



TIME AND THE CHANGE OF THE SELF: PSYCHOTHERAPY AS A DEVELOPMENTAL SCIENCE

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OPENING STATEMENT

9:30-9.45: João Salgado (ISMAI - University Institute of Maia, Portugal)

In search of better theories in psychology and psychotherapy.

We need better theories to frame psychotherapy as an activity based on a true science of change. This is the starting statement of this event. A very provocative and controversial affirmation, but that we believe very necessary.

Psychotherapy is a craftwork, in which an interpersonal encounter takes place aiming to help someone to better deal with difficulties in life. At the same time, psychotherapy is a sort of a specialized laboratory that enables experiments on the change of the self. However, the field is far from having a solid integrative scientific theory. Without such a theory, psychotherapy is left to battles between schools and to the marketing of (pseudo)new ideas, which, after all, are usually actually very old, but frequently disguised with some fresh, and yet superficial, new make-over. In one day we do not pretend to solve all the problems that this task entails. Our goal is to foster conditions that may enable such a theory. As a source of inspiration for these aims, we launch a challenge: to use developmental theories and theories about the self as a way to create a model/theory of psychotherapy, from which we can deduct studies (including empirical) with theoretical relevance. Thus, we will combine a series of small conferences, by some prominent theoreticians in the field of psychology, with a round table discussion around the possible basic elements of such an encompassing, broad theory. Different topics will be covered in this event, but time, developmental dynamics, self, change, psychopathology, and well-being will be prominent.

KEYNOTES

9.45-10.30: Keynote 1: Jaan Valsiner (Aalborg University, Denmark)

The role of theory in psychotherapy: What can developmental cultural psychology contribute?

All psychotherapeutic encounters are made possible for the suffering representatives of *Homo sapiens* through the semiotic mediation of their (human) lives. These encounters involve here-and-now communication processes that operate with non-matching meanings (Karl Bühler's Organon Model, Figure 1) and focus towards the future (Figure 2).

Figure 1 Organon Model with generalization

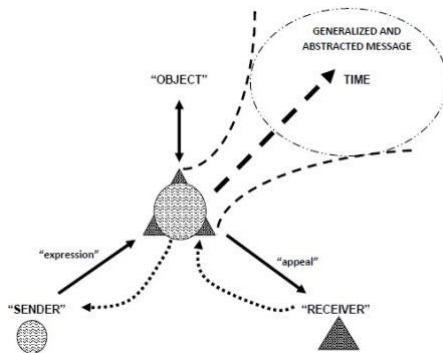
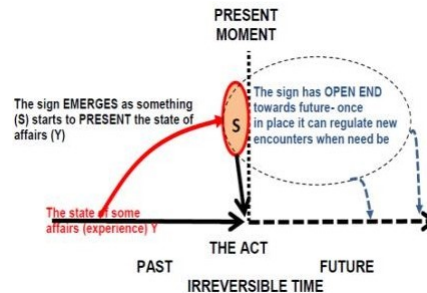


Figure 2. Dual function of signs




Developmental cultural psychology can contribute to theoretical advancement of psychotherapy the focus on modulation of the borders of the field-like hyper-generalized signs that govern the human *psyche*.

11:00-11.45: Keynote 2: Sergio Salvatore (University of Salento, Italy)

The theory that psychotherapy needs in the perspective of a semiotic-dynamic psychology.

The fundamental reason we need a theory of psychotherapy lies in the fact that it is a piece of the world, rather than, rather than a scientific object. As consequence of that, a meta-theoretical framework is required in order to abstract the pertinent object -i.e. what is the psychological process in reason of which the psychotherapy is addressed as a scientific object. The contribution is broken up in three parts. First, the semiotic-dynamic theory is proposed as useful framework to ground the conceptual, methodological and practical understanding of the psychotherapy. Such a theory points out the view of the psychotherapy as sensemaking. Second, the theoretical implications of such a view are outlined - both at the level of the theory of the outcome (what changes) and process (why it changes). Finally, the specificity of the semiotic-dynamic



approach will be outlined in the terms of how it leads to address some hot issues that characterizes this field of psychological investigation - the methodology of analysis of the process, the model of the change, the issue of the common/nonspecific effects, the role of demand, the approach to the training.

11.45-12.30: Keynote 3: William B. Stiles (Miami University, Ohio, USA, & Appalachian State University, North Carolina, USA)

What changes in psychotherapy and why: An Assimilation Model perspective.

