the SCRIPT

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Biljana van Rijn to Be Honored With the 2019 ITAA Research Award

Dr. Biljana van Rijn has won the 2019 ITAA Research Award for her contributions to research in transactional analysis, including routine outcomes evaluation of TA psychotherapy within a community research clinic.



Biljana van Rijn

In her nomination statement (excerpted here), Heather Fowlie wrote about how Biljana's work has contributed to the recognition of transactional analysis in the wider fields of the social sciences and how she has long exemplified a level of commitment to research and particularly to promoting TA in the research field in a way that serves as a model for others.

For several decades, Biljana has been among the most visible proponents of all forms of research in transactional analysis and further afield. She has been out front, not just within Metanoia Institute, where she is employed to lead research strategy and innovation, but publicly for the rest of us in the profession. For example, in 2012–2014 Biljana headed a project described in her 2016 *Transactional Analysis Journal* article (coauthored with Ciara Wild) entitled "Comparison of TA Group and Individual Psychotherapy in the Treatment of Depression and Anxiety: Routine Outcomes Evaluation in Community Clinics." That project links to Biljana's development of a functioning research clinic at the Metanoia Institute, which is the largest in the United Kingdom. It produces regular outcomes on the effectiveness of TA in comparison to other humanistic and integrative psychotherapy approaches. This is particularly important because in the United Kingdom, as well as internationally, humanistic psychotherapies are

struggling to gain statutory recognition due to their limited research evidence.

The research evidence in Biljana's publications points to outcomes comparable to other humanistic and integrative approaches as well as cognitive-behavioral therapy (see references at the end of this article). A project written up as a paper in *Counselling and Psychotherapy Research* entitled "Developing Clinical Effectiveness in Psychotherapy Training: Action Research" (van Rijn, Sills, Hunt, Shivanath, Gildebrand, & Fowlie, 2008) resulted in the introduction of reflective inquiries as a key component at Metanoia Institute in the training of transactional analysis psychotherapists and the development of an additional training course for a BSc degree in reflective therapeutic practice for qualified counselors and psychotherapists who wished to undertake a further period of study and to incorporate reflective practice into their work.

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> *"Biljana's work has contributed to the recognition of transactional analysis in the wider fields of the social sciences, and she has long exemplified a level of commitment to research and particularly to promoting TA in the research field in a way that serves as a model for others."*

As well as publishing within the TA community, Biljana has published in the wider field of psychotherapy and counseling and in impact-rated journals such as *Counselling and Psychotherapy Research*, the *International Journal of Psychotherapy*, and the *British Journal of Guidance and Counselling*. This further contributes to the visibility of transactional analysis.

Biljana has published two books and several book chapters, including a chapter on "Research and Relational Psychotherapy" in a relational transactional analysis book (van Rijn, 2011). In that chapter, she outlined the importance of research to transactional analysis and invited transactional analysts to incorporate research methodology into their work.

Noting over 28 conference presentations, one of the most recent Biljana made was to the Society for Psychotherapy Research UK and European Chapters, 4th Joint Conference, Oxford, United Kingdom, entitled "Digital Images as Meaning Bridges: Case Study Research Into the Use of Avatar-Based Software by Adolescents in School Counselling." This presentation arose out of three other research projects that Biljana is involved in that revolve around the use of avatars in different settings.

In addition to the body of work that she has generated, Biljana has also generously given of her time to increase research activity by serving on several editorial boards, including the *Transactional Analysis Journal* and the *International Psychotherapy Journal*. She has also served on several committees, including as the chair of the EATA Theory Development and Research Committee and as chair of the ITAA Research Award.

Biljana has been a strong voice for the inclusion of research within psychotherapy, including transactional analysis practice. Her influential leadership has helped advance effective and enthusiastic participation by students and staff alike in research activity. TA needs more people like Biljana with the commitment, skill, and experience of research.

The ITAA Research Award Committee was chaired this year by Susan George and included members Anne de Graaf, Mandy Lacy, and Enrico Benelli. In his comments, Anne wrote after reading the materials submitted on Biljana's behalf, "I am impressed. I think she deserves this award as a recognition for her work. … Hopefully this award stimulates her to be more visible and to take the place she deserves."

We agree and hope you will reach out to Biljana to congratulate her on her award. She can be reached at biljana.vanrijn@metanoia.ac.uk .

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"Biljana has been a strong voice for the inclusion of research within psychotherapy, including transactional analysis practice. Her influential leadership has helped advance effective and enthusiastic participation by students and staff alike in research activity."

