

Research's title	In cooperation with	Aim	How we are progressing	Contact person/s
<b>Outcome research</b>				
CORE- OM (Clinical Outcome in Routine Evaluation – Outcome Measure)		- To validate effectiveness of Gestalt therapy approach, also in comparison with other approaches - To have a feed back on therapeutic work with clients	- CORE-OM is administered to all clients in the Institute's Clinical Centers - Gestalt Psychotherapists can join the project	Brenda Cervellione <a href="mailto:brenda.cervellione@unimore.it">brenda.cervellione@unimore.it</a>
SPRISTAD (Society for Psychotherapy Research - SPR - Interest Section on Therapist Training and Development) study	European Association for Psychotherapy (EAP)	- To track progressive changes over time in trainees as therapist - To identify influences that facilitate or impede trainee development.	- Trainees have been involved in the research - Exchanges with other training institutes who participate in the SPRISTAD are welcome	Margherita Spagnuolo Lobb <a href="mailto:margherita.spagnuolo@gestalt.it">margherita.spagnuolo@gestalt.it</a>  Serena Iacono Isidoro <a href="mailto:serena.iacono@gestalt.it">serena.iacono@gestalt.it</a>
<b>About the Aesthetic Relational Knowledge and the field</b>				
<i>Validation of the construct of Aesthetic Relational Knowledge and of the scale ARKS</i>	University of Catania	To validate the construct of ARK. A three dimensional construct made of empathy, resonance and bodily awareness. To validate the ARK Scale among psychotherapists of many approaches and measure this competence in psychotherapy training	- Spagnuolo Lobb M., Sciacca F., Iacono Isidoro S., Di Nuovo S. (2022). The Therapist's Intuition and Responsiveness: What Makes the Difference between Expert and in Training Gestalt Psychotherapists. <i>Eur. J. Investig. Health Psychol. Educ.</i> , 12, 1842–1851. <a href="https://doi.org/10.3390/ejihpe12120129">https://doi.org/10.3390/ejihpe12120129</a> - Spagnuolo Lobb M., Sciacca F., Iacono Isidoro S., Hichy Z. (2023). A measure for psychotherapist's intuition: Construction, development, and pilot study of the Aesthetic Relational Knowledge Scale (ARKS). <i>The Humanistic Psychologist</i> , 51(1), 36–55. DOI:10.1037/hum0000278	Margherita Spagnuolo Lobb <a href="mailto:margherita.spagnuolo@gestalt.it">margherita.spagnuolo@gestalt.it</a>  Federica Sciacca <a href="mailto:federica.sciacca@hotmail.com">federica.sciacca@hotmail.com</a>
<i>Perception of pain and taking care of the other</i>	Proff. Vittorio Gallese, Alessandra Umiltà (Parma University).	To study the hypothesis that the main therapeutic factor is the support to the energy for contact, to the "movement forward" that the patient "offers" to the therapist	Spagnuolo Lobb M., Sciacca F., Di Rosa A.R., Mazzone M. (2020). Bodily and Emotional Activation in Pain: Bridging Neurosciences and Gestalt Therapy to Understand the Therapist's Wish for Help. <i>Psychology</i> , 11(12):2102-2112. DOI: 10.4236/psych.2020.1112131	Margherita Spagnuolo Lobb <a href="mailto:margherita.spagnuolo@gestalt.it">margherita.spagnuolo@gestalt.it</a>  Federica Sciacca <a href="mailto:federica.sciacca@hotmail.com">federica.sciacca@hotmail.com</a>
<i>Basic emotions studied by Affective Neurosciences (Panksepp) and Aesthetic Relational Knowledge</i>	Antonio Alcaro, Department of Psychology, Sapienza University of Rome, Rome	How students of GT develop their therapeutic awareness	Alcaro A., Iacono Isidoro S., Conversi D., Accoto A., Spagnuolo Lobb M. (2020). The Emotional Personality of Psychotherapists: A Pilot Research with Gestalt-Therapy Clinicians. <i>Psychology</i> , 11(11):1628-1645. DOI: 10.4236/psych.2020.1111103	Margherita Spagnuolo Lobb <a href="mailto:margherita.spagnuolo@gestalt.it">margherita.spagnuolo@gestalt.it</a>  Antonio Alcaro <a href="mailto:antonioalcaro@yahoo.it">antonioalcaro@yahoo.it</a>