The assimilation of problematic experiences sequence (APES) is a series of developmental stages that clients' problems pass through in successful therapy: Warded off, Actively avoided, Emergence, Problem clarification, Understanding, Working through, and Mastery. This talk will review the APES stages and the evolving theory of how psychotherapy facilitates progress through them. According to the current explanation, semiotic meaning bridges developed in the therapeutic dialogue grow to provide smooth access internally between the problematic experience and the client's usual self, turning problems into resources and reducing distress. Meaning bridges are signs such as words, images, interpretations, and stories that have similar meaning to author and addressee, who may be separate people, such as therapist and client, or internal voices constructed from the client's experiences. Growth and strengthening of the meaning bridges drives progress through the APES stages.

12.30-13.00: Keynote 4: João Salgado (ISMAI - University Institute of Maia, Portugal)

Integrating dialogical, semiotic, and developmental perspectives: Searching for a complex theory of human change processes.

The dialogical self model can be used as the background to develop more complex and integrative and dynamic theories of the human mind. According to this theory, the human mind can be taken as a membrane of contact between the person and the world, by which a position towards specific objects and audiences is assumed. This process of positioning and repositioning is constantly taking place, since humans are launched in an irreversible flux of time. This model is also compatible with developmental and semiotic notions that assume that this process of positioning is governed by different interconnected processes: it occurs in multiple levels of hierarchic organization (containing somatic and physiological, affective, verbal, and hypergeneralized processes of meaning-making), according to social processes, by means of different semiotic means, and governed by principles of progressing complexity that aims reaching higher levels of adaptation and autonomy. This perspective can potentially contribute with models of psychopathology, human suffering and human change that embrace the full complexity of the mind. Within such a model, research questions around psychotherapy change processes will change accordingly, as some illustrative examples can show.



PANEL

14:30-15.30: Luís Fernandes (Faculdade de Psicologia e Ciências da Educação da Universidade do Porto, Portugal), Jesús Garcia Martinez (Universidad de Sevilla, España), & Paulo Jesus (Portucalense University, Portugal)

Time, psychotherapy and psychopathology.

- Luís Fernandes (Faculdade de Psicologia e Ciências da Educação da Universidade do Porto, Portugal)

“Breves dias têm cemanos”: Reflexão sobre o tempo no atual sistema da ciência.

A sociedade do conhecimento tem as suas condições de possibilidade assentes nas novas tecnologias de armazenamento e circulação de informação. As suas virtualidades para a construção de um espaço público comunicacional e para a democratização do acesso à educação e à ciência são amplamente reconhecidas. Mas queremos na nossa comunicação centrar-nos sobre eventuais efeitos disfuncionais associados à nova vivência do tempo que a sociedade do conhecimento parece estar a produzir. Abordaremos os seguintes aspetos: Um. efeitos das novas tecnologias de comunicação sobre o conhecimento de si. Dois. pressão para a publicação e perda da memória em ciência.

- Jesús Garcia Martinez (Universidad de Sevilla, España)


Desde la estructura a la dinámica: Una propuesta de mecanismos de cambio psicoterapéutico basado en el modelo de tres niveles de la Personalidad de McAdams.

Las prácticas psicoterapéuticas se basan generalmente en modelos de Personalidad. Es la concepción sobre el ser humano y la noción sobre el self defendida en el modelo de personalidad la que regula las técnicas o el mecanismo de cambio. De todos modos, la mayoría de los modelos de personalidad son propuestas de un sólo nivel. Las más conocidos son los modelos de rasgos que generalmente entienden el cambio como un aspecto menor, relacionado con el efecto del entorno en las conductas genéticamente reguladas. Otros modelos enfocan la explicación de la personalidad en aspectos motivacionales (desde la actualización en la Terapia Centrada en el Cliente hasta las contingencias en los enfoques de Conducta pasando por los procesos de subjetivación para controlar las respuestas pulsionales automáticas en el Psicoanálisis). McAdam's presenta un modelo de personalidad de tres niveles que incluye dos aspectos: interacciones entre ellos (rasgos-adaptaciones-identidad narrativa) y medios y enfoques preferenciales para estudiar cada uno de los niveles. Pero apenas hay propuestas sobre mecanismos de cambio relacionados con el nivel y las interacciones entre ellos. Se presenta una propuesta preliminar sobre: puntos de inflexión significado-afectivos, regulados por mecanismos semióticos, a nivel de identidad que afectan las tendencias de acciones y emociones reguladas por mecanismos contingentes en los niveles de adaptación.

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- Paulo Jesus (Portucalense University, Portugal)

The poetics of time and selfhood between Jaspers and Binswanger.

