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EATA NEWSLETTER

EUROPEAN ASSOCIATION FOR TRANSACTIONAL
ANALYSIS N° 137 June 2023



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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We are approaching our annual meetings in the EATA Council and General Assembly which traditionally represents a yearly closure for some organizational processes and plans. For that reason, this issue will provide you with material to reflect on, prepare yourself for the recent meetings and to discuss these topics thoroughly within your national association. Our President Sylvia Schachner shared her vision and resumed the work of the Executive Committee having in mind that the difficult times are still affecting our community globally. Recent webinar organized by EATA provided the opportunity for group reflection across cultures on the topic of destructiveness. Specifically, the focus was on the power of active presence, state of engagement, curiosity and imagination in response to psychological pain and post- trauma recovery. Inspired by Diana Deaconu theoretical perspective and experience, participants developed ideas and different ways to understand and deal with destructiveness that continues to inhabit contemporary times. EATA opens bid for the World Conference organizers. In order to offer plenty of time for associations to bid it has been decided to postpone the TA World conference to 2025. Exam corner is full of good results from the exams! Congratulation to candidates, supervisors and especially to examiners for their time, competence and support shared during the examination process.

Stay informed and enjoy the upcoming summer!

EATA Newsletter Editor
Kristina Brajovic Car

President's Note

Written by Sylvia Schachner

It is now over a year since an aggressive war, attacking the territory of Ukraine, started. In addition to this we have had to deal with natural catastrophes in many countries, the effects of climate change and personal health crises following the pandemic. The world can be a dangerous and frightening place to live. There seems to be no end to terrible news broadcasting to us through our phones, television screens, and social media feeds.

Dealing with all these challenges we all feel sometimes defeated in our desire to make the world a better place.

And yet, or precisely because of this, we as transactional analysts, who apply theory and values that stand on humanitarian roots. We ask ourselves what can we do - as an international society, as a national TA association, as an individual - to make and keep the world as a livable place? With the Common Mission statement, which was agreed last year by Council, and will be voted on at the General Assembly this year, we set a framework and guidelines that include the question „ how to make the world a better place?“ in all areas of our life. We formulated and discussed this question with colleagues from ITAA emphasising the connected, global networks of TA.

This question on how to make the world a better place in our organisational, professional and private life, will influence the way we think and act.

We do not ask this in a naïve sense such as - everything will be fine. We ask in a way based on reality.

Without discounting problems, crises and traumas, we look for ways and actions to manage, live with, maybe overcome the crises of life in a resilient way.

The EATA Executive Committee have initiated some concrete steps already:

- We have and will continue to support an ongoing Support Platform. This has the aim of supporting people who are confronted with traumatic experiences, to offer supervision for professionals who work with traumatised clients and to offer workshops with relevant topics for those affected.
- We offer free webinars for our members with the overarching theme of diversity.
- Together with ITAA we offer free webinars four times a year.
- We invite different groups to Zoom Meetings to build direct relationships and to discuss relevant topics for our association.
- We have installed a new Instagram Account to convey regular information about EATA
- After the Council meeting this July we invite all trainers from EATA and ITAA to an international trainers day with the title: “Challenges, Changes, Chances of TA training in uncertain times” for a professional exchange.
- During the July Council we will ask the delegates questions concerning the identity



of EATA and the direction for us to go in the future. We will have time and space to reflect on this together. Afterwards we will invite the delegates to bring the proposals reached their national associations for discussion and feedback on this.

- We plan to install a new committee - Social Engagement Committee - to support ongoing actual social topics and to create projects for the future.

I invite all of you to become part of this process and to reflect on your personal options here, describe projects you have already started and share your ideas with us.

Write up of ITAA/EATA Webinar 15th February 2023

Engaging with Destructiveness: Meeting Disturbing Aspects of Experience from a Place of Curiosity instead of Reactivity Presenter Diana Deaconu

Written by Steff Oates from Diana Deaconu's paper.

Participants gathered for this event from around 23 different countries as far apart as New Zealand and North America. It was a very popular event.

