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# EATA NEWSLETTER



EUROPEAN ASSOCIATION FOR TRANSACTIONAL ANALYSIS  
N° 121 February 2018

## 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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# Editorial



This issue is about the connection and collaboration between national associations and also between regions on the professional level.

Recently the TA community has lost an important founding figure – Muriel James - who developed many of the core TA concepts and technics. Muriel James.

Her work on developing the method and school of “Self-Reparenting” is congruent with autonomy as a guiding principle in Transactional Analysis. Her contribution to the idea of autonomy included emphasizing necessary congruence between one’s inner ethic and outward behavior. A match is created here through which a person becomes congruent and whole. A spontaneous person is free to “do his own thing”, but not at the expense of others, through exploitation and/or indifference. Muriel James emphasized courage - the courage to

experience freedom that comes with autonomy – the courage to accept intimacy and to face another person - the courage to defend an unpopular cause, to pick authenticity over approval, and to keep choosing anew - the courage to take responsibility for one’s choices, and of course the courage to be a unique and therefore exceptional person... (James & Jongeward, 1971). To Muriel James being able to think clearly and creatively was and is necessary for freedom and autonomy (James,1981.). Transactional analysts strengthen the Adult with information, restructure the Parent when appropriate and encourage clients to give up destructive transactions, games and scripts in favour of authenticity and autonomy (James, 1998.).

We express a deep gratitude to Muriel for her committed work to TA theory, its development, her wide spectrum of interest and vast productivity. She provided practitioners with a solid ground from which different TA applications flourish!

Kristina Brajovic - Car  
 Editor

# Note by the President

Dear reader, dear member,

In my introduction for a new edition of the Newsletter, I always try to give you a glimpse of the contents and the variety. With this edition though, I think the Newsletter “just” has to speak for itself: it is so diverse in topics, so rich in contributing countries, a glimpse would almost discount this issue. As EATA president, I sense how members are actively contributing, not only for publications like this one, but many other activities too, like organizing a conference, connecting across borders, finding ways to answer challenges. And I notice that the world doesn’t stop at Europe’s borders. We are in close cooperation with ITAA too. I feel optimistic about this and can’t help but think that the last two conferences (Geneva and Berlin), where boundaries and identity were shared themes, may have helped strengthen our community feeling and encouraged us to look at our neighbors. Unfortunately, we also lost an important and dear member of our community with the passing of Muriel James. Her book “Born to Win”, “Wie waagt, die wint” in Dutch, made a great impact on me personally and I am still thankful for a lot of key-insights it gave me. It fueled my interest in TA and was ultimately the reason for me to look for a 101 in the Netherlands. I am sure many of us have been impacted, inspired by her work, and we have lost a great woman in TA.



Krispijn Plettenberg  
 President of EATA

## Outreach Programme in Krakow The World of Transactional Analysis: Psychological games

Another Outreach programme conducted by EATA Executive Committee took place in Krakow on 3 November 2017. The meeting was aimed at attracting as many participants as possible who could become potential members of the Polish Integrative Transactional Analysis Association and at supporting the operations of our association by presenting a broader context of activity of transactional analysis associations in Europe. For the last several years, we have noted increased interest in transactional analysis in Poland and we know that this has been possible thanks to activities of two associations affiliated with EATA: PITAT and PTAT. Despite considerable interest in transactional analysis, especially in the group of trainers, coaches, and management consultants, the number of people joining the association still remains low. Outreach Programme has become an opportunity for our association to attract new people interested in TA.

A “strong” Executive Committee group: Krispijn Plettenberg, Peter Rudolph, Anna Krieb, Eleonore Lind, Sylvie Monin, Oana Panescu had the meeting with Polish participants. The leitmotif of the programme was psychological games and how we deal with them in various aspects of our private and professional lives. The suggested topic aroused considerable interest of recipients and sixty participants took part in the meeting.

A presentation concerning the vision and activity of EATA prepared by Krispijn Plettenberg met with the interest of participants from the very beginning. Krispijn showed the advantages of being a member of a national association and the broad background of EATA’s activities in his typical manner. The presentation strengthened again our belief in the importance of affiliation to a larger community that pursues goals close to us in a manner which is also close to us.

Peter Rudolph introduced the secrets of psychological games. He is a calm person and he spoke about games as recurring patterns which are often unconscious. The major motif of his presentation was the dualism between his way of presentation and the dynamism presented in the description of games. Peter showed the understanding of games in three aspects:

- on the level of communication the presentation of a particular procedure of relationship with its open and hidden aspects,
- on the intrapsychic level the presentation of an unsolved problem,

- on the level of context trying to repeat earlier experienced social patterns and to establish the earlier status quo in the here and now of the relation.

Anna Krieb made the participants who conduct psychotherapy (including psychotherapy with couples) aware of the fact that elements of psychological games may also be incorporated in contracting processes and the role of the therapist is to recognise them and deal with them as soon as they have appeared in a relationship with a therapist. Anna showed us the importance of a therapist's self-awareness but also that both parties participate in games and the therapist may respond to clients' games by selecting various options.

Eleonore Lind spoke about consequences of addiction to computer games. She said that addiction to computer games and social media effects processes of destroying relationships with oneself and others. In her presentation, Eleonore showed her strength of using the "here and now" situation with participants and added a lot of positive energy.

Peter Rudolph also spoke about games in organizations. In practical exercise, participants could confront themselves with games they encounter in organisations. The last module of the meeting was very positive both in terms of content and form of presentation.

The Winning Triangle module presented by Sylvie Monin and Oana Panescu showed how to seek potential for new behaviour patterns in our established and toxic tendencies. Sylvie and Oana created an atmosphere of sharing our experience in the transition of roles from the Drama Triangle to the positions within the Winning Triangle.

The Outreach Programme meeting was held in a friendly and comfortable atmosphere involving and promoting the value of dialogue. On one hand, we encountered people who are authority figures within the TA community and important role models for others and on the other hand, the participants exhibited curiosity and interest by asking questions and taking part in exercises exercising their autonomy. By the end of the programme the participants left with time to reflect on consider decisions involving membership in the TA community.

Following the Outreach Programme meeting in Krakow, I strongly felt that TA offers great concepts to explain the functioning of people in different situations. It is also an excellent concept that presents and emphasize that people have a choice.

Thanks to this, I have the peace of mind that people who took part in the Outreach Programme have been presented with relevant data to choose what is most important for them in their future professional choices.

Written by Magdalena Sekowska  
President of Polish Integrative Transactional Analysis Association

## “The Italian Story on Collaboration”

The Italian TA community and the common commitment to support the academization and recognition of TA: a brief history



Transactional analysis was introduced in Italy during the 1970s by three pioneers who came across it abroad, appreciated its clinical effectiveness and favoured its spread throughout Italy. The pioneers were: Carlo Moiso, founder in 1976 of the Italian Association for Transactional Analysis (AIAT), Maria Teresa Romanini, founder in 1979 of the Italian Society of Psychotherapeutic Methods and Transactional Analysis (SIMPAT) and Pio Scilligo, that in 1981, together with Maria Serena Barreca, Susanna Bianchini and Mariangela Figini founded the Institute of Research on Intrapsychic and Relational Processes (IRPIR).

The AT community rapidly expanded, attracting numerous members, who developed original theoretical and methodological elaborations that led to successive differentiations and to the foundation of the Transactional Analysis Training Institute (Auximon) in 1991 by Giorgio Cavallero, Raffaella Leone Guglielmotti and Eva Sylvie Rossi, of the Institute of Transactional Analysis (IAT) in 1993 by Carlo Moiso and Michele Novellino, of the Center for Psychology and

Transactional Analysis (CPAT) in 1998 by Susanna Ligabue, Dela Ranci and Anna Rotondo, and finally of the Institute of Integrative Transactional Analysis (IANTI) in 2005 by a group of members.

These associations, recognized by EATA, also gather the members of numerous other autonomous associations, clinical centers and training institutes in TA, present throughout Italy.

Scientific production is active and widespread, indeed, the theoretical, methodological and clinical perspectives, both of recognized associations and of other autonomous associations, are widespread at the national level through numerous specialized magazines.

With respect to training in psychotherapy, in Italy in 1989 law n. 56 was passed, establishing the professional figure of the psychologist and the register of psychologists and psychotherapists. This law has defined psychotherapy as a specialized activity whose exercise is reserved for psychologists and

medical doctors who have attended a specialization course of at least four years. Training in psychotherapy, which until that time was not regulated, was now provided by four-year Postgraduate Schools in Psychotherapy, recognized by the Ministry of Education, University and Research (MIUR).

To date, 15 Postgraduate Schools in Psychotherapy recognized by the MIUR are active in Italy that train transactional analysis oriented psychotherapists, with quality criteria in compliance with the regulations of the medical schools, guaranteeing a high standard of the training. In addition, the Schools meet EATA standards related to CTA-P certification and foster the affiliation to EATA and the certification process of the specialized psychotherapists.

The coexistence of Italian associations is inspired by two implicit principles: each association is managed considering its own needs and interests, and at the same time interacts with other associations to take into account the needs and interests of the wider TA Italian and international community. The Italian Society for Transactional Analysis (SIAT), which for several years aggregated most Italian associations, is a model of confederation in order to take care of the higher-level interests. Nowadays, each association enjoys full autonomy with respect to its organization as well as scientific and training activities; and together there is a constant tension with regards to collaboration, for example in the election of EATA delegates, in the organization of EATA exams, in the implementation of training activities, seminars or conferences organized by two or more associations, up to the realization of major events, with the collaboration among all the seven associations, such as the Italian convention organized in Rome in 2012, and the one planned for 2020.