The contrastive conceptions of psychopathology and psychotherapy proposed by Binswanger's *Daseinsanalyse* and Freudian Psychoanalysis stem from a deep epistemological divide that opposes phenomenological hermeneutics to psychoanalysis, that is to say, two different views on psychological reality and knowledge, one grounded in connections of intentional meaning and another one in connections of biomechanical forces. Binswanger, partly in line with Jaspers (1913), places selfhood and agency with its subjective uniqueness and novelty at the heart psychopathology and psychotherapy, whereas Freud tends to adopt a model of lawful causality with universal, impersonal, validity, a play of forces and counter-forces whose particular, experiential, contents are reduced to general forms of production, distribution, and consumption of energy. The main purpose of this paper consists in elucidating the concept of 'life story' within the context of the demarcation between *Daseinsanalyse* and Psychoanalysis (Binswanger, 1970, 1971, 2000; Freud & Binswanger, 1995) by focusing first and foremost on the opposite, though overlapping, realms of meaningfulness and force, agency and processes, understanding and explanation, which entails to examine the significant differences between the phenomenology of lived time, including the subjective projection of possible futures, and the psychodynamics of time dissolution, repetition, and timelessness. Indeed, both *Daseinsanalyse* and Psychoanalysis refuse, for diverse reasons, the linearity and the homogeneity of time, thereby parting from a causal framework in which efficient causes unfold symmetric effects. However, unlike Psychoanalysis whose modes of time fragmentation are profoundly rooted in biological models (namely those of Haeckel, Darwin, and Huxley), *Daseinsanalyse* is nurtured by the qualitative heterogeneity of time constitution through affective self-consciousness, or the complex elaboration of 'passive syntheses' (Husserl, 2000). Therefore, the psychoanalytic 'construction of heterochrony' (Green, 2000) is marked by tensions and antagonisms that are not properly 'understandable' but rather 'explainable', encompassing development, fixation, regression, *Nachträglichkeit*, reminiscence, amnesia, return of the repressed, compulsion of repetition, timeless synchrony of the Unconscious (namely in the imagery of dreams and in merging objects of desire). The construal of phenomenological time proceeds mainly from two sources that converge in Binswanger's project. On the one hand, Binswanger is influenced by Heidegger's (1962) conjoining of Husserlian phenomenology and Diltheyan hermeneutics, his reorientation of Husserl's 'time-consciousness' (in which time-constitution and self-formation produce each other through the self-activities of attention, retention, and protention) towards this given common world where the existential, authentic, propriety of time is fully structured and vectored by one's unique 'self-concern'. On the other hand, Bergson's *durée*, purely qualitative time liberated from space, enters into phenomenological psychopathology with E. Minkowski (2013) who concentrates his attention on the relationship between *élan vital* and time, that is to say, the manner in which one lives the future. Now the subjective character of lived time, and more specifically of lived future, lays the foundation of one's life story, the



storied creation of self-consciousness. For the subjective production of continuity and unity constitutes the self-projective intentionality that transforms heterogeneous events into a meaningful story. The article entitled ‘Life function and inner life story’ (Binswanger, 1971, pp. 49-77) provides a careful analysis not only on interdependent relationships between biopsychological functions and phenomenological contents but also on their reciprocal irreducibility. By so doing, Binswanger avoids the collapse or dissolution of subjective qualities and intentional movements and identifies the conditions of possibility of an inner life story that renders understandable what tends to be explained away by Psychoanalysis and Neuropsychiatry as mere correlates, symptoms, or (epi)phenomena, of deeper ‘quantitative’ processes. The self that builds and inhabits the inner life story, the biographical self-understanding, comes from the future and from the dialectics of self and world, which discloses one’s selfhood and personhood as a unique mode or style of historical connectedness that may be intersubjectively (re)lived and understood.



POSTERS

- Sílvia Abreu (ISMAI) & Eva Costa Martins (ISMAI)


Profiles of emotion over-regulation and links to psychopathology.

Emotional over-regulation can be defined as a decrease in emotional expression with a limited range of emotional experience (Martins, Soares, Martins, Tereno, & Osório, 2012). Individuals with this pattern of emotion-regulation persevere on using the same strategies for dealing with emotional activation, blocking the emotional flexibility required to respond to environment change and personal demands (Martins et al., 2012). Indeed, research has shown that over-regulation is associated with increased psychopathology (Turpyn, Chaplin, Cook, & Martelli, 2015). However, compared with other patterns of emotion regulation, over-regulation has been considerably less studied. There are some studies with children and few with adults. The ones that focus on adults have mostly characterized the expressive suppression of over-regulation (Dixon-Gordon, Aldao, & De Los Reyes, 2015). Therefore, in the present study we aimed to characterize more internal components of emotion over-regulation and uncover different emotional profiles. We used Gross's Modal Model of Emotion Regulation (Gross, 2014) to achieve this goal. In this poster presentation we will bring forward our operationalization of emotion over-regulation following Gross's model.

