

Mailing address:

EATA,
c/o M. Rauter Silvanerweg 8
78464 Konstanz, Germany
Fon: +49-7531-95270 Fax: +49-7531-95271
E-mail: EATA@gmx.com
http://www.eatanews.org

Editorial Board:

Kristina Brajovic Car
eata.editor@gmail.com
Marianne Rauter, Robin Hobbes



Translation:

French: Armelle Brunot; German: Bea Schild; Italian: Cristina Caizzi; Russian: Olga Tuchina, Lilit Sargsyan; Spanish: Carlos Ramirez

Frequency/Deadlines:

for contributions and adverts September 10 for October issue, January 10 for February issue, May 10 for June issue.

Subscription is a benefit of paying membership and is not available separately.

Membership is available directly from Affiliated Associations

EATA NEWSLETTER

EUROPEAN ASSOCIATION FOR TRANSACTIONAL
ANALYSIS N° 126 October 2019



The purpose of the European Association for Transactional Analysis is the following:

- To promote knowledge and research on Transactional Analysis, to develop its theory, and to ensure agreed standards of practice.
- To promote cooperation in Europe in the field of Transactional Analysis.
- Membership: the members of the Association are affiliated members of EATA through their national, regional, international or specialist TA Associations, which are affiliated with EATA.
- The rights and conditions of Affiliation are decided by the EATA Council and laid down in the Council Regulations.
- Only exceptionally individual members can be accepted where special circumstances warrant this.

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Dear EATA members, the October issue is awaiting for your attention with organizational news and the standard columns. I am delighted to present our new EATA leader and to wish a warm „welcome“ to our new President Peter Rudoph - get familiar with his vision and his team in the the Newsletter.

Eleonore Lind presents the new Conference procedure developed by the Task Force during the past year. Julie Hay, on behalf of the Organizing Committee of the World Conference, is reporting about its progress. It will be held in Birmingham in July, 2020.

For this issue we have prepared an interview with Dr Joel Vos about a major research project - the TA Review Survey (TARS) and the TRANSactional Analysis Collaboration Trial (TRANSACT).

As usual, we are concluding each issue with ethical perspectives.

In this issue there is a discussion about Seven Key Ethical Pitfalls by the EATA Ethical Advisor.

Kristina Brajovic Car
EATA Newsletter Editor

President Note



Dear members of EATA,

Dear Transactional Analysts,

My first 'president note' – I became president in Cherkassy after the General Assembly. We had discussed a lot if we should go to this Eastern European country with council, exams and the conference. It seemed 'so far away' from accustomed places– but we decided to go there – and it was good.

We were hosted in an excellent way, we were nurtured, supported and accompanied. We had a space for deep and meaningful encounters, for crucial and sophisticated exchanges thanks to Hannah Yavorska and her team.

We had interesting and deep encounters between persons, professions, cultures and associations. We had the experience of a deep ok/ ok contact with many persons from other nations. One of the key tasks of EATA is to provide international and intercultural contact with a deep ok/ok quality in

it. This is our task, especially in a time where social and political movements begin to grow where there is no ok/ok position appears to not be recognized and valued.

My understanding of my role and wishes as I start my term as the EATA President are about politics

- to contribute to political and social developments on a basis of ok/ ok. To encounter other persons and cultures does not mean that we will understand "the Other" totally, but to be in contact in a way that we know enough about each other to accept each other in our knowing and not – knowing. For me EATA means the provision of spaces for interpersonal, intercultural and international encounter.

- a key task of EATA is to maintain and develop excellent standards and procedures – the work of the committees, COC and other officers are one of the essential bases of this growing European community.

There are processes, roles, contracts, networks that have to be revised and redefined. We will do this work in contact with the responsible persons and groups in a way and speed that is appropriate for us and the tasks. about communication

- to live and develop communication that is characterized by mutual responsibility and okay-ness. As Transactional Analysts we know that we are responsible for the world in which we live and for the communication that we practice. There is no process that we perceive where we are not involved, no conflict without our participation. It is not helpful to accuse but to understand common processes with its strengths and its weaknesses.

We, as the Executive Committee, need to say goodbye to Krispijn Plettenberg and Oana Panescu. These two experienced officers, who were confident in their understanding of the open and hidden rules of the 'mega' – system known as EATA will be missed. We are learners, we are volunteers and we will work as intense, cordially and effective as possible.

I'm looking into the next few years with pleasure, with hope and with interest.

Peter Rudolph
EATA President

New Executive Committee (EC) Presentation Taking the lead

We, the members of the new EC will take the lead for the development of EATA as an organization. We will make contributions towards protecting and developing the rich assets that the 'TA – Community' has created in the last decades.

We will work in contact – with ourselves, with the members of EATA and the general TA community. We will work for good, transparent and clear contracts. We will work on key – issues.

We will take care of the clarity of processes and by that of the protection of the involved members. In this way we want to promote a space with permission for development and encounter.



Peter

Why do I take this 'job'?

I'm working in TA for 30 years with children, adults, couples and families on one side and with teams, companies, institutions on the other side. I was trained and supported by trainers of TA, Systemic Family therapy, System constellation, Gestalt and other approaches. TA is an approach that provides a rich range of tools for the work with individuals all the way up to general social issues. My interest is to express my gratitude and to carry on and spread an approach that helps us to work for a world that has an idea of mutual okay-ness to humans and their outer and inner nature.

My hope/ vision is:

- to continue the professional, high quality, work of EATA
- to maintain and strengthen EATA as an international space and platform for an ok – based working for the psychosocial development of humans, systems and society,
- to practice ok-ok relationship and have fun and enriching experiences with the European and worldwide TA community.

