THE Script

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ITAA Award Winners Honored in Montpellier

On Friday afternoon of the 2025 World TA Conference, a large, enthusiastic crowd gathered in the main auditorium to honor five individuals for their outstanding contributions to the ITAA and to transactional analysis theory and practice: Roland Johnsson received the ITAA Research Award, Michelle Thomé and John Oates were given ITAA Service Awards, Zefiro Mellacqua received his award plaque for his 2024 Eric Berne Memorial Award, and Keith Tudor was honored with the 2025 Eric Berne Memorial Award. Each individual gave a speech, which we will briefly excerpt/summarize here—except for Keith Tudor's speech, which will be published, as is traditional, in the January 2026 Transactional Analysis Journal.

Roland Johnsson: I am honored and grateful to receive this award. Thank you to the committee, my clients, and to the colleagues, friends—and my wife, Annika Björk—who have supported this work. The project being recognized was based on a 1-year redecision therapy group that I had the privilege of working with as both therapist and researcher. I am, first and foremost, a practitioner, one who became curious about research later in life: At 64, I defended my dissertation. New chapters often begin quietly—with a question, a spark of interest. And then one day, you find yourself standing here, reflecting on what the journey has taught you.



Roland Johnsson with his 2025 Research Award plaque

This project reminded me of something essential: That when we truly

listen to people's stories, and take them seriously in both clinical practice and research, change becomes possible. Not only for the individuals we meet but for how we continuously develop our understanding and care for each other through practice and research. It is in that meeting of hearts and minds that hope takes root.

Since publishing this work, one thing has struck me deeply: how it has resonated far beyond my own country. The dissertation has been downloaded 50,000 times across Europe, the Americas, Asia, Africa, and Oceania. Although the precise reasons for how this came about are unclear to me, I believe that it is because it speaks to something universal in human experience. And that is, in many ways, the power of our field. Transactional analysis is one of the most internationally disseminated psychotherapy models in the world. It is practiced, taught, and researched on every continent.

We are here today at a World TA Conference gathered from many countries, cultures, and contexts because we share a belief in the importance of this work and in the value of meeting across borders. That global dimension matters now more than ever. Every country has its own cultural narratives. But across them, we find shared human themes: the need for connection, the fear of exclusion, the inherited messages about worth, power, and possibility. Transactional analysis offers us not only a language for these dynamics but a relational framework for transforming them. Whether in Malmö, Mumbai, Montreal, or Melbourne, the questions may differ, but the core concerns often echo.



Incoming ITAA President Marguerite Sacco (left) introducing Michelle Thomé as she receives her 2025 ITAA Service Award

At the same time, I want to offer a reminder of what makes this kind of research possible.

In many countries, including my own, academic freedom is increasingly under pressure. Governments are more eager to decide what should be studied and which results are politically acceptable. As Swedish philosopher Åsa Wikforss said: "Science does not dictate what politics should do… but it provides the ground on which decisions must rest." We cannot meet the challenges our societies face without independent, honest—and sometimes uncomfortable—research. It is not a luxury. It is not a special interest. It is the foundation of every open, humane, and responsible society.

So, thank you once again for this award. It means a great deal to me, not only as recognition for this project but as a sign that relational, thoughtful, and internationally shared research matters.

And thank you—all of you—for sustaining this community and keeping it alive across the world.

Michelle Thomé: Accepting this award got me thinking about why I chose to join the ITAA working groups, the board, and committees. About 8 years ago I became the Latin American representative on the ITAA board. Later, colleagues started saying things like, "Thank you for your service"—but the word "service" made me uncomfortable. I felt like I was just working. But over time, I caught myself saying: "I serve the TA community through the ITAA," and gradually the work turned into service. The turning point was focusing on the purpose, not just on tasks or goals. I connect work with goals and targets, but service is guided by purpose and mission.

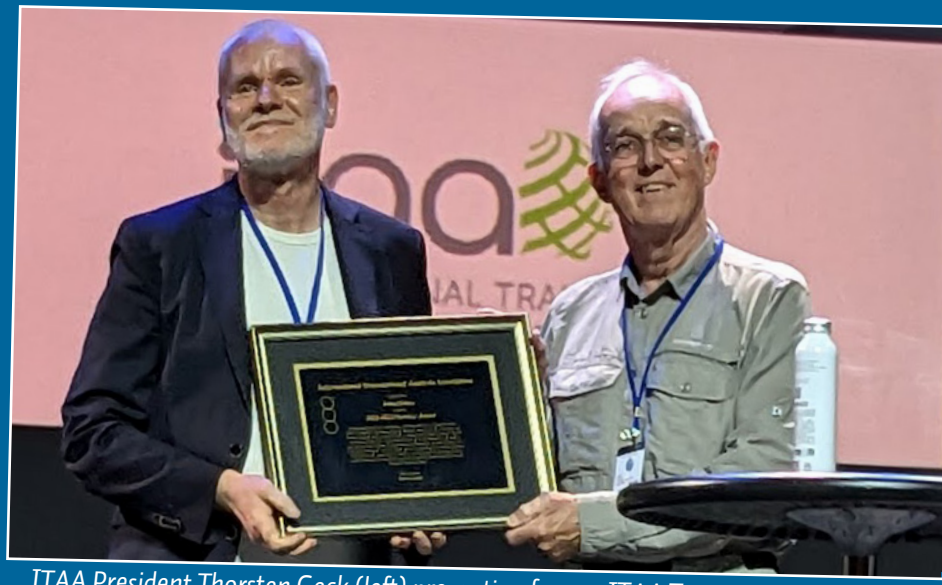
Over the years, I have followed different purposes. One was to act as a bridge supporting Latin American colleagues in becoming closer to what was going on globally. Language has always been, and still is, a big barrier, so I negotiated funding for translating *TAJ* articles into Portuguese and pushed for better time zones for online events so our side of the world could be awake to join!

