

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
Design by Snezana Skundric



Translation:

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

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EATA NEWSLETTER

EUROPEAN ASSOCIATION FOR TRANSACTIONAL
ANALYSIS N^o 141 October 2024



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 readers, I am happy to announce that the Newsletter Editor torch will be handed over to Eva van der Randen, Delegate to EATA Council and member of the Communication Committee. Curiously and with enthusiasm she observed the creation of the last issue that is in front of you. Eva is an experienced professional in the field of communication which would be a valuable resource for the Newsletter editorial team. In the next issue, she will present herself in her own words, when she starts editing work.

I am sure that in the future we will find a good balance between tradition and innovation to secure the quality of this publication in its structure, content, and informative value, and at the same time to be open for development in line with the fast change in communication practice. With gratitude and respect we are congratulating to the Gold and Silver EATA Medal Awards, Robin Hobbes and Dr. José Manuel Martínez. During the 2024 Council, Robin was awarded this medal in recognition of his outstanding contributions to the TA community. In terms of service to the TA community, Robin has held many roles, including ITAA TEW Coordinator, Chair, Secretary, and Chair of Ethics for ITA—now UKATA—as well as EATA Ethics Advisor from 2013 to 2023. At the EATA General Assembly on September 16, 2024, Dr. José Manuel Martínez Rodríguez, TSTA-P, was honored with the EATA Silver Medal Award for his tireless dedication to promoting and supporting Transactional Analysis (TA) theory and practice in Spain.

Two remarkable colleagues left us this summer, within a month, Mark Widdowson and Ian Stewart. With sadness we are facing the loss of deeply influential figures in the TA community. Their work and life inspired generations of transactional analysts and helped novice psychotherapists bridge the gap between theory, research, and clinical practice and will continue to do so through their legacy in literature.

Kindly yours,
EATA Newsletter Editor
Kristina Brajovic Car

President's Note

Written by Sylvia Schachner



Dear members,

Exiting and challenging months are behind us. During the Council meeting in Varna, the beginning of July, intensive discussions and debates took place on important topics. I appreciate the open exchange of opinions, sometimes controversial, but always respectful and attentive, which shows that Delegates and Officers take their tasks seriously and are committed to their work.

We held the Annual General Assembly online for the first time in the middle of September with big success.

The planning for the world conference in Montpellier, which we organize together with ITAA, is progressing rapidly with big support of IFAT, the host association in France.

There are regular meetings of the committees and separate meetings with individual groups to do the regular work and to discuss operational and strategic questions.

The guiding principle behind all the different meetings, decisions and changes is the question:

„How can EATA as an Organisation during these complex and often difficult times, continue to fulfill its tasks efficiently and successfully“ - holding its quality standards and offering platforms and meeting options for the big TA community in Europe and over the world by working professionally, and also becoming fit for the challenges of the 21st century.

Specifically, this means:

- utilizing and incorporating the possibilities of the digital world and artificial intelligence
- maintaining the high standard of training and exams, including online possibilities and options.
- standardization and easier accessibility of documentation

- modernization of accounting and greater transparency and overview of the budget situation

- revising existing procedures and adapting them, if necessary

- creating options for accessibility and participation of as many members as possible

- dealing with the current problems and challenges of the world and supporting those who need it in the best possible way.

We do this by different concrete steps and actions, and for more information I invite you to take a look at our website on a regular basis, to follow EATA on Instagram or Facebook, read the news in the monthly emails you get.

I would like to thank all those - officers, delegates and members who have actively developed and implemented projects and tasks over the past few months, with a great deal of energy and time.

By doing what we do, we all together help to make EATA lively and useful.

Diversity, Equity, Inclusion & Accessibility: An update from the EATA Task Force



From September 2023 to July 2024 the DEIA (Diversity, Equity, Inclusion, and Accessibility) Task Force conducted an analysis of how EATA members experience the organization in terms of inclusivity and accessibility.

We are now ready to inform members on the main findings of this analysis as well as the new mandate given to the task force for a second year, decided by the Council during their meeting in July.