My special tasks and projects:

I do not have special projects. I will support my team (EC) to become and stay a vital, strategic thinking and solution-focused team with good relationships in EATA. My emphasis lies in listening, understanding and stimulating. I want to foster the development of enriching communication.

How do I feel with my role?

Quite well! Sue Eusden said – each role has a weight; it is important to say yes to the weight without suffering. Carry the weight and shape the possibilities – I'm looking forward to this task.

The mostly funny important experience during my time in EC and maybe other important experiences:

As somebody who grew up during the Cold war, I appreciate and enjoy the opportunity to speak with colleagues from different nations that were, or are, in serious conflicts, about their understanding and practicing of TA. For example, to work and socialize with colleagues in Sarajevo, Paris, Cherkassy etc. To me leading multicultural organization is deeply political work – and I'm happy that I can serve in this way.



Eleonore

I live and work in a small country, Sweden, with a long history of TA. Our national association celebrated 40 years 2019. This means we do have quite a few TSTA and CTA, but not very many of them presently active – unfortunately. This means we have to keep in touch with Europe to really feel part of the TA community.

I started TA in 1994 in the UK where I used to live. Not primarily because I wanted to become a psychotherapist but because I wanted to become a mediator. Well, I achieved my goals in both areas. In 1998 I moved back to Sweden where I now practice and teach with colleagues in SITA, Scandinavian Institute for Transactional Analysis.

I work with TA because I believe it works. Both from personal experience, through my own processes but also from seeing it work with clients and in the work place, where I also do much of my work. And the philosophy and practice of TA goes hand in hand with my own.

My hope/vision?

I hope and envisage TA growing and gaining a firmer hold in mainstream psychiatry. Being recognized as a method and theory of psychotherapy by all countries in Europe. I also hope we truly can become an organization that supports our members and dare to develop.

My special tasks and projects

My area of work are conferences. This is where we actually meet as a group. Where we learn new areas of TA and get new impetus and inspiration. I am also the liaison for TDRC, Theory, Development and Research Committee through which I have become interested in research.

How do I feel in this role?

I do like it as I feel people are important and the platforms for meeting face-to-face are becoming more important in this very complex world. It is in the real meeting where we can make an impact.

The mostly funny experience during my time in EC:

The Fun and Belonging we initiated for this year council in Cherkassy was great. As we only see each other once a year in council, it is important to make everybody feel that they belong and that the experience is a fun one. I do think we managed this by this great social event.

Other important experiences:

The opportunity to visit different countries, which I most likely would not have been to if I were not the vice president of EATA. Some of these are Bulgaria, Romania, Poland, Bosnia-Herzegovina, Croatia, Ukraine and Macedonia.

Sylvia

Why do I take this job?

Coming from a small country with a limited number of people associated to the TA community I was fascinated from the beginning of my TA training by the internationality of TA. I like the idea of our common philosophy, ethics and values and being part of a larger community including and connecting people from different countries and cultures connected by a common goal – spreading Transactional analysis and finding common standard's in training and application.

After my TSTA exam and working as an International TA Trainer in different countries, in short and long terms trainings on a different levels, TA became an important part of my professional identity.

Becoming a delegate deepened my interest for the processes in EATA with the possibility to help shape and realize and discuss my ideas.

In my function as Vice - President, I can do exactly those things on organizational and administrative level. I do this with interest, pleasure and enthusiasm. I see my role as a connecting and moderating one. My interest is to continue the actual projects and developments and to practice and realize the basic values of TA: awareness, respect and responsibility for relationships with others and the world. Observing carefully the actual political developments means for me defending democratic values and take social responsibility like Eric Berne did. My vision for the next few years is to contribute to EATA with the good practice of collaboration and relationships, open communication and high professional standards.



Joanna

Why do I take this job?

I like to be a part of a bigger group. I like the feeling of belonging and influencing at the same time. What I like is to work internationally and encounter different views, culture, history and all the differences that, despite all, make us one.

My hope/vision?

My vision is to make a fruitful environment to exchange opinions. Make a place for discussion and enrich being and working together with a synergy effect – getting to know, feel and act more.

My special tasks and projects:

The special tasks and projects are still to come. I perceive my first year in EC as a big dive. I am happy to follow and contribute to the work that we did. I am looking forward to cooperation with the new time that has been constituted since the last General Assembly.

How do I feel with this role?

I feel responsible in my role in executive committee and at the same time happy to represent the majority in a team of seven. I perceive this role as a great challenge and an opportunity to feel and work internationally.

The mostly funny experience during my time in EC and maybe other important experiences:

During my EC time I felt much supported and inspired by the former and actual EC members. Apart from the effective work we did not only during our yearly meetings but also during the zoom meeting I do appreciate the informal meetings we had. I like the group process during common meals especially in the countries whose cuisine was always a mystery for us! Like a cake with an egg on it in the Georgian restaurant.

Annamaria

Why do I do this job?

This is not the first time in my life, that a job found me and not the other way around. In these moments I was always thinking: "Okay Annamaria, you have something to do here, come out the comfort zone, make a difference, or just experience something new!" So, I have taken the opportunity and I am very thankful the Council for trusting me with this significant role.

My hope/ vision?

Representing a small country (Hungary) in EATA, my vision is that TA is a well-known and recognized approach not only in psychotherapy, but also in organizations, schools and fields of counseling, by all countries in Europe. I also hope, that EATA as an organization can find the right connection to its members, so that they can feel the benefit of being part of this community.

My special tasks and projects:

As General Secretary I have the real privilege of having the birds eye perspective on almost all running projects in EATA. Nevertheless, my role is more to support the operative work of the Executive Committee and the Council, which means taking care of ongoing topics which has to be shared, discussed, decided and that's on a structured, transparent and compliant way. I would like to contribute to the development of EATA as a modern and transparent organization. Therefore, I actually support the Officers reviewing the different roles and responsibilities within their circles, and I work closely together with the Communication Committee on capturing the memory of our organization.