Another purpose, during my time as ITAA Director of Development, was to grow our online activities so that anyone, anywhere, with internet access could take part in live TA learning. During the pandemic, we hosted ITAA's first 24-hour online workshop with live sessions in different time zones and simultaneous translation for some languages. It was a success and prepared us to deliver the first online conference, which was also a success.

Around the same time, we created the ITAA Communications Committee with the idea of modernizing ITAA's brand. Members were invited to meetings where we talked about the values of the association, which helped guide the creation of the new logo (with colors from nature: green and blue) and the writing of our mission and vision. Then we built the new website, which can be translated into 63 languages. I had great support from the board and the ITAA office team. And I was lucky to have the partnership of my dear colleague, John Fleming, whom I want to thank publicly here.

Another purpose for me has been professionalizing our communication processes. In some important areas, the ITAA was relying too much on the goodwill of individuals. And when any of these stepped back, the work often stopped too.

I was born in a small town in southern Brazil and have always been curious and wanted to be part of the world. After working in journalism, corporate communication, and marketing, I discovered TA in 2013. After becoming certified in the organizational and educational fields, I made a career shift to focus on personal development processes. I did not want to keep working in communications and marketing, but the



ITAA President Thorsten Geck (left) presenting former ITAA Treasurer John Oates with his 2025 Service Award plaque

ITAA needed support in those areas, and my skills were a good match.

Working on the purposes I have described has taken a lot of work, but I became inspired by the needs of our members, the energy of my colleagues, and the bigger picture. With time, I began focusing on building communication processes that can be passed on and managed by others. Today I am proud that we have been delivering in the communications area thanks to the role I've built in this association and the good people who have walked with me and share the values of TA.

John Oates: I am happy to accept this award on behalf of all of the "team" involved because sorting out the ITAA's finances became very much a team effort. It was then ITAA President Diane Salters who persuaded me in 2017 to help ITAA because she knew I was a chartered accountant. And having looked at the accounts, I could see ITAA certainly needed help! My thanks to the team start with my wife, Steff Oates, who received the ITAA Service Award at the Berlin Conference in 2017, which was the reason I was there. Diane was concerned that if I took the position as ITAA Treasurer that Steff and I might "row over breakfast" about issues, but that never happened.

ITAA Chief Financial Officer at the time, Ken Fogelman, began suffering from declining health, including losing the ability to speak. Our meetings over Zoom became difficult, which introduced two more to "the team": Carol Solomon, who lived near Ken, and Tom Encinias, Ken's partner. As it became clear that Ken needed to step back from the role, Robin Fryer suggested that *The Script* desktop publisher Susan Lockwood might help. Susan did step in and worked hard in an area that was not a speciality of hers.

Others on the team were the three ITAA Presidents: Elana Leigh, Chitra Ravi, and Thorsten Geck. Their support over what became a long process, as well as all those on the Board of Trustees over the years, was crucial, including in their trying to understand my "accountancy



ITAA President Thorsten Geck (left) presents 2024 Eric Berne Memorial Award winner Zefiro Mellacqua with his plaque

speak" as well as my trying to understand their "TA speak"!

I was delighted to hand over the job after 6½ years in the role with the ITAA's finances in a good place, with the important restructuring taking place, and equally important and with thanks primarily to Michelle Thomeé with a website and marketing to be proud of. Thank you all.

the SCRIPT

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Zefiro Mellacqua: Thank you for this extraordinary moment, which will stay with me forever. I am deeply grateful to many people: trainers, mentors, master colleagues, friends, my patients and their families, my family, and to my place of origin, all of whom have made possible not just this incredible recognition but the transformative yet at times disturbing journey that has become my life. My heart is also with my actual work colleagues from the Cantonal Sociopsychiatric Organization in Canton Ticino (Switzerland) for the enormous gift of an organizational life together, and, of course, my heart is right now with my wife and two daughters, with whom I share the true gift of a family life together.

One of the main lessons I derived from the clinical work with young patients suffering from psychosis and their caregivers is that the too often celebrated "here-and-now" dimension of life can be in itself a dreadful experience for the Self. That's why our present must be filled with meaning and thus with the presence of the Other and Otherness in our existence. In so doing, we need to reinhabit our past, however dark, and hope and live for the future, however uncertain.

Presence and Meaning both imply the relation of our Self to the Other and Otherness. Indeed, especially from the perspective of the Self, war has no meaning whatsoever because it fundamentally destroys any possibility of a relation to the Other and Otherness. Therefore, by almost quoting Rosa Mangini in her "La Rivoluzione, forse domani," the only war we should fight for is the war we must stop fighting. Now.

Thanks from the depth of my being to the international TA community, to Eric Berne for the immense gift of transactional analysis for our work in each field of its expression, and most importantly for our life as human beings.



ITAA President Thorsten Geck (left) and 2025 Eric Berne Memorial Award winner Keith Tudor (Keith's award speech will appear in the January 2025 TAJ)

Jeanette Wygoda-Klute Becomes New ITAA Director of Development

In welcoming Jeanette Wygoda-Klute as the new ITAA Director of Development, we want to thank Vanessa Williams for her work in that position before she had to resign due to illness. We appreciate her contributions to the ITAA and the TA community and wish her all the best and a speedy recovery.