Purpose and Methodology

The DEIA Task Force set out to determine how members experience EATA as a diverse, equitable, inclusive, and accessible organization. The work involved seven focus groups in five different languages, supplemented by a survey sent to members, along with a thorough review of existing literature and best practices from similar organizations. The findings do not represent the voice of all members, they represent the members who engaged in this process via the survey and focus groups.

Through this work the task force has identified areas of strength as well as opportunities for development for EATA.

Key Findings and Opportunities

1. Accessibility and Equity:

The Task Force found that while EATA has made significant strides, some members, especially those from remote areas, and people from diverse socio-economic, cultural, and linguistic backgrounds, still face barriers to full participation. This presents an opportunity for EATA to ensure that all its programs, resources, and events—such as training, meeting locations, and conferences—are accessible to everyone.

2. Inclusive Leadership and Representation:

Members expressed a desire for EATA's leadership to reflect the diversity of its membership. There is a call to involve more members from underrepresented groups in leadership and decision-making roles. This aligns with the Executive Committee's ability to spearhead cultural change and demonstrate DEIA principles by role-modeling inclusivity at the top levels of the organization.

3. Cultural Sensitivity:

EATA's diverse membership presents a unique opportunity to foster greater cultural sensitivity within the organization. Members from different linguistic and cultural backgrounds shared both the opportunity to enrich their frame of reference in international events and struggle with processes, such as examinations, where cultural biases may inadvertently come into play.



4. Fostering a Sense of Belonging:

Currently, passing the CTA (Certified Transactional Analyst) exam is often seen as the primary gateway to full membership in EATA. However, some members feel that this practice can be exclusionary, as it limits the sense of belonging to those who have passed the exam. The task force suggests exploring alternative ways to foster a sense of community and belonging for all members, regardless of their certification status.

5. Online and Hybrid Formats:

In some focus groups some members have praised EATA's increasing use of online formats for training and meetings, which has significantly improved accessibility. Expanding the

availability of hybrid formats for exams, conferences, and training ensures that more members—regardless of location or circumstance—can actively participate. This shift to digital spaces also allows for greater translation and accommodation options, further promoting inclusivity.

6. Transparency and Communication:

Members value the improvements in EATA’s communication and also see room for further growth in this area. They suggest that a clear, consistent communication strategy would enhance trust and engagement. Regular updates, transparency in decision-making processes,



and prompt responses to inquiries are seen as essential to fostering a strong sense of community. This was particularly evident in feedback regarding the complexity of the training and examination handbook, which many members found difficult to navigate. By establishing more open lines of communication and regularly consulting members on key decisions, EATA can strengthen its relationship with its members.

7. Data Collection and Digital Infrastructure:

One significant structural challenge identified by the task force is EATA's lack of demographic data on its members. Without this information, it is difficult to assess how diverse and inclusive the organization truly is. Collecting demographic data in a way that complies with GDPR would allow EATA to better understand the needs of its membership and track progress in promoting DEIA over time.

8. Feedback and Involvement:

Members recognize the challenge of maintaining direct communication between EATA and its membership, given the organization's structure. Those that took part in our focus group conversations appreciated the efforts made so far and suggest that EATA continue developing mechanisms to gather feedback from members who are not directly involved in decision-making processes. A culture of regular constructive feedback ensures that EATA can respond effectively to the needs and concerns of its members, enhancing inclusivity and engagement.

9. Addressing Language Barriers:

EATA's efforts to provide translation services have been well-received, but members suggest expanding these efforts to ensure that non-English-speaking members can fully participate. By offering more robust translation and interpretation services, EATA can ensure that language is never a barrier to inclusion and that every member feels welcomed and valued.

10. Guidelines and Support for Accommodations:

The task force identified that some EATA guidelines, particularly around exams and certification processes, can be exclusionary. Members called for clearer, more flexible guidelines that take into account the needs of individuals with disabilities and those from different cultural backgrounds. By offering reasonable accommodations, EATA can ensure that all members have equal access to opportunities and resources.