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Research Initiative

Dear Colleagues,

In 2018, the EATA Theory Development and Research Committee commissioned a research project on "Reviewing and Validating the Scientific Foundations of Transactional Analysis Practice and Research." This is an essential first stage in developing research into the effectiveness and efficacy of TA psychotherapy. As a part of this project, the researchers have developed a survey asking for your views, experiences, and uses of different TA theories. We would appreciate it if you would take approximately 30 minutes to complete this anonymous survey as well as disseminate it as widely as possible among your colleagues. The link to the survey is https://tasurvey.net/

Dr. Biljana van Rijn, TSTA-P

TDRC Chair

TAJ Theme Issues

"Normativity, Marginality, and Deviance"
Coeditors: Diana Deaconu and Helen Rowland
Deadline: 1 November 2019

"Concepts of Cure"
Editor: Helen Rowland
Deadline: 1 May 2020

"What Went Wrong and Why?
Cathexis Theory and Reparenting Reexamined"
Coeditors: William F. Cornell and Diana Deaconu
Deadline: 1 November 2020

Please follow the submission requirements posted here. Email manuscripts to *TAJ* Managing Editor Robin Fryer, MSW, at robinfryer@aol.com .

Consent for Electronic Communications

If you have not already sent in a "Consent for Electronic Transmissions" form, please do so right away so that the ITAA can legally communicate with you by email. The form is required by California law, so it is very important that you have a signed, updated form on file with the ITAA. You will find the form online here . If you need assistance, please contact Ken Fogleman at ken@itaa-net.org .

Bringing TA to Africa Aminia Alama in Tanzania

by Anne Kohlhaas-Reith with Richard Reith

In January 2019, we spent 3 weeks with two Viennese TA colleagues visiting the impressive non-profit organization called Africa Aminia Alama (AAA) in northeast Tanzania, close to famous Mount Kilimanjaro. We went to learn about their education, health care, and social support projects and to offer some TA training for their employees.



A large celebration held at one of the three AAA primary schools

Our two Viennese colleagues are Liesl and Norbert Berggold. Liesl is a retired primary school teacher and had many years of TA training. Norbert is a PTSTA-O and has retired from his work in insurance at a large Austrian bank. They are friends of Christine and Cornelia Wallner (mother and daughter), the two medical doctors who established and developed AAA after moving to Tanzania from Vienna. Liesl and Norbert are cofounders and supporters of one of the primary schools, named "Simba Vision School" (Simba means "lion" in Kisuaheli). They are actively raising money for the costs of the school and have a system of godparents who pay 30 Euros a month for the support of their "godchildren" (although the money is used for all the children together). They also organize speeches by Cornelia or Christine when they visit Vienna and other activities, such as selling jewelry that Massai women have produced and bags and clothing from the sewing project.

The Africa Aminia Alama projects were successfully established and developed in only 10 years by Christine and Cornelia in the poor area of the Tanzanian Massai population. They financed their work with their own money in the beginning and then were supported by donations,



One room of the 70-bed hospital

so far mainly by Austrian, German, and Swiss donors. To generate ongoing income for their projects, they also established a travel agency and built several holiday resorts with local flair but Western standards. To understand how clever and well planed all of this is, it helps to know that Christine and Cornelia are not only medical doctors, but Christine is also a lawyer and Cornelia graduated as a business economist. So with their expertise, they are able to cover not only the medical but also the economic aspects of their projects.

> *"The Africa Aminia Alama projects were successfully established and developed in only 10 years by Christine and Cornelia in the poor area of the Tanzanian Massai population."*

These two women have built a hospital with 70 beds, ambulatory treatment units, four schools with more than 1000 pupils, an orphanage for 40 children, a restaurant, a tailor's shop, a carpenter's workshop, a car repair shop (where former pupils and others can serve a publicly recognized apprenticeship), and several beautiful vacation resorts for tourists. With their own travel agency, they also organize safari tours and other trips.

Some years ago, a 25-kilometer-long water pipeline was built from Mount Kilimanjaro to these villages to provide clean water for the whole area. All employees in the project (more than 200) are Africans who are well trained for their jobs. European and American medical doctors come once in a while for some weeks to offer special training, especially to the surgeons for complicated operations. Beginning this year, there will be summer projects for American young people who will live with the Tanzanian pupils in the newly built residential school.

The area, with its villages, various projects, and holiday resorts, is in the beautiful natural area of the Massai land. The climate is pleasant because it is situated about 1,600 meters above sea level. During our visit, we were very well taken care of, lived in a beautiful lodge, enjoyed wonderful meals, and had excellent drivers when we visited the different AAA projects in the area. In addition, on our safari we were accompanied by a wonderful, experienced local guide.