Jeanette writes: The future of ITAA depends on our ability to create relevance, visibility, and value for our members and for the wider professional world. With this in mind, I am honored to step into the role of Director of Development. Since beginning my TA path in 2017, I have experienced how powerful learning and international connection within this community can be. Now, about to become a PTSTA-O, I want to help strengthen both the impact of TA and the sustainability of the ITAA. For me, this role centers on two key responsibilities: working with the membership committee to create projects that support



our members and the broader TA community as well as attract new members; and collaborating with the communications committee to increase recognition of TA among professionals and the wider public. In addition, I will be supporting the Social Engagement Committee and the DEIA Task Force in their successful work. My approach will be to build authentic relationships across the TA community and develop meaningful partnerships with the board of directors, committees, regional representatives, and stakeholders both within our network and beyond. What I bring to this role comes from years of hands-on experience. I take time to really understand what is needed before jumping into solutions. Having held both team and project management positions, I have learned that the best results come from listening, integrating diverse perspectives, and working together rather than trying to do everything alone. I am excited about the opportunity to contribute to the ITAA, to support the association's strategic goals, and to connect across our community in ways that create lasting impact. (Jeanette can be reached at director_development@itaaworld.com .)

CORRECTION

In the September *Script*, Grace Lam's position was listed as Director at Large for Asia, but it should have been for Australasia and Singapore.

New Members

AUGUST 2025

Martina Ben-Shaul, United Kingdom
Marta Ciesla Curtis, United Kingdom
Ivana Danilović, Croatia
Bo Feng, China
Elena Grevtseva, Russia
Yuliia Kvasnytsia, Poland
Mikhail Lipenchuk, Russia
Dingli Luo, Japan
Howie Martinez, United Kingdom
Simon May, United Kingdom
Sally Moore, United Kingdom
Amanda Pontin, United Kingdom
Laura Stryker, Switzerland
Cristina Tamas Muntean, Romania
Sowmya Thanigachalam, India
Aisulu Zakharova, Kazakhstan

DEIA TASK FORCE

Building Bridges Through Diversity, Equity, Inclusion, and Accessibility in TA

by Alva Ramírez Villatoro

Among the greatest strengths of the International Transactional Analysis Association (ITAA) is not only our shared passion for transactional analysis but also the richness of voices, perspectives, and cultural experiences that shape our global community. **As members, we are constantly invited to look beyond borders, to honor diversity, and to foster spaces that are equitable, inclusive, and accessible to all.**

Eric Berne began hosting informal Tuesday evening seminars in San Francisco in 1950–1951, which were formally established as the San Francisco Social Psychiatry Seminars in February 1958 (Berne, n.d.). From that foundation, the ITAA was created on 20 October 1964 in recognition of the growing international interest in TA (ITAA, 2025). This year we celebrate 60 years as an international association, a legacy that continues to embody the sense of community with which it was born.

Alva Ramírez Villatoro of Mexico, PTSTA-P, is DEIA Task Force Coordinator and ITAA Director at Large for North America. She can be reached at alvavillatoro@yahoo.com.mx .



My personal journey has also been shaped by this vision. The 2014 World Conference in San Francisco, where I took my certification exam, was transformative: I realized that TA was not just a theory or the work of a single author or teacher—it is a living community, diverse in origins, contexts, and approaches, sharing an evolving common language.

My own trajectory is evidence of ITAA's inclusive and open vision. As a Spanish-speaking Latina and someone who comes from a context with economic and cultural limitations, I have found in ITAA a place of equity: where I am able to contribute and to receive, with mutual respect for differences and with full acceptance of uniqueness. Within this international community—both directly and indirectly—I have found support, validation, and meaningful impact. At the same time, I have had the opportunity to offer the same to others interested in TA. This reciprocity makes me deeply happy to belong and inspires me to invite others to share in the values and philosophy of TA.

I am convinced that many others share experiences similar to mine, and that is precisely what makes ITAA truly international, multicultural, and alive. **Every personal story enriches our community and gives deeper meaning to our belonging.**

The 2025 World Conference in Montpellier reaffirmed this collective spirit, bringing together participants from 64 countries. Under the theme "Exploring Legacy, Legitimacy, and Identity: Transactional Analysis in a Changing World," it became clear that TA's history, legitimacy, and

identity remain profoundly relevant in our ever-changing world.

On this path, the work of the DEIA Task Force is essential. The purpose of this task force is to explore how ITAA members experience diversity, equity, inclusion, and accessibility in their relationship with the organization. **The DEIA agreement guides us with clear commitments:**

- To promote equitable access to ITAA resources, activities, and decision making
- To foster multilingual communication as a bridge, not a barrier
- To ensure inclusion in leadership roles, reflecting the diversity of our community
- To create accessible spaces, both physical and virtual, where participation is possible for all
- To build interregional collaborations so that every member feels part of a united and evolving community

These are not abstract ideals but practices already underway. **Our DEIA Task Force is made up of colleagues from diverse regions of the world, each bringing unique perspectives and experiences that enrich our work. The team includes** Sophie Bruas (Kenya), Tsehaye Alema (Ethiopia), Prathitha Gangadharan (India), Cristina Caizzi (Italy), Paula Rodrigues (Brazil), Keiko Hoshino (Japan), and Hansika Korivi (India). As a team, we are deeply committed to making diversity, equity, inclusion, and accessibility a lived reality within the ITAA, ensuring that our association continues to grow as a truly international, multicultural, and accessible community.

I am grateful to John Fleming for inviting me to join this task force, which has done such great work since 2023; Piotr Jusik for putting me in direct contact with various communities and committees within ITAA and showing me an example of how we can support inclusion, diversity, but above all, friendship; and deeply grateful to my mentor, Gloria Noriega, for her invitation to join the ITAA as a transactional analyst in training in 2006.

We are building more than an academic or professional association. We are building a truly global community where every member belongs. In this way, transactional analysis remains alive, evolving, and engaged with the realities of the contemporary world.