As is the routine Leilani was our zoom host and brought her enormous skills in managing these events and committee members Chitra Ravi, Kristýna Tomanová, Cristina Caizzi and myself were able to participate and also enjoy the webinar.

I introduced Diana our speaker as a hidden gem in our Transactional Analysis community, someone who has always worked quietly and seriously but somewhat behind the scenes. I articulated how fortunate we were to have her present for us.

Diana introduced the topic by expressing that the topic has been of interest to her for a long time for professional and personal reasons.

In this context, Diana referred to an article that she had co-authored with colleagues in 2022 touching on the phenomenology of destructiveness. They had described this as a “a force that not only passively resides in the psyche but is active and has a particular impact on the mind. In fact, destructiveness renders the mind thoughtless and dehumanized” (Gheorghe et al., 2022, p.61-62). The result is a mind with little curiosity about internal experiences that equally objectifies self and others.

Diana then expanded on other theories

that consider destructiveness as part of a wider landscape, one where psychological pain also dwells. Diana discussed the impact of psychological pain and how she has been influenced by the work of Elaine Scarry, essayist and professor of English and American Literature and Language. Whilst recognizing that a blanket causal link between pain and destructiveness is too simplistic, Diana stated pain is ugly, it makes our body tense, it is intrusive, at times sickening to the point where we cannot stand being close to it. Pain is not for the faint-hearted.

She went on to say pain itself can sometimes become destructive. According to Elaine Scarry (1995), pain “actively destroys language” and eventually becomes “world destroying” (p. 172).

Diana explained Scarry's argument that we entertain an illusion that the destructive person has access to an internal world, to beliefs and convictions that motivate destructive actions. Diana then expanded her thinking, saying that the objects that populate this person's internal world are not tools in communication but weapons that are incompatible with any form of psychological life. This puts us again in the face of dehumanization and deadness.

Diana then introduced another framework that places destructiveness alongside pain, that of transgenerational trauma theory. She introduced the work of Samuel Gerson who argues in his article “When the Third is



Dead: Memory, Mourning and Witnessing in the Aftermath of the Holocaust.” that a particular aspect of such traumatic experiences resides in the absence of a concerned other. This usually leads to a loss of faith in humanity itself, a loss which is then internalized and becomes the legacy of subsequent generations. They are the hosts of such haunting absence. This absence is experienced as a collapse of psychological space: it feels as if the past and future are frozen in time and desires remain suspended and disembodied.

Diana explained that Gerson describes this absence, this unmourned loss, as a form of destructiveness which resides in the individual, rendering him deadened and unable to engage with life. Deadness and destructiveness are perpetuated from generation to generation and the pain they carry is devoid of any psychological meaning.

Diana expressed her intention in presenting these frameworks was to put

forward the intricate relationships that emerge between destructiveness and pain. They seem to be linked in ways that are sometimes accessible to our understanding and sometimes are not.

The group then were invited to go into break out rooms to consider the following question.

What are some theoretical perspectives you draw on when considering destructiveness, what are the notions and theories that help you?

People reported back from the break-out rooms offering their thoughts, one participant linked what Diana was saying to Freud’s idea of drives, i.e., Thanatos. Other participants were curious about the link between pain and emptiness, and some linked this with addiction which in itself becomes destructive. One participant suggested pain as an unbearable live body experience which empties the mind. Another talked of the destructiveness of shunning as a form of violence.

Diana responded with how she has been influenced by Scarry and Gerson's ideas in response to this. Scarry writes about the power of imagination, which she considers to be a significant ingredient in the making of the world. Through imagination, objects are created, and pain becomes a more intentional state rather than a passive one of being suffered.

In relation to the work of Gerson, Diana spoke of the importance of witnessing, i.e., an active presence that is receptive not only to the pain embedded in the original trauma but also to the tragedy of absence – the absence of a concerned other. Witnessing facilitates a courageous living with the loss, rather than relinquishing it (Gerson, 2009). The group were invited into break out rooms to discuss a second question

What has been of use to you in encountering destructiveness, what has been not useful?

