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EATA NEWSLETTER

EUROPEAN ASSOCIATION FOR TRANSACTIONAL
ANALYSIS N^o 138 October 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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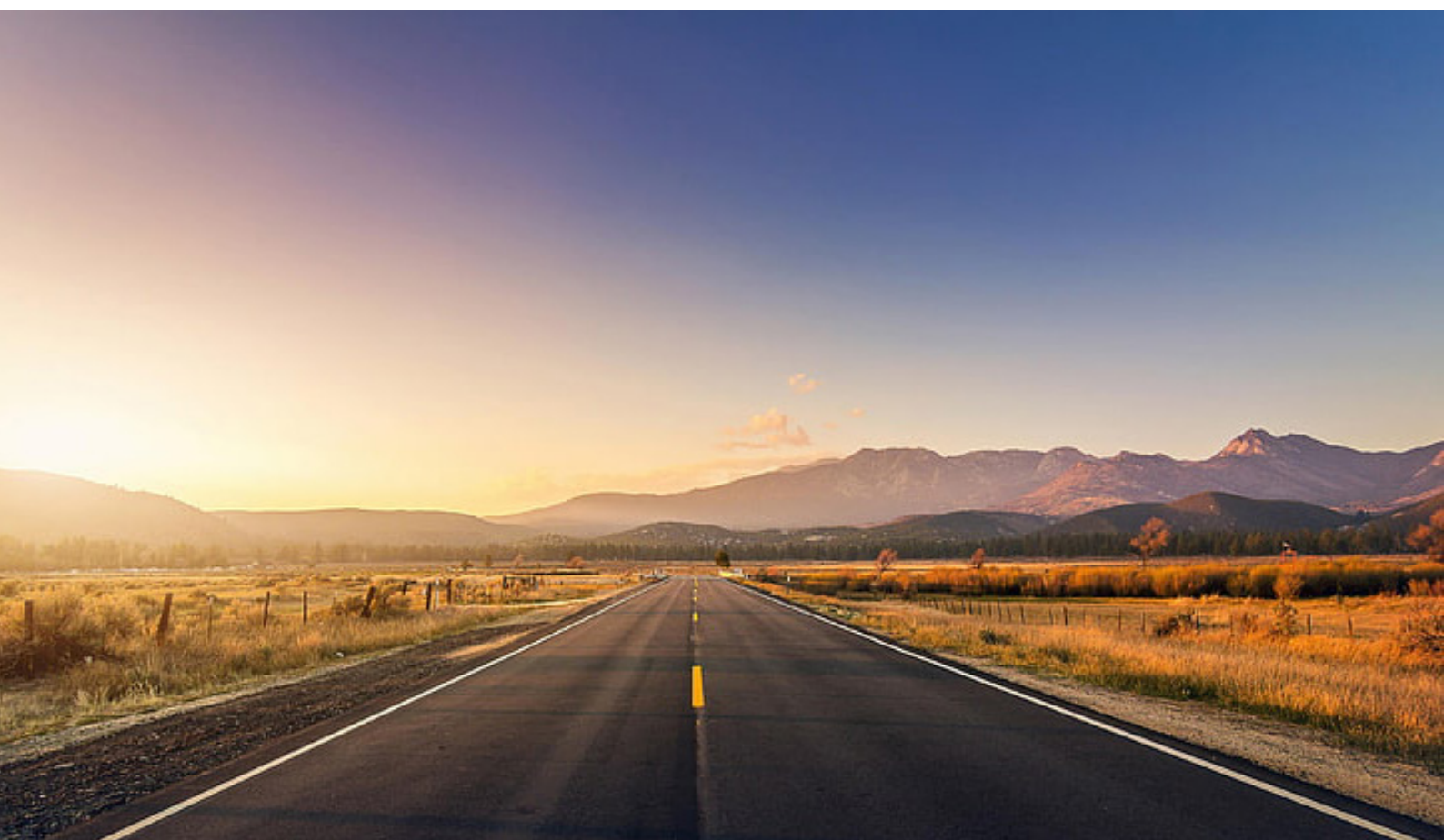
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Dear members,

Dear readers, in this issue you can find the written portrait of the current focus in the activities and organizational life of EATA. We are presenting the TDRC's warm appreciation to former Theory Development Research Committee (TDRC) Chair, Biljana van Rijn, who won a silver medal from EATA for her valuable contribution to research building capacities of EATA membership. Bravo Biljana!