References

Berne, E. (n.d.). Biography of Eric Berne. https://ericberne.com/eric_berne_biography/

International Transactional Analysis Association [ITAA]. (2025). About us. https://itaaworld.com/about-itaa/

Free-Access Article Available From the July 2025 *TAJ*

From the July 2025 *Transactional Analysis Journal* theme issue on "Relationships in Love, Play, and Work," **the free-access article is "Transactional Analysis and Relationship Psychotherapy: Decontamination and Deconfusion of Ego State Relationship Structures" by Brad McLean.**

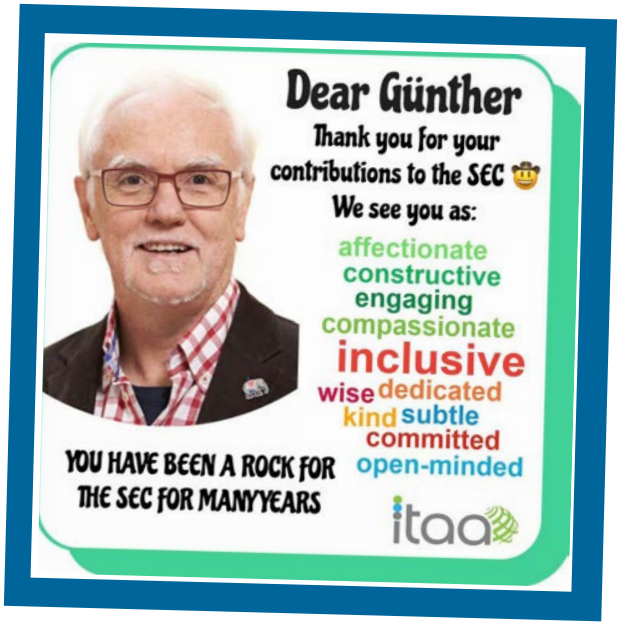
The article offers a framework for a structured approach to relationship psychotherapy grounded in transactional analysis. McLean uses the transactional analysis concepts of decontamination and deconfusion to outline a staged treatment process. This process integrates cognitive strategies to strengthen the relationship "Adult," thereby laying the foundation for a deeper exploration of unconscious dynamics within the relationship "Child." Consideration is also given to the influence of relationship "Parent" introjects. This approach is integrative and incorporates contemporary, evidence-based practices from the broader field of relationship psychotherapy into the familiar transactional analysis treatment sequence.



We encourage all *Script* readers to read this *TAJ* article and to use this important opportunity to encourage your colleagues and friends to learn more about contemporary transactional analysis. **You will find the free-access article from the July issue available on the Taylor & Francis *TAJ* website** (accessible for ITAA members via the ITAA website and to nonmembers by searching on *Transactional Analysis Journal*). Look for the green check in the lower right corner.

Social Engagement Committee Celebrates Outgoing Chair Günther Mohr

by Sashi Chandran



The Social Engagement Committee (SEC) was a vision of then ITAA President Elana Leigh and was created and nurtured by next ITAA President Diane Salters. The original members included Chitra Ravi, Elana Leigh, Günther Mohr, Salma Siddique, Sashi Chandran, Victoria Baskerville, and Wataru Suematsu. Michelle Thomé, Thorsten Geck, and ITAA Board members attended meetings and guided and helped us reach participants across the globe.

The main aim of the SEC is to engage the global transactional analysis (TA) community across levels and borders in a dialogue for growth and development individually and collectively. The SEC has offered webinars on topics such as Black Lives Matter, the pandemic, and climate change. The crowning glory of SEC has been a four-part series of webinars on "Avoidance and Engagement in a Troubled World," with references to the private, professional, and community selves. We also ran focus groups on climate change and nonviolence and one on research.

Günther's Mohr's leadership with engagement has contributed hugely to the effectiveness of these webinars. He became SEC Chair in 2022 when former chair Victoria Baskerville had to withdraw for personal reasons. As he steps down now, we want to honor him and express our appreciation for what he has brought to the role.

Sashi Chandran: Günther has held the SEC together, despite many hurdles, in his own inimitable style, which is "leadership with engagement." Including committee members in dialogue, effortlessly and gracefully, he drew us to engage without pressure or compulsion. Drawn by the goal of the SEC but not driven by it, we enjoyed our meetings with their camaraderie and warmth, despite Günther's "poker face," which he declared had cultural underpinnings. Sensitive to each of us, he included us in decision making about topics, structure, and content of webinars. We are glad that he has agreed to continue as an SEC member.

Piotr Jusik: I met Günther during lockdown through his invitation to an in-depth discussion about the nature of political and social polarization. He is patient, insightful, a bit quirky, and wholeheartedly kind in his simple yet sophisticated Zen manner. Günther is always about dialogue, about promoting what happens between people, without having to stand out as number one. In the SEC, he gently, quietly guided us toward a vision of dialogue, collaboration, and social transformation. I will always cherish those 6am meetings, when dream and reality intertwined, allowing me to envisage a different world.

Luca Fornari: I have seen how deeply rooted Günther's way of leading is in dialogue, not just as a method, but as his way of engaging with complexity. His approach was a key element in creating a space for growth and mutual exploration within the SEC team. It also shaped the structure and tone of our webinars. Günther's presence created space for reflection, exchange, and forward movement.

In celebration of Günther's leadership, the SEC is organizing a celebration to follow our next webinar on 21 October 2025. Please join us! And we also encourage you to participate in webinars during the coming year on our new theme: "Engaging With Our Hearts # Minds # Spirit for Harmony."

Sashi Chandran is the current SEC chair (sashi.c@nityagurukula.org) .

IBOC News

We are happy to announce that **we found a new Regional Exam Coordinator (REC) for the New Zealand and Australia region.** In introducing himself, Jonathan Kopruch writes, "I am a Certified Transactional Analyst in psychotherapy living in Aotearoa New Zealand. I am deeply committed to the ongoing development of our TA community and see joining the REC team as a valuable way to contribute to the integrity and sustainability of our field. I am motivated by a desire to support others in their professional journey, and I view the exam process as a significant milestone that deserves care, fairness, and thoughtful coordination. It is important to me that candidates feel well supported and that their efforts are held with respect and generosity."