Dr. Cornelia Wallner in her consultation room. She is the daughter of AAA founder Dr. Christine Wallner. Cornelia is now the leader of the whole project.



A child at the hospital had a complicated hand operation a day earlier.

"While we were there, we offered a one-day TA training session for teachers in the three primary schools. We introduced 33 teachers to TA, teaching mainly OK positions, strokes, and games in the school context. One afternoon we also did TA training for the medical doctors, nurses, and medical-technical staff."

While we were there, we offered a one-day TA training session for teachers in the three primary schools. We introduced 33 teachers to TA, teaching mainly OK positions, strokes, and games in the school context. One afternoon we also did TA training for the medical doctors, nurses, and medical- technical staff, concentrating on team development and communication skills as well as OK positions, strokes, and games. Both trainings were welcomed and highly appreciated.

All the work being done at AAA is effective and successful so we highly recommend and support their efforts. If you would like to go there for holidays, a safari, and/or to teach some of your TA skills, it would be a fun, enriching experience for you and great support for their work. For more information, visit their website at www.africaaminialama.com .



Pupils waiting for their lunch



In the fifth-grade classroom at the 7-year primary school (all education is in English)



Lunch break during the TA training for 33 teachers from the three primary schools

Anne Kohlhaas Reith, TSTA-P, C, E, O, and Richard R. Reith, PTSTA-C, can be reached at kohlhaas.reith@t-online.de .

Considering Ethics in the Practice of TA

by the ITAA Ethics Committee

How do you think about ethics in transactional analysis? If you are running a training program, how do you teach ethics? If you are a trainee, how have you learned about ethical issues or dilemmas? When you stop to reflect on all of these, you may find that the learning is more about ethos, observation, and intuition than about given content, codes, or rules.

Ethics deal with human relations in all their complexity, ambiguity, and uncertainty. We all need to take into account that complexity, whatever context we are working in. Sometimes it seems that bilateral relations dominate thinking about ethics within the transactional analysis community (de Graaf & Levy 2011). We want to take a different approach.

The new ITAA Ethics Committee currently includes five members: cochairs Anne de Graaf (Netherlands) and Alex van Oostveen (South Africa) and Jan Grant (Australia), Lorna Johnston (Canada), and Trudi Newton (United Kingdom). We want to share some thoughts about our vision of how we can function in an effective way. We have come up with a three-part plan to open up the subject of ethics to wider debate and are delighted that the editors of *The Script* have encouraged us to write about it.

First, we want to be visible, not only to spring into action when there is a crisis. We think that ethics are important enough to not take a nap on, so we will look for ways to be more visible and audible and to stimulate ethical thinking and ethical practice among ITAA members. Hopefully, we can also be looked on as a resource for state-of-the-art thinking about ethics.

> *"To be both effective and truly representative of the ITAA membership, the ethics committee will recruit members with experience and interest from around the world. Thus, awareness of ethical issues and potential ways of working with them can be promoted locally as well as globally."*

Second, we want to be an active part of the TA community by discussing ethical dilemmas, writing about recent ethical theories, bringing members up to date with the recent work of the committee, and more. We plan to conduct workshops at ITAA and world conferences in order to stimulate the dialogue between the ITAA Ethics Committee and the ITAA membership and among members themselves.

Of course, dealing with complaints will be a core task of the ethics committee. When a case finally comes to us, it will probably be complex, if not chaotic. However, most ethics situations will never be submitted to the ethics committee. ITAA members, following the code of ethics, will work them out among themselves. We want to both engage in dialogue and conversations about ethics with the membership and be prepared to work with the complexity and ambiguity of complaints when required.

To be both effective and truly representative of the ITAA membership, the ethics committee will recruit members with experience and interest from around the world. Thus, awareness of ethical issues and potential ways of working with them can be promoted locally as well as globally.

This means that, as a third point, we will meet regularly online as a committee to maintain an ongoing conversation, keep up to date with issues, generate ideas, and be an efficient team.

Two topics we are currently concerned with are: How do we maintain the boundary between professional practice issues and ethical issues and where does it fall? And how do we ensure that our ethics codes and guidelines are appropriate for all four fields of TA with their different working contexts and needs? As Carlo Moiso once said, "Ethics can be only relativistic. … Something that is right for one patient isn't right for another. If we want to talk about ego states, this is an ethos, which is the parental function of the integrating Adult because it changes constantly" (Moiso in Cornell, 2006, p. 113).