Another area that has fostered collaboration among the associations has been the synergy with public and private Universities and with academic research, fuelled in particular by the desire to support the recognition of TA as an empirically supported psychotherapy (EST). The collaboration with the University promotes the publication of research in international scientific journals, both inside the TA model (TAJ, IJTARP), and in scientific journals of broader scope, thus spreading the visibility and presence of the TA model in the worldwide panorama of psychotherapies.

This is a strategic objective of fundamental importance for TA, which requires the collaboration of all associations. Indeed, as is well-known, the guidelines of the European Commission invite the National Health Systems of the Member Countries to include psychotherapy for common mental disorders (primarily anxiety, depression and personality disorders) among the services offered by primary healthcare. Psychotherapies eligible for reimbursement must however be supported by international scientific publications that support their efficacy and effectiveness.

For this reason, starting in 2014, the AIAT, in collaboration with the University of Padua, has disseminated a research project financed by EATA (see <http://www.eatanews.org/wp-content/uploads/2015/02/EATA-research-projects-since-2013-verFeb2015.pdf>), aimed at disseminating the hermeneutic single case efficacy design (HSCED) for the evaluation of TA treatment for depression. The aim was to support the recognition of transactional analysis as an EST through the accumulation of HSCED, a “bottom up” research design that is

conducted in the context of real clinical practice, according to the Practice Based Evidence approach. This approach is complementary to that of Evidence Based Practice, which instead uses top down research designs, applied in experimental contexts with methodologically sound designs, such as Randomized Clinical Trials. The following year the research resources of SIMPAT, which collaborates with the Universities of Rome “La Sapienza” and “Rome three”, joined the second edition of the project.

A third project aiming to carry out a RCT is currently under development. The CPAT, in collaboration with the Catholic University of Milan, has developed several lines of research with numerous publications, related to the outcomes of the students’ training, research on the activation of resilience in the family in response to traumatic events, on group interventions for young Italian adults and immigrants. Also, the IRPIR, in collaboration with the Salesian Pontifical University has a wide-ranging scientific production. Collaboration in the area of research among Italian associations culminated with the joint organization of the 2015 EATA international conference in Rome, which saw more than 500 participants.

Thanks to these collaborations between associations, institutes and Universities, TA is taught in several Universities: in the course of Dynamic Psychology within the Master degree in Social and Psychological Sciences at the University of Padua; in the course of Interventions with Young Italian and Foreign People within the Master degree in Clinical and Community Psychology at the Catholic University of Milan, in the course of Models of Interventions in Clinical and Community Psychology at the Salesian Pontifical University. TA Professors are also present in other Universities, outside the Psychotherapeutic field, for example in the Educational field within the Master Degree in Pedagogy at the University of “Rome three”.

The collaboration between the Italian TA associations has also manifested itself in other fields of application, other than Psychotherapy: for example, one of the largest Italian associations of Counselling has among the founding members and on the board of directors a significant number of transactional analysts, belonging to different associations. Furthermore, TA is also widespread in institutes that work in the fields of Organizations and Education.

The continuous dialogue between the associations in the mutual respect of the identity and the development of synergies and collaborations with the Universities is considered the “via regia” to be pursued for the strengthening of TA in the Italian and European scientific panorama.

Thanks to Salvatore “Rino” Ventriglia and Ella Paolillo (AIAT), Alessandra Pierini and Sara Filanti (SIMPAT), Susanna Bianchini (IRPIR), Raffaella Leone Guglielmotti (Auximon), Orlando Granati (IAT) and Susanna Ligabue (CPAT) for their helpful suggestions. The summary of the information collected was conducted by the author who takes full responsibility for it.

Written by Enrico Benelli

## TA with children: Ten times Lavarone

Curvy roads are leading up to the beautiful little town of Lavarone, in the Region of Trentino in the section of the Italian Alps called the Dolomites. The location has been a tourist attraction for a long time. Sigmund Freud spent some of his summer holidays there. For ten times, starting in 2008, the Italian-based TA organisation ITACA (International Transactional Analysts for Childhood and Adolescence) has held seminars in Lavarone, usually during the last days of August/ first days of September.

As we in the board of directors are gathering to decide the title of the next Seminar, the eleventh, we are looking back on what we've done so far in Lavarone, and what we would like to share with you in the TA community regarding our history, in a few words.

Dolores Munari Poda TSTA-P and EBMA, was there from the very beginning and to the question: why choose Lavarone as a meeting-place, for the participants a bit adventurous to reach as the roads that leads there are quite "long and winding"? She answers: "I came to Lavarone the first time for a seminar organized by psychoanalysts, a location chosen by them because of Freud's holidays. I found the location very beautiful and calm. A bit "out of the world", and it seemed to me to be a good place for gathering friends and colleagues to reflect and talk, without too many distractions". Cesare Todescato, a psychotherapist from Padua, remembers: "The idea was launched: the clear aim was to exchange ideas and experiences regarding

how to work for making the life as good as possible for children, and for the people around them". Stefano Morena, TSTA-P and now the President of ITACA was also there from the first meetings. He recalls: "At first we met for a small retreat, in the charming "Hotel du Lac" where Freud had stayed. After a couple of years more and more colleagues wished to join us, to work and study together, breathing the fresh air of the alps. In a few years we grew from a group of about 10 people, to a group of more than a hundred. Now we meet in the conference centre and in the library of the town". In the first gatherings we did mostly supervision and sharing of reflections regarding literature for children, teachers and caregivers. As more people started to arrive we transformed the seminars into a conference format, with plenary session and group supervisions. Dolores adds: "In some seminars we have also focused on the theoretical contributions of women in TA like Petruska Clarkson, Maria Teresa Romanini and Fanita English. We wanted to celebrate their work, and learn from their teachings"

A key idea of the Lavarone Seminars was and still is, to offer the opportunity for anyone who wants, from all four fields, to have the opportunity to share their experiences and theoretical reflections. The invitation to join us is open to colleagues who work with children and adolescents, through therapy, counselling, education, and also in organisational settings.





Ulrika Widén (PTSTA-C) for the board of directors of ITACA: Stefano Morena (TSTA-P), Maddalena Bergamaschi (PTSTA-P), Enrico Benelli (PTASTA-P). With special thanks to Cesare Todescato, and to the founder of the organisation: Dolores Munari Poda (TSTA-P).

Several publications have taken form in the seminars, and a special issue of TAJ devoted to children and adolescents (April 2014, Vol44 N.2) was inspired from the meetings in Lavarone. To read about previous seminars in details you could check out the EATA newsletters (N°114 December 2015, N°109 February 2014 and N°104, June 2012), and The Script (Vol.42 No. 5 May 2012 and Vol.45 No.5 May 2015).

Also in the German book *Spielerisch arbeiten: Transaktionsanalytische Therapie mit Kindern und Jugendlichen* (2017) by Gudrun Jecht and Elke Kauka, you can find chapters inspired from the Lavarone gatherings.

In the last two seminars we've introduced practical workshops along with the plenary sessions, to give the participants the opportunity to live personal, experiential, situations. Learning for the participants to bring home, different from only words.

Maddalena Bergamaschi (PTSTA-P), illustrates the importance of creating something personal, in a dialogue, or, in interaction with something or someone, with the help of the words of the famous Japanese origamist Akira Youshisawa (1911-2005)

The origamist has to establish a dialogue with the paper. The figures have to be made with attention and cure. And when the hands are busy doing something- the heart is calm.

Wellbeing, sharing and poetry are key concepts in the Lavarone Seminars. The word International in the acronym ITACA (which recall the name Ithaca, Ulysses's dreamed island) is chosen for the inclusion of people from all over the world, even if the organisation is based in Italy. Several Transactional Analysts, from countries like Germany, Slovenia, Romania and Brazil, have had the courage to face the long and winding roads leading up the Dolomites to be part of the gatherings (where an English translation is always provided), and we are very happy to see them arrive.

If you are curious to know more about this year's coming Lavarone seminar, as well as about other initiatives of ITACA, we invite you to visit the website:

<http://www.versoitaca.it/en/> Facebook: <https://it-it.facebook.com/VERSOITACA/>

# THEORY DEVELOPMENT AND RESEARCH CONFERENCE IN London, July 5<sup>th</sup>-6<sup>th</sup> 2018

## How does research support us in expanding the horizons of our practice?

EATA and TDRC important event – 3th Research EATA Conference in London

Join us in the exciting conference focusing on the newest developments in TA theory and research and their application to practice.

The conference theme is Theory Development and Research. We hope this theme will appeal to TA practitioners across all four fields and people who may be interested in either research or theory development.

We have exciting keynotes planned for the conference:

**Charlotte Sills** (TSTA) will open the conference with Steve Chapman with ‘Creative Adventures in Transactional Analysis’ Charlotte is a psychotherapist, coach and supervisor in private practice, and a Visiting Professor at Middlesex University and at Ashridge Business School. She is also a Teaching and Supervising Transactional Analyst (Psychotherapy).