We are looking forward to working with Jonathan and are thankful for the engagement, time, and care Earn Lam has put into fulfilling this role until now. And we are happy that we will continue to collaborate with Earn in her new role as Professional Standards Committee cochair.

Please note our upcoming written exam workshops, in which we will provide information and space to discuss being an evaluator for written CTA exams. We welcome everyone who is interested in evaluating as well as colleagues who are experienced in this task. A Google form will be sent out soon for you to use to register for the workshops you wish to attend. One workshop will focus on parts A and B of the CTA written exam; the other one on parts C and D. The dates are as follows:

Written Exam Workshops—Section A and B of the CTA exam: 17 November 2025, 3pm UK time and November 18, 2025, 7am UK time

Written Exam Workshops—Section C and D of the CTA exam: 18 November 2025, 3pm UK time and 20 November 2025, 7am UK time

IBOC Exam Calendar

Type	Exam Date	Location	Application Deadline
CTA	9-11 Oct 2025	Online	9 Jul 2025
TSTA	9-11 Oct 2025	Online	CLOSED
CTA	5-7 Mar 2026	Online	5 Dec 2025
TSTA	5-7 Mar 2026	Online	5 Sep 2025
CTA	1-3 Oct 2026	Online	1 Jul 2026
TSTA	1-3 Oct 2026	Online	1 Apr 2026
CTA	4–5 Mar 2027	Online	4 Jan 2027
TSTA	4–6 Mar 2027	Online	4 Sep 2026
CTA	30 Sep-1 Oct 2027	Online	30 Jun 2027
TSTA	30 Sep- 2 Oct 2027	Online	30 Mar 2027

IBOC TEW Calendar

Type	TEW Date	Location	Application Deadline	TPO Deadline
TEW	28–30 Nov 2025	Online	CLOSED	CLOSED
TEW	24–26 Apr 2026	Online	CLOSED	CLOSED
TEW	24–26 Jul 2026	Online	24 Nov 2025	24 Jan 2026
TEW	27–29 Nov 2026	Online	27 Mar 2026	27 May 2026
TEW	23–25 Apr2027	Online	23 Aug 2026	23 Oct 2026
TEW	26–28 Nov 2027	Online	26 Mar 2027	26 May 2027

TEW Note: All TEWs for 2025 and 2026 are currently full. If you wish to get on the waiting list for any openings that develop, please contact Marina Rajan Joseph at iboc_tew-coordinator@itaaworld .

Note: Written exams can be submitted anytime throughout the year.

Please send applications for exams and TEW to the IBOC administrator: iboc@itaaworld.org . For the EATA exam calendar, please refer to: https://eatanews.org/exams/#coc-calendar and for the EATA TEW calendar, go to: https://eatanews.org/tew-calendar/?highlight=TEW%20calendar

Scholarship Grants Support Broader Participation in 2025 WTAC

by Lucy Freedman

Your ITAA Foundation, which is now responsible for safeguarding the ITAA's legacy assets, is pleased to report that **we were able to provide financial support so that more members could afford to attend the Montpellier Conference.**

In the spirit of OKness, the ITAA has worked for years to equalize access to membership, training, and conferences. **The ITAA established the Scholarship Grant Fund (SGF) to give grants to those with limited financial resources.** Recognizing the variations in national economies and currencies, the Long-Range Planning Task Force came up with the TAlent program, which adjusts fees for people from lower economies.

One aspect of ITAA's transition to being a professional benefit corporation is that the Foundation now administers the SGF among other assets. With the World TA Conference in Montpellier, the first ITAA cosponsored conference since 2019, the ITAA decided to take the TAlent program further. It applied to the SGF for funds to partly subsidize conference tickets for TAlent 1 and 2 members. The SGF Committee approved the grant, and the ITAA Foundation paid for those grants out of the fund.

This turned out to be very popular and resulted in subsidies to 147 members, almost 20% of the conference attendees. The Montpellier Conference was a great success, both in attendance and content. The inclusion of members who could not otherwise attend enriched the program and contributed to wider exchanges of ideas and practices.

The ITAA Foundation would like to continue the work of supporting those with limited financial resources who wish to study TA, so please support the SGF with a donation. To make a donation, please log into your membership account on the ITAA website (https://itaaworld.com) and click on the donate button.

Thank you for your support! We would be happy to hear from you (lucy@syntaxforchange.com).

The ITAA Foundation Board:
Lucy Freedman, President;
Michael Harsh, Treasurer; and
Mandy Lacy, Secretary

TAJ Theme Issue

"Radical Psychiatry: Revisiting and Revitalizing TA's Critical Tradition for Contemporary Challenges"

Coeditors: Keith Tudor and Karen Minikin

Deadline: 1 February 2026

Please follow the submission requirements posted here.

Submit manuscripts to *TAJ* Managing Editor Robin Fryer at robinfryer@aol.com

Conferences & Events

31 January–8 February 2026
NATAA Gathering
Frenchman's Cove,
Port Antonio, Jamaica
programs@nataa.net

July 20–26 2026
NATAA Gathering
Villa Maria Del Mar,
Santa Cruz, California, USA
programs@nataa.net

Value in Polarities

In learning to tolerate the reality of light and shade—the good, the bad, and the ugly of humanity—we live more truthfully and authentically. For me at the 2025 World TA Conference (WTAC), this involved intimate and playful conversations with loved ones at French pavement cafes alongside frustratingly snatched conversations that left me unsatiated. The joy of tender hugs with colleagues I'd only met virtually, alongside the tension of conflicting events that evoked paralysis of choice and a lingering feeling of missing out. The genuine care of friends' support with my workshop, alongside the occasional objectifying projective transference. A sense of pride and recognition about the publication of my new book, together with twinges of exposure and shame from Parental messages. Rejuvenating time alone in the Montpellier botanical gardens, alongside stressful rushing between workshops. Experiencing people's sense of belonging when meeting with their "tribe," alongside the disturbance of alienation. The many magical and transcendent moments of eternity and the anxious ever-present sense that there was too much to do and not enough time.