How do I feel with this role?

I started to learn TA in 2009 and benefited from the learning standards ensuring by EATA in the last 10 years. Now it is time to give something back to the TA community. I am proud of doing it in this role.

The mostly enjoyable experiences during my time in EC and other important experiences:

The 2019 March Meeting in Gothenburg (yearly EC and Chairs Meeting) was just the perfect environment for meeting people, co-working, accompanied by a pop-corn and an ice cream machine. To meet Council and/or my circle in EATA is not just "working", it is always a new experience for me.

Anna

Why do I take this job?

It is forty years ago when I had my first impression of TA. Now, I teach as PTSTA-P and it is the method of my work with clients. I am really fond of this theory and practice and I want, not only to personally gain from this, but I also want to give something back to the TA community. I am not only a psychologist but also an economist, so I like to handle figures and bookkeeping and I am glad to use and share this knowledge with EATA as their treasurer.

My hope/ vision?

My vision is, that TA stays a living theory and is practiced by a larger and larger amount of people. My contribution can be to care that the financial stability of EATA remains so that the running costs are covered and that there are options to start new projects.

My special tasks and projects:

As the treasurer I have a responsibility to overlook the finances of EATA. I coordinate the budgets of the different cost centers, check invoices and reimbursements and I do the controlling of the income and expenses.

How do I feel with this role?

I like to do my tasks as a treasurer. It is a great pleasure to work in the executive committee, we do a lot of work in great cooperation with a lot of confidence and pleasure.

The funny experiences during my time in EC:

A funny experience was the ride on a bus on the way back from the gala dinner to the hotel in Chercassy during the conference in Ukraine. We had a lot of fun, sang songs and made a lot of jokes without understanding the language of most of the others. It was a time of pure Child-Ego-State.

and maybe other important experiences:

My important experience is the feeling to be part of European and world-wide net of Transactionalists, to be part of a community and to be part of a group who care for the improvement of TA in Europe.

Marianne

My tasks:

Since 2003 I am the executive secretary of EATA. I am employed on an hourly rate and usually work 2 hours per day for EATA. My task is the “independent management of the EATA office in own “home/office“. This includes administration of membership, registering contracts, answering questions of all kind (or finding someone who is able to answer them), attending meetings and taking notes, doing payments, book-keeping and everything what is necessary to run the office.

How do I feel with this role?

I like it very much! I really love to be in contact and work with all these wonderful and active people from all over Europe, having the chance to travel to different cities and be involved in the effort to establish some ok/ok positions in the world.

All in all, we as team are looking forward to take this chance!

Thank you for your trust and support.

Feel free to contact us and to ‘use’ us as your Executive Committee.



Conferences – a place to meet and to grow



Conferences is a place to meet colleagues, teachers and hear ground breaking TA theory and practice. It is a place of belonging and furthering your own development, a place to reacquaint yourself with the method, to strengthen TA, exchange modalities, build community, promote TA, get new members, and to have deep and interesting conversations with the people practicing and living TA. Conferences is a very important meeting place for many of us. An exciting place where you can meet old friends and make new ones.

Why the initiative of a task force to update the conference procedure?

As conferences are important to the TA community it is also imperative to have an updated and clear view of what it takes to organize EATA conference. This is why we over the last couple of years we have assembled a task force that has been in contact with delegates and members to ask what their needs are regarding conferences? As the digital age is developing, we needed to update the conference manual to fit the here-and-now. We wanted to make the manual easily understood and accessible to our members in order to increase the willingness to come forward with proposals for organizing conferences in the future

The members of the group have been, myself Eleonore Lind, the former vice president of EATA in charge of conferences Magdalena Sekowska from Poland, David Krystof from the Czech Republic, Maja Delibasic from Serbia, Petra Gorsic from Croatia, Sylvie Monin former vice president of EATA from Switzerland and Krispijn Plettenberg former president of EATA.

When I became vice president, I took over the chair of the Task Force for Conferences from Magdalena who had been a part of it from the beginning. During our work we met digitally and had two meetings in real life, one in Warsaw and one in Prague. The personal meetings were very valuable and it was where we were most productive. We asked council delegates, committee chairs and others working with EATA for their view on conferences. Finally, at the council in London, 2018 we made our proposition for the procedures for EATA conferences, The EATA Easy Access Conference Manual, which was unanimously agreed upon by the delegates. Using this link you can find the Conference Manual <https://kurzelinks.de/uki3>

The call for interest to host a conference and the intention to bid by the national associations are the same as they were before. What has been added is a very clear and visual document describing the process. This was made possible by Krispijn Plettenberg's excellent knowledge of making presentations. The Conference Procedure Manual was updated to be in accordance with The EATA Easy Access Conference Manual.

Improvements

Some of the changes we made were, to rotate EATA conferences with EATA research conferences and the World TA conference, on a three year rotation. We decided to have a research conference regularly as this had only been on trial before. We want to encourage our council delegates to stay on and partake in the conference by offering them discounts. We want to have more bursaries and a fee system to match the map of Europe of today. We want to clarify how we support translations and to emphasize the importance of fun and belonging to all participants.

How does it work?

In October every year a call for interest in organizing a conference goes out to all national associations. The application refers to hosting the conference two years from this date. The deadline is November so that EATA can send the bid pack to interested national associations by the beginning of December. The deadline for sending the completed form back by interested national associations is February the following year. EATA looks for originality of conference theme, sufficient local resources, cost, location, motivation, venue, new location, inclusivity, attractiveness and if the venue also is suitable for council and exams. A decision by the EATA Executive Committee (EC) is made at the end of March when EC meets for two days working session. Immediately after this the successful bidding national association is notified and the venue announced on the EATA webpage.

