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EATA NEWSLETTER

EUROPEAN ASSOCIATION FOR TRANSACTIONAL
ANALYSIS N° 133 February 2022



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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Kristýna Tomanová, Communication Committee Chair, Ana Marija Vidjak, Council Delegate for Croatia, Sorina Vrana, Council Delegate for Romania during Council Meeting, Zadar 2021

Dear readers, while withholding my personal words and comments as an Editor, I will support and share with you the opinion of EATA representatives regarding sad and disturbing armed conflict that occurred in Ukraine and preoccupied our focus, becoming over night the priority topic filled with our concerns, care and hopes.

Meanwhile, within EATA we have several good initiatives and new positions to announce. I am especially pleased and grateful to continue my good cooperation with the new Chair of Communication Committee, Kristýna Tomanová. She brings her rich experience in the field of organizational communication and good understanding of the EATA Communication Committee vision and developmental strategy to the CC Chair role. Also, what is also important to mention is the cooperation with ITAA on the joint mission statement that will be further explained in the Newsletter announcement. Sadly, in this issue, we are saying our last goodbye to Fanita English and celebrate her life with gratitude, honor and appreciation for her theoretical and personal inspiration for many generations of TA trainers, supervisors, trainees and practitioners.

Kindly yours,

Kristina Brajovic Car
EATA Newsletter Editor

President's note

by Peter Rudoph

Instead of regular presidential notes I start with an

Announcement of EATA Executive Committee

As EC we are deeply concerned about the war that takes place at the moment in Europe. We see a breakdown of civilized cooperation and communication, and feel connected with those who suffer and are in emergency.

EATA stands for peace and conflict solving without the use of destructive power. We stand for good relationships independent of nationalities, gender, race or age.

Our empathy is with all people. We will support the TA communities in the countries involved with all possibilities we have.

We especially wish the Ukrainian people strength, power, and good luck to handle this difficult and frightening situation.

This war touches and hurts us all and as Executive Committee we feel responsible to react and to support those who are in need. Therefor we will organize meetings on Zoom with us to provide a safe space for good exchange – so people can come together and not divide. You are invited to meet us, to share your experiences and to get support.

Dear colleagues, dear members of EATA,

Even if there is a war in Europe – our work continues and so let us switch over to our daily work:

It is a long time since we saw us face to face, body to body, breathing the same air, enjoying the same light – and for me it was a time with a loss that costed energy. Maybe that the isolation that we experience contributes to the breakdown of communication on individual level, social and societal level.

I hope that the time of endless zoom meetings comes to an end and we re-open encounter in its holistic, sensual meaning. The advantages of the online formats will stay.

We will continue to have webinars with participants from all over Europe and from all over the world. We will continue to have regular meetings with colleagues, committees, officers, internal and external partners of EATA. We will continue to foster digital processes where they are appropriate and helpful. We will introduce online exam formats in a way that protects the quality standards. We will protect and increase the good and precious contacts that we started by the option of online meetings.

But – I appreciate deeply the steps into present work again – exams in presence in Rösrath (November 2021), a conference in Italy and soon the chairs meeting in Belgrade. In Belgrade we will reflect the processes that EATA is busy with. We reported about it in the report for delegates a few days ago – I hope you got it yourself directly or by your delegate. The committee activities are in an excellent state and EC work is stepping forward with its topics of

- Organization development of EATA

- Discussing normative identity of EATA between psychotherapy and psychosocial health approach

- Discussing and developing identity of EATA between professional support association and humanistic – political association.

I realize that EATA is one association among other associations. With some associations we have good and excellent contacts, with other associations we have no contact or not such a good contact. This is okay for me. EATA has its own profile and is not everybody's darling. We work on a base of realistic universal okayness – and become clearer what we want and where we want to go.

Finally,
In my understanding communication comes from common care – speaking without the other one, without you is neither meaningful nor helpful.

In EC we work a lot for a vital development of EATA and we need, want and expect your feedback. Let us form and live a communication that contributes a practice of okayness to a world in crisis.



Peter Rudolph
President of EATA

Common Mission statement Task Force EATA/ ITAA

In January 2022, the TF CMS organized a process in which the values of EATA/ ITAA and the mission statements have been revisited and reviewed. The task force held two meetings already focused on the questions of political topics like social justice or climate change that should be included in a common mission statement or in an EATA mission statement among organizational values and guidance. Those inspiring online encounters among different continents and cultures, resulted in a draft of the common mission statement. This process involves many and different members of our community, both from EATA and ITAA:

Chitra Ravi, President of ITAA, Peter Rudolph, President of EATA, Elana Leigh, John Heath, Adrienne Lee, Sylvia Schachner, Nicole Lenner and Kristina Brajovi Car.

The task includes both questions: the review of EATA mission statement and the reflexion on the possibility that revised mission statements should be named and published together.

The tasks cover the following topics and projects (it may be more or less but this is a possible range):

- Reflection of Values/ mission statement
- Organizing/ performing regional online meetings with members of EATA/ ITAA to reflect together – invite ‘the world’ to reflect ‘Who are we and what do we want?’
- Organizing exchanges with advanced colleagues or specialists who already worked with the topic.

- The TF shall reflect the impact of the inclusion of ecological and social aims into a mission statement to

- syllabus of trainings
- competence profile of trainees
- rating scores of the exams

The TF shall publish interim results in EATA newsletter and script march 2022 and present the results in council 2022.

We are taking this opportunity not just to inform you about the organisational news and ongoing procesess, but to invite you to get involved and share with us your thinking and reflections on this matter. What is your thinking about the initiative to revise our mission statement in order to be more in sync with the current reality and global issues and what is it that you would like to add to the EATA mission statement that is now in place?



Obituary

Fanita English (1916 – 2022)

Written by Sigrid Röhl



Fanita English has died.

Last October, we were still celebrating her birthday—her 105th. Of course, everything took place via video conference, filled with faces and voices from across the world. Fanita looked great, with her short red hair and her face, still lovely, bearing witness to a long, intense life. She made a brief speech and ate her favorite chocolate cake with gusto, for the last time.