She is a member of faculty at Metanoia Institute, London teaching on the MSc in TA Psychotherapy and MSc in Humanistic Psychotherapy as well as on Ashridge’s MSc in Coaching and Diploma in Coaching and Consulting Supervision. Amongst her publications are Relational TA – Principles in Practice, edited with Heather Fowle (Karnac 2011) and Transactional Analysis – A Relational Perspective with Helena Hargaden (Routledge 2002) which won the Eric Berne Memorial Award in 2007.

**Steve Chapman** has a mission is to be playful with not knowing. He is a speaker, writer, consultant and artist who specialises in exploring creativity and the human condition. He has worked with a wide range of individuals and organisations in many sectors, helping them to make friends with uncertainty, disturbance and difference as an inevitable consequence of intervening in human social processes.

He is a graduate of the Ashridge MSc in Organisational Change and visiting faculty at Ashridge Business School, the Metanoia Institute and Roffey Park. In 2014 he published his first book “Can Scorpions Smoke? Creative Adventures in the Corporate World” and is currently working on his second, entitled “Oh, my broken brain – on creativity and the human condition.”

His 10 year old daughter is his mentor and Chief of Imagination.



**Prof Mick Cooper**, a prolific author and an international psychotherapy researcher, will open day two with 'Developing an integrative model of counselling and psychotherapy: Contributions from (and to) transactional analysis'. is Professor of Counselling Psychology at the University of Roehampton, where he is Director of the Centre for Research in Social and psychological Transformation (CREST). Mick is a chartered psychologist, a UKCP-registered psychotherapist, and a Fellow of the British Association for Counselling and Psychotherapy (BACP).

Mick is author and editor of a range of texts on person-centred, existential, and relational approaches to therapy; including *Working at Relational Depth in Counselling and Psychotherapy* (Sage, 2005, with Dave Mearns), *Pluralistic Counselling and Psychotherapy* (Sage, 2011, with John McLeod), and *Existential Therapies* (2nd ed., Sage, 2017). Mick has led a series of research studies exploring the processes and outcomes of humanistic counselling with young people.

Mick is the father of four children and lives in Brighton on the south coast of England.



## Gala Dinner

In conversation with **Susie Orbach** – a Pre-gala dinner event It will be our pleasure to welcome Prof Susie Orbach at the EATA TDR conference. She will be 'In Conversation' with Carole Shadbolt (TSTA-P) prior to the gala-dinner.

We are expecting a stimulating and exciting start of the evening. Susie Orbach's latest book *In Therapy*, is an annotated version of the BBC series listened to by 2 million live.

The co-founder of The Women's Therapy Centre and The Women's Therapy Centre Institute in New York, she has a practice in London seeing individual and couples. She has been a member of the UK Governments Expert panel and lectured all over the world.

She was a Trustee of the Freud Museum for over 11 years. Her first book *Fat is a Feminist Issue* is 40 years old and continuously in print in the UK. She has been a visiting Professor at LSE and was a Guardian columnist for 10 years.

More information is available on the conference website at:  
<http://www.eata2018.London>

We are here to help with any questions or if you need any further information. Please feel free to email us. We look forward to welcoming you to London.  
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# What About Virtue Part 2



I've been writing a series of articles on the sorts of thinking we can use to make ethical evaluations. In the last one I started to look at a longstanding school of moral philosophy called virtue ethics. In this brief article I am going to develop some of the ideas from Virtue Ethics to show how they relate directly to what we do as Transactional Analysts.

Virtue ethics takes the view that the primary criteria to ascertain a good action is the extent to which it results in flourishing. Flourishing cannot be precisely defined but words like wellness, vitality, creativity, joyfulness, peacefulness, spirituality, openness are aspects of flourishing. (It is striking how these words are also used by Transactional Analysts when talking about the general value of their work.) It has its' origins in the work of Plato and Aristotle but has been picked up by moral philosophers in recent times. It provides a convincing story that the trajectory of life itself entails possibilities for moral development.

That one of the stories of living can be essentially understood as a story of choice moving ever towards a flourishing life that itself (the living of our life) enables mutuality flourishing.

Underpinning Virtue Ethics are seven basic principles - chastity, temperance, charity, diligence, kindness, patience and humility. This list reads, at its most benign, as a rather quaint description of "the being of a good person" but can easily be related to a more dictatorial, repressive moral code, or as evocative of a popular generalised view of the Middle Ages, The language sounds medieval and as being representative of a time of repression and limitation. The story goes that these Virtues inhibited flourishing. Words such as chastity or temperance become reminiscent of constrictions to flourishing.

Of course this is too simple a story so well elaborated on by Charles Taylor in his book "On Secularity". He constructs a complex and illuminating narrative in which a complex interaction of multi-factors produces a transformation into an age of authenticity of which humanism and humanistic practices (such as Transactional Analysis) emerge but can in its fullness be understood by realising the openness that a medieval world had (as well as its constrictions).

I propose a welcoming attitude towards virtue and virtue ethics and want to encourage its usage as a way to both understand the long history Transactional Analysis' interest in flourishing has. I also want to assert how an

understanding of virtue ethics leads to a clarity of approach to the “good” acts in our TA world. If we can put aside the evocations to a repressiveness (that none of us wants to welcome) in the language of virtue ethics such as chastity or temperance we can start to see how these virtues are operating within our ethical practices - living and influencing us in all sorts of ways. One example would be that, in recent times, there has been a deep and profound welcoming of sexual fulfilment in a multiplicity of forms. Humanistic practices, like Transactional Analysis, have positioned themselves as an enabler of forms of flourishing.

Take chastity as an example that is well established in our codes of practices. we are required to not engage in sexual relationships with our clients, our students and our supervisors. If we take this action it is strongly considered to limit flourishing and to undermine the sort of projects Transactional Analysts are engaged in. Or temperance when understood as a means exercising moderation and self-restraint. Transactional Analysts are expected in their work to deal with their own temperance in relation to say drugs or alcohol. They are expected to deal with any addictive processes of this nature

and often a failure to do so is viewed as undermining of the role of practitioner. (Of course there are many counterexamples to an assertion that temperance or chastity is in itself a “bad” act). Charity, diligence, kindness, patience and humility are easier stances for 21st century people to recognise as “good” ways to be.

The spirit of generosity is much admired in Transactional Analysis work. Diligence or conscientiousness has strong currency. I am thinking of the importance we attach to supervision and the maintenance of it while working. Kindness, patience and humility are pursued as preconditions for a “good enough” contract. As I start to think of the presence of virtue in our work I realise it an essential component it is what keeps us together. Virtue maintains us as a community.

Maybe examinations of virtue illuminate that often used phrase “maintaining an OK position. I am OK and you are OK is at its core a virtuous stance to take towards ourselves and the world we are in.

Written by Robin Hobbes, EATA Ethical Advisor

## Seizing My Mind

*As I felt the force of the seizure overwhelm my physical body I knew that I had lost that battle. Always I rose to the challenge of trying to stop the consuming force. The certainty of the external world faded and I found myself alone with no physical body.*

*In the peripheral distance, I felt my limbs and head thrashing with a force I did not know within my conscious world. I heard the occasional grunt from my voice; incoherent and sounding like the communication of a prehistoric age.*

*I was less strangled by my anxiety now that I was within this domain, which I knew so well and others did not. This place had no physical manifestations on which to build connections or reference points. There was no human other here and I was aware that what I wanted most was for someone to be here with me.*

The above is my description of what it is like to experience an epileptic seizure, from an internal perspective. In my early, formative years, I often felt vulnerable and alone. It has taken many years for me to find the words to write about these seizures, which were a daily occurrence. There were many days when



I experienced multiple seizures and was unable to leave the confines of my bed.

Through my work as a psychotherapist, I have come to appreciate Eric Berne's Structural Ego-State model (Berne, 1972) as a useful means of understanding the beliefs I internalised about myself, on an intrapsychic level, and the response of others in the external world, on an interpersonal level, as a child growing up with Epilepsy.

The figure below shows the further adaptation of this concept, to the Second Order Structural model; this demonstrates how these beliefs were internalised into my developing sense of self.

I now realize, retrospectively, that as a child with Epilepsy I learnt not to talk about these intra- and interpersonal experiences. As a result of repetitive incidents of misattunement, I formulated the following 'Parental' beliefs:  
 "Who would be interested?"  
 "Talk about such things and you will be humiliated."

I am curious to know what, if anything, the reader recalls about having observed an epileptic seizure, on encountering this article. Over time colleagues have shared with me the fear they have experienced when observing someone having an epileptic seizure.

Epilepsy is a condition that still provokes misconceptions about those who have the illness. At a recent training event, I overheard a conversation between two individuals, about how those with Epilepsy were of low intelligence and that it was a chronic condition, with little hope of stabilization or cure.

I realized then the importance of writing about my experience, in order to enhance every practitioner's understanding as they work with clients who have, or have had, this condition. As a psychotherapist and

an individual who has had Epilepsy, I am in a unique position to write about the combined experience of being on both sides of the coin.

Throughout my years of practice, I have been encouraged by therapists, supervisors and colleagues to write about these encounters with Epilepsy and to value the vulnerability I felt. This has taken time, due to the strong ingrained Parental messages shared earlier.