One of the big accomplishment is also the formulation of the Common Mission Statement of ITAA and EATA. It comes as a result of the long and devoted joint work of the task force composed of experienced members of both associations. One more admirable organizational achievement to get acquainted to. Many of this year's planned exams are yet to come, so we have to say congrats in this issue to our colleges who did pass their exam in Dublin. President of EATA summed up in clear and informative way her perspective of the last season results and ongoing tasks and efforts.

Enjoy the reading!

EATA Newsletter Editor
Kristina Brajovic Car

President's Note

Written by **Sylvia Schachner**

We are living in uncertain and challenging, often frightening times. Following our philosophy and values we take responsibility to prevent and to decrease harm and to support those who need it.

That means to deal with these challenges and to include them in our trainings and actions. EATA does this by supporting different projects in crises areas.

We established a support platform to connect trainers and experts who want to offer supervision and training of skills during war times, we support projects in educational field to empower teachers to work with traumatized students and we support trainees in precarious social conditions so that they can continue their TA training planning and organizing meetings we take in account climate protection.

During the council 2023 the delegates voted unanimously to establish the Common mission statement developed in a joined task force of Representatives of EATA and ITAA in our statutes to continue and deepen this process they voted additionally for installing two new task forces: DEIA and social commitment task force. Both of them are working closely with the Executive Comitee and the comparable bodies in ITAA with the aim to bring the Common mission statement in life and to propose needed actions and strategies to implement it.

It is important to make visible the importance of the influences of our environment to our professional and private live, and to use the options we have to influence by our training and professional work the environment in an healthy and resilient way as important part of our understanding of TA.



Introducing our Common Mission

Written by John Heath

The following statement was delivered at the International Trainers' Meeting, Dublin, 4 July 2023. It concerns the Common Mission Statement that has been agreed on by the ITAA and EATA. The actual statement is included elsewhere on this page.

Mindful of the fact that this meeting is in Ireland, I begin with a reference to Seamus Heaney, one of Ireland's most famous poets, who won the Nobel Prize for literature in 1995 for "works of lyrical beauty and ethical depth which exalt everyday miracles and the living past." He certainly knew how to inspire! Heaney grew up in times when it was sensible to be careful about how you spoke in a public space, and he often began a lecture with advice he was frequently given in childhood: "Whatever you say, say nothing!" It sets the tone for what I want to achieve today, which is not literally to say nothing but to speak broadly and to share the spirit, or the dream, of this Common Mission Statement (CMS). My hope is that if I can catch the dream behind the words, then perhaps you will catch it too, and that will be the best hope of it rippling out of this room and into the world.

The people involved in creating the CMS were all current or former post-holders in EATA or ITAA. The membership of the group included Peter Rudolph, Sylvia Schachner, Chitra Ravi, Adrienne Lee, Nicole Lenner, and myself. We were all clear that we were not working from a position of executive authority but from a base of long experience and affection for TA and

our organisations. We tasked ourselves to dream a dream of a mission on behalf of both organisations and their members. The dream was of unity, and in particular, unity through diversity, which is what we find in organic systems. Biological and social systems progress through the activity of separate but linked parts. Each part does its job and is regulated in relationship with all the others. In a living system, no single part is in charge. Early neuroscientists, for instance, committed to a hierarchical view of the nervous system, searched for the "pontificate neuron" that held ultimate authority in the brain. But no such structure exists. The brain is much more consultative than they imagined. Change in any part stimulates change throughout the whole system. A family is an example of a social system that works in a similar, organic way. Families work best, not when one person is in charge of everything, nor when all the members are the same, but when they regulate each other around the same core values and purposes. When families work like this, the diversity between individuals becomes an asset and an enriching feature.