Her life was a full, exciting one, with all its peaks and valleys. It was filled with so much happiness, with great successes, with great love and great loss, with so much work, fierce dedication and commitment, so much joy, so much pain, as well as unfathomable sadness. With Fanita English's passing, the world has lost an extraordinary personality: an icon of Transaction Analysis. In 1960s California, she trained with TA founder Eric Berne and his partner David Kupfer. Fanita, who had begun her career as a child therapist and psychoanalyst, made TA her life's work. Although she was also a gestalt therapist, it was TA that always remained closest to Fanita's heart. Well into old age, she followed the development of TA with indefatigable commitment, enriching it with her own wonderful ideas.

Fanita, who was Jewish, was born in Romania, where she spent her early years very close to her beloved grandfather. Then her family moved to Istanbul, her childhood with difficult parents became lonely. She attended a rather snobbish private school run by the British. As a young adult, for a time she lived in Austria, then in London, where she trained as a secretary, finally moving to Paris, where she began studying psychology at the Sorbonne.

Already in her early twenties when World War II broke out, she escaped Nazi persecution, eventually settling in the United States. A difficult marriage, but two wonderful children, and finally, many years later, her metamorphosis: from a woman who was

unhappy and overly conformist into an independent, creative, strong, and successful personality. Fanita English proved to be an exceptionally gifted therapist. Later, well past the age of sixty, she launched yet another career in Europe as a management trainer. She became widely known as the author and co-author of a series of specialized books and numerous professional articles in which she introduces TA topics or her own ideas. These include the three-cornered contract, her concepts of personality types, her understanding of script, and, above all, her motivation theory.

I am deeply grateful to her, as do most people who have encountered her. As a therapist, teacher, trainer, conversationalist, friend, and role model. To me, she epitomized intelligence, strength, humor, and generosity. I loved and admired this marvelous woman. She knew how to console, advise, and encourage. Fanita had the knack of creating a space—always with the fundamental aim of effecting something good—in which you could freely express and actualize yourself, but also be confronted, if necessary.

A friend once put it this way: "For me, Fanita was a star that I could follow. A guiding star." As a journalist, I too knew her as an interlocutor whom I spent countless hours interviewing about her life and work. Together we turned it into a book.

Fanita, who spoke five languages fluently, could be exceptionally gracious, but also quite particular and stubborn. She was uncommonly curious and capable of great enthusiasm, but also shy and cautious. Exceptionally intelligent, she was also possessed of a wisdom characterized by a nearly magical intuition.

In her political convictions, she was radical; in her analyses, trenchant. She was furious about what she perceived as increasing political and social abuses, particularly in the United States, the country she had made her home. For the most part, however, she kept her own counsel concerning her anger at injustice and misuses of power. She refrained from criticizing or lecturing anyone on these issues because she felt that, in her own life, she hadn't taken enough of a firm stand in accordance with these convictions.

I miss our phone calls. The ritual "How are you?" exchange always evolved quickly into deep conversations about essentials. And our conversation was never limited to the personal: Fanita's interests ranged from literature and philosophy to politics and cultural topics. She read widely, enjoyed watching television, and kept herself extremely well informed.

In her final years, Fanita struggled with poor health. At some point, she had to give up swimming, one of her favorite activities. But she rarely complained, and her energy seemed inexhaustible. Before covid, she was still seeing a few clients—a couple with marital difficulties and a small group of aspiring therapists. During the first lockdown, she corrected the initial rough draft of the English translation of her biography. But gradually, she grew more fatigued and our telephone calls became shorter and less frequent, until, during the last few weeks, they ceased altogether. She was now too weak. She slept more and more, kept company by her daughter Deirdre and her son-in-law Wayne, who lovingly remained at her side.

Now she has departed from this world.

But she's still with us: in books, in pictures, in videos. In my heart, and the hearts of many others. In our thoughts, feelings, and actions.

I'm glad that she is at peace.

And I'm sad.

Where There is a Will, There is a Way

Professional Will: The Fourth Level of Contracting

Written by **Samiksha Jain**

Keywords

Professional will, mental health, suicide, unforeseen circumstances, impairment, incapacitation, sudden termination, ethical practice, ethical growth, sudden demise, executor, re-traumatization, client protection, ethical closure, relational needs, contract

Abstract

This article aims to draw the attention of mental health practitioners to the significance of a professional will in their practice. **The author introduces the idea of the professional will, as the fourth level of contracting, acting as a protective, overarching contract.** She also describes her personal and professional journey of using and adopting a professional will in her practice that allowed her to remain ethically grounded in her practice, her relationships with colleagues, and her family. The article also discusses the process of drawing up a professional will.

Background

Numerous surveys have indicated that mental health practitioners are at risk for mental health problems such as depression, anxiety, substance abuse, and suicidality (Kleespies et al., 2011a). There have been reports of high-profile cases of practitioner suicides such as that of Lawrence Kohlberg (Walsh, 2000) and Michael Mahoney (Warren, 2007) that have raised concerns about the impact of such events on the surviving colleagues, family, clients, patients, and

the profession (Kleespies et al., 2011b). Petruska Clarkson's death by suicide left the practitioner community in a state of shock (The Script, 2006). Considering these events, in 2009, American Psychological Association (APA) set up an ad hoc committee to investigate further. They found that it took between 1-2 years for colleagues to make sense of and cope with their loss and that many students and trainees started questioning their career choice because of the act (Larsson, 2012).

Clients, too, have written about their personal experiences on various public platforms after losing their mental health practitioner to physical impairment (Psychiatric Times, n.d) and suicide (The Vice, 2019). The description of their experience revolves around shock, disbelief, helplessness, anger, abandonment, mistrust, meaninglessness, and hopelessness towards their practitioner and therapy.