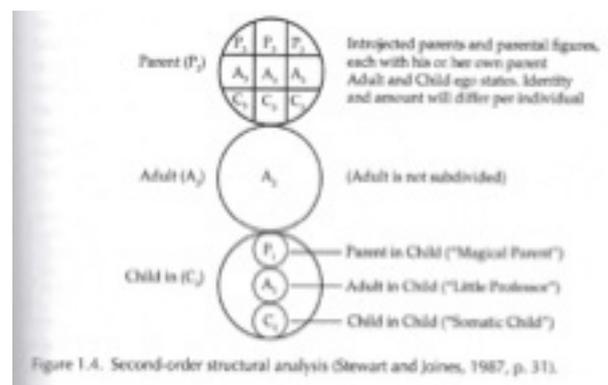
It has taken me a long time to write about these phenomenological occurrences, as recalling them triggers within me psychological shame. Richard Erskine (1994) defines psychological shame as:

"... a self-protective process used to avoid the affects that result from humiliation and vulnerability to loss of contact-in-relationship with another person. When children, and even adults, are criticized, devalued or humiliated by significant others, the need for contact and vulnerability in maintaining the relationship may produce a self-protective defensive affect and compliance..."

Shame occurs when we believe something is wrong with us and that this has been seen by another. Erskine (1994) goes on to say: "A child who forms such a script belief in compliance with criticism may become hypersensitive to criticism, fantasize anticipated criticisms and collect reinforcing memories of past criticisms. The intra-psychic function is to maintain a sense of attachment in the relationship at the expense of a loss in natural vitality and excitement of spontaneity."

The experience of having an epileptic seizure and losing control of your body and mind simultaneously appears to complicate the impact of psychological shame.

The Second Order structural model cited in 'Into TA'; Cornell et al. (2016)



## A brief guide to Epilepsy and my physical experience of it

It is not my intention here to talk about Epilepsy from a medical point of view, but I will say a few words on the subject for the purposes of context. The term “Epilepsy” covers a range of conditions, with a variety of causes, but which have in common seizures which start in the brain. These seizures are caused by disturbance of the electrical activity within the brain.

There are two main types of Epilepsy; these are,

- Generalised – which affects large areas or the brain and typically results in observable symptoms of violent shaking or falling to the ground. Historically these were known as Grande Mal seizures.
- Localised – which is specific to one region of the brain. Typical symptoms are grabbing at imaginary objects, twitching and incoherent speech. Historically these were known as Petit Mal seizures.

Further information on seizure classification be found at [www.epilepsyresearch.org.uk](http://www.epilepsyresearch.org.uk)

I had idiopathic (uncontrollable) Epilepsy between the ages of 18 months and 23 years. The severity of my condition meant that I could have up to 30 focal seizures a day or a couple of major seizures that lasted 10-15 minutes – or even a combination of both. This pattern would occur in clusters lasting 3 to 4 days.

On the rare days when I did not have a seizure, I operated from a semi-comatose state induced by the high levels of medication I was taking. At this time the options for treatments were few.

My seizures remained unstable, and did not respond to medication. At this point, rather than my doctors taking a holistic approach to my condition and enquiring about my experience, they simply increased the medication, repeatedly.

The side effects of the medication included fatigue, brain fog, slurred speech, and cognitive confusion, which remained unaddressed. At the age of six at school I wrote a poem about my consultant, which was put on the display board. It goes: “Dr. Cain, you are such a pain, why did you increase my medication again?”

## The available literature

There were no specific articles in the academic literature reporting the internal experience of having a seizure.

Neither were there any articles on how the illness impacts on the epileptic person’s ability to form a coherent sense of self, or to form and maintain relationships with others. This is the perspective I feel I can bring, along with theoretical understanding of the experiences I write about.

Literature search of personal narratives of having Epilepsy produced many stories of what had happened to the individual, through the recounting of external events,

but only one reference to the internal narrative of having an epileptic seizure. This was Jeanette Stirling’s (2010), book ‘Representing Epilepsy’, in which she writes:

“What happens, though, when our personal life story – the story we want to tell about who we are and how we see ourselves fitting into the scheme of things – crashes headlong into a keynote story of our identity in such a way that we find ourselves dislocated from all that gives meaning in our lives?”

## My internal experience of Epilepsy, and the effects of this

Whilst epileptic, I created an internal reality that enabled me to survive the frequent seizures. This was a very private domain and my developing sense of self was fragile, disorganized and incoherent.

In this article I will reflect on how, within my work as a psychotherapist, I have used these early adverse events to enrich my work. The internal world of the epileptic seizure, which my psyche created, has enabled me to develop a level of intuitive empathy. Whilst with a client, this allows me to feel a level of attunement with the life events and situations they bring.

My early sense of vulnerability and instability has enriched the level of empathic understanding I have for the internal confusion felt by any Child when their world is turned upside down, whether in reality or within their own internal fantasy world.

Through my personal phenomenological reflections and knowledge of the theoretical approaches I have studied as a psychotherapist, I have identified the following common themes which I believe influence the formation of the sense of self for the individual with Epilepsy;

- Repeated loss of connection with the external world leading to the possible development of a fragmented sense of self.
- The complexity of the process of reconnecting during the recovery phase of the seizure, including the need for the first person encountered afterwards to provide a sense of stability.
- The internalizing by the individual with Epilepsy of potentially fractured responses from others and how this may go on to form an anticipated blueprint for subsequent relationships.

Theme one: Repeated loss of connection with the external world leading to the possible development of a fragmented sense of self.

As a means of surviving the loss of contact with the external world, I developed a rich internal world. Within this domain, regular characters would appear and dialogue with me whilst I was in the unconscious stage of the seizure. There was a little girl, an elderly gentleman,

and a nurturing teacher figure. All three gave me an affirming sense that I was not alone, and all felt very real. Once I had regained consciousness, I would often ask about these people and become insistent that they were in existence. The individual (whether familiar to me, or a stranger) who had stayed to monitor me during the seizure would deny their presence.

When I shared this experience with my doctors they would often dismiss it as being caused by the location of the epileptic focus within my brain. In my case, this focus was the temporal lobe, the area of the brain which is responsible for processing sensory input.

However, when I view this through a psychotherapeutic lens I can see that this was a creative strategy of my Child to maintain relational contact throughout the trauma of having a seizure.

I think of these people as intra-psychoic transition objects, conjured up by my psyche as a means of self-soothing, when I found myself alone within this void.

Theme two: The complexity of the process of reconnecting during the recovery phase of the seizure, including the need for the first person encountered afterwards to provide a sense of stability.

As I entered the recovery phase of the seizure, I would become semi-conscious and aware of others around me. It would take time for me to be able to speak, and so I developed a non-verbal communication system with those who were within the orbit of my awareness.

This involved gesturing towards my eyes and then to them and incoherently saying I see you. This was followed by gesturing towards my ears and incoherently saying I hear you.

This creative response to the cumulative trauma I endured provided a logical solution to a young child who could not understand what was happening to her. My vulnerability became my support structure as I developed an intra-psychoic understanding of how I could survive these reoccurring time frames of isolation and confusion. From my internal world, these were triumphant moments of reconnection with the external world. The alternative domain where I had just been swirled away, and recovery now moved to reconnection with my physical body. This process of reconnection usually began with

establishing where I was. I had little recall of where I had been prior to the seizure and was often whisked away to a less public place.

Any level of noise was unbearable, and I often described feeling as if my brain had been “scrambled” and needed to reorder. I often felt nauseous and on occasions would have wet myself or experienced a physical injury. I recall an urge to return to and learn from what had happened. I allowed myself little time to recuperate or rest.

On one occasion, whilst on the way to work, I had a seizure on a train. I was taken off the train at the next stop. Rather than return home, I’d continue my journey to work. I have come to see that this was a way of blending quickly back into the external world.

This understanding of my solitary internal experience has aided me in my work as a psychotherapist. ‘Walking’ with a client as they explore their internal worlds, I identify with their desire to create internal structures. The purpose of this internal structuring is to sustain a person when they have no logical understanding of their experience of life events. Aspects of experiences can be integrated into the Child Ego State (Berne, 1972) and subsequently the full

personality is formed. There are many times when the growing child experiences the actual parent being absent and unable to support them, or is confused by the parent’s response.

I’d like to share an experience of this from my practice, of a client I will call ‘Jane’. Jane’s parents ran a large arable farm. From an early age, she spent long periods of time alone whilst they worked, and at times was anxious that they might never return. She described how she developed a rich internal world of having conversations with the farm animals, which all had names and personal qualities.

When she felt anxious she would make up stories and have conversations with the animals. This internal narrative acted as a means of self-soothing, but also gave her a sense of connection with an ‘Other’. This pattern could also be seen as a means of magical thinking by the Child as a creative strategy to ensure survival.

On regaining consciousness from a seizure, I was, naturally, confused by what had happened, and it was a struggle to recall where I was or what had been happening before the seizure.



I was often met by the face of a stranger, which could portray fear or compassion; or, if within the school playground, with the sound of a jeering crowd. What I needed at these times was for the person who was greeting me to provide a stable 'Other', so I could make representations and connections. At these times, I felt I was in the process of reforming my sense of self, yet with an urgent desire to be in contact with another and away from the solitary isolation I had been experiencing.

The moment of reconnection with consciousness and the external world was for me often a shaming and confusing experience. The accumulative loss of contact helped form the expected outcome for other interactions, and the route of internalized beliefs about the self.