When I first began my journey in TA around 40 years ago, one of the things that delighted me was that the theory I was learning was being taught all over the globe. I had only the most

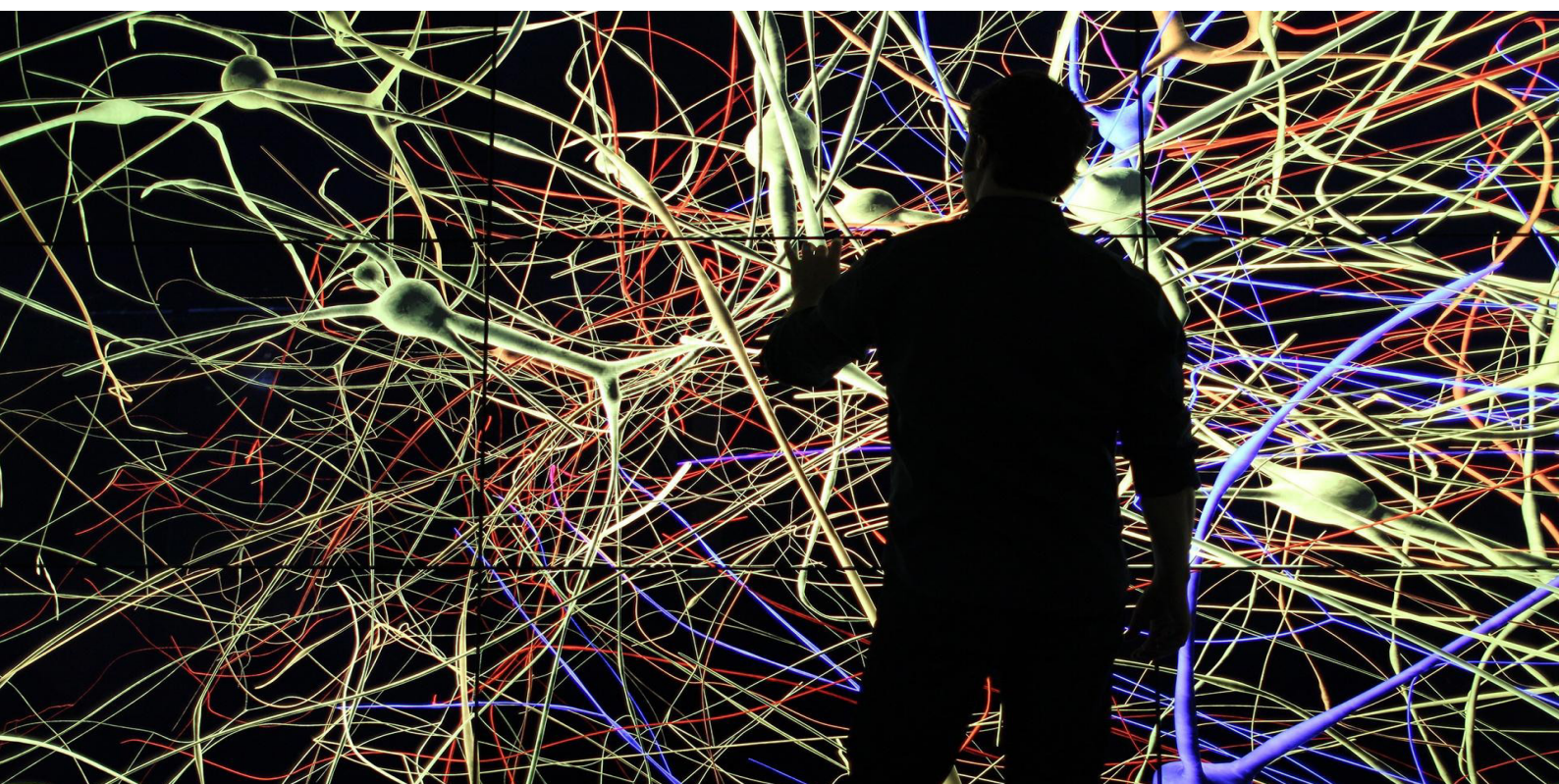
rudimentary idea of the organisational structures of the TA world, but I loved the idea that I was in some way part of a global community. So now, all these years later, to have had the experience of working with others to articulate a mission that might unite and cohere us in our diversity really is like a dream come true.

The statement starts off in a more or less standard way, describing TA as a way to understand individuals, groups, and communities. It goes on to assert our commitment to equality, mutuality of respect, and engagement. This actually means that in our actions we will be involved with, and responsive to each other, whilst holding to core ethical values. The mission statement gets even more exciting then, because it states that this connectivity will extend not only to our members and organisations but also to the environment and the world as a whole. Our dream embraces

sustainability and social justice as a constant feature of our professional choices. And so, the mission commits us to apply our theory in a way that contributes to taking care of the only place any of us can call home, the planet we live on.