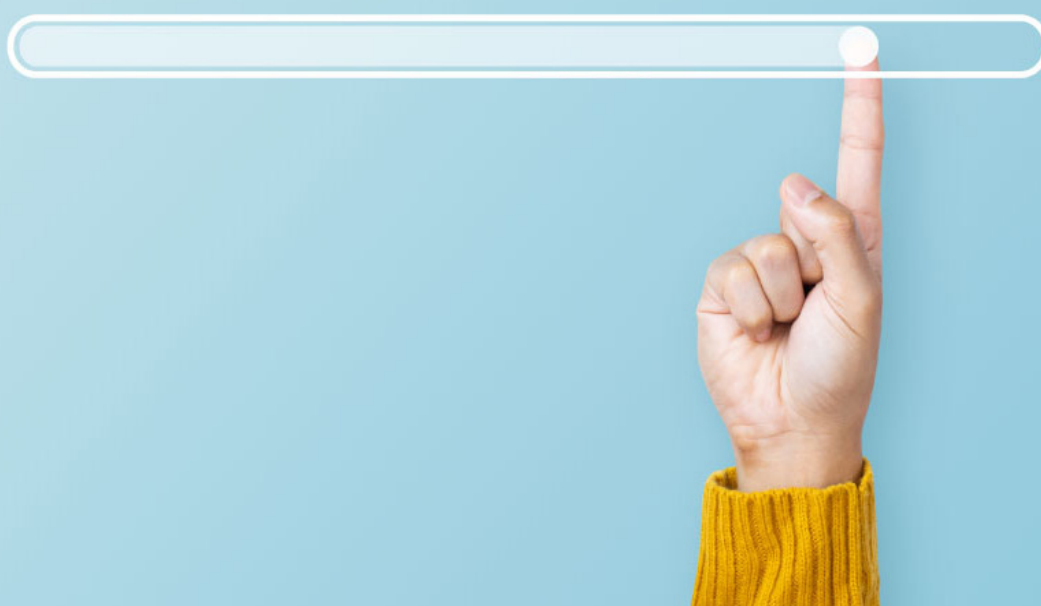
11. Grassroot expertise

The DEIA Task Force also highlighted the significant contributions of EATA's members through grassroots efforts, such as research projects, articles in the Transactional Analysis Journal (TAJ), and initiatives aimed at promoting inclusivity within the transactional analysis community. Many members, including trainers and supervisors, have independently undertaken projects that support neurodiversity, create tailored training for individuals on the autism spectrum, and explore DEIA topics in depth. This grassroots energy showcases a strong appetite and commitment among the membership for deeper engagement with DEIA principles.

a. DEIA as a Guiding Principle:

The task force found that incorporating DEIA principles into EATA's ethical framework would help the organization take a more structured, systemic approach to diversity and inclusion. Rather than addressing DEIA issues on a specific procedure, action or behavior, EATA can integrate these principles into its core values and decision-making processes, ensuring that every aspect of the organization is viewed through the lens of diversity, equity, inclusion, and accessibility.

Progress



Progress and Impact

The DEIA Task Force's work has already had a positive impact on EATA, sparking conversations about DEIA within the organization and laying the foundation for future growth. Members who participated in the task force's process expressed appreciation for the opportunity to provide feedback and engage in discussions about DEIA.

As the findings highlight how this is a systemic issue, the task force has recommended extending its mandate for another year to deepen the DEIA conversation and to support the leadership (Executive Committee and EATA committees) in exploring how they can implement these principles in their role.

After the presentation of these results, delegates voted for the following motion:

Give the DEIA task force a mandate for a second year to:

- share the results from their first year of work with the membership via a presentation

- work closely with the Executive Committee (EC) to deepen the DEIA conversation based on the Task Force findings of year one and to facilitate the EC to make decisions and take actions to progress the DEIA initiative.