Such sudden disruptions, caused by physical and/or emotional impairment or demise of a practitioner, have the potential to adversely impact colleagues, family, clients, patients, and the profession. Therefore, in 2014, APA recommended the inclusion of a professional will as a part of its ethical guidelines for psychologists (Legal and Regulatory Affairs Staff, 2014). British Association of Counselling and Psychotherapy (BACP Ethical framework for the counselling professions, 2018) and the UK Council for Psychotherapy (UKCP Code of Ethics, 2019) have implemented a similar guideline in their ethical code.



What is a Professional Will?

When the practitioner is critically impaired or passes away suddenly, often the responsibility to close the practice falls upon the colleagues and family, who are either unwilling or ill-equipped to take on this responsibility. This can lead to utter chaos, as they are already coping with the sudden loss of their colleague and a family member. In the Code of Ethics, APA recommends that psychologists make plans to facilitate the appropriate transfer and to protect the confidentiality of records and data in the event of psychologists' withdrawal from positions or practice (American Psychological Association Practice Organization, 2014).

A professional will is a verbal or a written agreement that is made in advance, drawn between the practitioner, an executor, the client, and/or family members. It contains the details of the administrative, financial, and operations of the practice. This agreement aids the colleagues and family in closing the practice as per the practitioner's wishes in their absence. It protects the business from litigation, legal proceedings against the practitioner, aids in informing the clients, and offering them a holding space. Furthermore, it carries information regarding client referrals to ensure continued psychological support from qualified professionals. APA urges its members to prepare their will at the earliest, as disaster can strike anytime (Clay, 2019).

Significance of a Professional will

I believe that both Contract (Berne, 1966) and Contact (Erskine, 1993) with the client are suddenly disrupted when the psychologist stops their practice due to sudden unforeseen circumstances.

1) **Contract with the client:** As a practicing psychotherapist in training, using Transactional Analysis as one of the approaches for my work, making a contract with the client is an integral part of my work. Berne (1966) defined it as an explicit bilateral commitment to a well-defined course of action. Berne has further distinguished the contract into three types:

a) **Procedural Contract:** Cornell (2019) defines it as the level of a contract between the professional and the client (organization) that contains agreements on the reasons for intervention, the course of events, and the cost of intervention. According to Cornell (2019), it answers the following questions:

i) What legal requirements do the client and the professional must adhere to?

ii) What are the duties and responsibilities of both the client and the professional?

iii) What facilities and other support are offered by the organization?

A professional will becomes an essential part of the procedural contract with the client, and all other parties, like the bank and landlord, involved. The initial procedural contract comes to an end with the incapacitation/demise of the practitioner, and the professional will becomes the new procedural contract and comes into action. In my absence, my professional will carries the requisite information that I wish to pass onto my clients, bank, and other organizations. I have a procedural contract with my clients, which mentions the official location, frequency of sessions, charges due, and cancellation policy, amongst other details. This contract becomes null and void, post my incapacitation/demise, and my professional will becomes the new contract and comes into action.



a) **The Professional Contract.** Cornell (2019) describes this aspect of contracting as the agreement made between the practitioner and the client (organization) about the goals of the intervention. The professional will ensures that the goals of the intervention are held safely even when the practitioner is not available due to reasons stated earlier. By offering an opportunity for continued professional services, as notified in the will, the practitioner can ensure that the client gets an opportunity to continue with his/her treatment plan and the goals for intervention, albeit under another practitioner.

b) In the **Psychological Contract**, Cornell (2019) observes that the motives at a psychological (hidden) level between the client (organization) and the professional play a crucial and often disruptive role. The key question here is, what could stand in the way of a successful outcome? I believe that the sudden passing of the practitioner is not a commonly held reason for poor outcomes and disruption to therapy. Yet, when it occurs, it has the potential to cause significant harm to the client. By offering a listening space to process the news and a qualified professional for continued

services, the professional will offers care and safety to the client in the absence of the therapist. If the client chooses to take up the offer, then the client may not regress into a dysfunctional state, thus ensuring that he/she continues his/her path to successful outcomes.

With this, I present the professional will, the fourth level of contracting, as an overarching protective contract, that can increase the possibility of successful outcomes under unforeseen circumstances, for all the 3 levels of contracts mentioned by Berne.

2) **Contact with the Client:** Erskine (1993) describes contact with the client within psychotherapy like the substructure of a building: it cannot be seen, but it undergirds and supports all that is above ground. Contact provides the safety that allows the client to feel again and remember. He further elaborates that when a psychologist attunes to the client's emerging relational needs, he/she responds differently as the needs emerge in the foreground (Erskine et al., 1999). "The therapist responds empathically to the needs of the client and to the clients' painful recognition of the past relational ruptures. While the psychologist cannot meet the



client's archaic needs, he/she can validate and normalize these needs, which may initiate a grieving process for the unsatisfied relational needs of the past." (Zvelc et al., 2020).

I believe that the therapeutic relationship becomes the healing agent, and the practitioner assumes a vital role in the clients' healing. If this vital person goes missing suddenly and does not answer messages, calls, or opens their doors, it can be traumatic for the clients and stall the healing process midway. The clients might experience a sudden onset of emotional upheaval, ranging from confusion, anxiety, anger, rejection, abandonment, and depression. This can be prevented to some extent if the practitioner makes prior arrangements for the clients to be informed and provide them with holding space and referral services with qualified professionals.

Professional Will – The Process

In the event of sudden unavailability of the practitioner, the executor of the will is the person(s), who shall proceed with the necessary due diligence to carry out the terms agreed upon on their behalf. Besides closing the practice/business, executors are expected to place calls to the clients, inform them and be willing to answer some questions at that time, and arrange for referrals when the client is ready. The practitioner can offer remuneration to the executor(s) after reaching a mutual agreement (American Psychological Association Practice Organization, 2014).

Appointing an Executor

APA recommends that it is ideal to choose a colleague with whom the practitioner can have a reciprocal arrangement. They could appoint someone who fills in for them when they go on a break. The executor can be a local colleague who can visit the physical premise to shut it down, speak with the landlord, bank officials, interact with their clients, and offer referrals wherever needed (Clay, 2019). I believe that it is

best to have two or more executors. If one of them is unavailable due to any reason, the other can take over the proceedings. **I attended a workshop (Elliot & Worrall, 2020), from the group conversations it emerged that clients might want to interact with a person who knew the deceased practitioner.** It helps them to open and share easily. I recommend that the practitioner discusses with the executor, what they want their clients to know about themselves.