- Sandra Azevedo (ISMAI) & Inês Mendes (ISMAI)

The depth of emotional experiencing in Emotion Focused-Therapy for Depression.

The depth of emotional experiencing reflects the quality of client's emotional and cognitive involvement in therapy. Development of emotional experiencing reveals an increase in awareness of connected feelings and progressing clarity and immediacy of emotional experiencing. The Experience Scale consists of 7 levels of emotional experiencing and reflect the progress in client's therapeutic involvement, ranging from impersonal referents to a level of an ongoing of in-depth self-understanding, which provides new perspectives on significant problems. This study examines the development of depth of emotional experiencing along the therapy in a good-outcome and in a poor-outcome case of Emotion-Focused Therapy for Depression. In the present study, 6 sessions, for each case, were analyzed. The results showed an increase of the depth of emotional experience along the good outcome case, and the client moves to higher levels of experience, level 6 in the session 8 until the end of therapy, staying longer in their elaboration in the end. In contrast, in the case of poor outcome was not observed a depth of emotional experiencing, which were very low levels of experience occurred throughout therapy, and the level 5 range was the highest level reached by the client in the sessions that were analyzed.

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- Diana Brás (ISMAI), Liliana Meira (ISMAI), & Eva Costa Martins (ISMAI)

Feasibility study of the Portuguese version of the Resilience Builder Program for Children and Adolescents complemented with an intervention with parents: Preliminary results.

Background: The promotion of mental health in adolescence has been established as a priority. Family relationships, the influence of parental practices and family communication play a decisive role in the adjustment and development of psychosocial skills in adolescents. It is therefore important to increment parental involvement in universal programs that aim to promote mental health in adolescents. Objective: This is a feasibility study of the Portuguese version of the Resilience Builder Program for Children and Adolescents (RBP, Alvord, Zucker, & Grados, 2011), supplemented with a parental intervention adapted from the ABCD Parenting Young Adolescents (Cann, Burke, & Burke, 2003). This is the first step towards a RCT aimed at testing these programs' efficacy. Methods: Participants were 99 adolescents (12-15 age), divided in three groups: the RBP-VP group (N = 53), the RBP-VP + ABCD Program group (N= 34), and a control group (N = 46). Questionnaires were completed by the adolescents, parents, and teachers before and after the implementation of the intervention, aimed to assess several variables, namely: adolescent's quality of life and emotional regulation, parental practices and psychopathology, and the quality of parent-child relationship. Results: The preliminary results of this feasibility study will be presented and discussed.

- Sílvia Campos (Clínica Onírico) & Edite Saraiva (FPCEUP)

Contributes of two different theories and conceptualizations of the 'Self' regarding the psychotherapist, the patient, change and effectiveness in psychotherapy.

One conceptualization of the self is developed from a theory of attachment-based exploratory interest sharing and from a model of exploratory psychotherapy. The so called 'Self' is related to what is 'a person' and to the sense of an identity. For the development of these entities, states of subjectivity and intersubjectivity are required. It is given a special place to the dynamics of caregiving-careseeking in early stages to the impact of those relationships in adult life. It will be presented also the functions of the 'adult self' in seven different systems: caregiving, careseeking, defensive, internal environment, interest sharing, affectional sexuality and external environment. The effectiveness of psychotherapy mainly depends on a psychotherapist who is a fear-free caregiver, which means who knows how to regulate his/her own fear system; for that to happen the dynamic self and all the other systems contribute. Another conceptualization is the dialogical self theory describing the self as a multivoiced and a dialogical process. The self is made up of voices or characters and each voice has a story to tell about their experience. The psychotherapist has the opportunity to facilitating and changing the organization of the client's self.

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- Daniel Castro (ISMAI), Filipa Ferreira (ISMAI), & Tiago Ferreira (ISMAI)


Modularity of personality.