When people returned many expressed appreciation for this webinar opening up this topic for discussion. They spoke of the importance of self-awareness, of reflecting on destruction as a passive behaviour but

mostly the importance of being able to open up and discuss with others how Diana's presentation had opened up their awareness.

Diana spoke of her resonance with Gerson's emphasis on the importance of an active presence. She spoke of her understanding that accompanying someone from a place of active presence means having the capacity to look at their experienced reality afresh, to be able to express it in language that is descriptive and intimately connected to the senses, that is ultimately rooted in the lived experience. To Diana, this is something deeply generative and transformative (Deaconu, 2020), thereby offering an alternative to destructiveness.

Diana wanted particularly to underline another important aspect, namely that this state of engagement, curiosity and imagination that has the potential of offering an alternative to destructiveness cannot be achieved in isolation. We need the minds of others (interested colleagues, reliable communities) as companions so that we can inhabit this reflective space..



There were many satisfied attendees and Diana offered us more powerful imagery to help us in our endeavors to understand this complex area.

She wanted particularly to illustrate some of the aspects she had spoken about by introducing us to the work of Sebastiao Salgado, a Brazilian social documentary photographer and photojournalist. Salgado carried out significant projects in Africa and South America, documenting sensitive issues such as poverty, injustice, the life of migrants and refugees. Diana highlighted that his photos are proof of the fact that being involved in this kind of work exposes the artist to a lot of suffering and pain. For Salgado the contact with these aspects of humanity took him to a very difficult place:

“I was sick. I was not well. I had lost faith in our species,” he told Canada’s The Globe and Mail newspaper in 2015. He decided to take a break from photography.

Shortly after that, Salgado and his wife inherited a farm in Brazil from his parents. Another shock followed:

“When we inherited this piece of land it was as wounded, as dead, as I was,” he says.

It was at his wife’s initiative and with the support of many people around him that Salgado decided to undertake the project of rebuilding the forest. For Salgado, being involved in this project of replanting the Brazilian forests was something that restored his faith in humanity, reconnecting him with life in its more generous forms. For this to be possible he also needed the presence of reliable, interested others not only to experience the depth of his loss of faith in humanity, but also to be able to imagine potential futures.

Diana expressed that it was with the same hope that she decided to take part in this webinar, that of meeting other fellow minds and creating together a reflective space which can further support psychological life and growth.

The webinar team thanked Diana for her profound contribution to our webinar series and for creating such an important profound reflective space for us.

