# Training of Transference Focused Psychotherapy in China: Evaluation of Four Successive Cohorts of Foundational TFP Training

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## 1. Background and Aim

- While ISTFP has run many foundational courses in TFP, they have not been formally evaluated. Five foundational courses in TFP have been held in **He Guang Training Institute**, Chengdu, since 2019. **This study aimed to evaluate participants' views of the experience and usefulness of these courses.**

- Sichuan Heguang Clinical Psychology Institute (hereinafter referred to as He Guang) provides **professional training and supervision** whilst also offering therapy and psychological counselling services.

- It has a professional team of over 50 staff, including eight psychoanalysts certified by the International Psychoanalytical Association (IPA) or the American Psychoanalytic Association (APsaA).

## 2. Methods

Mixed method approach using **two validated questionnaires** administered before and after teaching and a **focus group discussion** after the completion of the course.

- **The attitudes to personality disorder (PD) questionnaire (APDQ)**
- **The clinical confidence in PD questionnaire (CCPDQ)**

Analysis included **individual participant data (IPD) meta-analysis** of of paired APDQ and CCPDQ score changes (measured as post-pre teaching mean difference [MD] with 95% confidence interval [95%CI] across four independent classes and a **thematic analysis** of the focus group discussion.

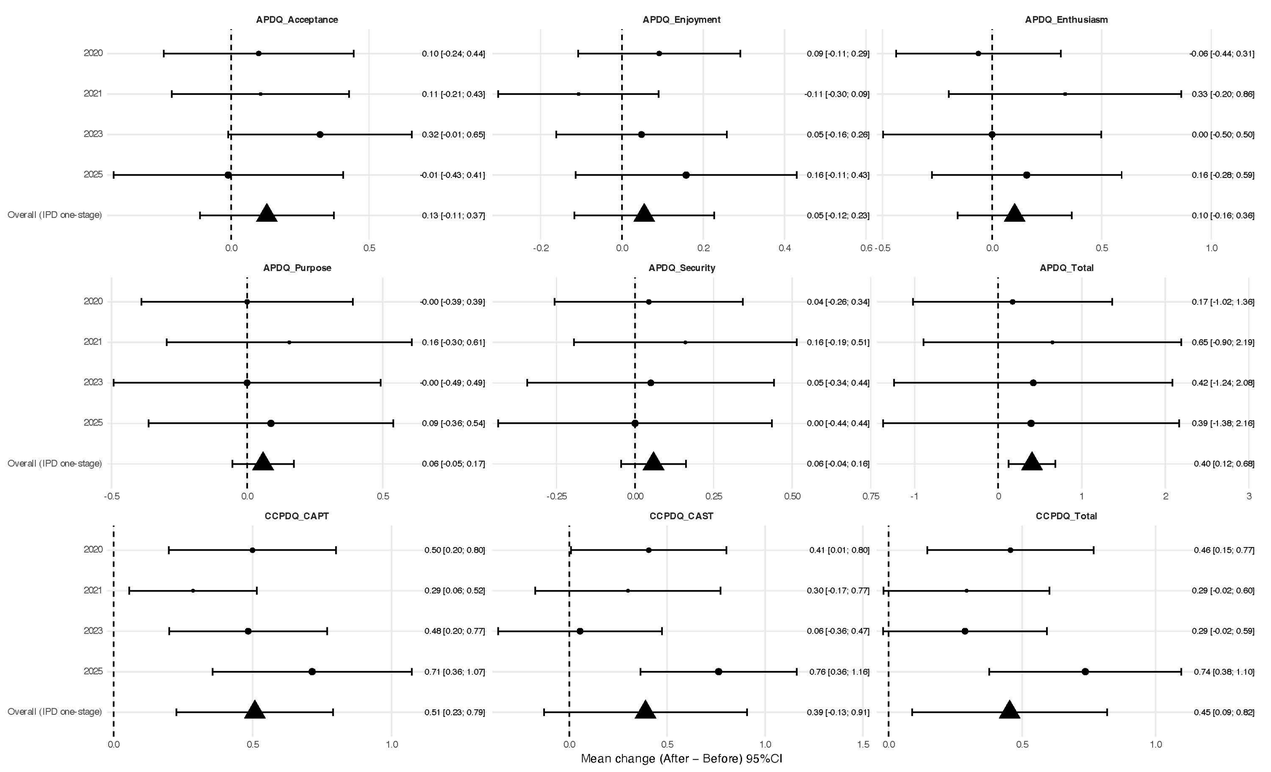
## 3. Results

APDQ showed small and non-significant changes in each class, however APDQ total score increased significantly in the pooled IPD analysis (MD=0.40 [95%CI: 0.12;0.68]).

CCPDQ total score also showed **a statistically significant improvement** in the pooled analysis (MD=0.45 [95%CI: 0.09;0.82]).

Participants said that the course taught them the fundamental components of TFP, such as the requirement of *"at least one behavioural change"* and had helped them to develop **personally and professionally**. Individuals described being *"very anxious"* at the start but as the course went on, they found *"the evaluation and conceptualisation easier to clarify and can be evaluated and conceptualized more quickly".*

Difficulties included their own anxieties, learning a new intervention and the time spent translating: *"if there was an individual supervisor in our Country, removing this language conversion would save a lot of time".*




Abbreviations: APDQ, Attitudes to Personality Disorder Questionnaire; CCPDQ, Clinical Confidence with Personality Disorder Questionnaire; CCPDQ-CAPT, Confidence in Applying Psychodynamic Techniques Score; CCPDQ-CAST, Confidence in Assessment and Structuring Treatment Score; 95%CI, 95% confidence interval.

Legend: Forest plot showing cohort-specific mean changes (Δ post-pre) and the pooled overall mean change estimated using a one-stage individual participant data analysis. Points indicate mean differences (MD) in score units and horizontal bars indicate 95% confidence intervals. The vertical line at 0 represents no change. The pooled estimate accounts for clustering by cohort.

## 5. Discussion and Recommendations

After an 8-day training, participants' attitudes and confidence in working with PD patients improved. Participants reported **training helped them develop both personally and professionally**, suggesting that TFP has the potential to assists clinicians working with this challenging patient population. The additional time pressure of needed to translate **endorses the mission of ISTFP to establish local centres of TFP training**.



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