**Researches on reciprocity: “Dance of reciprocity” (caregivers/child and therapist/client)**

<p><i>An observational tool to measure caregivers/child reciprocity</i> (for clinical, supervision and research purposes)</p>	<p>Paediatric Psychology Department, University of Palermo</p>	<ul style="list-style-type: none"> <li>- To describe the quality of the caregiver-child relationship in aesthetic and phenomenological terms (grace, rhythm, fluidity)</li> <li>- To give psychotherapists a practical tool to support specific dimensions of caregivers/child relationship</li> <li>- To provide caregivers a tool to describe the spontaneity/anxiety of their interactions with children</li> </ul>	<ul style="list-style-type: none"> <li>- The observational model has been validated</li> <li>- The observational grid has been validated in a pilot study</li> <li>- Some preliminary results have been presented at various conferences and published as Spagnuolo Lobb M., Perricone G., Iacono Isidoro S., Di Pasqua M.M., Marotta S., Fontana V., Polizzi C. (2023). A tool to observe the phenomenology and aesthetics of primary relationships: the “dance steps” of reciprocity between caregivers and infant/child – Pilot validity study. <i>Journal of Pediatric and Neonatal Individualized Medicine</i>, 12(1): e120125. DOI: 10.7363/120125</li> <li>- We are developing the research with a large sample</li> </ul>	<p>Margherita Spagnuolo Lobb <a href="mailto:margherita.spagnuolo@gestalt.it">margherita.spagnuolo@gestalt.it</a></p> <p>Serena Iacono Isidoro <a href="mailto:serena.iacono@gestalt.it">serena.iacono@gestalt.it</a></p> <p>Marilena Di Pasqua <a href="mailto:marilenadipasqua77@gmail.com">marilenadipasqua77@gmail.com</a></p> <p>Susanna Marotta <a href="mailto:susanna.marotta.gestalt@gmail.com">susanna.marotta.gestalt@gmail.com</a></p> <p>Valentina Fontana <a href="mailto:valentina.fontana@unipa.it">valentina.fontana@unipa.it</a></p>
<p><i>Non-verbal synchronicity during online psychotherapy using MEA (Motion Energy Analysis)</i></p>	<p>Wolfgang Tschacher (University of Bern, Switzerland)</p>	<ul style="list-style-type: none"> <li>- Studying non-verbal synchronicity between therapist and client during online sessions</li> <li>- Investigate how synchronicity progresses in the time of the session</li> </ul>	<ul style="list-style-type: none"> <li>- Technical procedures to analyse synchronicity in video tracks of sessions has been realized</li> <li>- A research study has been produced as dissertation</li> </ul>	<p>Margherita Spagnuolo Lobb <a href="mailto:margherita.spagnuolo@gestalt.it">margherita.spagnuolo@gestalt.it</a></p> <p>Serena Iacono Isidoro <a href="mailto:serena.iacono@gestalt.it">serena.iacono@gestalt.it</a></p> <p>Francesco Chianello <a href="mailto:francescosaveriochianello@gmail.com">francescosaveriochianello@gmail.com</a></p>
<p><i>“Dance Steps” between therapist and client. A questionnaire for therapist and client</i></p>	<p>Luisa Castaldi, Escuela de Psicología, Universidad Católica de Valparaiso, Chile</p>	<ul style="list-style-type: none"> <li>- To examine their experience of reciprocity during the session</li> </ul>	<ul style="list-style-type: none"> <li>-Two questionnaires (one for the therapist and one for the patient) have been developed for completion after the sessions</li> <li>-The protocol for administration to therapist-patient pairs has been defined, and data collection is in progress</li> </ul>	<p>Margherita Spagnuolo Lobb <a href="mailto:margherita.spagnuolo@gestalt.it">margherita.spagnuolo@gestalt.it</a></p> <p>Dario Davi <a href="mailto:dario.davi@hotmail.it">dario.davi@hotmail.it</a></p>
<p><i>Reciprocity in the prosodic accommodation of therapist's and client's voices, during clinical sessions</i></p>	<p>Carolina De Pasquale, research assistant at Technological University of Dublin</p>	<ul style="list-style-type: none"> <li>- Primary aim: Investigating whether improving in interpersonal patterns of behaviour during sessions can successfully be detected through speech prosody.</li> <li>- Secondary aim: Investigating whether the model of “dance steps” (Spagnuolo Lobb, 2017a, 2017b) can be used to explain interpersonal patterns of behaviour in psychotherapeutic sessions.</li> </ul>	<p>The audio tracks of the sessions via skype have been recorded and the analysis of the data is being carried out. The research is still in progress and it is possible to collaborate by providing audio recordings of online sessions (telepsychotherapy)</p>	<p>Margherita Spagnuolo Lobb <a href="mailto:margherita.spagnuolo@gestalt.it">margherita.spagnuolo@gestalt.it</a></p> <p>Carolina De Pasquale <a href="mailto:carolina.depasquale@dit.ie">carolina.depasquale@dit.ie</a></p> <p>Serena Iacono Isidoro <a href="mailto:serena.iacono@gestalt.it">serena.iacono@gestalt.it</a></p> <p>Francesco Chianello <a href="mailto:francescosaveriochianello@gmail.com">francescosaveriochianello@gmail.com</a></p>