After this the different organizing committees are formed and the conference work really begins. This means the conference organizers have about a year and four months for the preparation. After the conference, the work is not over for the organizers, as a very important job remains, that of the evaluation of the conference. We ask for an evaluation from all participants but also a personal evaluation written by the conference organizers. This can be a valuable asset for the future both for EATA and for future organizers of EATA conferences.

We aim to make an App for conferences and evaluations etc. But until this work is completed it is the task of the organizers to do the evaluation.

Running this project has been a joyful and enriching experience for me. Such fun to be able to develop a meeting place for those interested in EATA and to further TA in Europe.

Written by Eleonore Lind

REVIEW OF THE EATA - HATA SUMMER SCHOOL IN TRANSACTIONAL ANALYSIS IN BUDAPEST



Written by Balazs Polyanki
11 October 2019, Budapest

How to make 50 participants from 10 countries (Austria, Croatia, Czech-Republic, Hungary, Netherlands, Romania, Russia, Slovakia, Slovenia, Ukraine) connected, inspired and speak the same language: TA?

We had our first EATA-HATA Summer School held at the Conference Centre of Central European University (CEU), in Budapest, Hungary on 17, 18 and 19 May 2019. Dr. Briony Nicholls, TSTA-P, Psychotherapist, Doctor in Psychopharmacology (UK), Graeme Summers, CTA-P, Executive Coach, Leadership trainer, Psychotherapist (UK) and Sue Eusden, TSTA-P, Psychotherapist, Supervisor, Trainer (UK) guided us through the new waves of TA: Neuroscience and TA; Co-creative TA and Relational TA. Each day started at 9 a.m. and ended at 5 p.m. Participants received printed handouts, a printed certificate of attendance with the EATA logo and HATA logo, the signatures of the three trainers and Sándor Antal, the president of HATA, PTSTA-O (Hungary). For the ones who didn't speak English, interpreters and relevant technology helped create the two-way communication in the multi-cultural

environment during the three days. The event was not just about presentations, small team workshop exercises and Q&A parts. Tea, coffee and cookies as well as lunch were served within some steps at the venue where the discussions could go on.

The event was moderated by Sándor, opened by Dr. Sylvia Schachner, TSTA-E, psychologist, supervisor (Austria) followed by Briony's session on Neuroscience and TA. She invited us to explore some of the ways that neuroscience research may inform our thinking about TA theory, and our professional practice. Her interactive style engaged us to have a look at the developing brain, and how it can be shaped by experience. Deep diving into the world of neural networks she helped us better understand their link to learning and to Ego states. Talking about early influences, resilience, neuroplasticity, affect regulation, ego strength and brain areas responsible for thinking and feeling, we could relate these to TA areas such as developing Ego states, the integrating Adult model, attunement and script formation. Discussing how we develop affect regulation in relationship, and how that regulation can be impaired set the scene to the topics for the following two days. One of my personal take away, from Briony's session, was that we

(psychologists) tend to over-emphasize the role of the brain, but we are bodies and brains, not just brains.

On day two, we sailed to the waters of CCTA (Co-Creative Transactional Analysis) captained by Graeme. It became clear to us that this approach is a contemporary interpretation of TA and since his co-work with Keith Tudor CCTA has found resonance with practitioners across all TA fields. Just like on the previous day we could contract with the trainer for an exciting day with several interesting topics. After having a look at the principles and the definition of CCTA we broke up into small teams to discuss some questions and then shared our conclusions. We spent time to shed some light on the one Ego state model of health, how transactions can be analyzed with the help of CCTA, how we can co-create the intersubjective fields by being present- or past-centred and how we mutually keep influencing each other. We got equipped with tools such as the red and green loops, the emogram, a way of checking messages we give and receive and using the Game Plan (by James) in recurring positive interactions. As far as my personal take away from the day is concerned, it is a strong agreement with Graeme who stated that “we don’t talk enough about what we do well”.

On day three, Sue brought Relational TA closer to us. We had a look at its roots and went through the eight principles of the approach. The room suddenly became an “art gallery” with eight posters displayed on the walls corresponding to the principles. We got noisy and busy by walking around discussing what a principle meant to us and what we found challenging related to it. It was interesting to experience the similarities and differences we had about the same question.

We then stepped into an area that is hard to measure: the world of the unconscious. Enactment, transference and counter-transference, vulnerability and ethical considerations were among the topics we touched here by applying useful tools and exercises. Some of them were as simple as observing the verbs the other person (i.e. the client) uses. Combining this with the Drama Triangle, for example, it may become clear that who is the “doer” and who is the “done to” person in the relationship. We connected these to the roles of the triangle and taking one more step we arrived to a “Daring and Caring” tool that can help us ask the question: “Where am I?” And with this we landed at the questions of ethical principles. We closed the day with examining supervision based on what was discussed earlier. Sue helped us understand how our vulnerability can influence the ways we “hide” or “seek” help. My main take away from the day was that we can declare “a relationship is very difficult” and it is not the methodology that should play the main role, what matters is “how you are with me”.

For many of us the event was a heartwarming reunion too as we could meet friends from other fields, other countries and we could exchange some nice words with our “TA teachers” who had played significant roles in our own TA journey by having us on 101 courses, specific trainings, conference lectures or supervision. One of these teachers, Judit Szamosi standing on the very left in the picture, has passed away since then. We will keep her memory in our hearts. Finally, before saying good-bye several participants expressed that these three days helped them to see a challenge or a question from a different perspective, colored with new waves we covered during the summer school. Based on the collected feedbacks it also turned out that the overall atmosphere, the scheduling, the welcoming stuff, and the content of the program fulfilled their expectations.