So what happens now? We plan to write a regular column for *The Script* that will raise topics and themes to stimulate dialogue. Sometimes this will concern matters raised or brought to our attention by members (so please don't hesitate to write with your questions); sometimes it will be about themes that we have been discussing on the committee. Let's make ethics a part of a continuing conversation for us all.

References

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The Ethics Committee can be reached via its cochairs: Anne de Graaf at anne@ta-academie.nl and Alex van Oostveen at alex@wordofmouthcoach.co.za .

EXAM CALENDAR

Exam Date	Exam	Cert. Body	Location	Application Deadline
7 Nov 2019	CTA	IBOC	Sydney, Australia	7 Aug 2019
7-8 Nov 2019	CTA	COC	Köln-Rosrath, Germany	*
9-10 Nov 2019	CTA	COC	Belgium	*
24-25 Sep 2020	CTA	IBOC	Bangalore, India	24 Jun 2020
7-8 Nov 2019	TSTA	COC	Köln-Rosrath, Germany	*
9-10 Nov 2019	TSTA	COC	Belgium	*
4-6 Aug 2019	TEW	IBOC	Raleigh, NC, USA	4 Nov 2018
10-11 Nov 2019	TEW	IBOC	Sydney, Australia	10 Feb 2019
1-3 Dec 2019	TEW	COC	Italy	*

*For CTA and TEW deadlines see the EATA Handbook or contact the EATA Supervising Examiner.

For more information about IBOC exams, see www.itaaworld.org .

For further information on COC exams, see www.eatanews.org/examinations/ .

TA Conferences Worldwide

8-9 November 2019:
Manly, Sydney, Australia.
Australasian TA Conference.
Contact:
Rhae@directgroup.com.au

1-8 February 2020:
Frenchman's Cove, Jamaica.
USATAA Gathering.
Contact: jamaica@usataa.org

16-18 July 2020:
Birmingham, United Kingdom.
2020 World TA Conference.
Contact:
www.taworldconf2020.com

Write for *The Script*

We invite you to become a contributor to *The Script*. We are especially interested in hearing from members who are using transactional analysis in socially responsible efforts to impact the world in a positive way. We also want to hear from practitioners who use TA in all four fields (psychotherapy, counseling, organizations, and education). Send us your articles (around 1000 words) and letters (around 400 words). Or if you have other ideas for Script material you think our readers would be interested in, please get in touch. Contact *Script* Managing Editor Robin Fryer at robinfryer@aol.com .

32nd Annual Conference of the Transactional Analysis Association of Japan

by Tomoko Abe

The Transactional Analysis Association of Japan (TAAJ), an ITAA partner association, held its 32nd Annual Conference in Osaka, Japan on 15-16 June 2019.

The theme was "Learning TA Together and Stepping Forward Toward Autonomy." Jan Grant of Australia was the keynote speaker. She talked about the history of transactional analysis and the four fields of application, which fit wonderfully with the group, helping it to merge and identify with each field and each other. This year we had well-balanced groups of psychotherapists and educators.

There were three workshops run by TAAJ members during the afternoon of the first day. One group was fortunate enough to receive live supervision from Jan. On the second day, Jan presented more experiential workshops, which offered exciting learning to the many enthusiastic participants. We received many favorable comments from those who attended.

We were also honored to have the president of the Korea Transactional Analysis Association (KTAA), Soo-Ryong Ahn, and KTAA vice president Dong-Jin Jung join us for the conference. They came to study and exchange ideas in anticipation of the 2021 TA conference, which they hope to hold in Daegu, Korea. Many of us felt we became closer and promised to meet again in 2021.

From the beginning to the end, we experienced the theme of this conference: "Learning TA Together and Stepping Forward Toward Autonomy, OK-OK."

Tomoko Abe, TSTA-E, can be reached at tomoko11@fg7.so-net.ne.jp .



JTAA keynote speaker Jan Grant with participants in the workshop she gave on the second day of the conference



Participants at the 32nd Annual Japan TA Association Conference

World Transactional Analysis Conference 2020

Expanding the TA Map –
Sharing Learning Across Our Fields

16-18 July 2020 - Metropole Hotel, Birmingham, UK

- **£355 for a full 3 days including lunches** – with TAlent discounts on a country basis – based on purchasing power relative to UK
- **Early-bird bookings now open -** 20% discount for the first 125 people who book for the conference – the next 125 get a 10% discount; no risk offer – full refund if you do not like the program when it is issued!
- **Call for presenters now open**
- **Call for volunteers for the scientific committee now open**



Birmingham – easy-to-access venue with multiple tourist attractions – the setting for Peaky Blinders and the area that inspired Tolkien to write *The Lord of the Rings*

Birmingham airport – over 50 airlines from over 100 destinations

Trains from 84 towns and cities across the UK

Easy access from 5 motorways (freeways)



Hilton Metropole hotel – big enough for the TA community to be together for refreshments, lunches, and the gala dinner – and bedroom rates only £120/night including VAT. Travel agency to help with your travel and accommodation.