- work closely with each committee to deepen the DEIA conversation with respect to its relevance for each committee based on the Task Force findings of year one and to facilitate each committee to make decisions and take actions to progress the DEIA initiative

- work closely with the Ethics Advisor to deepen the DEIA conversation based on the Task Force findings of year one and to facilitate a process of integrating DEIA into the work of the Ethics Advisor.

- By voting in favour of this proposal, the EC, the committees as well as the Ethics Advisor commit to present their decisions / action plans on how to integrate DEIA step by step in their area of responsibility. The presentations will be given in the March meeting as well as in Council 2025.

AI and TA

Written by Tepalenko Iryna, CTA-p (Ukraine)

Opportunities, Challenges, and Prospects

In a world where technology is constantly evolving, artificial intelligence (AI) is rapidly becoming an integral part of many sectors. Today, AI can create illustrations, write books, compose songs, and even correct code written by programmers. The healthcare industry in general and psychotherapy in particular have also been enriched with a range of AI tools, opening new horizons in practice. The scope of such tools is impressive: from chatbots providing initial psychological assistance to complex algorithms that analyze therapy sessions and offer personalized recommendations.

Despite these advancements, the integration of AI into psychotherapy brings numerous challenges and questions. In this article, it will be explained how AI affects and can potentially impact traditional psychotherapy within the framework of Transactional Analysis.

First Came ELIZA: A Bit of History

AI began to be developed in the mid-20th century. One of the first significant experiments in the field of psychotherapy was the “ELIZA” project, created by Joseph Weizenbaum in 1966. ELIZA was a computer program that simulated the behavior of a therapist in the style of Rogerian therapy, asking questions based on the user’s responses.

However, before the release of ELIZA, another significant event took place — Alan Turing created the Turing Test, which became the basis for determining a machine’s ability to exhibit intelligent behavior indistinguishable from that of a human. ELIZA could not pass the Turing Test, nor has any modern AI. Nevertheless, the development of AI since the time of ELIZA shows great potential for artificial intelligence in psychotherapeutic contexts.



In the 1980s and 1990s, the development of expert systems began, capable of storing and using knowledge to solve specialized tasks. These systems were applied to the diagnosis and treatment of various mental disorders. For example, the “MYCIN” system used a knowledge base and logical rules to provide recommendations. This approach was later adapted to create decision-support systems in psychotherapy.

With the proliferation of the internet in the 2000s, the first online platforms for providing psychotherapeutic services appeared. These platforms allowed clients to have consultations with therapists via video calls, email, or chat. AI began to be used to support these platforms, such as for automatic text analysis and detecting clients’ emotional states. In the 2010s, mobile apps for mental health appeared, using AI to offer users support and personalized recommendations. The most well-known examples are the apps “Woebot” and “Wysa”. These chatbots use cognitive-behavioral therapy (CBT) and mindfulness to provide emotional support and help manage stress and anxiety. Another popular app is Ellie, a virtual therapist that uses speech and non-verbal signal analysis to assess the user’s psychological state.

Artificial intelligence continues to evolve, and the future may witness the creation of systems capable of passing the Turing Test. However, even without formally passing this test, modern AI tools already provide significant benefits in the field of psychotherapy, helping people receive the support and resources they need.

Modern AI Capabilities for Transactional Analysis

Artificial intelligence receives input from the user, processes it based on vast amounts of data and complex algorithms, and generates its own response. One of the key advantages AI has brought to psychology is accessibility. AI tools, such as chatbots and mobile apps, can provide initial psychological assistance to people who may not have access to traditional therapists. This is particularly important for individuals with limited access to psychotherapy. For example, since the onset of Russia's full-scale invasion of Ukraine in 2022, there has been a significant increase in the creation and use of chatbots and psychotherapeutic apps for both adults and children. These tools have helped people receive necessary support while being in bomb shelters during air raids and afterward. Expertise is another opportunity AI can offer. For instance, ChatGPT, developed by OpenAI, is already trained on TA concepts and can respond using its terminology. Maksym Yavorskyi, PhD, trainee CTA-P, comments that this is a result of the method's well-structured nature and suggests that AI could serve as a TA analyst in education, organizations, and consulting. However, according to Maksym Yavorskyi, it is somewhat more challenging to apply AI in TA psychotherapy due to the phenomenological nature of each case (more unique, poorly predictable cases and the probability of mental disorders). Nonetheless, AI in the context of psychotherapy has the potential to take place in different ego-states of clients and facilitate the psychotherapy process:

*"Over time, AI's expertise in psychological issues may allow it to occupy the **Parent** ego-state, serving as a wise mentor with answers to all questions. AI is available 24/7, in various languages, and accessible from any digital device. AI algorithms do not judge, mock, or criticize.*

*However, there is a risk of **bias** if AI is trained on non-representative or biased data, which is important to consider.*

*AI can also have a place in the **Adult** ego-state, in terms of 'this is how to' receive information, learn new things, and understand the world. And in the Child ego-state, AI can act as a play partner (usually in computer games), always ready to play anytime and anywhere. However, AI's involvement in the computer game industry is just beginning."*

Efficiency is another opportunity provided by AI today. Therapists now can provide timely and effective support to clients more quickly, for example, between sessions. Hanna Yavorska, PhD, TSTA-P, shares her experience working with a client who experienced the loss of a fetus after a failed IVF attempt. The client felt anxiety about her upcoming and final attempt to become pregnant.

CHATGPT



OpenAI



“For additional support between sessions, I suggested she read aloud some soothing affirmations. To create these affirmations, I turned to ChatGPT with the following request: “Write psychological affirmations for a woman preparing for an IVF procedure. She wants to undergo this procedure and has received approval from her doctors, but feels fear due to a previous failed pregnancy.”

The AI generated ten affirmations, and I supplemented a few of them, taking into account the experience of the therapeutic relationship and the client’s individual needs. Here is the collaborative result:

1. “My body and mind are ready to embrace new life with love and care.”
2. “My body is strong and healthy.”
3. “I trust the support of medical professionals and their ability to help me.”
4. “Every step of this process brings me closer to my dream of becoming a mother.”
5. “I trust the process and believe in a positive outcome.”
6. “Each day, I am more prepared for new life within me.”

AI is effective in generating affirmations and psychological messages that help clients combat destabilizing emotional states between sessions. Also, the use of AI has great potential in psychotherapy directly during sessions with clients in the office. Maksym Yavorskyi states:

“AI can already be used in the psychotherapeutic process (under the guidance of a therapist) as a tool or method of work. For example, it can rewrite the client’s narratives in a positive sense. This can include verbal concepts related to parents’ messages, drivers, and life scripts. The client writes their life story (literally in the form of a text), and AI rewrites it in a better version, taking into account the client’s wishes and the therapist’s recommendations. Discussing AI-generated results and making further adjustments can become part of the psychotherapeutic process.”

Thanks to its accessibility, efficiency, and expertise, artificial intelligence is already significantly enhancing the quality of psychotherapeutic care today, opening new horizons for Transactional Analysis as a method.

Future Perspectives of AI in TA

A revolutionary change in psychotherapy in the future could be the integration of virtual reality (VR) and augmented reality (AR) with AI. Specifically, the application of these advanced technologies could expand traditional methods of regression in TA.

Hanna Yavorska: *“Regression in psychotherapy is a technique that allows the client to go back to early periods of their life to better understand and process traumatic events or unresolved emotions in their Child ego-state. Such memories often involve implicit personal experiences. Therefore, inviting to regression can occur in therapy through memories, associations, or other sensory impressions. With the help of AI and VR technologies, the client could perceive scenes from the perspective of their Child ego-state. This could facilitate deeper immersion in memories, engaging visual, auditory, and possibly tactile sensations through vibrations or warmth.”*

Maksym Yavorskyi: *“The use of VR goggles during regression therapy could visualize significant scenes from the client’s life, which could be recreated from their childhood photos or videos. These images could be animated so that characters and environments interact with the client, creating an illusion of reality.”*

Parents and other relatives could be ‘invited’ into the psychological session. Using VR and AR based on family archive photos and videos or social media, they could be directly visualized in space, seen at the age they were present in the client’s life and acted as sources of their psychological issues in adulthood. Clients could interact with them live, express authentic emotions, and rewrite their past for a better future.”