Theme three: The internalizing of the individual with Epilepsy of potentially fractured responses from others and how this may go on to form an anticipated blueprint for subsequent relationships.

I often emerged from the seizure to ridicule from peers who were too young to understand what had happened to me. I also recall looks of fear or panic on the faces of those who had stayed with me. My sense is that as a result of this repeated experience, I became perceptive about others from an early age. In other situations, I learnt to withdraw until I had judged the other present. I developed a relational template with others, which often formed the request of "I need you to help me" and an internal dialogue of "It's not safe to be your spontaneous self" or "Wait for the other to come". Daniel Stern, in his book 'The Interpersonal World of the Infant' (1985) describes this template as Representations of Interactions that have become Generalized (or RIGS).

## The value of vulnerability

The vulnerability I felt whilst in a seizure was multi-dimensional. I felt vulnerable within my own body and mind, and unsure how the external environment was responding to me whilst I was in this domain.

Through reading Beren Brown (2012), I have begun to see these times of vulnerability as rich creative moments, when I discovered internal resources. Brown states: "We associate vulnerability with emotions we want to avoid such as fear, shame and uncertainty. Yet we often lose sight of the fact that vulnerability is also the birthplace of joy, belonging, creativity, authenticity and love. If we want greater clarity in our purpose or deeper and more meaningful spiritual lives, vulnerability is the path."

I learnt at an early age to conceal my Epilepsy as much

I had successful surgery at the age of 23. Following this event, I would often ask myself, "If I am no longer epileptic, who am I?"

The epileptic seizure was such an integral part of my childhood that it undoubtedly influenced the development of my intra-psychic processes and dialogues. Consequently, this influenced the formation of my internal narrative and sense of self.

I have also come to consider that my recurrent seizures were a form of attachment-related trauma. Within a seizure, mind and body are 'decommissioned', and it is my opinion that contact is lost with the self and the 'Other' at the same time. Shaw (2014) writes about the impact of such trauma when he states: "If one has been persistently objectified in development, meaningful love and work can be tormenting and elusive goals, because one has become unable, sometimes permanently, to have a good enough, consistent enough experience of oneself as a subject."

As a child, I was aware that I was described differently to my peers and often in conversations conducted in hushed tones, and which took place over my head. My uniqueness was missed and confused by adults who had good intentions and were hoping to protect me. Instead, I internalized negative beliefs, which led to contaminated thinking and misconceptions. Although I am aware that any life experience could influence the formation of contaminated thinking, I feel that the epileptic seizure presents something different, with its repeated loss of contact with the external and the impact of re-establishing contact as one regains consciousness. I am curious about the internal and external means of contact with the 'other' that occurs within other forms of trauma.

as possible; for example, I would lie about my health when I applied for a part-time job, or would take myself off to the cloakroom in order to have a seizure alone. I become expert at managing the seizures on my own and concealing them from others.

Within our Western culture, vulnerability is something that as children we are conditioned to avoid. Our mother tongue and internal narratives constrict our experience of this emotion, with admonishments such as; "pull yourself together", "put on a brave face" and one from my own childhood, "there is always someone worse off than you".

In my early work with clients, I often felt this epileptic template of vulnerability and found myself spiraling

internally back towards that domain. On some occasions, this led me to feel as if I was entering the early stages of a seizure.

I remember sitting with a client I shall name 'Alex', who had come to therapy on the breakup of his marriage. He spoke of traumatic childhood from which he had escaped by getting married. Each time he avoided talking about his childhood trauma I felt the ignition of the epileptic 'aura' high up in my stomach – historically this phenomenological sign was often the first that a seizure was about to occur. In my terror, I returned to cognition and searched for a theoretical

concept on which to 'hang' this moment of not knowing between my client and me.

With current clinical skill and the wisdom of hindsight, I can now see that these transference moments were an unconscious communication between the two of us. I have come to accept these moments when they occur (and they will!), which is often when I am closest to empathizing with my client's vulnerability or perhaps sensing vulnerability within the transference before the client is consciously aware of it.

## Working with a client who has, or has had, Epilepsy

Within the early stages of forming a therapeutic alliance with a client, I am curious to discover what has led them to engage with therapy at this point in their lives. Clients commencing psychotherapy are often naïve about the intensity of the process and may resist potential psychological loss of control; script beliefs have often served them well and good alternatives are hard to acquire.

A client with Epilepsy has, in addition, to grapple with the prospect of a lack of physical control if a seizure should occur within the therapeutic hour. This is compounded by their dependency whilst unconscious, including physical dependency on the therapist during a seizure. Both of these points contribute to the internalization of psychological shame.

As with other themes within the therapeutic alliance, the therapist will have to address their misconceptions and previous experiences of the condition. My current therapist shared with me the anxiety and fear he felt observing a colleague having a seizure.

When I began personal therapy, I contracted with my therapist that he would call an identified contact to collect me from his practice rooms in the event of a seizure. Although this was never required, it left me with a sense of our jointly holding the seizure, should it occur. This was reparative within itself, as it countered my internal narrative of managing the condition on my own. When working in private practice, some basic First Aid knowledge is useful. However, when contracting with a client who has active Epilepsy, it may be helpful to enquire about the following, for if a seizure should occur;

- what they want you to do,
- what you need to do
- whom, if anyone, they want you to call.

For me, regaining consciousness in an ambulance or an accident and emergency department presented an additional obstacle to overcome. All I wanted to do was sleep the seizure off in the comfort of my own home. I would suggest that other people with Epilepsy might feel the same, and that this could be asked about by the therapist.

As with any formative life experience, the client with Epilepsy will have a certain lens through which they view life. They will also have had to manage the transition from unconsciousness to consciousness, and what they have witnessed on the faces of those who are there to greet them on their 'return'. The remembered actions of others prior to the seizure – whether they stayed or turned away – could also have an impact.

Themes which may emerge within the work with this client group are, therefore, the impact of repeated separation from the external world; and the importance of reconnection after the seizure. This may transfer into the therapeutic relationship in the form transference moments when the client is missed in other ways or finds the process of separation from the therapist difficult to endure.

The seizure will be remembered through memories, script beliefs, and the body, as well as in what the client has experienced through the reactions of others, and what transference expectations will they have of others. The most transformative moment of my personal therapy was when my psychotherapist encouraged me to see myself as a person with Epilepsy, rather than an epileptic. The latter term had derogatory connotations and rigidly defined who I was; the epileptic child, epileptic student, and epileptic mother. Being a 'person with Epilepsy' meant that I had multiple facets to my personality which were not defined by Epilepsy.

## Conclusion

In 1994, at the age of 24, I underwent pioneering neurosurgery. This removed the focal centre of my seizures within my temporal lobe, and enabled me to live a seizure-free life.

However, with cure came a personal realization that Epilepsy had defined my sense of self. It was at the core of my identity and provided the templates of my relationship with others.

My experience of having Epilepsy has been a contributing factor in my identity as a psychotherapist. Within my clinical work, it has become the intuitive platform from which I begin to understand my client's internal world.

There are several components of the illness that I have not covered within this article, but which I feel in time I will write about. These are;

- the age of diagnosis and how this impacts on the development of self or life stage.
- how the condition is perceived by the individual's family, culture and community.
- how the individual feels about being dependent on another – this has links to attachment theory.
- whether the individual having the seizure wishes to make contact, or not, in the recovery stage.

I see myself as starting a discussion that I feel has not been had within the psychotherapeutic community. It is my expectation that others with Epilepsy may have had different experiences to the ones I write about, and I would welcome the opportunity for further dialogue and discussion with them.

Written by Gemma Mason TSTA(P), who is a UKCP registered psychotherapist, DipCOT. Gemma lives in Wiltshire and works within the South West of the UK.

## Acknowledgements

With thanks to members of the TE group, CAG peers, and the Three Amigos.

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## News from ECC

The European Connection Committee wants to inform you that the procedure for applying for funds for 2019 has started. The closing date is June 1st 2018. Based on the criteria, ECC will prepare an advice on the incoming applications and submit it to the EATA Council for decision.

The aim of ECC is to help the affiliated National Associations to promote TA in countries where there are few or no trainers in different fields of TA by:

- Support for starting TA 101 courses.
- Developing and conducting training in different fields.
- Supporting ongoing training programs.
- Support for organizing Summer Schools.

You can find more information on: <http://www.eatanews.org/ecc/>

The EATA delegate of your country is an intermediary in the procedure, so please contact him/her if you intend to make an application.

Harry Gerth, Chair of ECC  
[harrygerth@hotmail.com](mailto:harrygerth@hotmail.com)

## IJP Special Issue: 'Transactional Analysis in Psychotherapy in the 21st Century'

# International Journal of PSYCHOTHERAPY

We are working on developing a special issue on Transactional Analysis with the International Journal of Psychotherapy or IJP <http://www.ijp.org.uk>, an EAP publication.

The title is: Transactional Analysis in the 21st century and it gives us an opportunity to present our contemporary thinking on theory, practice and research to the professional field outside our own community. The special issue is scheduled for March 2019.

We are now opening a call for papers. Please submit your papers to me at [tdrc.chair@eatanews.org](mailto:tdrc.chair@eatanews.org) by the 15th of June 2018.

The papers should be 5000-6000 words in length, and focus on theory, clinical practice and research.

