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## Vitalizing TA Theory One Conversation at a Time

by Alexandra Gheorghe

**H**ave you ever wondered about the people behind the articles or books you read? What drives them to write? How do they come up with the concepts or theories they conceive? What from their history led them to decide “I think I have something important to say?”

We often found ourselves wondering about these and similar questions, which is how “Conversations in TA”

was born 2 years ago: out of enthusiasm and curiosity. Transactional analysis theory has been enriched by so many talented practitioners since Eric Berne’s writing became appreciated around the world! We have been excited to meet and interview some of them ... with a twist.

Our project consists of a collection of video (and one audio) interviews with authors who have made significant con-



*Traian helps Marina with her microphone as she prepares to interview  
Richard Erskine*



(From left) Marina, Diana, and Traian discussing the next interview

tributions to transactional analysis theory over the years. Under the motto “Vitalizing the Theory One Conversation at a Time,” our team has created a space for transactional analysis theory to come alive through unscripted conversations between readers and authors. Most of the videos focus on understanding the process behind the article or book and on knowing the person behind the concepts. We are looking to find out how their writing makes sense in the context of their person-

al and professional journey.

## About the Team

The team is made up of four of us. Alexandra Gheorghe, Diana Deaconu, and Marina Vasile are Certified Transactional Analysts working in the psy-

chology and educational fields. which one can look at the world as opposed to a fundamental, unalterable truth that leaves no room for alternatives. Last, but not least, we believe that an attitude of curiosity and reflection tends to be effective when supported by interaction. Having companions makes the lifelong journey of discovering the world worthwhile.

## Technicalities

In conducting the interviews, we are committed to a rigorous methodology that has evolved over time. First, we undertake in-depth research about the work published by an author we decide to interview. Second, we meet with and engage in a debate about the ideas we have come across in the author’s work. Third, we organize the outcome of this debate in the form of a set of questions that function as a suggest-

chotherapy and educational fields. Traian Bossenmayer is a Provisional Teaching and Supervising Transactional Analyst working in the organizational field. We all live and work in Bucharest, Romania, and are part of the Romanian transactional analysis community. Our team has created this project independent of any institution or organization. It has been self-funded and self-sustained, with all the details thought out and created together, including the website, the logo, and the format of the interviews.

Since 2015, “Conversations in TA” has developed into a coherent system that has its own etiquette, technicalities, and character.

*“Our team has created a space for transactional analysis theory to come alive through unscripted conversations between readers and authors. Most of the videos focus on understanding the process behind the article or book and on knowing the person behind the concepts.”*

## the SCRIPT

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## Etiquette

“Conversations in TA” rests on the assumption that diversity feeds growth, and, therefore, the focus is on making space for multiple perspectives both in terms of theoretical models and fields of application. Another of our core values is that knowledge is a dynamic process, not a static entity. It is continuously being created, transformed, modified, and adjusted to meet the challenges that life has to offer. Additionally, our approach to theory is that it is a pair of lenses through

ed framework for the conversation with the author. We do not follow these questions rigidly, however, but use them mostly as guidelines. Fourth, when filming the interview we work in teams of two: an interviewer and a cointerviewer. The interviewer is the one who facilitates the conversation, which is usually 60 to 90 minutes long. The cointerviewer’s job is to observe the process and make comments in case the conversation becomes stuck. She or he also keeps track of time and manages the technical aspects of the video



(From left) Traian, Alexandra, and Diana consulting on how to adjust the camera

making. Fifth, the filmed material is edited and transformed into two or three clips. These are arranged to last around 15 to 20 minutes. Each is then accompanied by a written summary of the main ideas discussed and a brief biography of the interviewee. Lastly, the text and the video material are uploaded online.

### Character

“Conversations in TA” is a project that we are happy to share and make available to the worldwide transactional analysis community. It is accessible free of charge and is

an initiative that took off as a self-funded investment.

We take tremendous joy and satisfaction in working together as a team and reaching out to other transactional analysts around the globe. Our aspiration is to find our own way of belonging to a community that we highly value as

well as to do our share in creating the building blocks of this community.