Research on process and outcome				
<p>Evaluating <i>variation in levels of body perception, embodied empathy, relational resonance, and anxiety and depressive symptomatology in adolescents during the Covid-19 pandemic.</i> Process and outcome of a Gestalt virtual group intervention</p>		<p>- To evaluate the psychological condition of a group of adolescents from different parts of Italy during the Covid-19 pandemic          - To monitor some psychological variables during the process of virtual group intervention          - To evaluate outcome of clinical virtual group intervention</p>	<p>Questionnaires on Empathy, Interoceptive Awareness, Interpersonal Reactivity, Anxiety and Depression has been administered to participants (experimental and control groups). The clinical intervention has been monitored through tools that evaluate the process from the perspective of participants and conductor Results has been published as          Pagano T., Salamone M.L., Iacono Isidoro S., Spagnuolo Lobb M. (2022). Studio pilota sugli adolescenti all'era del Covid-19: esiti di un intervento di gruppo online di psicoterapia della Gestalt per migliorare il benessere relazionale. <i>Quaderni di Gestalt</i>, XXXV, 2:97-107. DOI: 10.3280/GEST2022-002007</p>	<p>Margherita Spagnuolo Lobb  <a href="mailto:margherita.spagnuolo@gestalt.it">margherita.spagnuolo@gestalt.it</a>          Tatiana Pagano  <a href="mailto:dottorssa.tpagnolo@gmail.com">dottorssa.tpagnolo@gmail.com</a>          Serena Iacono Isidoro  <a href="mailto:serena.iacono@gestalt.it">serena.iacono@gestalt.it</a></p>
<p>Gestalt Therapy Perspective on Depressive Experiences</p>		<p>To provide a questionnaire to measure changes in depressive experience and look at the reciprocity of movements between therapist and client</p>	<p>- A questionnaire on depressive experience was built and the items were evaluated by 130 blind raters.          - Patients with unipolar depression have participated in a 10 session Gestalt therapy intervention.          - Single case time frame model has been used          - We are processing data</p>	<p>Margherita Spagnuolo Lobb  <a href="mailto:margherita.spagnuolo@gestalt.it">margherita.spagnuolo@gestalt.it</a>          Anne Garrety  <a href="mailto:garretya@gmail.com">garretya@gmail.com</a>          Serena Iacono Isidoro  <a href="mailto:serena.iacono@gestalt.it">serena.iacono@gestalt.it</a></p>
<p>Monitoring of <i>psychotherapy process and outcome</i> in all clinical centers of Istituto di Gestalt HCC Italy using a specific Gestalt therapy <i>Clinical Data Sheet</i></p>	<p>All clinical centers of Istituto di Gestalt HCC Italy (Milan, Siracusa, Palermo, online)</p>	<p>- To use a clinical form, in line with our theoretical and methodological frame of reference, for supervision and research          - Make clinical comparisons among different clinical populations</p>	<p>The Clinical Data Sheet has been created and qualitatively validated by the staff of trainers at Istituto di Gestalt HCC Italy. It is now used by the therapists of all the clinical centers of the Institute, for self report and supervision. The data collected will be used for clinical research on psychotherapy process and outcome. The tool of <i>Clinical Data Sheet</i> as been published as Spagnuolo Lobb M. (2023). Appendix. Clinical Data Sheet. In: Spagnuolo Lobb M., Cavaleri P.A., Eds. <i>Psychopathology of the Situation in Gestalt Therapy. A Field-oriented Approach</i>. New York: Routledge, pp. 276-284</p>	<p>Margherita Spagnuolo Lobb  <a href="mailto:margherita.spagnuolo@gestalt.it">margherita.spagnuolo@gestalt.it</a>          Graziana Arianna Busso  <a href="mailto:grazianabusso@yahoo.it">grazianabusso@yahoo.it</a>          Valentina Gnizio  <a href="mailto:valentina.gnizio85@gmail.com">valentina.gnizio85@gmail.com</a>          Roberta La Rosa  <a href="mailto:roberta.larosa@gestalt.it">roberta.larosa@gestalt.it</a>          Oriana Lupo  <a href="mailto:orionalupopsicologa@gmail.com">orionalupopsicologa@gmail.com</a>          Paola Maffi  <a href="mailto:maffi.p@gmail.com">maffi.p@gmail.com</a>          Veruska Schillaci  <a href="mailto:vschillaci.psy@gmail.com">vschillaci.psy@gmail.com</a>          Antonella Tavera</p>