### Process:

An initial selection will be made by the production team including members of EATA and ITAA: Biljana van Rijn, TSTA (editor); Bill Cornell, TSTA; Resi Tosi, TSTA; Gunther Mohr, TSTA. Following this, papers will undergo a blind peer review by TA authors and by IJP.

### Information for authors:

Submissions should be original papers, not published or submitted elsewhere.

They should be of good academic standard and follow IJP guidelines:  
<http://www.ijp.org.uk/index.php?ident=e6c3dd630428fd54834172b8fd2735fed9416da4#.WnQ7ua5l-Um>

# Winter School of TA and International Conference of the Humanistic Modalities in Psychotherapy

## TA as Theory supported by research



For the third consecutive year Balkan Association for Transactional Analysis – TAUS will be organizing Winter School of TA taking place in Belgrade in March 2018. The goal of the Winter School of TA is to provide a spot where researchers in various areas of Transactional Analysis from Balkan region and abroad can meet, present their research and exchange ideas.

This yet traditional annual professional event has grown during last three years and this year it got a new dimension by initiating the process of accreditation by Serbian Ministry of Education, Science and Technological Development for the Conference and Proceedings.

Therefore, this year's Conference will not only be international, yet scientific. It means that Conference's materials will be published by academic publisher as Proceedings after scientific review, including full articles presented at the Winter School of TA in Belgrade.

For the Balkan Association for Transactional Analysis – TAUS, as an association highly dedicated to research and promoting TA in an academic world, this is an enormous success considering that in a little time the Association has managed to gain regional scientific reputation. Regarding scientific aspect of the event, this year the official topic will be **Transactional Analysis – Theory supported by research** and planned forms of participation are plenary lectures, oral presentations and workshops.

Gathering researchers from Serbia, Croatia, Bosnia and Herzegovina, Romania, Slovenia, Italy and UK shows that TAUS is consistent to its aim – widening and promoting science in the region and wider.

Using this occasion, TAUS and all members wants to thank EATA for partly supporting this Conference through TDRC research project fund, as promotion of

research culture is one of the aspects of the project currently in progress. We hope that the Conference will bring new experiences and knowledge and that your participation will contribute to its success.

For the full conference program please visit [www.taus.rs](http://www.taus.rs) or contact us at [202taus@gmail.com](mailto:202taus@gmail.com).

Written by Patrick Ellersich (CTA under contract) member of TAUS

## TAJ Theme Issue on Transgenerational Trauma



by Jo Stuthridge and Helen Rowland, Coeditors

*"The most intricate part of script analysis in clinical practice is tracing back the influences of the grandparents." (Berne, 1972, p. 288)*

When I (Jo) sit across from my client David, a young Maori man, I am aware that the ghosts of our respective grandparents and great-grandparents are also in the room. Within me lies the whole oppressive weight of the British Crown and the cruel history of colonization in Aotearoa, New Zealand. Within him lies the devastating effects of the British invasion on the indigenous people: the loss of land, language, mana (spiritual power), and sovereignty. I wonder, how have his current personal struggles been shaped by our shared past and how might this history be enacted between us in the therapy? When I (Helen) sit with my client, who longs for a child of her own but is terrified of her complex history of sexual

abuse at the hands of a well-organized pedophile ring, abuse that was facilitated by her father, mother, and grandmother, I wonder about the almost compelling draw of intergenerational abuse in a family such as hers. Has she been handed a "hot potato" as Fanita English (1998) suggested?

In this theme issue of the *Transactional Analysis Journal* on "Transgenerational Trauma," we will focus on the way trauma can be unconsciously passed from one generation to the next. We are interested to hear from authors who have something to say about the impact of the familial unconscious on the individual, such as Helen describes, and we also want to encourage articles that address the impact of trauma at the broader social level on intergenerational patterns, such as Jo describes.

How do we understand the dynamics of transgenerational trauma in our consulting rooms, classrooms, organizations, and communities? How might we theorize about these tragic repetitive patterns?

Earlier writing in this area focused on familial patterns. However, there is increasing awareness that the consequences of massive trauma such as colonization, war, slavery, forced migration, genocide, and racial hatred can also be unconsciously passed to later generations. When violence and cruelty overwhelm the mind or go unrecognized, this unmetabolized trauma can surface as symptoms in those in the present. Thus, the unresolved trauma of ancestors, at either the familial or social level, can haunt the bodies and minds of the living.

These processes have been variously understood as unconscious identifications or phantoms (Abraham, 1975/1994), the telescoping of generations (Faimberg, 1988), unconscious errands (Apprey, 1999), and present absences (Gerson, 2009). Recently, Grand and Salberg (2017) have drawn attention to the “us and them” or victim and perpetrator narratives produced by massive trauma, arguing that healing requires us to engage with the alienated “other.” Harris, Kalb, and Klebanoff (2016) have explored what happens when the therapist brings his or her own ghosts into the clinical relationship.

Berne (1972) described these processes in terms of script, that is, unconscious patterns that shape our

lives. He understood that our grandparents play a key role in determining script patterns.

Fanita English (1998) wrote about the concept of episcript and the “hot-potato” transmission as a way of thinking about intergenerational dynamics. Berne wrote to her enthusiastically at the time to tell her “The Episcript has certainly made a big impression on everyone. . . . I think it is much more pervasive than we are yet aware, and I am devoting considerable time and attention to clinical indications about it.’ . . . Tragically, . . . he died a few months after writing this” (p. 10). We hope this volume of the TAJ will extend TA’s formulations and expand the ways in which we theorize and work with transgenerational trauma at the individual, relational, familial, and social levels.

We will be coediting this theme issue and welcome submissions from all four fields of TA application.

If you have questions, please direct them either to: [jo@jostuthridge.co.nz](mailto:jo@jostuthridge.co.nz) or to [helen@helenrowland.co.uk](mailto:helen@helenrowland.co.uk).

Please make sure to read and follow carefully the TAJ Submission Guidelines at:

<http://itaaworld.org/sites/default/files/itaa-pdfs/taj-guidelines/ITAA%20TAJ%20Submission%20Guidelines%20v.14.11.pdf>

and submit all papers to TAJ Managing Editor Robin Fryer at [robinfryer@aol.com](mailto:robinfryer@aol.com) no later than 1 November 2018.

We look forward to hearing from you.

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## Pull-quotes:

“We are interested to hear from authors who have something to say about the impact of the familial unconscious on the individual, such as Helen describes, and we also want to encourage articles that address the impact of trauma at the broader social level on intergenerational patterns, such as Jo describes.”

“The unresolved trauma of ancestors, at either the familial or social level, can haunt the bodies and minds of the living.”

# Exams Corner

Special Exam in UK success on November 3rd, 2017, London Ealing

## All in the field of psychotherapy. Congratulation!

Kevin Legge	Geoff Hopping	Sam Carbon
Melanie Key	Nick Goss	Sean O'Dwyer
Trevor Tall	Karen Minkin	Emma Haynes
Judith Salling-Ash	Dianne Shebioba	Joan Moore
Sara Lister	Jonathan Lake	Nicky Worrall
Jack Pijl	Barbara Traynor	Tess Elliott
Elisabeth Taylor	Jayakara Ellis	Kate Foster
Jaswinder Rehal	Sara Sanders	Silvia Baba Neal

## Exam Fribourg (Switzerland), november 17th, 2017

### Successful candidates:

Ya-Ying Chen	TSTA-P
Coralie Tschanz Godio	CTA-E
Myriam Mouchie	CTA-P
Pierre Guillaume	CTA-O
Hervé Tassan	CTA-O
Marie-Paule Boder	CTA-C
Ariane Lecuit Garcia Perez	CTA-P
Catherine Stalder Kunetka	CTA-P
Fabian Giliard	CTA-C
Christine Gandini	CTA-C
Anne Howald- Balz	CTA-P
Nathalie Essique-Guegan	CTA-O

### Examiners:

Valérie Perret	PTSTA	Françoise Platiau	PTSTA
Pascale De Winter	PTSTA	Liliana Debrot	CTA
Jocelyne Lugin	PTSTA	Yves Miglietti	PTSTA
Arnaud St Girons	PTSTA	Chritophe Petitjean	PTSTA
Nathalie Deffontaines	PTSTA	Myriam Chéreau	PTSTA
Yannick Quenet	TSTA	Sophie Pages Carril	CTA
Bea Schild	TSTA	Brigitte Evraud	TSTA
Christiane Froidevaux	CTA Tr	Bernard Gentelet	PTSTA
Bruno De Raemy	PTSTA	Jeannine Gillessen	TSTA
Frédéric Back	PTSTA	Alan Jones	PTSTA
Nubia Dind	CTA	Patricia Matt	PTSTA
Patrice Fosset	PTSTA	Sylvie Nay	TSTA
Marie-Christine Seys	TSTA	Helène Ghiringhelli	TSTA
Marleine Mazouz	PTSTA		
Gilles Pellerin	TSTA		
Laurent Damiens	PTSTA		
Monique Maystadt	TSTA		
Jean-Luc Bazin	TSTA		

