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LA INCLUSIÓN DE LA PERSONALIDAD EN LOS TRATAMIENTOS BASADOS EN LA EVIDENCIA

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RESUMEN

Podemos definir la personalidad como un proceso adaptativo resultante de interacciones recíprocas entre los múltiples procesos biológicos y las complejas características del mundo. Este proceso que tiene como objetivo la supervivencia, apunta a prepararnos para hacer continuos ajustes en el contexto para adaptarnos a cada situación en la que nos encontramos. El funcionamiento de la personalidad tiene una gran influencia en todas las facetas de la vida, principalmente en la salud mental y las relaciones interpersonales. (De Graaf, Bijl, Ravelli, Smit y Vollebergh, 2002; Hettema, Neale, Myers, Prescott y Kendler, 2006; Krueger & Eaton, 2010; Parker et al., 2004) OBJETIVOS: Se espera transmitir a través de esta presentación la importancia de incluir en la evaluación y diagnóstico de los consultantes las características de personalidad. Se presentan los fundamentos teóricos y la evidencia empírica de las intervenciones en psicoterapia y en psicofarmacoterapia para este objetivo. METODOLOGÍA: Revisión bibliográfica. Análisis conceptual. RESULTADOS: Se comparan los diversos resultados hallados en los estudios y se discute sobre la pertinencia de incluir las características de la personalidad en la conceptualización del caso. DISCUSIÓN: Se espera transmitir la importancia que tiene esta perspectiva y los alcances en la efectividad de los tratamientos terapéuticos.

Palabras clave

Personalidad - Tratamientos basados - Evidencia

ABSTRACT

THE INCLUSION OF PERSONALITY IN EVIDENCE BASED TREATMENTS

We can define personality as an adaptive process resulting from reciprocal interactions between multiple biological processes and the complex characteristics of the world. This process, which is aimed at survival, aims to prepare us to make continuous adjustments to the context in order to adapt to each situation in which we find ourselves. Personality functioning has a great influence on all facets of life, mainly on mental health and interpersonal relationships (De Graaf, Bijl, Ravelli, Smit, & Vollebergh, 2002; Hettema, Neale, Myers, Prescott, & Kendler, 2006; Krueger & Eaton, 2010; Parker et al., 2004). OBJECTIVES: It is hoped to convey through this presentation the importance of including personality characteristics in the assessment and diagnosis of consultants. Theoretical foundations and empirical

evidence of psychotherapy and psychoopharmacotherapy interventions for this purpose are presented. METHODOLOGY: Bibliographic review. Conceptual analysis. RESULTS: The various results found in the studies are compared and the relevance of including personality characteristics in the case conceptualization is discussed. DISCUSSION: It is expected to convey the importance of this perspective and its scope in the effectiveness of therapeutic treatments.

Keywords

Personality - Based treatments - Evidence

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