My Experience in Preparing the Professional Will

Felix Saloman, Ph.D., past chair of the Arizona Psychological Association ethics committee, observed that there are not too many professionals who go to the extent of caring for people after their death. He further added that making a professional will could be a good educational approach to helping psychologists understand their own attitudes about death (Holloway, 2003).

I decided to prepare my professional will as I saw its relevance in my private practice. The process of making my professional will turned out to be an emotionally overwhelming yet enriching experience. This was an opportunity to identify my apprehensions and biases towards incapacitation, passing, and my attitude towards my clients. I was anxious and fear-ridden as I researched the topic and wrote my will.

Yet, the wish to work ethically gave me strength and courage. Whenever the process became overwhelming, I took a break from preparing and processing the will to take care of myself. I have used the structural model of ego states. (Berne, 1972, p. 11) to process my contaminations (Berne, 1972, p. 155).

This is depicted in Figure 1, which describes some of the critical contaminations that I processed in therapy.

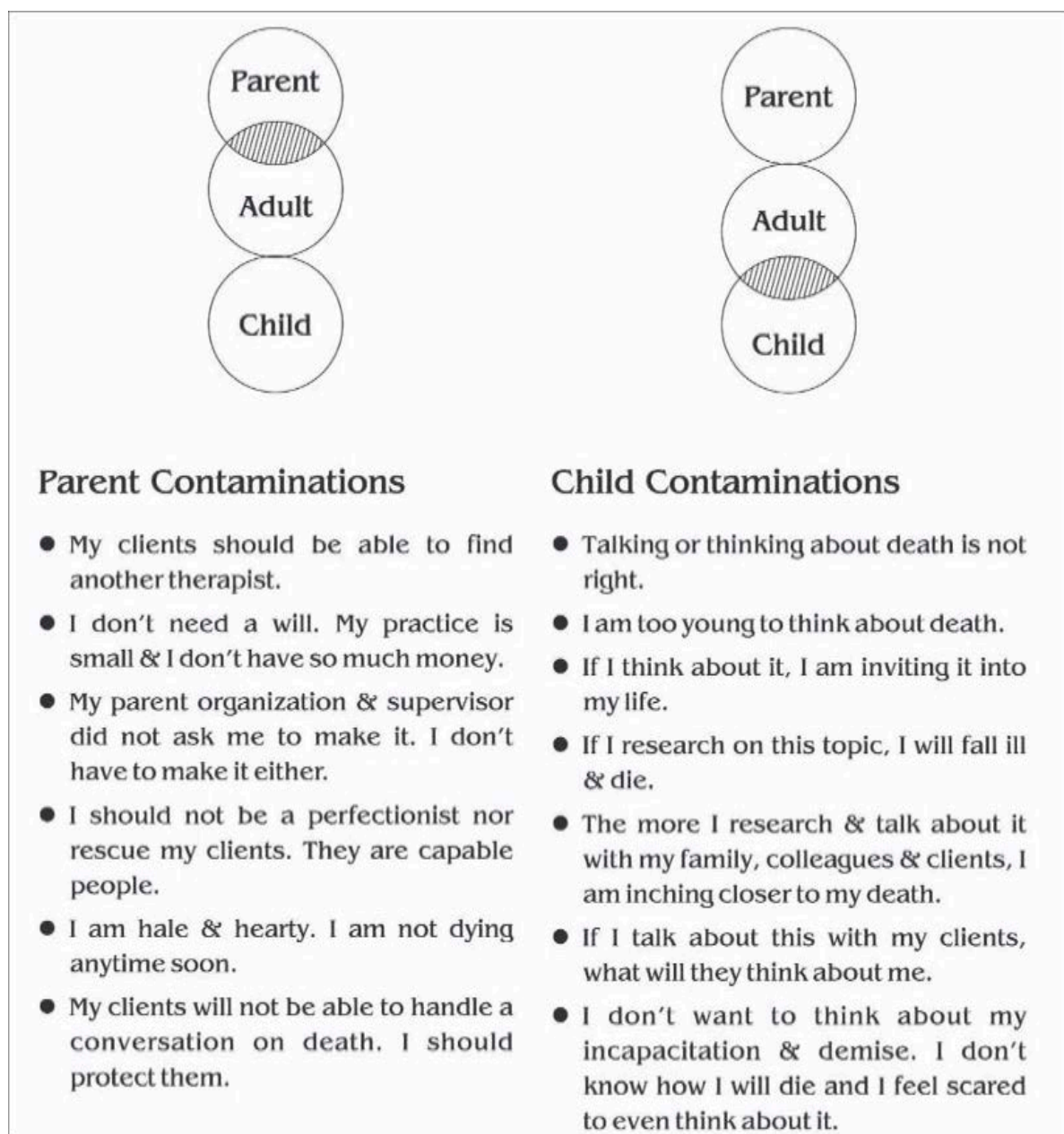


Figure 1: Parent and Child Contaminations

After working through my contaminations, I made some new decisions, which empowered me to continue the journey. Some of these are listed below:

- Other practitioners are making their professional will and surviving. I can, too.
- I am taking enough measures to maintain my health, yet unforeseen incidents can occur.
- My clients' well-being matters to me after my passing also. I want to face my fears and safeguard them from any psychological harm caused by my unavailability.
This journey also allowed me to speak to my family openly about our biases, fantasies, and fears on these topics. I felt very supported and understood by them, and they appreciated my efforts to work ethically. After naming the executors and involving them in the process, my family feels more prepared for these uncertainties whenever it happens.

