative capacity of quantitative and qualitative studies. An example of in-depth multi-perspective exploratory study is presented, that includes the effect of TA psychotherapy - according to social-cognitive transactional analysis model - on the Heart Rate Variability (HRV). HRV is a computerized physiological measure derived from the record of heart rate, a feasible and sensible method to evaluate the functional integrity of Autonomus Nervous System and inflammation. HRV has been used in psychological research to evaluate the outcome of different interventions and psychological approaches (e.g. Frustaci et al., 2010; Bastianelli, 2015-2016; Pignotti & Steinberg, 2001). Other biomarkers are evaluated as feasible measures to be included in research protocols, as C Reactive Protein and Cortisol levels (Bottaccioli et al. 2018).

Ceridono, D., Tosi, M.T., Bastianelli, L., Bianchini, S., de Nitto, C. (in press). A multi-perspective method for single case study of Social Cognitive Transactional Analysis psychotherapy delivered in training clinics. *Psicologia Psicoterapia e Salute*, 24 (3).

A method is presented for single case study of psychotherapy delivered in the training clinics of the schools that adopt the model of social-cognitive transactional analysis (Scilligo, 2006, 2009b, 2011; De Luca and Tosi, 2011; Tosi, 2016). In this context, for the case study a balance is sought between usefulness for clinical practice, research and training (Ceridono, 2011), considering the need to evaluate the outcome and demonstrate the effectiveness of psychotherapy (Ceridono and Viale, 2013; Ceridono, 2014; Ceridono, Perotto et al., 2015).

In the case study are carried out *quantitative evaluations* of client variables, process variables, and outcome. The quantitative evaluations are integrated with *qualitative evaluations* of the client (problem, elements of script, case formulation), process (analysis of transcripts, therapeutic contract) and outcome (Helpful Aspect of Therapy, Change interview). Evaluations are carried out from different perspectives (client, therapist, supervisors, observers).

In research on psychotherapy delivered in the training clinics, this method will integrate quantitative group studies to support effectiveness of transactional analysis psychotherapy and understand the process of change. This method stimulates trainees to approach research, to bridge the gap between research and practice, and can help develop the quality of training.

De Luca, M. L., Gubinelli, M., Tosi, M. L. (Eds.). (2014). Pio Scilligo's social cognitive ego state model colloquium [Special Issue]. *Psicologia Psicoterapia e Salute*, 20, (1/2/3).

The monographic issue of *Psicologia Psicoterapia e Salute* is the final product of the effort of the LaRSI group aimed at operating an international confrontation on the model of ego states in Social Cognitive Transactional Analysis. The journal's editorial board sent a few selected articles describing the theory of ego states elaborated by Pio Scilligo and collaborators to several Italian and not Italian TSTA. All they are related in various way to a specific interest for TA research, so that they would invited to discuss this new theory. Several authors answered to the invitation: Jim Allen, Giorgio Cavallero, Bill Cornell, Marco Sambin (with Enrico Benelli) and Mark Widdowson.

Scilligo, P. (2006). Correlates of dimensionally defined ego states in transactional analysis and social-cognitive representation of relational processes and the Self. *Psicologia Psicoterapia e Salute*, 12 (2), 159-200.

The article is a partial reworking and update of Scilligo's 12 ego states model. The paper gives a clear idea of the evolutionary dimensions underlying the dimensional model. The traditional TA representation of ego states and the

dimensional representation are explained. A brief reference is made to how well the model relates to the most recent research data on the Self as conceptualized by the social-cognitive approaches of attachment and intimate relationships.

Tosi, M. T., Ceridono, D., Bastianelli, L. Giacometto, R., de Nitto, C., Bianchini, S. (in press). Developing a research oriented clinical work in psychotherapy training. *Psicologia Psicoterapia e Salute*, 24 (3).

The psychotherapy schools that belong to the Institute for Research on the Intrapsychic and Relational Processes (IRPIR) - namely the Upper School in Clinical Psychology of IFREP (SSPC-IFREP), the Specialization School in Transactional Analysis of SAPA (SSPT-SAPA), the Specialization School of Group and Interpersonal Psychotherapy of ARPI (SSPIG-ARPI), and the Upper School for Specialization in Clinical Psychology of UPS (SSSPC-UPS) - teach the model of Social-Cognitive Transactional Analysis (SCTA) (Scilligo, 2006, 2009, 2011; De Luca and Tosi, 2011; Tosi, 2016). In the context of their educational course they are developing a research oriented clinical work in psychotherapy training in order to bridge the gap between research and practice. In this context, the trainees do short/medium term psychotherapy with patients, in the trainings clinics, regularly supervised by the schools trainers (CTA Trainers, PTSTAs and TSTAs). In addition to the extensive group research conducted on all the patients of the training clinics, (Ceridono and Viale, 2013, Ceridono, 2014; Ceridono, Perotto et al., 2015, Tauriello et al, 2015) a method for single case study is being developed by the research group of IRPIR coordinated by Davide Ceridono (the Lab for Research on Self and Identity, LaRSI) which combines research, training and clinical purposes (Ceridono, Tosi, et al., 2018). For the case study a balance is sought between usefulness for clinical practice and for research. The research methodology is also designed to stimulate the professional growth of trainees, being closely intertwined with clinical and training activities.

Neopsiche

Neopsiche Rivista di Analisi Transazionale e Scienze Umane [Neopsiche Journal of Transactional Analysis and Human Sciences] is a scientific journal published by Associazione Italiana Analisi Transazionale (AIAT).

Ceridono, D., Bianchini, S., Tosi, M. T., Bastianelli, L. B., Giacometto, R. (2019). Il trattamento dei disturbi ansiosi secondo l'approccio dell'Analisi Transazionale Socio-Cognitiva. [The treatment of anxiety disorders according Social-Cognitive Transactional Analysis] *Neopsiche*, 26, 84-118.

This article is a contribution to the work aimed at building a manual for TA treatment of anxiety disorders undertaken by the Italian Transactional Analysis Association (AIAT), in collaboration with other Italian TA associations. The core concepts of social-cognitive transactional analysis (SCTA) and the main theoretical and methodological references adopted in the treatment of anxiety disorders according to this approach are presented. The treatment model focuses mainly on the time-limited psychotherapies delivered in the training clinics of the psychotherapy schools connected to the Institute for Research on Intrapsychic and Relational Processes (IRPIR) that adopt the approach of the SCTA.

Internet

Ecker, B., Ticic, R., Hulley, L., & Bastianelli, L. (2018) A Demonstration of Social-Cognitive Transactional Analysis Implementing the Therapeutic Reconsolidation Process. *Coherence Psychology Institute LLC*. (available in: <http://www.coherencetherapy.org/files/SCTA-TRP.pdf>).

The paper is the English translation of the paragraph on Social-Cognitive Transactional Analysis (SCTA) incorporated in the 2018 Italian edition of *Unlocking the Emotional Brain (Sbloccare il cervello emotivo. Eliminare i sintomi alla radice utilizzando il consolidamento della memoria*, published by Franco Angeli). It examines a case example and shows that SCTA carries out the steps of the Therapeutic Reconsolidation Process (TRP), resulting in transformational change. That demonstration adds support for the hypothesis that the TRP is a universal process responsible for transformational change in any therapy sessions.