Beginning in February 2017, these “Conversations In TA” have been available online for a worldwide audience at [www.conversationsin-TA.com](http://www.conversationsin-TA.com). So far we have had lively conversations with Bill Cornell, Anita Mountain, Jo Stuthridge, Julie Hay, Trudi Newton, Giles Barrow, and Richard Erskine in video format and an audio conversation with Fanita English. We have covered topics as diverse and complex as the phenomenology of writing, trans-

ference, resilience, the practitioner’s vulnerability, escape hatches, the distinction between different fields of transactional analysis, organizational transactional analysis, rebelliousness and resilience, models of education, Eric Berne, and much more.

We aim to continue talking with other influential writers of TA theory. Future plans also include organizing open conversations between authors coming from different schools of thought.

To learn more about the project or to help develop it, please visit [www.conversationsinta.com](http://www.conversationsinta.com). For questions and feedback, please contact the team at [conversationsinta@gmail.com](mailto:conversationsinta@gmail.com).

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### Alert Regarding Missed TAJs

If you are missing an issue of the TAJ, please be aware that SAGE Publications will honor requests for back copies only for 6 months after the date of that journal. If you do not receive your copy, please check to make sure your address is correct in the ITAA database. If it is and your membership is current, you can contact Janet Chin at [janet@itaaworld.org](mailto:janet@itaaworld.org) within 6 months and she will request that another copy be sent to you. After 6 months, you can still obtain a copy by purchasing it from SAGE: contact Shelly Monroe at [shelly.monroe@sagepub.com](mailto:shelly.monroe@sagepub.com) or, if you are in India, you can order through the India office at [journalsubs@sagepub.in](mailto:journalsubs@sagepub.in).



(From left); Marina, Diana, Alexandra, and Traian at a team meeting



## Mark Widdowson Honored With the First ITAA Research Award

by Biljana van Rijn

**W**e are proud to announce that the first winner of the ITAA Research Award (ITAARA) is Dr. Mark Widdowson. The award was created to acknowledge and celebrate individuals and teams who have made a major contribution to research in any field of transactional analysis, and we are pleased to have an honoree who so ably demonstrates that quality.

Mark, a Teaching and Supervising Transactional Analyst (psychotherapy), has been chosen as the first recipient of the ITAARA for his work on the effectiveness of transactional analysis psychotherapy using case study research methodology.

*“Mark, a Teaching and Supervising Transactional Analyst (psychotherapy), has been chosen as the first recipient of the ITAARA for his work on the effectiveness of transactional analysis psychotherapy using case study research methodology.”*

He lives in central Manchester, United Kingdom, and is a senior lecturer in counseling and psychotherapy

at the University of Salford. Mark is an active psychotherapy researcher and is currently researching the effectiveness of a TA-based psychoeducational group work intervention as well as the effectiveness of TA for anxiety. He remains passionate about the value of case study research and its ability to research both the process and outcome of therapy and its potential for theory and practice development.

On hearing the news that he had been given the award, Mark said, “I am absolutely delighted to receive this award. Research can be an isolating process, and to receive the support and recognition from the professional community that this award represents is an incredibly powerful stroke. It encourages me to continue my work in developing the evidence base for transactional analysis.”

Mark received his award plaque and spoke a few words at a ceremony held during the World TA Confer-



ence in Berlin. If you would like to congratulate him on this important achievement, he can be reached at [mark.widdowson1@btopenworld.com](mailto:mark.widdowson1@btopenworld.com).

If you would like to nominate someone for the 2018 ITAA Research Award, please contact Dr. Biljana van Rijn, TSTA (P), chair of the ITAA Research Award Committee, at [biljana.vanrijn@metanoia.ac.uk](mailto:biljana.vanrijn@metanoia.ac.uk). The deadline for nominations is 1 January 2018. 📧

## Coming Out in India About Depression and Anxiety: An Interview With Anna Chandy

By C. Suriyaprakash

**C Suriyaprakash (CS):** Well-known Indian actress Deepika Padukone's courageous decision to open up publicly about her depression was a watershed moment in raising awareness regarding the stigma about depression and mental health problems in Indian society. You now head the foundation created by Deepika to promote awareness about mental health and specifically depression as well as to emphasize the need for mental health care in our country. What drove you to take up the mission of mental health at a national level given that you had a successful private practice as a transactional analysis counselor?