My Experience with Clients

My 'general information and consent form' has a clause that briefly informs the clients about how our engagement would conclude in the event of my unavailability due to some unforeseen circumstances. In the form, I also have an open invitation to the clients to have a conversation with me regarding this if they choose to have it. However, none of my clients have explored this conversation further than the consent form. I contract for and initiate the discussion when I have adequate evidence that the client has enough resources to access their Adult (Berne, 1966) and process this conversation. I avoid talking about it when they are emotionally unstable. I talk about future possibilities of sudden impairment and demise, which could impact my availability and functioning. Often, I have noticed

clients shifting into either Parent (Berne, 1966) or Child (Berne, 1966) ego state immediately when I broach this topic. I am usually met with concerns and statements listed below:

"Is something wrong with you?"

"Can I do something for you?"

"What will happen to our sessions?"

"Will my growth stop?"

"Who is there for me after you're gone?"

"How will I go forward?"

"Do you think about committing suicide?"

"I don't want to think or talk about it as I have lost a family member to suicide."

"Finding a new psychologist, telling them everything again is so difficult, I will manage by myself".

We spend some time processing these questions and statements, the emerging emotions, identifying, and understanding the underlying relational needs (Erskine, 1999). Sometimes, this also presents with an opportunity to grieve the unmet relational needs from previous insecure attachments and focus on some needs in the here and now. We work together by exploring options that the client might suggest and some from the professional will.

Contents of My Professional Will

I have a private practice. I have not availed of any legal opinion for formulating my professional will. My professional will is a combination of a verbal and written agreement. I have created an excel sheet that is stored on a digital cloud service. I have a verbal agreement with my family, and they have access to the names and phone numbers of the executors of my professional will. They have access to the undermentioned list on cloud service.

The list contains the following items, listed below (Figure 2):

PROFESSIONAL WILL

1. Clients under therapy, their phone numbers (I revise this list every 3 months)
2. Clients on a break, their phone numbers.
3. Location of financial records, payables and receivables.
4. Location of written notes and voice recordings.
5. Name of supervisor(s), therapist, their phone numbers, email address.
6. List of professional memberships, ID and email addresses
7. List of Directory listings, membership id and email address.
8. Professional website, email address of agency which maintains my website.
9. List of referral services eg. Psychiatrists and psychologists and Email addresses.
10. Digital footprint- Laptop- user id and passwords
11. Email accounts- user id, passwords
12. Social media accounts- user id and passwords- Instructions regarding their future
13. Mobile phone- user id and pin, lock pattern
14. Digital Applications- user id, passwords
15. List of articles authored by me- Instructions regarding their future

Signature:

Date:

Figure 2: Professional Will Template

This is not an exhaustive list. It is recommended that practitioners add what is useful for their practice. They can take a legal opinion, if they deem it necessary, to prepare their professional will.

My Ethical Growth

I have used the Ethics grid from ITAA (International Association of Transactional Analysis, 2014) to plot my ethical thinking and the impact of incorporating a professional will on me as a practicing psychologist, my clients, my colleagues, and my family. Figure 3 describes my thinking about my personal and professional growth across the core values of respect, empowerment, responsibility, protection, and commitment in a relationship.

Ethical Values	People involved			
	Self as a practicing Psychologist	Clients	Colleagues	Family
Responsibility	Prepare a plan	Provide them a space to have conversations regarding their beliefs, fears on death, and incapacitation	Build awareness about their attitude towards unforeseen circumstances	Create space to have conversations on the topic of my sudden unavailability
	Close practice in the way I want	Informing them	Leave a plan for them to act upon	Prepare a plan for them to act upon
	Offer holding space for clients, referral services	Offer holding space Offer referral services		
Protection	Protect my practice from litigation, and legal complications	Boundary between clients, and family	Minimize mental, and emotional trauma by involving experienced colleagues as executors	Boundary between clients, and family
	My professional image	Confidentiality Minimize the possibility of re-traumatization, and self-harm		Minimize mental, and emotional trauma by involving experienced colleagues as executors
Respect	Acknowledge, and accept my fears and, biases	Their need to confidentiality	Their time, and effort taken to close my practice	Their time
	Towards my practice	Our therapeutic relationship	Boundaries by preparing a plan for them to act upon	Their need for directions to close my practice
		Their right to continued professional services		Their relationship with me
Empowerment	Facing and working through my fears and fantasies, beliefs on impairment	Talk about their beliefs, fantasies, fears of demise	Spreading the knowledge	Talk about their fears, fantasies, and beliefs about above mentioned subject
	Remaining grounded in ethical values and practices	Prepare them for a possible event and how they could address it	Sharing my experience and, growth for them to reflect upon	Hold conversations and, foster emotional intimacy
Commitment in a Relationship	Towards my personal, and professional identity, and growth Minimize the dissonance between these 2 identities, and create a space for congruity	Offering them psychological protection through the continuation of procedural & professional contract	Respect their boundaries in terms of time, effort, and emotional impact of my unavailability	Create a space for open conversations on this topic
		Confidentiality	Mutual learning, and growth	Be vulnerable
		Sharing my journey where appropriate		Listen, understand, and guide them
		Work through fears, and beliefs		Create an agreement to close practice
		Working relationally		Involve them in the process Respect their time, emotions, and need for privacy

Conclusion

I am aware that my clients will ultimately decide how they react to the news of my impairment or passing. However, the professional will is my way of showing care and minimizing the possibility of harm. **The Professional will, as the fourth level of contracting, is an overarching protective contract and forms a significant part of the contracting process, safeguarding the interest of the mental health practitioners, clients, colleagues, and family, under unforeseen circumstances.** It is a tool that aids in minimizing the risk of re-traumatization of clients by offering a space for emotional holding and continued professional services. Moreover, this journey of implementing the will can be an empowering experience for both the practitioner and the client.

Footnote:

An earlier version of this article (Jain, S. 2021) was published in South Asian Journal of Transactional Analysis.

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About the Author

Samiksha Jain is a psychotherapist in training, under supervision. She is a Certified Counsellor from Parivarthan, Bangalore and has completed her SAATA diploma. She runs her own private practice, Sahara Counselling Services in Bangalore for the last 10 years, working with individuals, adolescents and couples. Her practice is influenced by the Relational Approach of TA and Somatic Experiencing, Polyvagal Theory, Gestalt, Mindfulness and projective techniques.