### Exam supervisors:

Madeleine Laugeri,	TSTA
Evelyne Papaux,	TSTA

## Exam Rösrath, Germany November 2017

### Successful candidates:

Biber-Egg, Gioia-Pemba	Lerch, Barbara	Sieksmeier, Jasmine
Bischoff, Ulrike	Masch, Daniel	Thoresen, Isabelle
Biskup, Kirsten	Matos Frei, Ludimila	Vogt, Bettina
Congedi-Osti, Tanja	Mohr, Esther	Wacker, Sabrina Claudia
Dittrich, Katja	Müller-Lorenz, Heike	Farr, Jill
Fischer-Hilpert, Dr. Claudia	Mütze, Birgit	Sarka Poupetova
Frey, Barbara	Oberhänkli, Angela	Vanderhoeven, Kristien
Haller, Monique	Oesterle, Uschi	Reshma Prakash
Hallstein, Sarah	Perleberg, Catrin	
Heusser, Marc	Rutz-Züger, Carmela	
Hofer, Herbert	Schlumberger, Beatrice	
Hofer, Seraina	Schneider, Gabriele	
Janssen, Stefanie	Schönfeld, Andreas	
Laun, Christian	Schreiber, Dr. Tilman	

### Successful T/STA-candidates

Karin Marona	TSTA
Daniela Riess-Beger	TTA
Claudia Scheurenbrand	TSTA
Loredana Paradiso	TSTA
Cornelia Willi	TSTA
Elke Kauka	STA
Peter Bremicker	TSTA
Maja Stoparic	TSTA

**Thanks to examiners and volunteers who made these exams possible by their commitment:**

Gernot Aich,  
Suanne Alt,  
Anita Anic,  
Gundel Beck-Neumann,  
Andreas Becker,  
Christine Behrens,  
Maya Bentele,  
Norbert Berggold,  
Natalia Berrio Andrade,  
Sonja Billmann,  
Eva Bobst,  
Nora Borris,  
Mike Breitbart,  
Titut Bürgisser,  
Theresia Büttner,  
Doris Burke,  
Anna Chandy,  
Mechtild Clausen-Söhngen,  
Barbara Deymann,  
Anette Dielmann,  
Pia Dobberstein,  
Silvia Dormann,  
Jacqueline Dossenbach-Schuler,  
Peter Eichenauer,  
Jule Endruweit,  
Ilonka Etzold,  
Iris Fassbender,  
Liselotte Fassbind-Kech,  
Thorsten Geck,  
Willy Gerster,  
Antonia Giacomini,  
Ulrike Glindmeyer,  
Angelika Glöckner,  
Gudrun Jecht,  
Marie-Luise Haake,  
Christina Hagehülsmann,  
Ute Hagehülsmann,  
Günter Hallstein,  
Bettina Heinrich,  
Friederike Heize,

Uli Helm,  
Uta Höhl-Spenceley,  
Klaus Holetz,  
Petra Hornberger,  
Claudia Horstmann,  
Monika Hunziker-Hansen,  
Anne Huschens,  
Nico Janzen,  
Gudrun Jecht,  
Kirsten Jetzkus,  
Nicole Kabisch,  
Wolfgang Kausler,  
Tanja Kernland,  
Bertine Kessel,  
Christine Kohlbrenner-Borter,  
Michael Kossmann,  
Silke Kreiser,  
Jutta Kreyenberg,  
Anna Krieb,  
Adelheid Krohn-Grimberghe,  
Christian Küster,  
Dörte Landmann,  
Franz Liechti-Genge,  
Elena Lill,  
Luise Lohkamp,  
Patricia Matt,  
Guglielmo Menon,  
Oksana Müller,  
Christin Nierlich,  
Renata Novobilska,  
Heidrun Peters,  
Stefanie Philippi,  
Radmila Pikorova,  
Margarethe Podlesch,  
Hanne Raeck,  
Constanz Rau,  
Gabriela Reinke,  
Peter Rudolph,  
Margot Ruprecht,  
Kathrin Rutz,

Sylvia Schachner,  
Bea Schild,  
Ursula Schlagenhauff-Kunrath,  
Almut Schmale-Riedel,  
Sabine-Inken Schmidt,  
Karl-Heinz Schuldt,  
Henning Schulze,  
Dorothea Schütt,  
Christoph Seidenfus,  
Klaus Sejkora,  
Daniela Sonderegger-Dürst,  
Kerstin Sperschneider,  
Susanne Sternberg,  
Amrei Störmer-Schuppner,  
Jacqueline van Gent,  
Piet van Haaster,  
Heike Veit,  
Dörthe Verres,  
Elly Voorend,  
Bertram Weber-Hagedorn,  
Ulf Weise,  
Wolfgang Weiss,  
Anette Werner

**Exam Supervisors:**

Sabine Klingenberg,  
Ilse Brab,  
Mayke Wagner,  
Theresia Büttner

**Process Facilitators**

Uta Höhl,  
Christoph Seidenfus  
Doris Burke,  
Daniela Sonderegger-Dürst,  
Günter Hallstein,  
Luise Lohkamp,  
Thorsten Geck  
Jacqueline Dossenbach-Schuler

## **TEW in Lisboa, Portugal successfully completed in December 2017.**

Alina Rus  
Audrey Peters  
Betty Lutke Shipholt  
Fiona Firman  
Giovanna Busto  
Helen Charles Edwards

Maja Pavlov  
Martin Thiele  
Mary Authier  
Noadia Lorusso  
Sonja Billmann

## **A big thank you to TEW Coordinator Sabine Klingenberg and her Team**

Antonella Liverano  
Helmut Bickel  
Debbie Robinson

Susie Hewitt participated successfully in TEW which took place in Berlin, July 2017.

**Congratulations !**

## **CTA EATA exams in the special session held in Milano on November 23 and 24, 2017.**



## Candidates that passed CTA exam

### Evita Cassoni Exam Supervisor

1. Monica Balauo CTA-P
2. Raffaella De Stefano CTA-P
3. Sabrina Ferrario CTA-P
4. Eleonora Fidelio CTA-P
5. Federico Fortunato CTA-P
6. Mariavittoria Giusti CTA-P
7. Stefania Lancini CTA-P
8. Laura Musolino CTA-P
9. Virginia Poli CTA-P
10. Manuela Rota CTA-P
11. Alessandra Scolaro CTA-P
12. Alessia Simonini CTA-P
13. Francesca Zichi CTA-P

### Emanuela Lo Re, Exam Supervisor

BRAMATI VALENTINA	CTA-C	IANNUCCI ROSSELLA	CTA-O
CAPEZZALI LETIZIA	CTA-P	LECCI DANIELA	CTA-P
CASELLA ANTONELLA	CTA-O	LI PUMA SILVIA	CTA-P
CERIZZA BARBARA	CTA-O	REA PAOLA	CTA-P
CERUZZI IOLE	CTA- P	SORICHETTI BARBARA	CTA-P
CHIOVINI SILVIA	CTA-C	ZAKHARECHENKO	
CUCCARO FRANCESCA	CTA-O	VALENTINA	CTA-P
FORLINO BARBARA	CTA-O		
GARAVAGLIA			
MASSIMILIANO	CTA- C		

## Examiners:

ADDONIZIO ELEONORA  
 ALIVERTI ANDREA  
 ANGHINONI AMELIA  
 ANNICCHIARICO SIMONA  
 ANSINI LUCA  
 BAIGUINI CLAUDIA  
 BATTISTI CLARA  
 BERTOLINI GIUSEPPE  
 BESTAZZA ROBERTO  
 BOGAZZI BARBARA  
 BONALUME MARTINA  
 BOSCHETTI DESIREE  
 CASTOLDI MARIA GRAZIA  
 CHIESA CINZIA  
 CLEMENTE ELENA  
 COLA PATRIZIA  
 COSTARDI GIANLUCA  
 CRISTOFORI DANIELA  
 DE MICHELI EMILIA  
 FARINA MARINA  
 FILANTI SARA

FILIPPI SIMONE  
 FORNARI LUCA  
 GARAVAGLIA FABIO  
 GEROSA SONIA  
 GUGLIELMOTTI FEDERICA  
 LAPERTOSA NEDA  
 LIGABUE SUSANNA  
 LAUCIELLO STEFANO  
 MASOTTI ELENA  
 MERLINI FRANCESCA  
 MUSSO ROBERTA  
 PUTZOLU MONICA  
 QUARIGLIO ELGA  
 RICARDI FABIO  
 ROTONDO ANNA  
 SALA MATTEO  
 SAMORE' CARLA  
 SETTANNI ANNA SANTA  
 SISALLI GAETANO  
 TENCONI PAOLA MARIA  
 TRIGIANI SIMONA

VIGLIONE ALBA  
 ZANIBONI MARCO  
 ZAPPIA ANNA  
 ZERBO VALERIA  
 ZERMIANI FABIANA

### EXAM FACILITATORS:

LISELOTTE FASSBIND-KECH, TSTA\_C  
 RAFFAELE MASTROMARINO, TSTA-P

### Exam supervisors:

Evita Cassoni ,TSTA-P  
 Emanuela Lo Re, TSTA-P  
 Susanna Ligabue, CPAT president

