

Transactional analysis : Group psychotherapy for neurotics

Aly, Zakareya Abdel-Sameia

Al-Azhar Univ., Cairo (EGY). Fac. of Med.

Thesis ; M.Sc. 1991

The objective of this study was to examine the effect of applying transactional analysis principles on neurotic patients in group psychotherapy.

Fifteen patients were selected for joining the group which was an open group until the tenth session when it became closed. The sessions were held once weekly for two hours. Only seven patients completed the course. Assessment was done before and after group therapy using ACL-90.

Out of seven patients, four patients showed positive changes in the form of decreased degree of neurotic symptoms while the other three patients showed negative changes in the form of increase of the degree of neurotic symptoms.

The results of the study were not conclusive about the benefits of use of transactional approach in treatment of neurotic disorders.