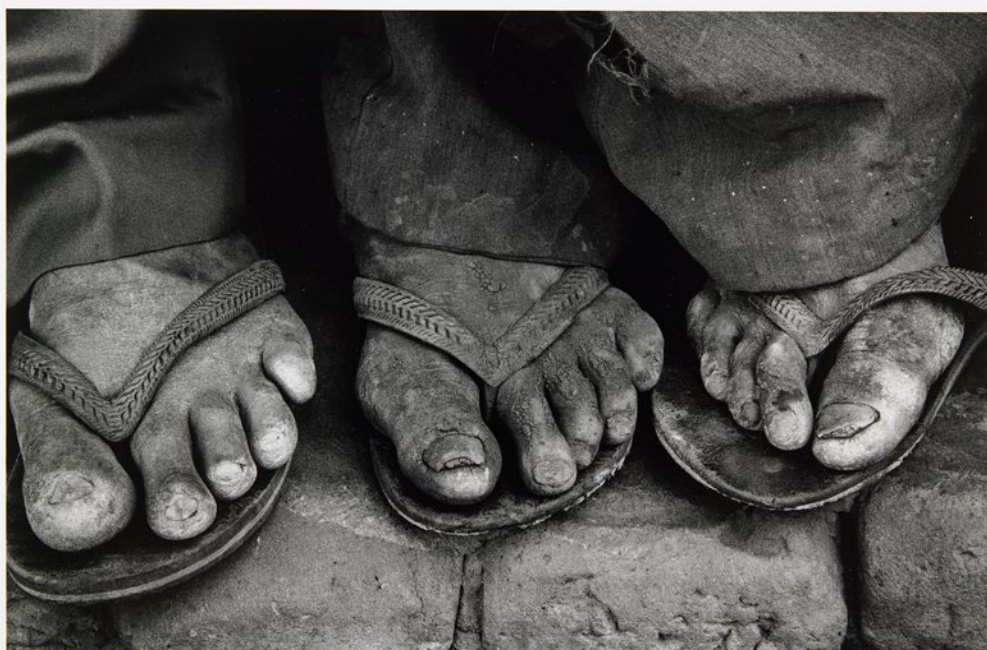


Photo by Sebastiao Salgado



INTERNATIONAL TRANSACTIONAL ANALYSIS ASSOCIATION

Invitation to Bid on the 2025 TA World Conference

With great pleasure, the combined associations of the International Transactional Analysis Association (ITAA) and the European Association for Transactional Analysis (EATA) invite your association to bid on hosting the 2025 TA World Conference, which is to be held as usual in July-August.

ITAA and EATA had first hoped to hold a World conference in 2024, but the time frame unfortunately proved to be unrealistic. In order to offer plenty of time for associations to bid it has been decided to postpone the TA World conference to 2025.

A tradition that began with the signing of a joint contract in 2007, the TA World Conference brings together the collaboration and cooperation of both ITAA and EATA (previously FTAA too), two of the transactional analysis associations. It is an opportunity to showcase your part of the world and to introduce your transactional analysts to a wide variety of keynote speakers, workshop presenters, authors, and key figures in the TA world. TA World Conference provides a wonderful opportunity for transactional analysts from other parts of the world to visit you.

To date, there have been four highly successful world conferences: the first in Johannesburg, South Africa, in 2008; the second in Bilbao, Spain, in 2011; the third in San Francisco, USA, in 2014; and the fourth in Berlin, Germany, in 2017. The local associations in each area have been wonderful hosts to visitors from all over the world.

The combined organizations' energy, enthusiasm, and willingness to help raise the profile of TA in your region is a wonderful opportunity. Please contact Vladimir Goussakovski, ITAA Conference Committee Chair, at v.gusakovski@gmail.com and Aleksandra Djuric, EATA Vice-President, at aleksdjuric@yahoo.com to obtain the form for presenting a bid and any further information.

We look forward to receiving your expressions of interest!
Chitra Ravi, ITAA President; Sylvia Schachner, EATA President

Exam Corner

CTA and TSTA exams in Rome, 29-30 March 2023

Congratulation to the successful Candidates:

CTA-P: Anhelina Sashko

TSTA-P: Enrico Benelli, Alessandra Braga, Michela Carmignani,
Tiziana Frazzetto, Cristina Innocenti, Nadezhda Zuykova.

TSTA-C: Beatrice Roncato.



Thank you to our generous examiners:

Tiziana Aceti, Eleonora Addonizio, Silvia Attanasio, Marina Baldacci, Désirée Boschetti, Clara Battisti, Cristina Caizzi, Simonetta Caldarone, Daniela Cannavale, Evita Cassoni, Giorgio Cavallero, Ugo De Ambrogio, Milly De Micheli, Carla De Nitto, Orlando Granati, Sara Filanti, Antonella Fornaro, Barbara Giacobbe, Rossella Iannucci, Pierluigi Imperatore, Susanna Ligabue, Antonella Liverano, Emanuela Lo Re, Paolo Maggio, Ivana Mandaric, Raffaele Mastromarino, Stefano Morena, Michele Novellino, Mirko Paolinelli, Maja Pavlov, Mario Procacci, Alessandra Prospero, Simona Ramella Paia, Loredana Paradiso, Barbara Ricci, Pietro Romanelli, Eva Sylvie Rossi, Gaetano Sisalli, Laura Quagliotti, Roberta Salvatori, Silvia Tauriello, Valentyna Zakharchenko, Matteo Zanovello, Cristiana Zedda.

Exam Supervisors: Roberta Musso and Marco Mazzetti

COC Observer: Christine Chevalier

In last issue I missed to add **Eleonore Lind** to the successful candidates of November meeting in Rösrath, Germany, so I would like to publish:

Addition to exam successes of November 2022 exam in Rösrath, Germany:
Welcome Eleonore Lind from Sweden as new TSTA in the field of psychotherapy !