WTAC2020

UKATA EATA IARTA PATA ITAA IDTA FTAA

World Transactional Analysis Conference 2020

- TA 101 on 14-15 July
- 4 Postconference Workshops on 19 July
- Exams on 14-15 July
- TEW on 20-22 July

www.taworldconf2020.com

contact@taworldconf2020.com

Welcome to New Members

FEBRUARY 2019
Claire Bowers, UK
Fiona Cook, UK
Beena Dharman, India
Daniela Fiket, Slovenia
Yuri Fujii, Japan
Ines Gergoric, Slovenia
Stephen Green, USA
Miya Hirai, Japan
Helen Holden, UK
Wendelyn Leenheer, Netherlands
Lorraine Lloyd, UK
Tatyana Suntsova, Kazakhstan
Anthony Worgan, UK

MARCH 2019
Kateryna Bulhakova, Ukraine
Claire Daplyn, UK
Michael Day, UK
Rema Giridhar, India
Kousalya Karthikeyan, India
Harue Kitakami, Japan
Cathie Long, UK
Bogdan Mera, Romania
Yongmin Park, Korea
Katarzyna Paszek, UK
Jovana Popovac, Serbia
Claudio Reis, Brazil
Martine Robson, UK
Yuko Shiroma, Japan
Sandra Smits, Netherlands
Serena Stabler, UK
Denys Starkov, Ukraine
Jelena Zdero, Serbia

APRIL 2019
Natalie Astin, New Zealand
Anvar Bakiyev, Kazakhstan
Arsen Bayandrian, USA
Nancy Dalton, UK
Carine de Vries, Netherlands
Ranion Fernandez Gavito, Mexico
Michael Harper, Australia
Louise Herbert, UK
Agmar Jacobs, Brazil
Alan Jones, UK
Katherine Lambert, UK
Maureen Kark, South Africa
Faizaan Khan, UK
Ljiljana Marinkovic, Serbia
Melanie McGhee, USA
Kyoko Ota, Japan
Shelagh Peters, UK
Janine Piccirella, UK
Matt Taylor, UK
Fiona Templeton, UK
Angela Tomasso, UK
Sannen Weeland, Netherlands

MAY 2019
Mark Carrington, UK
Denise Fowler, UK
Veronika Kraynova, Russia
Linda O'Hern, UK
Gillian Rowe, UK
Vaaruni Sundar, India
Joanna Traynor, UK
Debbie van der Veen, Netherlands
Iryna Zaiets, Ukraine

JUNE 2019
Alice Arduin, Italy
Natalia Berrio Andrade, Germany
William Bentley, UK
Nina Bizjak, Slovenia
Chong Chun, Korea
Alla Dalit, Russia
Anne Davies, UK
Coral Harrison, UK
Sally Holloway, UK
Anna Massi, Italy
Ilona Merli, USA
Balázs Polyánki, Hungary
Karen Rolinson, UK
Jeanne Smith, UK
Paul Smith, UK
K. L. Thigpen, USA
John Watson, UK

Errata

In the July 2019 *Script* article "Ray Little to Receive the 2019 Eric Berne Memorial Award," the list of materials for which the award was given mistakenly included the book chapter "Transference-Countertransference Focused Transactional Analysis." That could not be included because a maximum of three articles/chapter/books can be considered for each award and all materials must be published at least three years before the deadline for a particular year's award.

Keep Your Addresses Updated to Receive the *TAJ*

There have been some instances in which members did not receive the combined yearly, bound hard copy of the *Transactional Analysis Journal*. We consider this to be an important issue, and on exploring what happened in those cases, we learned that often the member's mailing address had changed. It is important for members to keep their profiles updated to reflect any changes in their mailing address, even if their billing address remains the same. To facilitate this process, we have created the option of updating two addresses in editing your profile: your mailing address and your billing address. This provides a way to update your mailing address and billing address separately or to keep one or both the same. Please check your account online and verify that both addresses shown are currently accurate. This will help us to make sure that you receive your hard copy of the 2019 bound *TAJ* without any disruption.

Deepak Dhananjaya,
ITAA Vice President Development