



THE OUTCOME'S RESEARCH IN GESTALT THERAPY: THE SIPG PROJECT

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INTRODUCTION

- This lecture aims to describe our three-year research project on the results obtained by the application of Gestalt therapy in clinical practice.
- This lecture will present the aims of the research, the instruments that were used (CORE-OM, or Clinical Outcomes for Routine Evaluation – Outcome Measurement), its methodological choices, the samples' selection, critical issues and benefits.
- As the data collection has only recently been concluded, the lecture will primarily focus on the project itself and on the various steps necessary to conduct research on the outcomes of psychotherapy. In addition, a brief experiment will be conducted on the use of CORE-OM

PREAMBLE

- In the last decade, there has been an increasing interest in the outcome of psychotherapy measurement. The outcome evaluation is believed essential in order to understand how to give care services based on the real needs and to use the available resources in the best way (also the economic resources). Effectively, the research can justify and improve the clinical practice and give power and legitimacy to the psychotherapists.
- SIPG (Società Italiana Psicoterapia della Gestalt, the italian NOGT) considers important giving resources to the research of:
 - 1.giving equal status to the training in Gestalt Therapy in Italy, put it on an equal footing with the other approaches which are already involved in the research in psychotherapy.
 - 2.Responding to the requirement of testifying about effectiveness of the method that will be requested to the psychotherapists, the institutes and the mental health services.

METODOLOGY

- The research project makes use of CORE-OM (Clinical Outcome Routine Evaluation – Outcome Measure). CORE-OM is widely used to evaluate the outcome of psychotherapy in the Public Mental Health Service in the UK (Barkham et al.; 1998; Evans et al. 2000, Evans, 2002) and in Italy (Mastrocinque, De Wet, Fagiolini, 2013). CORE-OM has been validated with a multicenter study of a large Italian clinical sample (Palmieri et al., 2006). In addition, it has been used as a tool in research on psychotherapy outcomes within the Gestalt community in UK (C. Stevens, J. Stringfellow, K. Wakelin, J. Waring, 2011)
- CORE-OM questionnaire is administered to all clients who make their first clinical interview. Subsequent administrations (every six months, at the end of therapy, at a follow-up after six months) are performed for clients cared for any psychotherapeutic intervention. Cases of psychological counseling are excluded from this research.
- This research began in 2014, January. 40 therapists have answered this project with interest. Actually the research relies on the voluntary contribution of 15 Gestalt therapists, who work in private practice, at the Clinical and Research Centers of Istituto di Gestalt HCC Italy and in public mental health centers.

AIMS

- The evaluation of the clinical outcome of psychotherapy in clients undergoing psychotherapeutic process with Gestalt method, that access to private practices or other services in which operate psychotherapists involved in the project.

SUBJECTS INVOLVED

- **Subjects:** adult clients who have required individual psychotherapy
- **Involved experts:** psychotherapists trained in gestalt therapy, trained in the project and involved in regular meetings to update the research steps.
- **Involved services:** private practices, Clinical and Research Centers of Istituto di Gestalt HCC Italy, public and private mental health services

DATA COLLECTION

- The data collection ended in December 2016. Data processing is currently underway.
- Clients: 206
- Ended psychotherapies: 76
- On going psychotherapies: 130

DATA PROCESSING

- We created a matrix where we are putting in all the data collected from CORE-A, CORE-OM and CORE-E

CRITICAL ISSUES

- We haven't evaluated yet if psychotherapists are faithful to gestalt model (e.s. using GTFS by Fogarty et al., 2015; 2017)
- The collecting data is not focused on a specific population yet and this limits the possibilities of matching these data with other researches.

BENEFITS

- To motivate psychotherapists to usefulness of the research
- To experiment doing research with clients in a relational approach
- To experiment using statistical measurement
- To become familiar with research
- To experience that research is an integral part of clinical work
- To rely to a network of colleagues belonging to different Gestalt Institutes

PSYCHOTERAPISTI INVOLTI

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Orsola Gambi, Roberta La Rosa, Paola Maffi, Carla Mariano,
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