Over the years, the human personality has been described in terms of factors and dimensions. The most influential multidimensional model that describes the personality is the Five Factor Model (FFM). FFM is assumed essential in clinical practice because it helps professionals to gain a better understanding of the client and case, to develop the clinical formulation of the latter, to develop a relationship with individuals, to anticipate the course of treatment and simultaneously to select the best treatment. Similarly, personality disorders can be explained by the maladaptive levels underlying the different personality dimensions. However, since the FFM focuses almost exclusively on the shared elements of different dimensions to explain personality processes and there is a lack of clarification about the relationship between variables, the need arises for a new type of analysis. The network analysis changes the focus to the direct relationships between observable variables, searching in their dynamics a way to understand the underlying mechanisms of personality. This study aims to give new insights of the inner works of personality and to clarify its structure. The study used a sample of British Broadcast Channel Big Personality with 38375 participants and the characteristics of personality were obtained with BFI. Our results point to a similar structure of that proposed by the FFM with 3 hierarchical levels. Moreover, our results suggest that different dimensions have different roles in the development of the personality.

- Carlos Filipe Correia (ISMAI), Liliana Meira (ISMAI), Joana Vilela (ISMAI), Nuno Sousa (ISMAI), João Salgado (ISMAI) & Anita Santos (ISMAI)

A mudança cognitiva em Terapia Cognitivo-Comportamental: Caracterização da evolução dos erros cognitivos ao longo do processo terapêutico.

A Terapia Cognitivo-Comportamental (TCC) tem consistentemente demonstrado ser eficaz no tratamento da depressão tendo por base, sobretudo, estudos de resultado terapêutico assentes em ensaios clínicos. No respeito ao processo terapêutico, os estudos tendem a apontar para a mediação cognitiva como principal mecanismo de mudança. Não obstante as limitações impostas, nomeadamente pela dificuldade de definição e caracterização das componentes cognitivas a avaliar e pelo constrangimento do recurso a medidas de autorrelato como instrumentos de avaliação, levantam-se necessidades de novos estudos de processo em TCC, especificamente, a partir de medidas observacionais com recurso a juízes externos. No sentido de contribuir para a compreensão da mudança em TCC, o presente estudo teve como objetivos identificar e caracterizar a evolução dos erros cognitivos, enquanto componentes cognitivos centrais na mudança terapêutica, ao longo do processo de TCC; e explorar a associação entre a evolução observada e o resultado terapêutico, ou seja, sucesso ou insucesso. Para o efeito, foram analisados dez casos clínicos diagnosticados com Perturbação Depressiva Major, leve a moderada, não medicados, que beneficiaram de 16 sessões de TCC no âmbito do ISMAI Depression Project. O Sistema de Codificação de Erros Cognitivos foi



utilizado como instrumento de recolha de dados, bem como o recurso à codificação dos dados por juízes independentes. Os resultados deste estudo serão apresentados e discutidos, bem como as respetivas implicações práticas.

- Liliana Costa (ISMAI), Everett Worthington (Virginia Commonwealth University, USA), & Carla Cunha (ISMAI)


Estudo de adaptação e validação para a população portuguesa da Escala de Estado do Autoperdão (EEAP) e da Escala de Processo Diferenciado do Autoperdão (EPDAP).

A literatura tem vindo a demonstrar a importância do autoperdão como um processo que favorece a resolução do dano emocional decorrente de uma ofensa interpessoal e o bem-estar psicológico. A literatura é escassa neste campo, levando a uma crescente necessidade no que concerne ao desenvolvimento de instrumentos que meçam o conceito. A presente investigação pretende adaptar e validar a Escala de Estado do Autoperdão (EEAP) e a Escala de Processo Diferenciado do Autoperdão (EPDAP) para a população portuguesa. Método: As duas escalas (EEAP e EPDAP) foram aplicadas a uma amostra não clínica de 475 estudantes universitários que permitiu estudar as propriedades psicométricas e fatoriais das escalas. Resultados e Conclusão: Os resultados apontam para uma boa consistência interna para as escalas EEAP e EPDAP, sugerindo que os instrumentos são fidedignos para a avaliação do constructo do autoperdão, permitindo enquadrar-se como medidas psicométricas válidas e com boa aplicabilidade para a população portuguesa.

- Ana Bela Couto (ISMAI), Tiago Ferreira (ISMAI), Isabel Pinhão (ISMAI), Daniela Jorge (ISMAI), Anita Santos (ISMAI), Lara Piquet (Universidade Federal de Paraíba, Brasil), & Carla Cunha (ISMAI)

Adesão Terapêutica: Um olhar sobre múltiplas facetas.