See you in Dublin! With warm regards



Successful candidates, Cardiff, South Wales on 19-20 April 2023



From left to right in photo CTA/TSTA Cardiff:

Eric, Rosie, Vicky, Rosalind, Olivier

The new TSTAs are:

Rosalind Sharples TSTA(P)
Olivier Montadat TSTA(O)

The were also three new CTAs

Eric-Jan Rijnierse CTA - O
Rosie Harris CTA - P
Vicky Strowger CTA - P

Examiners				
Adrienne Lee	TSTA(P)			
Andy Williams	TSTA(P)			
Anne Timpson	PTSTA(P)			
Annette Terry	PTSTA(P)			
Cholena Mountain	TSTA(P)			
Danijela Budisa Ubovic	PTSTA(P)			
Debbie Jelpke	PTSTA(P)			
Debbie Robinson	TSTA(O)			
Deborah Blagden	PTSTA(P)			
Enid Welford	TSTA(P)			
Geoff Hopping	TSTA(P)			
Harry Gerth	TSTA(O)			
James Sweeney	PTSTA(P)			
Jane kibblewhite	PTSTA(P)			
Jane Tillier	PTSTA(P)			
Jayakara Beverley Ellis	STA(P)			
John Renwick	TSTA(P)			
Julia Tolley	TSTA(P)			
Karen Cesarano	PTSTA(P)			
Karen Minikin	TSTA(P)			
Kerri Warner	TSTA(P)			
Marilyn Wright	TSTA(P)			
Michelle Hyams-Ssekasi	PTSTA(P)			
Mirjam te Slaa	PTSTA (C)			
Neil Keenan	PTSTA(P)			
Nicole Lenner	PTSTA(C)			
Nikki Millard	PTSTA(P)			
Nims Dewani	CTA(O)			
Ronen Stilman	TSTA(P)			
Sue Brady	PTSTA(P)			

Susie Hewitt	TSTA(P)			
Traian Bossenmayer	TSTA(O)			
LES CTA				
Bev Gibbons	TSTA(P)			
LES TSTA				
Cathy McQuaid	TSTA(P)			
COC Representative				
Christoph Seidenfus	TSTA(O)			

Congratulations for successful candidates in their CTA exams in London/Ealing

We are sharing a couple of photographs of successful candidates with Patrizia Vinella. First photo shows the candidates from Friday, and the second photo represents the candidates from Thursday.

11th May

Ali Strong	CTA(P)
James King	CTA(P)
Jonathan Falcone	CTA(P)
Deliana laneva	CTA(P)

12th May

Sandra Drum	CTA(P)
Amy Lennox	CTA(P)
Christopher Elcombe	CTA(P)
Zita Lloyd	CTA(P)

The representative from COC was Patrizia Vinella TSTA(C)



The officials were:

- Nikki Millard**
- Wilf Hashimi**
- Dr Emma Haynes**

- PTSTA(P) – Local Exam Supervisor
- TSTA(P) – Process Facilitator
- TSTA(P) – Candidate Supervisor

Examiners:

Jane Todd	TSTA(P)
Ronaldo Stroppa	CTA(P)
Christine Warwicker	CTA(P)
Anita Webster	PTSTA(P)
Robin Robinson	CTA(P)
Jack Pijl	CTA(P)
Esmee Chengapen	CTA(P)
Joan Moore	CTA(P)
Julia Normington	CTA(P)
Chantelle Adams	CTA(P)
Kelly Donaldson	CTA(P)
Trevor Tall	CTA(P)
Gemma Mason	TSTA(P)
Sonja Kornmann	



TEW in Budapest, March 2023.

Names of participants:

Djuric Aleksandra
Kohlbrener-Borter Christine
Labbrozzi Dina
Kaufmann Irene
Nuijten Jack
Real Jaswinder (Jazz)
Rook Jennine
Hauert Judith
Zwahlen-Hug Livia
Devine Sarah
Trahasch Ursula

Names of staff
Ganna Golovan