# EXAMS CALENDAR

## COC Calendar

### CTA, CTA Trainer and TSTA Exams & TEWs

**TYPE OF EXAM /  
 WORKSHOP**

**DATE**

**VENUE**

**LOCAL EXAM SUPERVISOR**

**2018**

CTA/TSTA	March 21th, 22nd	Haarlem, Netherlands	Exam Supervisors: CTA Jacqueline van Gent jacvangent@gmail.com TSTA Marijke Arendsen Hein marijkeah@planet.nl
TEW	March 24th-26th	Amsterdam	Coordinator : Sabine Klingenberg : Sabine.Klingenberg@abakushad.de
CTA/TSTA	April 25th – 26th	Liverpool (UK)	Exam Supervisor: CTA: Frances Townsend francesetownsend@mac.com TSTA: Cathy McQuaid admin@cathymcquaid.co.uk
CTA	May 3rd-4th	Padua, Italy	Exam Supervisor: Marco Mazzetti marcom.imat@gmail.com
CTA/TSTA	July 3rd-4th	London (UK)	Exam Supervisors: CTA: Catherine GERARD catherine.gerard.lgc@gmail.com TSTA: Sabine Klingenberg sabine.klingenberg@abakushad.de
TEW	July 9th-11th	London (UK)	Exam Supervisors: CTA: Catherine GERARD catherine.gerard.lgc@gmail.com TSTA: Sabine Klingenberg sabine.klingenberg@abakushad.de
TEW	November 1st – 2th	Lyon (France)	Exam Supervisors: CTA: Jean-Luc Bazin bazin.jeanluc@gmail.com TSTA: Elyane Alleysson e.alleysson@orange.fr

CTA/TSTA	November 8th – 9th	Koln-Rosrath	TBA
TEW	December 1th-3rd	Zagreb, Croatia	Coordinator : Sabine Klingenberg : Sabine.Klingenberg@abakushad.de
CTA	December 7th	Belgrade (Serbia)	Exam Supervisors: CTA: Sandra Wilson sandra@icbcoaching.com

**TYPE OF EXAM /  
 WORKSHOP**

**DATE**

**VENUE**

**LOCAL EXAM SUPERVISOR**

**2019**

TEW	March 24th-26th	France	TBA
TEW	December 1th-3rd	Italy	

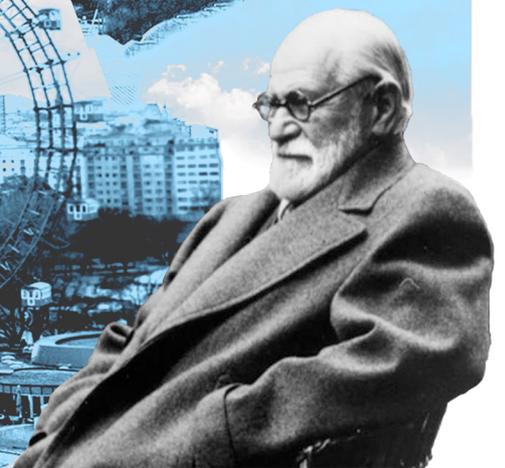
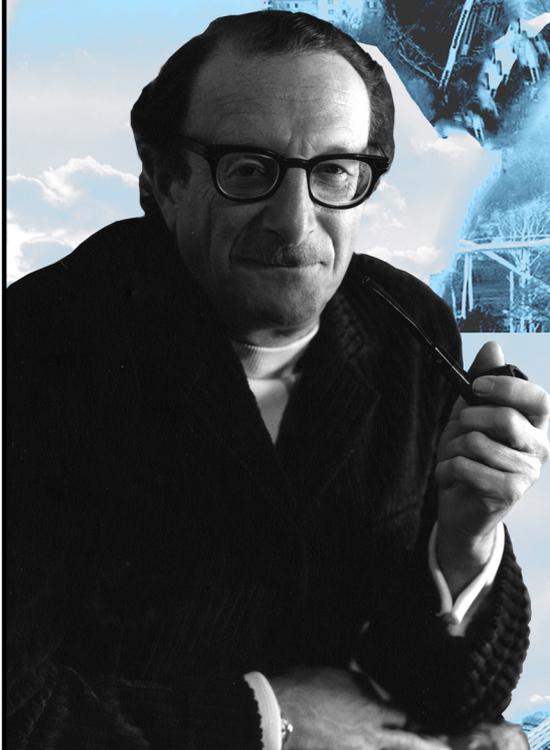
For CTA exams the organisers/exam supervisors of an oral exam site can only offer a limited number of places.

Candidates are responsible to register for the oral exam venue of her/his choice as early as possible by sending the 12.7.3. form – Application form for the CTA Oral Examination and Principal Supervisor’s Endorsement – to the Language Coordinator.

They will then liaise with the Local Exam Supervisor. Candidates are prioritised according to the date of their payment for exam.

# ERIC BERNE TRIFFT SIGMUND FREUD

Transaktionsanalyse in Bewegung

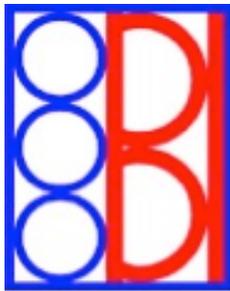


38. FACHKONGRESS DER DEUTSCHEN GESELLSCHAFT FÜR  
TRANSAKTIONSANALYSE

 **DGTA**  
Deutsche Gesellschaft für Transaktionsanalyse

11.-13. Mai 2018 WIEN

INFO unter [dgta-kongress.de](http://dgta-kongress.de)



# Professional Excellence Workshops

at

## The Berne Institute, UK

Dates: March 2/3/4 2018, September 7/8/9 2018, 1/2/3 March 2019

**Do you want to enhance your professional skills in TA?** Then the Professional Excellence Workshops are for you! Whether or not you have an exam in view, these workshops offer you an excellent opportunity for advanced training and supervision. You will have the chance to sharpen your TA skills, and network with colleagues, in a supportive group setting.

**The workshop leaders** are **Adrienne Lee, Ian Stewart, Mark Widdowson** and **Andy Williams**. As a team with in-depth experience of the PEW format, they offer you an outstanding environment for learning.

**Activities** typically include: Multi-level supervision, Tape presentation, Discussion of theory and ethics, Practice exams (CTA or TSTA), Supervised teaching, Personal work. **Workshop format** is highly flexible. You list your wants and needs at the beginning of the workshop, and we tailor the programme contractually to suit you.

**Fee** is £395. Please send payment to register your application for a place. Please make payment in UK £ only, by Eurocheque, I.M.O., or cheque drawn on a UK bank, made payable to The Berne Institute.

**For bookings and further information, please contact: The Course Registrar,**  
The Berne Institute, Berne House, 29 Derby Road, Kegworth DE74 2EN  
01509 673649 Email: via web site, [www.theberne.com](http://www.theberne.com)

*The Berne Institute: Promoting Excellence and Autonomy*



## Triangle TA Group and TA Tribe

CPD, mentoring and supervision for coaches, trainers, consultants, teachers, therapists, youth, health and social workers .....

Triangle TA Group (TTAG) is a new multi-level Transactional Analysis group based in the seaside town of Torquay, Devon, UK.

Joining TTAG will give you opportunities to:

- Increase your communication skills
- Improve your coaching practice
- Enhance your training practice
- Work towards TA qualifications
- Receive supervision on your professional practice
- Network with like-minded professionals

Qualifications on offer are:

- Triangle TA Practitioner Award
- Developmental TA Certificate and Diploma
- MSc Professional Development (DTA/DTA Coaching)
- Certified Transactional Analyst exam preparation
- Teaching and Supervising Transactional Analyst exam preparation

Upcoming workshop dates:

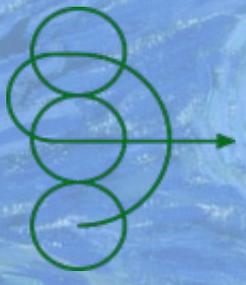
- |   |   |
|---|---|
| <input type="checkbox"/> 15 and 16 March 2018 | <input type="checkbox"/> 25 and 26 October 2018 |
| <input type="checkbox"/> 21 and 22 June 2018  | <input type="checkbox"/> 4 and 5 April 2019     |

Cost: £250 plus vat (individual rate) £350 plus vat (organisational rate)

So – whether you are interested in working towards TA qualifications, or are seeking continuing professional development with a psychological approach, visit [www.lyndatongue.com](http://www.lyndatongue.com) for more details.

TA Tribe – an online group providing regular workshops and supervision for those who for practical reasons prefer a “virtual” approach.

Supervision one to one is also available. For more information, visit: [www.ta-tribe.com](http://www.ta-tribe.com) for more details.



# SIMPAT

## De-Siderantes, Energia del Desiderio e Processo di Conoscenza

*“E quindi uscimmo a riveder le stelle”  
(Dante Alighieri, Inferno XXXIV)*

**ROMA**

**2/3 marzo  
2018**

**Courtyard by  
Marriott Rome  
Central Park  
via G. Moscati 7**

**XXVIII Convegno Annuale S.I.M.P.A.T.  
*Giornate Italiane  
di Analisi Transazionale***

In collaborazione con



Scuola Superiore  
di Analisi Transazionale  
SEMINARI ROMANI DI AT

# SCHEDA DI ISCRIZIONE

## XXVIII Convegno Annuale SIMPAT *Giornate Italiane di Analisi Transazionale*

### *De-Siderantes. Energia del Desiderio e Processo di Conoscenza*

ROMA 2-3 Marzo 2018

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Associazione di appartenenza \_\_\_\_\_

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	Dopo il 15.01.18	€ 170,00		Dopo il 15.01.18	€ 190,00

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