



Editorial

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We have another 'special issue' this time - following on from the issue one year ago, we have another three case studies from Enrico Benelli and colleagues – all contributing to establishing transactional analysis psychotherapy as an effective treatment for depression.

Benelli and colleagues report on three more Hermeneutic Single-Case Efficacy Design (HSCED) studies, conducted in Italy, following on from the three reported last year – so the pseudonyms of Anna, Catarina and Deborah now join Sara, Penelope and Luisa.

To remind you, IJTAR Advisory Board member, Reviewer and Author Mark Widdowson began this process with comprehensive material on how to conduct HSCED studies (Widdowson 2011). In that first paper he reviewed the strengths of case study methodology and responded to common criticisms, gave suggestions of a range of research resources relating to outcome and process measures, and included the presentation of an example of a hermeneutic single-case efficacy design. Also included was material on ethical considerations and an exhortation to the TA community to engage more widely in case study research.

A year later we had our first special issue devoted to HSCED studies, when Widdowson (2012a) presented a case within the UK, for which he provided full working papers as appendices so that others could replicate his work. (Widdowson 2012a).

Later that year, he provided two more cases in the next issue (Widdowson 2012b, 2012c). A few months after that, he provided yet another case (Widdowson 2013) and a year after that the fifth case appeared (Widdowson 2014), based on a case of mixed anxiety and depression.

Widdowson's cases all took place within the UK. Benelli and colleagues, with Widdowson himself acting as a consultant to confirm that the studies were accurate replications, provided three more cases within Italy (Benelli et al 2016a, 2016b, 2016c). At that time, and for the cases in this issue, the practitioners were able to base their work on Widdowson's (2015) published treatment manual.

So many thanks to Enrico Benelli and his colleagues, and of course to Mark Widdowson, and to the several others who contributed to the research processes, especially the clients. They have provided us with an expanding body of confirmation that transactional analysis is an effective treatment for depression.

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