Tem-se verificado um aumento de estudos clínicos aleatorizados, tornando-se essencial o aparecimento de estudos focados na avaliação da sua fidelidade, nomeadamente na avaliação do cumprimento dos protocolos terapêuticos. Neste estudo pretendemos: a) avaliar a evolução da adesão ao longo do processo terapêutico; b) verificar a existência de diferenças entre casos de sucesso e insucesso; c) verificar o papel preditivo da adesão na aliança terapêutica e sintomatologia no final do processo. Para tal, 7 clientes e 5 terapeutas foram analisados ao longo de 5 sessões. Foi utilizado o BDI-II como medida de resultado e o Cognitive Therapy Scale como medida de processo. Os resultados permitem-nos verificar que existe uma evolução da 1^a para a 12^a e 16^a sessão, no sentido de um aumento da adesão. Já no que diz respeito aos sucessos e insucessos não foi verificada nenhuma diferença estatisticamente significativa. Por fim, a adesão explica 99.2% da variação da aliança terapêutica na sessão 4, bem como 99.7% na sessão 16. Pode-se concluir assim que apesar de não ter um papel direto sobre o resultado terapêutico, a adesão influencia outras variáveis terapêuticas que, segundo a literatura, possuem um papel bastante importante para o sucesso terapêutico.

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- Filipa Ferreira (ISMAI), Daniel Castro (ISMAI), Ana Sofia Araújo (ISMAI), Ana Rita Fonseca (ISMAI), & Tiago Bento Ferreira (ISMAI)


A Network Analysis on the relationship between traumatic events and psychotic symptoms in a prison population.

Psychotic disorders are high prevalent among prisoners. Previous studies consistently observed an association between exposure to traumatic events and psychotic symptoms. However, little is known about the differential impact of distinct traumatic events and the role of general symptoms in mediating this relationship. This study aimed to explore the differential association of a large number of distinct traumatic events to the psychotic symptoms and whether this association is mediated by general symptoms. A sample from the epidemiological study Survey of Psychiatric Morbidity Among Prisoners in England and Wales (N = 3039; 75.4% male) was analyzed. Participants completed a list of traumatic events experienced before reclusion, the Psychosis Screening Questionnaire, and the Clinical Review Schedule-Revised. Network analysis was used to estimate the network of interactions between traumatic events, general and psychotic symptoms. Afterwards, a shortest paths analysis was performed to identify the pathways involved in this relationship. Results suggested that memory problems, compulsions and irritability are key mediating symptoms of the association between traumatic events and psychotic symptoms. Sexual abuse was found to be mediated by suicide ideation, panic and post-traumatic symptoms. Also, direct associations with psychotic symptoms were unveiled. Our findings support previous evidence concerning the role of general psychopathological symptoms in mediating the relationship between traumatic events and psychotic symptoms. They also suggest that poly-victimization may be common amongst prisoners.

- João Leal (Universidade Fernando Pessoa & ISMAI) & João Salgado (ISMAI)

Emotion-Focused Therapy for victims of IPV: Towards a dimensional approach to change.

Intimate partner violence (IPV) can be defined as a type of abuse experienced in the setting of a former or current relationship with a partner, and a form of repeated trauma with chronic, and acute phases, that results in extensive emotional and interpersonal difficulties. IPV is associated with several adverse physical and mental health outcomes, including depression, post-traumatic stress, anxiety, sleep disturbance and drug abuse. Experiencing IPV also increases suicide risk. Preliminary evidence suggests that existing psychological interventions are effective in improving mental health and reducing revictimization; however, attrition rates remain problematic. Moreover, the literature further suggests that trauma-focused interventions need additional tailoring to address the effects of complex trauma. Thus, more research on interventions that address both readiness for change and complex emotional difficulties associated with IPV is needed. In this poster we will present a new process-oriented dimensional approach to address these issues based on principles and interventions of Emotion-Focused Therapy, the



Stages of Change Model applied to this population, and research on the impact of IPV and the histories of violence and change of the victims. Four dimensions of change and specific guidelines are described.

- Sara Madureira (ISMAI) & Carla Cunha (ISMAI)


Perdão, estilos de conflito e satisfação conjugal: Um estudo com casais portugueses.

Em casais, a experiência de uma transgressão ou ofensa interpessoal pode provocar sentimentos negativos e potencialmente acarretar dificuldades conjugais ou o término da relação. Assim, é importante perceber quais os estilos de conflito que potenciam as ofensas interpessoais e capacitar os casais com as melhores formas de prevenir ou ultrapassar estas situações. Neste sentido, a literatura sobre satisfação conjugal aponta para a relevância da implementação de programas de intervenção focados na gestão dos conflitos e promoção do perdão interpessoal. Estes programas têm efeitos positivos nos casais ao nível da redução das interações negativas. A literatura sobre satisfação conjugal indica-nos que esta tem um impacto na saúde física e mental, estando associada a desregulação emocional e consumo de substâncias/álcool. O presente projeto pretende relacionar os estilos de conflito, o nível de perdão interpessoal para ofensas conjugais, e as suas implicações para a satisfação conjugal, numa amostra de casais portugueses.