Corner on Ethics

Written by Robin Hobbes, EATA Ethics Advisor

Proposed EATA Social Media Guidelines

In the last Newsletter I discussed creating some social media guidelines for EATA to hold. I have now met with Krystina Tomanova and her Communications Committee. Petra Gorsic joined us in an advisory capacity, and we have now drawn up provisional social media guidelines. Big thanks for the committee and Petra in helping. These proposed guidelines, together with a requirement for all affiliated organisations to have their own Social Media Policy will be presented to the EATA Council at their meeting in July. In preparation for this meeting, we wanted to hear from any of our membership on these guidelines. And big thank you for those who responded to my request for feedback in the last newsletter. Please do look at these guidelines and let me know if you think they should be developed further.

The general idea is that EATA should have guidelines but, as importantly affiliated organisations should have their own as well.

This would mean that each affiliated organisation can have guidelines that respond to their own memberships' unique expectations on the use of social media.

EATA Proposed Social Media Guidelines

Introduction

These guidelines provide assistance to EATA members with their engagement with social media. They relate directly to EATA's own ethics and professional practices codes and complaints procedures. All EATA affiliated organisations are required to have their own Social Media Policy that directly relates to their own codes of ethics, procedures and protocols for managing complaints. EATA members will also be members of an affiliated organisation so are advised to consult their affiliated organisations social media policy.



Social Media
GOT
ETHICS ?

National Laws

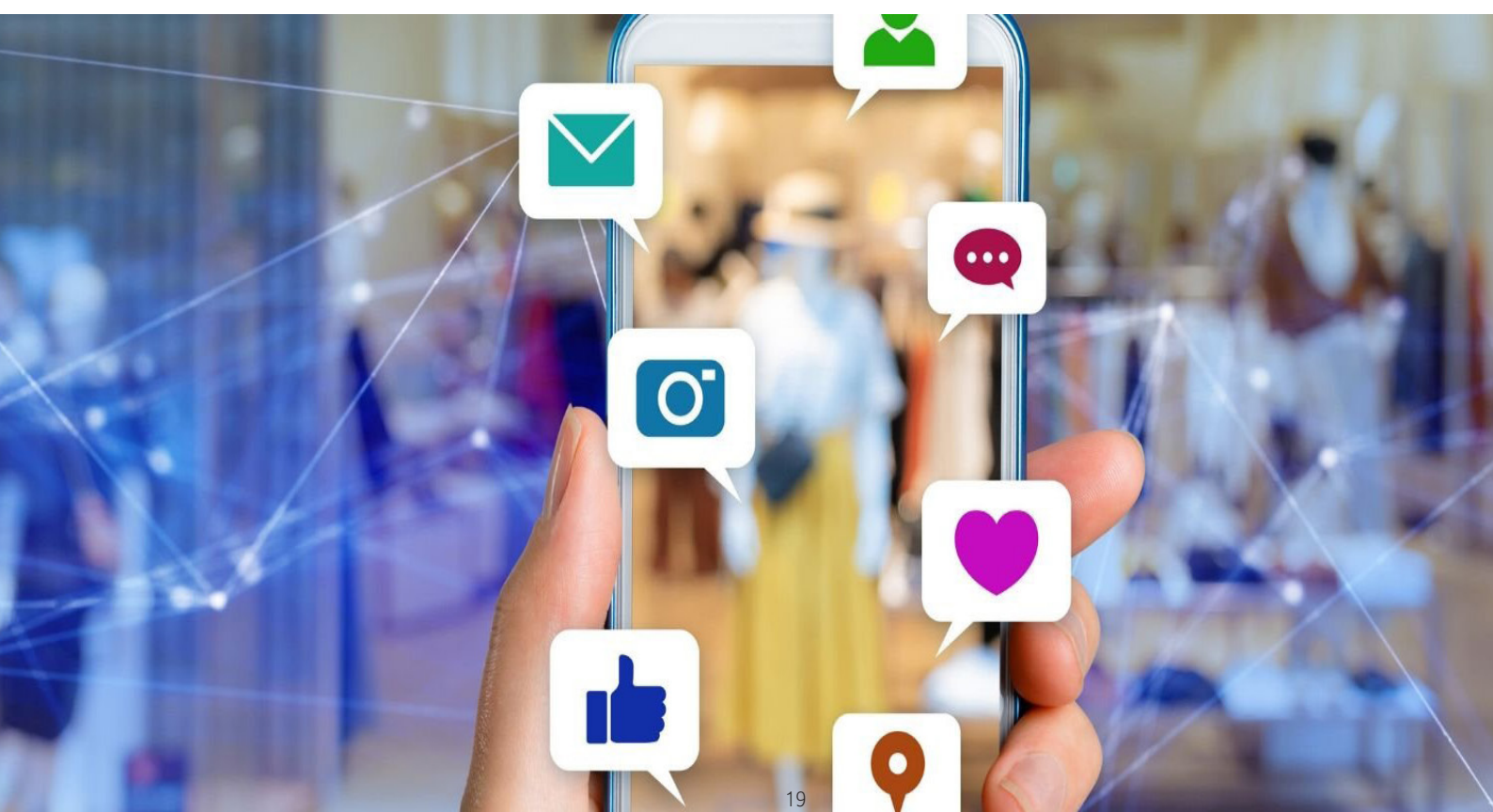
EATA follows the requirements of Swiss law in relation to matters concerning data protection. All EATA affiliated organisations will follow their national countries legal requirements concerning the managing and protection of data.

The relationship with social media and the EATA Code of Ethics.

The EATA codes relating to ethics and professional practices obligations apply equally to online and offline behaviours. The same requirements to maintain ethical and professional behaviours, attitudes and judgements exist within social media as outside of it. This would mean that in the case of EATA their protocols for complaints can and should be applied where necessary to online actions directly related to EATA matters. All EATA members are also members of affiliated organisations and those affiliated organisations codes and complaints protocols will also apply to online actions.