Such polarities are unavoidable. Aleksandr Solzhenitsyn (1973) wrote: "The line separating good and evil passes not through states,



Rachel Cook

nor between classes, nor between political parties either—but right through every human heart—and through all human hearts" (p. 312). Every community—including TA—will experience the joy, cooperation, and creativity of the erotic life force, as well as the evil, conflict, and competition of deathly destructiveness. For these are universal human experiences, and the WTAC is simply a fractal of imperfect human existence. The good, the bad, and the ugly.

Unresolvable difficulties in community arise when there is a collective and individual disavowal or denial of the reality of the bad and ugly (or failure to acknowledge the good), leading to unconscious and destructive enactments of the shadow and the death of relationships, organizations, and institutions. Instead, Aristotle described contact with reality as the key to living well not just being happy or having positive experiences. We need to learn to face, tolerate, and dialogue about the destructive shadow of community and humanity while not being overcome by it so we can appreciate the good. Accepting the reality of the WTAC, our TA communities, and human existence—not a pretense of the world or community as we would wish it to be—offers the value of creative growth.

Doing so enables me to find greater depths of grace and good will for the diversity of humanity and gratitude for the small precious moments of eternity with which the WTAC—and the journey there and back—has gifted me. It has been a moment in my life where I feel I have "lived well." And that to me is a success.

Rachel Cook, New Forest, Hampshire, United Kingdom

Reference

Solzhenitsyn, A. (1973). *The gulag archipelago* (T. P. Whitney, Trans.). Harper & Row.

Ethics Re-Dressed: From Judgment to Education

by Michelle Thomé



For some time now, I have been engaged in what I like to call "changing the clothes" of ethics – from judge and potential punisher to daily companion and educator.

In the first 2 decades of my professional life, as a journalist, I covered the work of ethics committees in the Brazilian legislature and judiciary. These were temporary committees, usually created in response to public complaints and media pressure, with investigative and punitive aims. The meetings were often heated and noisy, focused above all on identifying "the guilty party." For years, this was my frame of reference (Schiff, 1975) for conversations and collective decisions about ethics.

When I encountered transactional analysis (TA), I began the process of "changing the clothes" of ethics. First as a trainee, later as a trainer and supervisor, and more recently as a member of the ITAA Ethics Committee, I have been revisiting how I think, speak, and live ethics in my professional practice. My colleagues on the committee have been excellent companions in reflecting, analyzing, and embodying ethical behavior. In our regular meetings, I am continually encouraged to ask myself whether the ethics "clothes" I am wearing honor who I am today and the ethical principles of TA.

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One client, working with me under an individual counseling contract, provided an experience that has been particularly meaningful on this journey. She told me that, in order to protect herself, please others, or be accepted in certain important relationships, she had learned to omit relevant facts, keep secrets that might harm herself or others, or alter the truth. And now she was willing to try a different path—one based on truth.

She arrived with a list of situations, people, and stories. Carefully, she revealed fragments, often interspersed with comments such as: "I'm ashamed to tell you this," "I know I am wrong," "You won't criticize me, will you?" and "I feel relieved." She chose one situation as her first experiment, disclosing an important truth to her sisters. Together we explored possible scenarios and consequences so that she could prepare herself for this conversation.

At our next session, she described how satisfied she was after speaking authentically, ending with a powerful statement: "One less lie, one less secret!" From there, she continued steadily until she had "cleared" her list of omissions and lies. Later, she admitted that she used to anticipate being judged or reprimanded by me. When this did not happen, she slowly realized that she could be herself in a relationship. She said: "Now I know you accept me as I am—and that others might too."

Her reflections have been a gift to me. They show that I too have changed.Years ago, I might indeed have criticized her, at least in my mind. Today I am able to listen beyond the words spoken. For me, this process reflects the integrating Adult (Tudor & Summers, 2014)

in action. I too have changed the clothes of ethics.

This professional transformation resonates strongly with the ethical principles of the ITAA. The principle of respect reminds me to provide the best possible service while creating a trustworthy, nonexploitative environment. Empowerment speaks to supporting clients in recognizing their dignity, responsibility, and rights. Protection calls me to safeguard both self and others, maintaining confidentiality and ensuring physical and psychological safety. Responsibility requires me to consider the impact of my actions, keep my contracts, and avoid any behavior that might harm the client. Finally, commitment in relationship emphasizes the relational dimension, honoring agreements and recognizing the client's interpersonal world.

Seen through these principles, ethics is not a set of rules waiting to punish breaches. Instead, it is a living framework that accompanies us, stimulates reflection, and supports growth—both for clients and for us as practitioners. For me, this shift has meant taking ethics out of the courtroom and into the counseling, coaching, and training room, transforming it from a voice of judgment into a companion for authentic living.

And what about you? If you were to "re-dress" ethics today, what new clothes would you choose for it?

References

Schiff, J. L. (with Schiff, A. W., Mellor, K., Schiff, E., Schiff, S., Richman, D., Fishman, J., Wolz, L., Fishman, C., & Momb, D.). (1975). *Cathexis reader: Transactional analysis treatment of psychosis*. Harper & Row.