WTAC2020 – Progress Update – for The Script and EATA Newsletter October 2019

Conferences – a place to meet and to grow

We are now 9 months away from the conference and making excellent progress. We even have WTAC2020 as a Google search item that will take you to the website, where you can find out more about any of the aspects below. (If you are not using Google, it is www.taworldconf2020.com). We have already filled 400 of the anticipated 1000 places, with more bookings coming in each day. We are charging only 25% deposit, the remainder will be due by end February 2020, and there are significant Talent discounts applied if you live in an economically disadvantaged area of the world.

Because we are expecting to fill all the places, we are reluctant to accept bookings for only 1 or 2 days but we have set up a system to 'match' such requests - we will be charging one third of the full price plus a small administrative cost so the fees will be £135 for 1 day and £252 for 2 days (both including VAT) – so go ahead and email contact@taworldconf2020.com if you want this option. Talent discounts will still apply. We have set up the initial volunteers to the Scientific Committee and they have begun evaluating the presenter proposals that have already come in – so we expect to begin announcing workshop content very soon. So, go ahead and present your proposal through the website and/or volunteer to join the Scientific Committee.

We have posted a list on the website of potential activities that could be sponsored and are already in contact with several individuals/organizations about these – so let us know if you want to be considered for this. – no commitment until we have 'negotiated' and reached a mutually acceptable arrangement.

We now know that the EATA Council and ITAA BOT meetings will be held at the conference venue, as well as the EATA TEW. We are awaiting confirmation about the EATA Exams. Following the ITAA Conference pattern, we have scheduled meetings (caucuses) for LGBTQ+, Women's, and Men's groups during the mornings (0730-0830) on the second and third days of the conference. These will be led, respectively, by Deepak Dhananjaya, Prathitha Gangadharan and Giles Barrow. These will be an opportunity to gather at the start of the day to share your experiences of the conference..

In addition to the Gala Dinner, which will be on Friday 17 July, we are planning social evenings for the evening before the conference, the first day of the conference and the last day of the conference. Finally, we have now mapped out an overview of the conference and the associated events, so you can go ahead and make your travel arrangements – can we publish – otherwise see the website Programme page for this.

WTAC2020 Organising Committee – Julie Hay, Heidi Amey, Susan Arslan, Carol Faulkner, David Gibbons, Lynda Tongue, Sandra Wilson

WTAC2020 Program Overview – September 2019 *Note: items in black are organised by others*

11 Sat	12 Sun	13 Mon	14 Tues	15 Wed	16 Thur	17 Fri	18 Sat	19 Sun	20 Mon	21 Tues	22 Wed
					Early morning groups/caucases for Men, Women, LGBTQ+; possibly other groups 0730-0830						
EATA Council Meetings All day			TA 101 0900-1730		Conference 0900-1730 Lunches 1230-1400			TAWCS Meeting 0900-1300	Training Endorsement Workshop All day		
	ITAA Board of Trustees Meetings All day	EATA PTSC Workshop: assessing CTA written exams	EATA COC Exams Venue awaiting confirmation		Plenary	Plenary	Workshops	Post Conference Institutes/Workshops 0900-1730			
					Workshops	Workshops	Workshops				
					Lunch UKATA AGM	Lunch IDTA AGM	Lunch IARTA AGM				
					Workshops	Workshops	Workshops				
		EATA COC Exams Venue awaiting confirmation			Workshops	Workshops	Plenary				
					EATA General Assembly 1800-1900	ITAA Annual General Meeting 1800-1900					
		Examiners Dinner	Conf Social evening 1930	Conf Social evening 1930	Gala Dinner 1930	Conf Social evening 1930					

Issued 13 September 2019



TRANSACT

TRANSactional Analysis Collaboration Trial

'We aim to create stepping-stones to make Transactional Analysis more validated and accepted'

Interview with Dr Joel Vos

about the TA Review Survey (TARS) and the TRANSactional Analysis Collaboration Trial (TRANSACT)



Could you introduce yourself?

I am Joel Vos, researcher at the Metanoia Institute in London. I am the principal investigator of two research projects on Transactional Analysis (TA). In the first study, the TA Review Survey (www.tasurvey.net), we ask TA therapists world-wide about their experiences and underlying philosophies as TA practitioner. In addition, we are conducting a systematic literature review on all TA research. Together, this survey and this literature review will help us to identify which core components of TA are evidence-based and which require more research.

These research findings can guide us in directing the future of TA research. This can also support us in deciding what we should do in TA psychotherapy to make it more beneficial for our clients. We will use these insights to develop a treatment manual, the effects and experiences of which will we study in the second project, the Transactional Analysis Collaboration Trial (TRANSACT). This is a very exciting collaboration of multiple European TA clinics.

Why are these two research projects important?

We aim to create stepping-stones to make TA more scientifically validated, and make it more accepted by academics, national health services and health insurances. We hope to strengthen the scientific foundations of TA which can convince decision-makers on mental health what many TA therapists already know from experience: that TA is beneficial for clients with a wide range of psychological concerns. Of course, many inspiring case studies and clinical reflections have been published in the TA field, as well as some surveys and questionnaires. These previous studies will form the base we will build on. Therefore, we start with systematic reviews and systematic studies, bringing together and testing their ideas and expertise. Subsequently, we want to develop a more in-depth and evidence-based understanding of the impact that TA can have on the psychological well-being and the general quality-of-life of clients, and on the underlying therapeutic mechanisms that can lead to this positive impact on clients. Ultimately, we hope that this research will enable practitioners to deliver therapy more effectively.

Can you tell more about the Transactional Analysis Survey?