- Eva Costa Martins (ISMAI), Rita Pasion (FPCEUP), & Fernando Barbosa (FPCEUP)

RDoC and empirically-based psychological interventions.

Empirically-based interventions in psychology should provide: 1) evidence supporting the underlying psychological mechanisms of psychopathology to be targeted in the intervention, and 2) evidence supporting the efficacy of the intervention. However, research has been dedicated, to a greater extent, to the study of its efficacy. Research Domain Criteria (RDoC) emerges as a new framework that may foster empirically-based theories about psychological mechanisms of psychopathology. Therefore, RDoC may help to fill in the gap in empirically-based interventions in psychology concerning the validity of the psychological mechanisms. First, RDoC previously validated mechanisms involved in psychopathology may be the targets of psychological interventions. Second, because RDoC operationalizes these mechanisms from a biological to a behavioral/self-report standpoint, the efficacy of the intervention can be assessed at the level of change in these mechanisms and not only at the level of symptoms. The current review aims to demonstrate the RDoC contributes to the design of empirically-supported psychological interventions.

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- Ana Sofia Mendes (ISMAI), Cláudia Calaboça Amaro (ISMAI), Clara Aguiar (ISMAI), & João Salgado (ISMAI)

Project “Reframing Focusing”: Developing a dialogical, dynamic, and semiotic theoretical model.

The current psychological theories do not seem to have a sufficiently clear model to explain the human functioning. Instead, they base their explanations in the light of common-sense, and doing so, they use phenomenology as a source of explanation of the psychological phenomena by itself, although it is not clear what explains this concept. It is then necessary to develop a theoretical model of sense-making that clarifies such phenomena, avoiding common-sense and placing meaning at the core of a scientific psychology. Based on these tenets, previous research has developed a cultural, semiotic, and dialogic model of the human mind that takes subjective sense-making, i.e., what needs to be explained by psychology, as its main object of study. Departing from this background, we developed a project that takes “Focusing” - a technique based on phenomenological theories that aims promoting a higher consciousness of feelings and facilitating symbolization - as a procedure that may shed some light about some basic processes of meaning-making. Therefore, departing from Focusing, we will explore possibilities of creating a more detailed model of the mind for further scientific exploration.

- Marina Monteiro (ISMAI), Carla Cunha (ISMAI), Daniela Nogueira (ISMAI) & João Salgado (ISMAI)

Assessing treatment integrity in EFT: Tools for research and training.

The assessment of treatment integrity allows us to confirm if the therapist during the intervention used the techniques proposed and it must comprehend three essential aspects: adherence to the model, therapist competence and treatment differentiation. Adherence refers to the degree that a therapist uses specific techniques prescribed in the treatment manual, while competence refers to the level and quality of the therapist's performance when applying the intended techniques. In randomized clinical trials, the study of treatment integrity is a necessary element for establishing a reliable association between the treatment and the outcome. Aim: In this presentation, we will review the different EFT measures that were developed up to the moment in clinical trials to check adherence and competence. In this review, we will also outline their different qualities and limitations. Method: We will present comprehensive narrative syntheses encompassing a broad perspective of EFT adherence and competence measures Results and Discussion: The results of the review highlighted the importance of strategies to enhance treatment fidelity in research and clinical practice and the benefits of developing and including measurement of the therapist's integrity (namely competence and adherence scales) as helpful tools for therapist's training and supervision. We also explore the influence and gains of treatment integrity assessment throughout the process and finally. We conclude with some suggestions of how to use these measures in training new therapists.

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- Rui Francisco Pereira (ISMAI), Patrícia Pinheiro (University of Minho), & João Salgado (ISMAI)


Emotional processing on successful and unsuccessful cases of Emotion-Focused Therapy for depression.