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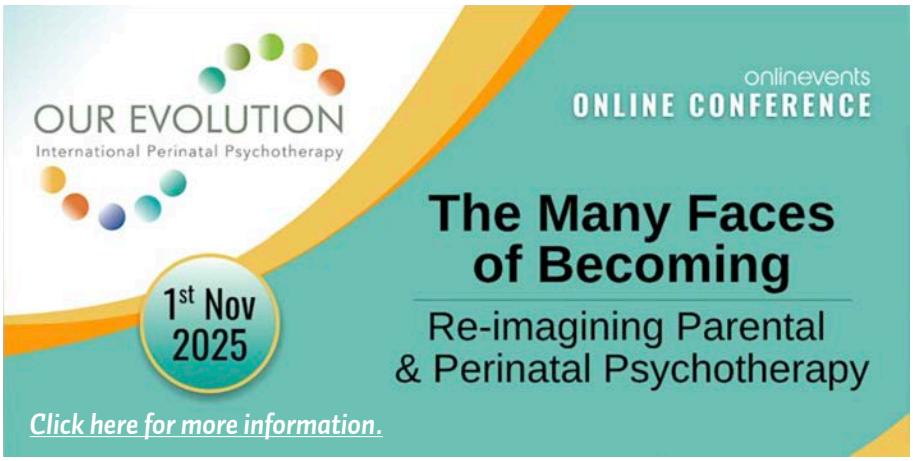


Recent Publications



Congratulations to all involved on the publication of the Japanese edition of *Eco-Centered Therapy: Revisioning Person-Centred Psychology for a Living World* by Bernie Neville and Keith Tudor. The original English-language version was published in December 2023. The Japanese translation was published in September 2025 after a year and a half of hard work by a Japanese team led by Izumi Kadomoto, TSTA-P, including Keiko Hoshino, TTA-E; Mariko Seki, PTSTA-P; Ryoko Shimada, CTA-P; Makiko Mikuni from the field of PCA; Yu Harada from the field of PCA; and Shoichi Ebana, MD. The book focuses on the person-centered approach (PCA) and therapy. It allows the reader to reexplore Carl Rogers's philosophy and practice, which were very impactful for TA. The organic paradigm is gaining increasing significance in the world we inhabit, not only in politics, economics, and culture, but also within the domains of therapy, counseling, and education. It is not merely appropriate—but imperative—to consider how our practices may be integrated with ecological perspectives, especially in the context of a planetary emergency. This was underscored by the January 2023 *Transactional Analysis Journal* theme issue on eco-TA. The practice of "we psychology" in/with/as environment holds profound potential within both PCA and TA frameworks. (For more on the book, click here.)



Photo credit: Courtesy of Chiara Micci/Garbani

Upcoming ITAA/EATA Webinar With Zefiro Mellacqua

28 November 2025 * 10:30 am – 12 pm CET

In our next joint webinar, Zefiro Mellacqua returns to Berne's scientific appraisal of the emergence in the 1950s and 1960s of psychedelic science, on which Berne founded his unique conceptualization of psychic organs, ego states, cathexis, and his later, as well as preliminary, considerations of the farthest frontiers of transactional analysis, to which he gave the suggestive name of "regression analysis" (Berne, 1961/1975, pp. 224–231).Through a brief history of psychedelic psychiatry, Zefiro will introduce webinar participants to the most recent resurgence of psychedelic science and with that to a more contemporary, yet psychodynamically as well neurobiologically informed, reconsideration of some of the most fundamental ideas of transactional analysis theory and of their possible future applications in the field of psychotherapy and clinical psychiatry.

About the Presenter

Dr. Zefiro Mellacqua is the Medical Director of the Cantonal Psychiatric Clinic (CPC) in Mendrisio, Switzerland. A medical doctor, psychiatrist, and Certified Transactional Analyst (psychotherapy), he worked as psychiatrist and psychotherapist for the South London and Maudsley National Health Service Foundation Trust in London (UK) and as a consultant psychiatrist in Switzerland. He implemented the first home treatment team in Canton Ticino. Zefiro is also a clinical lecturer at the SUPSI University and USI Faculty of Biomedical Sciences in Lugano, Switzerland. He is the recipient of the 2024 Eric Berne Memorial Award.

To Register

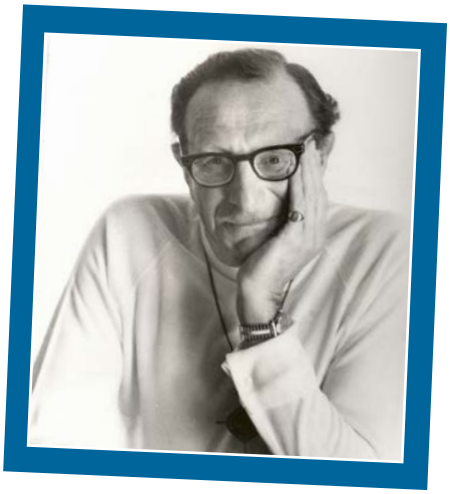
Go to this link.

Final Part of SEC Webinar Series Coming in October

The ITAA Social Engagement Committee has been running a webinar series titled "Avoidance & Engagement in a Disturbed World." The final part of this series will be on 21 October 2025. In this 90-minute webinar, we will explore the community self: "Building Stronger TA Community Bonds to Hold Difficulties Together" presented by two inspiring speakers: Valerie Batts, TSTA-P, and Diane Salters, TSTA-P. Don't miss this opportunity to take part in meaningful conversations and share your insights on building unity and support in our communities. **Space is limited.** The webinar will be conducted in English, with Spanish translation available.



Nominations Sought for ITAA Awards



The ITAA invites you to consider nominating a worthy recipient for the ***2026 Eric Berne Memorial Award*** (EBMA). The following information and materials must be submitted to the EBMA Committee, c/o ITAA Director Research & Innovation Elvin Aydin Keles (email below). All documents must be submitted by email in electronic form (Microsoft Word or Acrobat PDF).