People can find the survey at www.tasurvey.net. This survey aims to give an overview of the key ideas and practices that TA therapists have in common. Often, people emphasize the differences between TA schools, but we want to see what practitioners have in common. This can help us to develop a more authoritative voice in the academic field and convince policy-makers to fund TA therapists. We can show figures about what TA therapists think and to which extent their ideas are scientifically proven. In the survey, we ask some open questions where

individuals can share their personal ideas and experiences. This is followed by multiple-choice questions asking about key components of TA. For example, we ask what the aim and target population of TA are, how clients develop problems from a TA-perspective, opinions on different ego state models, therapeutic processes and techniques, etc. We will summarize the findings and identify which core components most TA therapists agree with and use in their practices. Subsequently, we will systematically search for any research evidence in the literature for each of these core components. Thus, we hope to deliver a selection of robust stepping stones on which for example future treatment manuals and clinical trials can be based.

Speaking about clinical trials, can you share more about the TRANSactional Analysis Collaboration Trial (TRANSACT)?

Wouldn't it be great, if we would be able to tell other academics and policy-makers: 'here is the empirical evidence from clinical trials, showing that TA is effective in improving the psychological well-being and quality-of-life of clients?' Such clinical trials could be game changers for TA psychotherapy. Of course, all clinical trials bring some limitations with them, but this would enable us to compare the effects with other therapies such as CBT and to argue that TA could be similarly effective thanks to the use of the TA-unique processes and techniques in therapy. This is an ambitious and very exciting research project, which includes the collaboration of multiple European TA clinics and mental health services. Several clinics in the UK and Italy are already involved in this project, but we are looking for more clinics. Please contact me, or the co-investigator Dr Biljana van Rijn, if you are involved in any existing psychotherapy clinics and are interested in taking part in this clinical trial on brief TA for depression. You do not have to be currently involved in research, but it is important that the clinic has existing TA therapists, provides psychotherapy and has interest in research. We will train therapists how to provide the brief TA psychotherapy to clients with mild or moderate depression. Clients will fill in some online questionnaires before and after the sessions, and we will have some interviews, to understand the experiences and statistical effects of TA on their psychological well-being and quality-of-life.

Can you already reveal any findings?

Of course, I cannot say too much as I should not bias anyone who still needs to fill in the survey. But I can tell that hundreds of TA therapists have already filled in this survey, and that a clear picture is starting to emerge from their answers. We can see how passionate therapists are about TA, while they remain critical about certain aspects. We need more participants to understand more in detail what people really think and feel about the different components of TA. The answers to the open questions in the survey also give us a very rich picture with many concrete recommendations. Of course, we will publish the findings and recommendations in scientific journals, but also in articles and interviews for therapists in general. We believe that the findings will be relevant for all practitioners and researchers in the TA field, to understand better what works best with which client at which moment in time.

Who is conducting the research?

We are very grateful to EATA for funding both projects. The TA Review Survey is run by the Metanoia Institute in London, where we have a group of TA researchers, lecturers and therapists. I am the principal investigator, and the co-investigators are Dr Biljana van Rijn, TSTA and Heather Fowlie, TSTA. Whereas Biljana and Heather have a large experience in teaching, investigating and practicing TA, I hope to contribute the fresh look from a relative outsider. I have done much research, clinical trials, and practice in other humanistic therapies, such as existential therapy. I have published many studies on how therapists can work with meaning in life, which is of course related to the TA concept of life-scripts. The TRANSACT project is a unique collaboration of researchers and TA clinics across Europe, and we are still searching for other partners to join!

Do you have any dreams for the TA field?

I personally hope that our research projects will help to lay the stepping stones between the different TA approaches to meet each other, so that we can walk together to further validate TA, improve its practices and stimulate its acceptance. Ultimately, this could help us to offer our expertise and experience to more clients in more beneficial ways.

Survey details: www.tasurvey.net
Contact details: Dr Joel Vos, PhD, CPsychol, psychologist & philosopher
Joel.vos@metanoia.ac.uk www.joelvoss.com

Transactional Analysis Review Survey

Corner on Ethics

Seven Key Ethical Pitfalls – What they are and how to avoid them



For the autumn edition of the Newsletter I thought I would draw on an article I read on the American Psychological Associations web site. It was written By Deborah Smith and you'll find it here: <https://www.apa.org/monitor/jan03/10ways>

Deborah Smith identifies 10 things a practitioner can pay attention to that failure to do so can generate ethical and professional practices problems for psychologists. I've edited her list to emphasize 6 of them and added a seventh that I think is important. You'll find the seventh at the end of my summary. Of course, our world of Transactional Analysis is diverse and includes organizational consultants and educationalists but these potential pitfalls identified here have application across our fields. I'll go over the various focuses of attention she suggests we should make to ensure sound practice.

1. Pay attention to multiple relationships

We often have multiple relationships with people – For example I unexpectedly meet a client in a shop and at this point we have a “shopping” relationship. It is important to remember that multiple relationships are not in themselves “wrong”. They become problematic when there is a conflict of interest between the role of practitioner – a therapeutic, educational or organizational Transactional Analyst has a primary focus on the well- being and flourishing of their client and this must take precedent over any other type of role. A conflict of interest often emerges if, say, I am both a therapist and a landlord to the one person. (I run a therapy centre and it is possible that a client of mine who is also a therapist rents a room in my centre). Smith thinks that we should pay attention to power differentials, and the duration of the additional relationship. A temporary accidental meeting in a shop is quite different to an on-going tenant/landlord relationship.

2. Protect confidentiality

If you are not going to protect confidentiality you need to be sure that it is in the interests of your client and/or a third party where there is a significant risk to someone. In the organizational field with the complexity of third person contracts. (The supervisor of a team member asks you to provide a TA coaching function with the team member and the supervisor wants to know how the work is going). Smith suggests we should pay attention to transparency being clear on the limits of confidentiality which will include the circumstances in which it won't be maintained. Of course, in Europe we are required to follow GDPR which is designed to digitally maintain privacy.

