



**CICLO  
DE CONFERÊNCIAS 2013  
A CIÊNCIA QUE POR CÁ SE FAZ  
CENTRO DE INVESTIGAÇÃO  
ISPA - INSTITUTO UNIVERSITÁRIO**

# INVESTIGAÇÃO DE PROCESSOS EM PSICOTERAPIA. OS TERAPEUTAS DINÂMICOS USAM TÉCNICAS COGNITIVO-COMPORTAMENTAIS? O QUE MUDA PRIMEIRO A ESTRUTURA OU OS SINTOMAS?

In the first part of this conference we review the literature on process research in psychotherapy using the Psychotherapy Process Q-Set (PQS) and the Defensive Mechanism Rating Scales (DMRS). In the second part we present two recent studies. The first is about the impact of patient defenses and personality (SWAP-200) on the processes of the psychotherapy. We concluded that part of the processes used by psychoanalytic therapists, and that are considered cognitive-behavioral techniques, are in fact common factors and that the cognitive-behavioral prototype may be biased. The second is about change in structure vs symptoms (SCL-90). We conclude that symptoms change first than structure but this is mediated by patient characteristics (SWAP-200) at the beginning of the therapy.



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**28 FEVEREIRO 2013**

12H30

**AUDITÓRIO 1**

**ENTRADA LIVRE**