Therefore, integrating artificial intelligence and virtual reality technologies into psychotherapy opens up numerous new possibilities for deeper and more effective processing of traumatic experiences and emotional disorders. This could lead to a true revolution in psychotherapeutic methods, allowing therapists to work more effectively with traumas in compliance with the client’s contract.

Exam Corner

We are delighted to share with you that the following candidates with EATA contracts have passed their exams. There are EATA members who did their exam with ITAA: So successful candidates at IBOC Exams, october 2024.

CTA

- | | |
|-------------------------|-------|
| • Abdul Hamid Ressang | CTA-E |
| • Alexandra Mafté | CTA-P |
| • Aleksey Grogul | CTA-P |
| • Alena Nezhentseva | CTA-P |
| • Alina Pavel | CTA-P |
| • Denise Longhurst | CTA-P |
| • Dubravka Pešorda | CTA-P |
| • Hazel Stilgoe-McCombe | CTA-P |
| • Isaac Bloomberg | CTA-P |
| • Olga Vyatikina | CTA-O |
| • Sarah Clowes | CTA-P |

TSTA

- | | |
|-----------------------------|--------|
| • Alla Babich | TTA-P |
| • Alexandra Psallas | STA-P |
| • Christine Huillier | TSTA-P |
| • Antonella (Ella) Paolillo | TTA-P |



Successful CTA candidates of exam in Rome June, 21st, 2024
All candidates are in the field of psychotherapy

Congratulations to:

Maria Aricò
Chiara Maria Azzu
Giovanna Teresa Battaglia
Giorgia Barretta
Satya Bonasera
Sofia Maria Cavallaro
Chiara Cloos
Marilena Crivellaro
Cosimo Damiano Delcuratolo
Indes Desogio
Gaia Fancello
Katia Frezza
Chiara Gilberti

Giulia Gremese
Carola Iacuito
Nicole La Palombara
Marialuisa Magrelli
Anna Mantesso
Andrea Rocco Montesano
Francesca Raccis
Luca Romano
Gloria Sanna
Giulia Stefanelli
Marika Tulli
Alessandra Turrin
Valentina Zottarel

Thanks to the examiners

Mara Adriani
Cinzia Andreini
Iolanda Angelucci
Arianna Ascenzi
Elzbieta Baca
Laura Bastianelli
Silvia Barrera
Teresa Bevilacqua
Susanna Bianchini
Josip Bosnjakovic
Silvana Bove
Cristina Caizzi
Erika Cardeti
Eleonora Carozza
Luigi Casiglio
Luca Cau

Davide Ceridono
Lucio D'Alessandris
M.Luisa De Luca
Carla De Nitto
Simona De Palma
Federico Fasiello
Francesca Foca
Tiziana Frazzetto
Chiara Garrone
Rosanna Giacometto
Massimo Gubinelli
Stefan Iapichino
Rita Inglese
Valeria Lauria
Antonella Liverano
Vincenzo Lucarini

Raffaele Mastromarino
Alessandra Milicia
Alessandra Natale
Federica Panella
Pasqua Papagni
Silvia Patrussi
Fabiana Pavone
Amelia Pulvirenti
Chiara Russo
Licia Scantamburlo
Mara Scoliere
Annacarla Senesi
Domitilla Spallazzi
Marco Tineri
Massimo Vassale

Exam coordinator: Silvia Tauriello

Assistants: Roberta Sanseverino, Claudia D'Aversa

Process facilitators: Resi Tosi, Maria Milizia

EATA moderator: Christine Chevalier

Translators: Cristina Caizzi, Rosanna Giacometto, Maria Luisa De Luca