1. Name(s) of author(s) nominated

2. Publication citation: full reference for journal article, book, or publication in which the contribution being nominated has been published

3. Area of contribution: specify one of the following categories as the area in which you think the most significant contribution has been made: (a) theory, (b) research, (c) applications, or (d) other areas not covered by these

4. A brief title for the contribution: for example, the concept in theory, a descriptive title for the research project, the specific practice application, or a title for some other relevant area

5. A nominators' statement (1500 words maximum) supporting the nomination as an original and highly significant contribution to transactional analysis in the designated area. This statement must include discussions of the following:

- The originality and innovation of the contribution within transactional analysis
- The relationship to previous work in transactional analysis and related theories or fields of application, including research where applicable
- Evidence of the impact the contribution has had on the development of the field of transactional analysis
- Any other statements about the contribution that need to be considered by the committee in the opinion of the person(s) making the nomination

Each nomination needs to be supported by a single nominators' statement. If more than one individual is making the nomination, the nominating group will prepare a common statement and select a nominators' representative.

6. Individual, group, or organization making the nomination: Please supply the name, address, telephone number(s), and email address of the nominator (or nominators' representative) the EBMA committee may contact if additional information or material is required to consider the nomination fully.

7. Copies of the publication(s): One electronic copy of the article(s) or book chapter(s) in which the contribution being nominated appears must accompany the nomination. If the article or book chapter was written in a language other than English, an English translation must be included, along with the publication(s) in the original language. No more than three articles and/or book chapters may be submitted.

8. Notification of the nominee: It is the responsibility of the person(s) making the nomination for the award to notify the author(s) of his or her intention to do so and to provide him or her with a copy of the written materials submitted to the EBMA Committee. The nominator is to verify to the committee that he or she has done so either by submitting a copy of the letter to the nominee or a statement to that effect. Without this verification, the nomination will not be accepted, except in those instances in which the award would be made posthumously.

9. Unpublished material and works published after December 2022 are not eligible for nomination at this point.

The deadline for Eric Berne Memorial Award nominations is 1 December 2025. Send nominations to ITAA Director of Research & Innovation Elvin Aydin Keles at director_r-i@itaa-world.com . For more details on making nominations, visit this link.

The ITAA Research Award was established to recognize an individual(s) or team who has made a major contribution to research in any field of transactional analysis. The recipient(s) need not be an ITAA member(s). The award is given for published and peer-reviewed research in any of the fields in which transactional analysis is applied, preferably in indexed or impacted journals. Nominated work may focus on the effectiveness of current theory and practice, but research will be the necessary focus rather than simply an option. Send nominations for the ITAA Research Award to chair Moniek Thunnissen at m.thunnissen@ziggo.nl . For more information, visit this link. **The deadline for the ITAA Research Award is 1 January 2026.**

The ITAA Service Award was established to recognize ITAA members who have made a significant contribution to the advancement of the ITAA and to its development as an organization that promotes transactional analysis internationally, supports its members, and offers a social benefit to the public. Honorees will be recognized for their commitment, the nature of their service, and the "I'm OK, You're OK" manner in which they conducted themselves in the process. The nominee will have demonstrated a generous spirit of service, responsibility, and effectiveness in his or her contribution to the life of the ITAA. **The deadline for the ITAA Service Award is 1 January 2026.**

The Hedges Capers Humanitarian Award was established to recognize ITAA members who have made significant, enduring contributions to humanity in keeping with the ideals and ethics of the ITAA. These contributions are primarily seen as activities that promote the welfare of humankind, especially through the alleviation or elimination of pain and suffering. ITAA members who make such contributions often do so at the cost of personal risk and/or sacrifice. The humanitarian activities may form a lifelong pattern or be expressed in a single, widely noted occurrence. **The deadline for the Capers Award is 1 January 2026.**

The Muriel James Living Principles Award honors ITAA members who have advanced the growth of transactional analysis by personal example as well as by contributions of an exceptional and lasting nature. Personal example involves consistently living the principles of transactional analysis, which includes, but is not limited to, clear Adult thinking, joyful creativity, compassionate ethics, and a lack of gaminess in transactions with others. Such a person models egalitarian relationships and promotes an "I'm OK, You're OK" atmosphere in both professional and personal arenas. The nominee will have demonstrated commitment, concern, and caring for both individuals and the world community and will be active in the international advancement of the principles of transactional analysis either professionally or personally. **The deadline for the James Award is 1 January 2026.**

The Robert and Mary Goulding Social Justice Award was established to recognize individuals who have broadened the application of transactional analysis through their teaching, training, writing, and/or direct professional work in the promotion of social justice. The nominee will have advanced through professional work and personal modeling the core principles of the Gouldings' theory: self-determination, personal responsibility, direct action, and affirming relationships. The nominee will have contributed, in his or her own way, by any or many of the following: disclosing unfairness, challenging injustices, protecting unfair practices, confronting perpetrators, questioning values that support injustice, enabling understanding and respect, encouraging equalitarian values, facilitating awareness of institutionalized injustice, funding social movements, and even mounting public protests. **The deadline for the Goulding Social Justice Award is 1 January 2026.**

The Fanita English Lifetime Achievement Award was established to celebrate any transactional analyst who has, through a lifetime of work and commitment, demonstrated creativity, excellence, and a spirit of internationalism in any field of transactional analysis. The person will have significantly contributed to the theory, application, teaching methods, and/or recognition of TA as a modality. They will have been an ITAA member for at least a large portion of that time. **The deadline for the English Award is 1 January 2026.**

Any ITAA member may suggest another member for the Service, Capers, James, Goulding, or English awards by submitting in writing a detailed nomination that includes the nominee's name along with a narrative account of the reasons the individual deserves recognition, attaching all relevant documentation. The guidelines for making nominations for all of these awards are posted online at itaaworld.com/about-itaa/awards/. Send nominations for the Service, James, Capers, Goulding, and English awards to ITAA Secretary Rema Giridhar at general-secretary@itaaworld.com.