3. Respect people's autonomy

In particular the regarding of informed consent is in the foreground here. In any activity a Transactional Analyst engages in the precursor to its application being ethical is that all parties are consenting to a contract for work. This is an essential requirement for the TA work to result in flourishing. It seems to me that this is particularly important in any TA work, especially where there is a three-cornered contract. This is often likely where there is a child or young person engaging in work with a TA practitioner. But also, it is clearly in the foreground in organizational practice where an organization has employed the TA person for work. Always important to establish the presence of informed consent.

4. Know your supervisory responsibilities

One of the responsibilities a TA practitioner has is to ensure that they have some form of supervision over their work – ensuring that you exercise this responsibility is good practice.

5. Document..document..document

Important to keep written records of your work. This will differ depending on what you are practicing. There's an interesting paper to be written on the difference between organizational, educational and therapeutic note taking. Whatever it is a good idea to keep limits on what you call notes. Usually it is a good practice to distinguish between what you will call notes which would be accessible to other parties if required. Usually this will mean the client but sometimes third parties have a right to see notes – for example in an inquest where a client suicided. There are also forms of writing practitioners do to help them think through their work. Usually these are considered something like “private jottings” in which they are only for the practitioner and

are not made available to any other person. It's good practice to keep this sort of note in a different setting to your standard notes. Also, in the actual notes it is important to stick to facts in those notes like a record of attendance, maybe the session contract and factual history like relevant details of client family of origin. Always be mindful that they could be read by third parties and therefore shouldn't be opinion.

6. Know the difference between abandonment and termination

Smith has an interesting section on the distinction between abandonment and termination. She examines the situations where a therapist or coach decides to terminate their relationship and it is disputed by the client. Some of the examples she draws on are situations where the practitioner thinks the work is not successful or even harmful to the client, or the client has threatened the therapist. Practitioners can be reluctant to do this as it can awaken all sorts of dramas of abandonment. However, if there is a reason that is embedded within the work itself then this is a termination.

7. If you change the focus of attention do this transparently with agreement

I've added this one but it seems to me important to include it. One of the relatively common complaints from clients on practitioners is that they changed the focus of attention in the work to an area that the client was both surprised by and didn't want to pursue. For example, in organizational coaching the agenda can move from ways to effectively manage a project to finding ways to engage with conflict without escalation. The coachee starts to talk of difficulty managing conflict but doesn't identify this as an area they want to pursue. It can often follow that not checking out the willingness of the other to change topic can result in the working relationship itself becoming conflictual.

The value of these seven pitfalls is that you can often see one or more of them being within an emerging ethical conflict in which a client decides to make a complaint. So, noticing them – avoiding them – changing what we do once we are in one – can really boost our ethical know-how. Our capacity to stay within a professional and ethical framework that our community will support us for maintaining.

Robin Hobbes
EATA Ethical Advisor

Exam Corner

First of all, COC would like to express gratitude and many thanks to all our certified colleagues who made themselves available to come to Cherkasy (Ukraine) as examiners.
Without their presence and their investment this exam session could not have taken place!

Christine Chevalier
COC chair
July, 2019



POCOPHONE
SHOT ON POCOPHONE F1

2019/7/3 17:38

In the front row: from left to right:

Iha DEMYDOVA / Elena GAMOVA / Olena LYSENKO / Rachel CURTIS / Annacarla SENESI / Nathalie DEFFONTAINE / Petra GORSIC / Oksana PAVENSKA /

In the back row: from left to right:

Christine CHEVALIER / Hanna ABANINA / Viktoriia RAKITINA / Linda WALL / Irena VUCIC ZIVKOVIC / Beatrijs DIJKMAN / Alessandra PIERINI

Exams countries and fields:

10 CTA exams = 1 Organisation + 1 Counselling + 8 Psychotherapy
(1 Croatia – 1 Netherlands – 1 Russia – 1 Serbia – 1 UK – 5 Ukraine)

3 TSTA exams = all Psychotherapy (1 France – 1 Italy – 1 UK)

Local Exam Supervisors

Alessandra PIERINI
Christine CHEVALIER

TSTA (P):
TSTA (C.O) : CTA exams
TSTA exams

CTA EXAMINERS (3)

Halyna KACHUR	(P)	Iona PREDA	(P)	Valentyna ZAKHARCHENKO	(P)
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PTSTA EXAMINERS (18)

Beren ALDRIGE	(P)	Karen BLUMENFELD	(P)	Kateryna BULHAKOVA	(P)
Titus BURGISSER	(E)	Berit FAHLEN	(P)	Anna FRACZEK	(P)
Catherine GERARD	(P)	Tatjana GJURKOVIC	(P)	Nicole KABISH	(C)
Sergii KUKHARUK	(P)	Eleonore LIND	(P)	Renata NOVOBILSKA	(C)
Radmila PIKOROVA	(C)	Arnaud SAINT GIRONS	(E)	Fabiola SANTICCHIO	(P)
Zoryna SEVALNEVA	(P)	Alicja SMELKOWSKA	(P)	Hatmbr YEHONSKA-SPENCER	(P)

TSTA EXAMINERS (15)

Eva ÁCS	(C)	Simonetta CALDARONE	(P)	Anette DIELMANN	(O)
Antonella FORNARO	(P)	Julie HAY	(all)	Robin HOBBS	(P)
Cathy McQUAID	(P)	Günther MOHR	(O)	Sylvie MONIN	(C)
Rosemary NAPPER	(C.E.O)	Sylvie ROSSY	(O.P)	Peter RUDOLPH	(C)
Mara SCOLIERE	(P)	Jacqueline Van GENT	(C)	Hanna YAVORSKA	(P)

From which country do they come from?