This is the dream we are asking you to dream: that as a member of EATA or ITAA, either as an enthusiast, trainee, or qualified professional, you apply TA ethically, not only for the good of your clients and colleagues but also for the common good. This means, whatever our individual points of view or subjectivities, we task ourselves always to hold a bigger picture in mind, which is the good of the world we share with diverse creatures, diverse human beings, and diverse cultures.

It's a big mission and, ultimately, perhaps the only one that counts. John Heath can be reached at johnheath105@gmail.com



Common Mission Statement



Transactional analysis is a psychological approach to understanding individuals, groups, and community. The TA philosophy of equal relationship, mutual respect, and engagement is expressed in the ethical values and principles of our organizations. This is relevant to our relationship with each individual and each organization as well as to the environment and to the world as a whole. Our TA organizations embrace sustainability and social justice as part of our personal, professional, and ethical choices. We are committed to a perspective that embodies, celebrates, and accounts for interconnectedness, social responsibility, and care for our planet.

This statement has been voted on by the ITAA Board of Trustee and the EATA Council.

The meaning of a Silver medal to Biljana Van Rijn

Written by Enrico Benelli

Biljana Van Rijn, past chair of the Theory and Development Research Committee from 2017 to 2023, was recently awarded the EATA silver medal, in recognition of having successfully conducted a research project of vital importance for TA psychotherapy.

To fully understand the value of Biljana's work it is necessary to consider the scientific and academic status of TA psychotherapy before and after her project.

During the first twenty years of this century, TA has had to address a major change taking place in the world of psychotherapy in Europe, where there has been growing pressure from health and political institutions to address the mental suffering of European citizens through psychological rather than pharmacological interventions (and this is a good news), as long as they are supported by evidence of effectiveness (and this may become a problem). This favored therapy models whose theoretical, methodological and outcome assumptions were easily measurable, while it certainly led to a growing marginalization of therapy models whose assumptions were defined in qualitative, humanistic, philosophical and existential terms, such as TA with its concepts of human value and okness, script and other concepts.

The image of TA in the academic and scientific community relating to



psychotherapy has been in progressive decline. For example, Norcross and colleagues in both 2002 and 2013 (Norcross, Hedges & Prochaska, 2002; Norcross, Pfund & Prochaska, 2013), in a standard prediction on the development of psychotherapy models over the next ten years, made by a panel of experts in the field, predicted that TA was the model for which was expected to decline the most.

The cause of the dire predictions was the scarcity of research published and consultable by the international community, and they had negative effects for TA in several European nations, including that TA cannot be taught in psychotherapy specialization schools in some nations (Switzerland), or it is not recognized as an autonomous therapy model (Spain), or it cannot be provided and reimbursed by national health services (Sweden, Germany, UK).

Biljana led the TDRC with an in-depth knowledge of the scientific world of psychotherapy, and she approached the very scientific world that had predicted the decline, involving an independent researcher and implementing a complex research project that has borne many fruits, the most significant of which is that there are now several publications supporting the effectiveness of AT, which can be considered an empirically supported model of therapy.

The authors in the first study, “The Transactional Analysis Review Survey: An Investigation Into Self-Reported Practices and Philosophies of Psychotherapists” (Vos & Van Rijn, 2021a), asked transactional analysts belonging to different orientations and schools, to define the clinical phenomenon central (psycho-physiology and -pathology), the etiology, the therapeutic mechanism of action, the skills necessary for the therapist and the philosophical framework of their work. What emerged was a common use of the concepts of ego states, transactions, self-efficacy (I+) and social functioning (U+).

In the second study, “A Systematic Review of Psychometric Transactional Analysis Instruments” (Vos & Van Rijn, 2021b), they

conducted a systematic literature review of all psychometric tools that operationalized the fundamental concepts of TA, evaluating their quality with consensus-based standards for the selection of health measurement instruments (COSMIN). The authors have identified AT tools that can be used by researchers to empirically support TA treatment effectiveness and by psychotherapists, teachers and supervisors to conceptualize the psychopathology and etiology of clients.