Social Media Profiles and Privacy Requirements

Members of EATA should maintain awareness that clients, peers, colleagues and fellow professionals are likely to be able to access your profiles. Bear in mind, with respect to your profiles on social media platforms, to only involve those pages that you want to be professionally associated with. Always ensure your profile is up to date and consider how firm a boundary you should keep between your private life and your professional life. We encourage practitioners to keep the public and the private as separate as possible. Finally, awareness that much of what you post online cannot be protected should be born in mind. All online posts must be considered from this perspective.





Your Professional Reputation

Make sure you know what your affiliated organisation's social media policy is as you will be required to follow it. Transactional Analysts can be viewed as role models and it is a good idea to be mindful of the impact anything you put online might have. You have specific responsibilities arising from your professional standing and responsibilities arising from having client/ transactional analyst relationships. In addition you have responsibilities to the EATA community, colleagues, and the affiliated organisation/s you are a member of. In addition you will all have a sense of wider responsibilities to your own values and the world you wish for which a social media presence may be a contribution to.

Your Work as a Transactional Analyst

Online the usual offline considerations apply – maintain privacy, keep to appropriate boundaries and avoid harmful dual relationships.

Your Words Online

Use respectful language that is polite and considerate and that encourages communication. Do participate in debate and critiquing with commitment and passion but stay within the EATA codes that our community has agreed as their basic ethical standards for an open, energetic and involving community.

Exam Corner

Exam successes for EATA Newsletter 1/2022

Onsite-exam, november 12th, 2021, Rösrath, Germany

Congratulations to new TSTAs

Susanne Alt,	TSTA-O
Antonia Giacomini,	TSTA-E
Bettina Heinrich;	TSTA-C
Tanja Kernland,	TSTA-O
Andrea Landschof,	TSTA-E
Constanze Rau,	TSTA-C
Sandor Antal,	TSTA-O
Olivier Montadat,	TSTA-O

And the successful CTA-candidates

Edgar Frei,	CTA-O
Andrea Grugel,	CTA-C
Christine Haebleren,	CTA-E
Judith Hauert,	CTA-E
Nicole Hirschmann,	CTA-O
André Horisberger,	CTA-O
Dr. Katrin Lenz,	CTA-P
Winfried Preis,	CTA-E
Andrea Rung,	CTA-C
Katharina Schober,	CTA-O
Marlene Didion-Seehaus,	CTA-E
Astrid Schönle Silva,	CTA-C
Gianna Signorell,	CTA-C
Olivier Soligo,	CTA-C
Sebastian Richard Stahlberg,	CTA-O
Martina Wagner-Knoch,	CTA-E
Thomas Wehrs,	CTA-O
Tatjana Werner,	CTA-P

Online-Prüfungen 13. November 2021

Helen Blackburn,	CTA-P
Chalova Nadiia,	CTA-P
Rob Conley,	CTA-P
Laura Douglas-Muldoon,	CTA-P
Renate Klein-Gebbinck,	CTA-C
Yuliya Klymenko,	CTA-P
Aya Konoike,	CTA-O
Jeannette Krikken-Klomp,	CTA-E
Natalia Motrych,	CTA-P
Jack Nuijten,	CTA-E
Cristina Alexandra Pop,	CTA-P
Jennine Rook- van Westenbrugge,	CTA-P
Maria Scarola,	CTA-E
Roksana Yashchuk,	CTA-P

Thanks to examiners:

Andreas Becker, Christine Behrens, Maya Bentele, Natalia Berrio, Kirsten Biskup, Martin Bolliger, Ilse Brab, Beatrice Czekalla, Dr. Johann Schneider, Jule Endruweit, Ilonka Etzold, Iris Fassbender, Angelika Glöckner, Dr. Gudrun Jecht, Maria-Luise Haake, Christina Hagehülsmann, Ute Hagehülsmann, Harry Gerth, Friederike Heinze, Klaus Holetz, Sonja Holzner-Michna, Claudia Horstmann, Dr. Martha Hüsgen-Adler, Monika Hunziker-Hansen, Anne Huschens, Kirsten Jetzkus, Elke Kauka, Wolfgang Kausler, Bertine Kessel, Anne Kohlhaas-Reith, Adelheid Krohn-Grimberghe, Adelheid Kühn, Franz Liechti-Genge, Thomas Lorenzen, Matthias Selke, Guglielmo Menon, Norbert Nagel, Christin Nierlich, Uschi Oesterle, Margarethe Podlesch, Richard R. Reith, Peter Rudolph, Kathrin Rutz, Ursula Schlagenhauff-Kunrath, Karl-Heinz Schuldt, Henning Schulze, Dorothea Schütt-Schlatter, Amrei Störmer-Schuppner, Dasa Szekely, Heike Veit, Jörg Volker Veit, Mayke Wagner-Froböse, Christina Wendorff, Anette Werner, Christiane Wüstner, Gerlinde Ziemendorff.

Local exam supervisors: Nicole Lenner, Cornelia Willi



Turin, Italy, November 27th, 2022

CTA all in the field of psychotherapy

Ilaria De Paolis
Anila Novrunzaj
Gabriella Citterio
Corinna Conci
Maria Ulrika Widén
Patrizia Di Camillo
Anna Antinoro
Carmelina Strano
Alessia Nota
Daniela Ferusso

Thanks to examiners:

Alessia Pico, Alessia Gallo, Antonio De Matteis, Barbara Giacobbe, Barbara Revello, Daniela Allamandri, Diletta Fiore, Elena Clemente, Federica Arpicco, Giulia Gentilesca, Maria Assunta Giusti, Maria Grazia Piergiovanni, Marina Badacci, Paola De Andrea, Santina Ficara, Simona Ramella Paia, Stefania Soliman, Stefano Morena, Tiziana Didier, Vittorina Buttafuoco, Maria Rosa Stanizzo