1 : CROATIA	(1 PTSTA)	2 : CZECH	(2 PTSTA)	2 : FRANCE	(2 PTSTA)
4 : GERMANY	(1 PTSTA/3 TSTA)	1 : HUNGARY	(1 TSTA)	5 : ITALY	(1 PTSTA/4 STA)
1 : NETHERLANDS	(1 TSTA)	2 : POLAND	(2 PTSTA)	1 : ROMANIA	(1 CTA)
2: SWEDEN	(2 PTSTA)	2: SWIZERLAND	(1 PTSTA/1 TSTA)		
5 : UNITED KINGDOM	(1 PTSTA/4 TSTA)	7 : UKRAINE	(2 CTA/5 PTSTA)		

Special exam IRPIR, Rome June 21/22, 2019

Successful CTAs in the field of psychotherapy

Federica Belli
Irma Belmonte
Stefania Caglià
Maria Silvia Cocci
Viviana Rita Cosseddu
Marina De Rossi
Arianna Del Col
Sandra Di Blasi
Giulia Di Marzio
Laura Di Teodoro
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Linda Scipio
Tamara Sullig
Serena Tamborrino
Maria Isabella Tasselli
Irene Turbessi
Alice Trani
Lorenzo Zancolich

Thank to examiners:

Mara Adriani
Cinzia Andreini
Iolanda Angelucci
Ela Baca
Laura Bastianelli
Chiara Bergerone
Susanna Bianchini

Silvana Bove
Cristina Caizzi
Erica Cardeti
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Nertila Sullolari
Giulia Tosato
Maria Teresa Tosi
Massimo Vasale
Carmela Veccio

EATA moderator: José Manuel Pedro Martinez Rodriguez

Exam coordinator: Silvia Tauriello

Raleigh USA Exam Results, 30-31 July 2019

We congratulate the colleagues who are part of the international TA community on a different level of involvement.

Successful TSTA and TTA Examinees

Cristina Caizzi,	Rome, Italy,	TSTA (P)
Yoshinobu Kitamura,	Gifu, Japan,	TTA(E)

TSTA Local Exam Supervisor: Chitra Ravi

Process Facilitator: Julie Hay

TSTA/STA/TAA Examiners:

Diane Salters, Bill Cornell, Servaas Van Beekum, Chie Shigeta, Elana Leigh, Lorna Johnston, Marina Rajan Joseph, Isabelle Crespelle, Giles Barrow, Gloria Noriega, Steff Oates, Steve Karpman, Sylvie Monin, Lynda Tongue, Janice Dowson, Alberto Jorge Close

Supervisees: Maja Pavlov, Michael Harsh, Emily Keller, Michelle Thome

Successful CTA Examinees

Keiko Hoshino, Osaka, Japan,	CTA(E)
Maggie Brown, Northland, New Zealand,	CTA(P)
Clarissa Ruggieri, Mexico City, Mexico,	CTA(P)
Andrea Polzer Debruyne, Auckland, New Zealand	CTA-P

CTA Exam Supervisor: Alessandra Pierini

Process Facilitator: Julie Hay

CTA Examiners:

Takayuki Muroki, Anisha Pandya, Soohee Oh, Prathitha Gangadharan, Michael Harsh, Keiko Ikeda, Bernard Gentelet, Maja Pavlov, Deepak Dhananjaya, Laurie Hawkes, Lorna Johnston, Marina Rajan Joseph



CTA and TSTA Exams Birmingham 8-9 May 2019

CTA

Carol Remfrey Foote,	P
Yinka Junaid,	P
Annick Vanhove,	O
Alexander Lagas,	C
Alessandro Ghiglino,	O
Catrina Topham,	P
Claire Daplyn,	P
Joanna Groves,	P

TSTA

Rosanna Giacometto	TSTA Psychotherapy field
Jonathan Lake	STA Psychotherapy field
Nicoleta Gheorghe	TSTA Psychotherapy field
Marij Peeters MSc	TSTA Counselling field.
Kerri Warner	TSTA Psychotherapy field
Harry Gerth	TSTA Organisational Field

Thanks to examiners

Alastair Moodie
Andy Williams
Anita Holland
Antonella Liverano
Barbara Clarkson
Bev Gibbons
Carol Faulkner
Carole Turner
Coral Harison
EMILA TERESA CORRIAS
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Wilf Hashimi

EATA COC Representative: Sabine Klingenberg

Process Facilitators: Ian Stewart, Joanna Beazley Richards, Rosemary Napper, Steff Oates, Trudi Newton

Local Exam Supervisors: Lin Cheung – CTA Exams, Cathy McQuaid – TSTA Exams

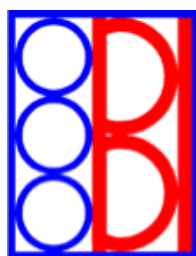
Obituary



Shocked by the pain, the Hungarian Association for Transactional Analysis reports that one of our founding members, supervisor and trainer colleague, Judit Szamosi TSTA(E) passed.

She was a clinician and educator with huge experience and made an enormous contribution to establishing and promoting TA in Hungary. She was one of the first Hungarians who took the CTA exam in 1996, and the first TSTA in Hungary. She was member of the examination board many times and on many places. She worked in institutions for child care, for patients with drug problems, and with imprisoned people. In all of her activities she practiced TA with success. She shared her experiences with us in national TA conferences, and was the author of various articles and books about the Hungarian Transactional Analysts' work experience. The Hungarian TA community can thank her very much.

We will miss her still for a long time.



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