In the third study, “The Evidence-Based Conceptual Model of Transactional Analysis: A Focused Review of the Research Literature” (Vos & Van Rijn, 2021c) the authors developed a conceptual model of TA capable of empirically evaluating the effectiveness of the theory and TA practice. In this model, the main AT concepts are connected in a nomological network capable of predicting the effectiveness of AT treatments and their mechanism of action, making AT an empirically verifiable model through systematic research.

In the fourth study, “The Effectiveness of Transactional Analysis Treatments and Their Predictors: A Systematic Literature Review and Explorative Meta-Analysis” (Vos & Van Rijn, 2022) they demonstrated the effectiveness of AT in reducing psychopathology, in improving the functioning of ego states, self-efficacy (I+), social functioning (U+) and general well-being, both in individual and group treatments, in different contexts, to psychotherapy, counseling, organizations, education. This very important research convincingly shows the public, institutions and health policy makers of European nations the effectiveness of AT for the treatment of mental suffering.

In the fifth study, “Brief Transactional Analysis Psychotherapy for Depression: The Systematic Development of a Treatment Manual” (Vos & Van Rijn, 2023) they showed how to develop a semi-structured treatment manual based on the four previous systematic reviews, capable of being used in practice and in research.

Overall, the work led by Biljana Van Rijn is of exceptional quality and has brought TA theory and practice to a high scientific and academic level, overturning the dire prediction of Norcross and colleagues, while indicating the way for the future development of research in our TA community, both in psychotherapy and in other application areas.

For this reason, the entire TA community, through the symbol of the silver medal, expresses its gratitude to the exceptional commitment, dedication and effectiveness of the work carried out by Biljana.

Thanks Biljana!

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ATAD Provides Support to Teachers in Earthquake Zone in Turkey

Written by Deniz Güney
ATAD Board Member & EATA Council Member



We are grateful to EATA for their encouragement and financial support all of which was instrumental for the successful delivery of the project.

On 23rd-24th September, ATAD, Eurasia Transactional Analysis Association (Turkey) delivered a two-day training programme to 28 primary school teachers in the earthquake zone as part of a project initiated to provide support to the teachers who are struggling to cope with the impact of the disaster. As well as trying to rebuild their own lives, the teachers have the added task of looking after and interacting with traumatised pupils in a disaster zone slowly recovering from the near total destruction of the February earthquakes in Turkey.

On 6th and 7th February of this year, the Southeast of Turkey was rocked by the largest earthquake in living memory. Thousands of buildings were completely destroyed in the quake with many more irreparably damaged and undergoing demolition. The human death toll is still not clear, but according to official resources the current total is over 50,000 with many bodies yet to be recovered from the rubble. Rebuilding is underway, but schooling is still taking place in prefabricated huts or even freight containers and millions of people are living in temporary accommodation.

In this challenging environment, ATAD members have set out to support primary education professionals to come to terms with the earthquake while

protecting their own mental health. Our aim was to help them develop and strengthen their interactions with school children in such a traumatic and problematic environment, while preserving the boundaries of the pupil-teacher relationship.

To this end, we created a two-day interactive training course introducing and utilising TA theory and tools. Participants were encouraged to adopt these approaches in their own interactions with colleagues, pupils and families. At the end of the training programme, initial feedback was very positive, with the teachers voicing their appreciation for the support and guidance they had received. It was affirming and heart-warming for us to hear teachers expressing that the two day-training reminded them of the value and importance of their role in the region, and furthermore, how this supported them in repairing their own personal lives after the massive trauma.

We have been left with a sense of fulfilment and are looking forward to working with new groups in the region. In addition to any help that we can bring to the area effected by the disaster, we hope that by publicising this project and its outcomes through various channels (web, social media, news on related resources etc.), we will also raise

awareness and recognition of TA in the region and in Turkey. We envisage this initiative will encourage and attract more people in related fields and grow ATAD membership.

Special thanks to our President Dr. Safak Ebru Toksoy and our board member Aylin Cevik who travelled to Hatay in the earthquake zone to deliver the training, and to two of our board members Deniz Guney and Guney Erkilic for their great enthusiasm and effort they put into developing and delivering this project.