For Emotion-Focused Therapy (EFT), emotional processing involves several steps: a fully processed emotion needs to become aware and aroused, for enabling exploration, and creation of new meaning. This complex process is necessary in order to transform maladaptive emotions into adaptive ones. In depression, it is assumed that the clients' ability to process their painful emotions is impaired, and consequently EFT implies the facilitation of emotional processing. The current research aims to study the level of emotional processing achieved on good (GO) and poor outcome (PO) cases treated with EFT. Specifically, it aims to explore if differences exist between GO and PO cases (1) in the level of emotional processing achieved in the first and last session, and (2) in its evolution throughout therapy. The sample was composed by 21 cases of depression, 14 GO and seven PO cases. The therapeutic outcome (GO and PO) was assessed with the Beck Depression Inventory - II (Beck, Steer, & Brown, 1996). The level of emotional processing achieved was measured with the Experiencing Scale (Klein et. al, 1969). We observed significant statistical differences between groups, with the GO cases presenting deeper levels of emotional processing in initial and final sessions, and a higher evolution of emotional processing throughout therapy. The results of the study and its limitations will be presented and discussed. Keywords: emotional processing; emotion focused therapy; depression; process-outcome study.

- Ana Rodrigues (ISMAI) & Carla Cunha (ISMAI)

We care by taking care of ourselves: A national inquiry about psychology and psychologists in Portugal.

Several international studies show that the high demands of the psychology professional practice seem to rise numerous threats to the well-being of such professional caregivers. Thus, it is assumed a continued need to develop selfcare strategies to promote and maintain the professional competence of psychologists and prevent potential damages to their clients and to the psychologists themselves. Given the recent application process to specialties in the OPP, this moment appears to us as the adequate opportunity to initiate a deeper characterization of the professional reality and to know how these psychologists are/work in Portugal. This poster aims to review the main international and national studies and its results regarding the ethical imperative of psychologists selfcare and their exposure to several dimensions of psychosocial risk factors. It will also enlighten about a current Portuguese study that, following the example of the ongoing assessment of the "state of art" of psychologists and clinical psychology conducted by APA for 50 years, aims to evaluate, through a national survey, a representative sample of psychologists, full members of OPP, in terms of: 1. Professional conditions, 2. Psychosocial risk factors, 3. Burnout, 4. Psychological wellbeing, and 5. selfcare strategies, and how these variables affect each other.

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- Sara Silva (ISMAI), Ivone Moreira (ISMAI), João Salgado (ISMAI), Leslie Greenberg (York University, Canada) & Carla Cunha (ISMAI)

Produtividade emocional: Comparação de dois casos de depressão em Terapia Focada nas emoções.

A investigação em Terapia Focada nas Emoções (TFE) demonstra que a ativação de emoções não é suficiente para o sucesso terapêutico. Assim, mais do que ativar emoção é importante processá-las, transformando-as em emoções adaptadas. Neste contexto surge o conceito de produtividade emocional que enfatiza que a emoção que se ativa e se processa é produtiva. A investigação prévia mostra que a produtividade emocional é um bom preditor da mudança terapêutica. O objetivo deste estudo é comparar a evolução da produtividade emocional em dois casos (sucesso e insucesso) em TFE. Também tem como objetivo analisar a relação da produtividade emocional com a ativação emocional e os sintomas gerais. Assim, analisar-se-ão 16 sessões de dois casos de depressão com a Escala de Produtividade Emocional (Client Emotional Productivity Scale-Revised) e a Escala de ativação emocional do Cliente (Client Emotional Arousal Scale-Revised) para medir a produtividade emocional e a ativação emocional. A sintomatologia geral será avaliada com o Outcome Questionnaire - 10 (OQ-10). Os resultados demonstram que o caso de sucesso parece ter uma maior produtividade emocional ao longo do processo terapêutico. No caso de sucesso também se encontrou uma relação entre a produtividade emocional e a diminuição da sintomatologia geral.

- Maria Alves de Sousa (ISMAI), Tiago Bento Ferreira (ISMAI), Eunice Barbosa (ISMAI), Sara Madureira (ISMAI), Lúcia Lemos (ISMAI), & Diana Oliveira (ISMAI)

Development of a computerized measure of experiential immersion and distancing.

Recent research indicates that immersed and distanced perspectives over personal experiences play an important role in the psychotherapy process of change. These studies have been based on qualitative rating systems used by judges to identify immersed and distanced speech in psychotherapy sessions transcriptions. It was recognized that these are resource intensive methods, rely on subjective decisions and present reliability problems. In this context, this study developed a computerized dictionary to Measure of Immersed and Distanced Speech (CMIDS) on the analysis of individual experiences. Transcriptions of psychotherapy sessions of a subsample of participants in a clinical trial were processed to identify lists of representative words of the immersed and distanced speech. Observing the final word lists the results found were consistent with that suggested by the previous literature regarding the categories of statements corresponding each perspective. We obtained a correlation value moderate and positive, $r = .713$, 95% CI [.605, .795], $p < .001$, which it is a top value for this type of research. This study indicates that CMIDS dictionary is feasible/practical and correlates significantly with the ratings attributed by judges.