				<a href="mailto:antonella.tavera@gmail.com">antonella.tavera@gmail.com</a>
Action research in a model of <i>organizational consulting</i> : interview with the manager (qualitative research) and observation of group processes in work groups.		<ul style="list-style-type: none"> <li>- To provide a detailed report to management of organizations</li> <li>- To support resilience in working teams</li> <li>- To support shared intentionalities in working function of managers and workers</li> </ul>	<ul style="list-style-type: none"> <li>- Spagnuolo Lobb M., Meulmeester F. (Eds.) (2019). <i>Gestalt Approaches with Organisations</i>. Siracusa (Italy): Istituto di Gestalt HCC Italy Publ. Co. (<a href="http://www.gestaltitaly.com">www.gestaltitaly.com</a>) ISBN: 978-88-989-1228-5</li> <li>- Spagnuolo Lobb M. (2016). Stress and organizational well-being. A Gestalt organizational consulting method supported by grounded theory. In: J. Roubal (ed.). <i>Towards a Research Tradition in Gestalt Therapy</i>. Cambridge Scholars Publishing, 161-176</li> <li>- Pegna A. (2019). The Well-being of a Company Workgroup. Emotions and Relationships as the Compass. An Experience with Margherita Spagnuolo Lobb's Gestalt Consulting Model. In: Spagnuolo Lobb M., Meulmeester F., Eds. <i>Gestalt Approaches with Organisations</i>. Siracusa: Istituto di Gestalt HCC Italy Publ. Co.</li> </ul>	<p>Margherita Spagnuolo Lobb <a href="mailto:margherita.spagnuolo@gestalt.it">margherita.spagnuolo@gestalt.it</a></p> <p>Angela Pegna <a href="mailto:apegna@gmail.com">apegna@gmail.com</a></p>
<b>Process (qualitative) research</b>				
<i>Single case time frame studies</i>	<p>Pablo Herrera Salinas, Santiago University, Chile</p> <p>Otto Glanzer, South German Academy for Psychotherapy, Augsburg, Germany</p>	<ul style="list-style-type: none"> <li>- Contribute to evaluate and prove the efficacy of Gestalt therapy.</li> <li>- Understand the therapy process better, learn what works and what doesn't, improve therapeutic practice and teaching of Gestalt therapy.</li> </ul>	<p>Fourth year students are invited to present their dissertation as SCTF</p>	<p>Margherita Spagnuolo Lobb <a href="mailto:margherita.spagnuolo@gestalt.it">margherita.spagnuolo@gestalt.it</a></p> <p>Serena Iacono Isidoro <a href="mailto:serena.iacono@gestalt.it">serena.iacono@gestalt.it</a></p> <p>Chiara Zuliani <a href="mailto:chiara.zuliani@hotmail.com">chiara.zuliani@hotmail.com</a></p>
<b>Cooperation with other researches</b>				
Participation in the research on <i>Gestalt Therapy Fidelity Scale</i>	Madeleine Fogarty, Melbourne University	<ul style="list-style-type: none"> <li>- To detect the dimensions that constitute the internal coherence of the Gestalt therapy approach</li> <li>- To provide a tool to validate research with the Gestalt therapy approach</li> </ul>	<p>The research is finished, an article on <i>Psychotherapy Research</i> has been published: Fogarty M., Bhar S., &amp; Theiler S. (2019). The Development and Validation of the Gestalt Therapy Fidelity Scale. <i>Psychotherapy Research</i>. DOI: 10.1080/10503307.2019.1571688.</p> <p>Other publications: - Fogarty M., Bhar S., Theiler S. and O'Shea L. (2016). What do Gestalt therapists do in the clinic?</p>	<p>Madeleine Fogarty <a href="mailto:madeleine@madeleinefogarty.com">madeleine@madeleinefogarty.com</a></p>

			<p>The expert consensus. British Gestalt Journal, 25, 1: 32–41. - Fogarty M., Bhar S., Theiler S., O'Shea L. (2017). Che cosa fanno i terapeuti della Gestalt nella pratica clinica? Il consenso degli esperti. <i>Quaderni di Gestalt</i>, XXX, 1: 69-90. DOI: 10.3280/GEST2017-001006</p>	
--	--	--	---	--