Exam Corner

Exams, June 23-24, 2023 Rome, Italy

Congratulations to new CTAs in the field of psychotherapy:

Albertini Cristina
Alfonsi Federica
Casagrande Marta
Cavalieri Elena
Colonese Francesca
Contardo Ambra
Cupelli Chiara
Falchi Jessica
Falcone Sara
Gallo Giulia
Garrone Chiara
Garzia Maria Ester
Gigante Luigia

Leone Giovanni
Lico Rosamaria
Manzella Francesca
Natale Alessandra
Neri Marta
Parente Giorgia
Picciuto Martina
Pucci Flavia
Rebez Monica
Scarpari Lina
Servillo Marco
Trento Federica
Zampar Valentina

Thanks to examiners,

Adriani Mara, Andreini Cinzia, Angelucci Iolanda, Bastianelli Laura, Barrera Silvia, Bianchini Susanna, Bergerone Chiara, Caizzi Cristina, Cardeti Erika, Carozza Eleonora, Casiglio Luigi, Cau Luca, Ceridono Davide, Contino Debora, D'Alessandriis Lucio, De Luca M. Luisa, De Nitto Carla, De Petris Chiara, Di Legge Daniela, Domiano Giorgia, Fanello Melania, Focà Francesca, Frazzetto Tiziana, Fulignoli Paola, Giacometto Rosanna, Grossi Giuliano, Gubinelli Massimo, Lauria Valeria, Liverano Antonella, Inglese Rita, Mastromarino Raffaele, Milicia Alessandra, Panella Federica, Patrussi Silvia, Pavone Fabiana, Penna Bianca, Piermartini Beatrice, Pulvirenti Amelia, Ricci Barbara, Riccioli Emilio, Russo Chiara, Schietroma Sara, Scoliere Mara, Senesi Annacarla, Spallazzi Domitilla, Stanisci Emanuele, Tosi M. Teresa, Vasale Massimo, Vignoli Andrea, Visone Claudia

EATA moderator: Nikki Millard

Exams, July 6th, 2023, Dublin, Ireland

Congratulations to:

Katerina Shelest
Martina Kvarantan Smitran
Karina Heiligers
Nicole Sophie Lenner
Dott. Davide Devilla

CTA-P
CTA-P
TSTA-P
TSTA-C
TSTA-P

Exam supervisors: Sabine Blumenstein, Ulf Weise

Thanks to examiners:

Alina Comendant, Rosemary Napper, Antonio Armada Raya, Dave Spenceley, Peter Bremicker, Beatrijs Dijkman, Beren Aldridge, Giovanni Pace, Cathy McQuaid, Ganna Golovan, Izabella Bobrowska, Eleonore Lind, Elena Soboleva, Suriya Prakash, Stefan Iapichino, Maya Bentele, Jo Moores, Sylvie Monin, Margaret Webb, Nino Javarashvili, Andy Williams, Sheila Beare, Marco Mazzetti, Roberta Musso, Steff Oates, Bertine Kessel, Peter Rudolph, Charlotte Sills, Eva Acs, Sari van Poelje, Wilf Hashimi, Emilia Maria De Micheli, Thomas Wehrs, Gundula Zierott, Thorsten Geck, Tin Vanderhoeven, Ulf Weise, Ritva Piironen, Lorna Johnston



Advertorial

Dear EATA members, we are happy to let you know that a new OPEN ACCESS Treatment manual for the treatment of depression has been published on APA PsycNet website.
This study has been published by an independent scholar Joel Vos that worked together with Biljana Van Rijn supporting scientific foundation of TA and its efficacy.

You can read it here <https://psycnet.apa.org/fulltext/2023-97184-001.html>

Dear members, let us share with you another very important study that has been published by an independent scholar J. Vos who worked on a systematic review with Biljana Van Rijn of TDRC, supporting scientific foundation of TA and its efficacy.

It is a non-open access Meta-analysis and can be read here: www.journals.sagepub.com

short link to the paper: <https://shorturl.at/ht357>



3 PEOPLE IN YOUR HEAD

TRANSACTIONAL ANALYSIS PODCAST

3 PEOPLE IN YOUR HEAD is seeking proposals from TSTA's, PTSTA's & CTA's for podcast episodes for any of our series in ED TA, Org TA, Counselling, Psychotherapy or Special Themes. Episodes can be with one guest or with a panel. Please email proposals to: info@transactionalanalysispodcast.com



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