Local exam supervisors: Désirée Boschetti, Marco Mazzetti

Sète, France, November 19th, 2021

Arroyo Rolindes	CTA-P
Faure Frédérique	CTA-P
Jacqmot Michèle	CTA-C
Marovic Tanja	CTA-P
Morel Marie-Laure	CTA-P
Nikolova Elena	CTA-P
Porret Silvia	CTA-C
Ribay Agata	CTA-C
Rouchon Anne-Marie	CTA-C
Zhecheva Aneta	CTA-P
Bittar Eric	TTA-E
Fraczek Anna	TTA-P
Pilet Catherine	TSTA-P
Fosset Patrice	TSTA-O
Smelkowska Alicja	TSTA-P
Petit Agnès	TSTA-C

Thanks to examiners

Alleysson Elyane, Authier Maryline, Back Frédéric, Battain Christine, Baudry Marie-Dominique, Benoit Michèle, Binet Mireille, Bobrowska Izabella, Bouché Bénédicte, Braga Alessandra, Brécard France, Caulfuty Patrice, Cionca Valérie, Costardi Gianluca, Crespelle Isabelle, De Oliveira Guedes Annie, Deffontaines Nathalie, Dejean Hélène, Dewarrat Maryse, De Winter Pascale, Dufreney Annie, Dye Dominique, Francols Nathalie, Froidevaux Christiane, Gabaut Francois, Gagelin Valérie, Gentelet Bernard, Gérard Catherine, Gérard Dominique, Ghiringhelli Hélène, Gillespie Deborah, Gillissen Jeannine, Godet Jean-Paul, Godlewicz Béatrice, Guelfucci Véronique, Guellec Chantal, Hawkes Laurie, Javourez Jean-Michel Jones Alan, Kolly Marie-Claude, Lauger Madeleine, Laurier Corinne, Maurice Christine, Maystadt Monique, Mazouz Marleine, Mertens Marie-Thérèse, Montadat Olivier, Moreau Jacques, Mouchie Myriam, Noé Anne, Pace Giovanni Felice, Perret Valérie, Peschot Joelle, Petitel Jean-Marc, Petitjean Christophe, Pujol Magali, quenet Yannick, Saint Girons Arnaud, Salama Valérie, Seys Marie-Christine, Soetaert Isabelle, Sweeney James, Tachker Brun Francoise, Timpson Anne, Verdier Yves, Vergonjeanne Francois, Wilwertz Houdji

Local exam supervisors:

Nicole Pagnod-Rossiaux, Sylvie Nay-Bernard, Brigitte Evrard

London, UK November 18th, 2021

Dinah Steppe-Mndebelle
Charlotte Lucas
Jonathan Bugg
Richard Stephenson

CTA-P
CTA-P
CTA-P
CTA-P

London, UK November 19th, 2021

Martin Edwards
Hanna Kotava
Dorotea Pospihalj
Rosamund Reay
Amanda Kay Marianne Bradley



TEW December 2- 3-4-5, 2021

Adena Frances	UK	P
Cathy Really	UK	P
Delilah Zabaneh	UK	P
Ellaine Sweeting	UK	P
Hanna Abanina	UA	P
Jan Simek	CZ	E
Josip Bosjakovic	HR	P
Martina Javurkova	CZ	C
Nea Clark	UK	P
Olha Demidova	UA	P
Holly Patrick	UK	P

Staff members:

Maria Teresa Tosi,	TSTA, P - TEW Coordinator
Amaia Mauriz,	TSTA, P
Biljana, Van Rijn,	TSTA, P
Stefano Iapichino,	TSTA, P
Cinzia Messana,	TSTA, P

A new book based on TA theory: “The Overweight Mind and Body - Your unique psychological journey towards weight loss” by Kathy Leach is published by Routledge and will be available from February 2022. An accompanying App “My Food Space” helps those wishing to change their eating in a new and unique way. The new website www.myfoodspace.co.uk adds a further dimension of information and focus.

This is both a self-guided book and a paradigm for practitioners.

The book emphasizes discovering and understanding the psychological drives that lead to the unwanted overweight condition and to find ways of meeting psychological needs other than with food.

Kathy Leach is a training and supervising Transactional Analysis Psychotherapist, who has specialized in working with overweight issues in various capacities since 1980. Initially teaching health related subjects and with subsequent psychotherapy training, she has remarkable insight into weight related challenges.

These are some of her endorsements:

In her first book, Kathy Leach wrote for psychotherapists with overweight patients. Now in her second book, with its accompanying app and supports, Kathy brings her vast breadth of knowledge, experience and compassion directly to the person for whom being overweight is the problem. It contains a combination of clear explanations, inspirational exercises and powerful psychological concepts from transactional analysis. If you are interested in really looking the demon in the eye and embarking on a deep journey of self-exploration and healing, this is the book that could transform not just your body, but your life and the way you think about yourself.

Charlotte Sills MSc is a psychotherapist, supervisor and trainer in London, UK. She is also Professor of Coaching at Ashridge Business School.

As a surgeon who has worked with patients suffering from overeating and with an interest in the neurology and mental processing of emotion, I was very pleased to read this book. It is well researched and academically rigorous yet accessible to the public. What distinguishes this work from numerous others is the empathetic treatment given to this difficult subject, only possible by an experienced and sensitive therapist.

J E G Walker MB; BS: BDS; FDSRCS; MA (Ethics)



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The conference will run for 24 hours a day for 3 days to cover all time zones.

- As announced earlier, we have four exciting keynote speakers lined up: Richard Mollica, Izumi Kadomoto, Sue Eusden, and Sylvia Schachner.
- Along with many exciting workshops, there will also be recreational (playful) spaces during the conference (a social program) with virtual “cocktail parties” and “coffee breaks.”
- The plenary sessions and workshops will offer interpretation in at least seven languages: Japanese, Portuguese, Spanish, Korean, Italian, French, and Russian (as long as at least 15 people sign up for each language). It is also likely that there will be Chinese interpretation.
- Registration includes access to recordings of the keynotes, plenaries, and workshops. There is also an option to register for the recordings only.

Check the ITAA website at www.itaaworld.org/itaa2022 for additional program details as they become available.

Please note: When you register using the online platform, you will create a “registered ID.” If you later require a refund, you will need to use that ID.