**Anna Chandy (AC):** The timing of Deepika reaching out to me for help was very significant and symbolized my future journey. I have known her since she was a child, the daughter of a family friend. I was at the inauguration of a library and reading room that I had donated in the name of my late father at his school in Kerala. When Deepika's

call came in, I remember wondering if there was a larger universal purpose as I had not been in touch with her for 7 or 8 years. I agreed to work with her in counseling, and subsequently, when she asked me to head The Live Love Laugh Foundation (TLLLF), my earlier assumption about a larger purpose unfolded: that working for and making contributions to the larger Indian community became my calling. I believe that those who have suffered from some sort of mental ailment are isolated and excluded from mainstream society. To me, exclusion is deeply harmful and punitive. Accepting the role of heading TLLLF was and is an opportunity for me to sensitize people and promote and contribute to building an Indian community that is inclusive of individuals who have had any form of mental illness.



Anna Chandy

**CS:** Tell us a little about The Live Love Laugh Foundation and what it does.

**AC:** The Live Love Laugh Foundation is the nonprofit organization that Deepika set up when she recognized the stigma and shame associated with any form of mental illness in India. The name of the foundation is her personal philosophy. The foundation works in the areas of awareness and education to reduce stigma and to advocate for people suffering

from depression and anxiety. TLLLF is managed by a group of trustees, and I chair the trust.

**CS:** What is the state of mental health care in India and the world?

*“Accepting the role of heading TLLLF was and is an opportunity for me to sensitize people and promote and contribute to building an Indian community that is inclusive of individuals who have had any form of mental illness.”*

**AC:** According to the World Health Organization (WHO), one in five Indians will suffer from depression and anxiety in their lifetime, which is about 70 million people (see [here](#)). For a population of 1.3 billion Indians, we have about 5,000 psychiatrists and 30,000 mental health workers (counselors, psychologists, and community social workers). The WHO estimates that 10% of India’s population suffers from mental health disorders, with 80% of those experiencing depression and/or anxiety. The remaining 20% battle with severe mental health issues such as psychosis, bipolar disorder, schizophrenia, and so on. In 2013, India lost 31 million years of healthy life due to mental illness of its citizens according to *The Lancet*. By 2025, it is estimated that 38.1 million years of healthy life in India will be lost (a 23% increase in 12 years). Data from *The Lancet* also shows that India accounts for a massive 15% of the global mental, neurological, and substance-use disorder burden with depressive disorders and anxiety disorders being the most common. (For further details, see [here](#)).

As for the rest of the world, according to a 2014 report by the World

Economic Forum and the Harvard School of Public Health, mental health was expected to cause a loss of US\$1.03 trillion in economic output in the country between 2012 and 2030. According to the WHO, one in four people in the world will be affected by mental or neurological disorders at some point in their lives. Around 450 million people currently suffer from such conditions, placing mental disorders among the leading causes of ill health and disability worldwide (see [here](#)).

**CS:** How do you see transactional analysis making an impact on the mental health scene globally?

**AC:** In my view, TA has a valuable role to play, especially when we use Claude Steiner’s radical approach for social change. I use psycho-education in my training and talks at various forums. By that I mean I provide individuals and the system to which they belong with a theoretical and practical approach for understanding and coping with the consequences of their psychological issues. TA concepts are explained in regular parlance, and life issues and narratives are used to elaborate and explain. I share my radical ideas using a transactional analysis lens to work toward systemic change, specifically in disrupting old transgenerational beliefs that are irrelevant in the current Indian and global context. An example of this was when Prince William and Prince Harry spoke openly about the struggles they experienced following their mother’s death. This appealed to people because their sharing was so authentic. Similarly, in India, when Deepika spoke about her suffering with depression, her authenticity resonated, and people could relate to her and what she had experienced.

**CS:** What can TA organizations such as the ITAA and SAATA (South Asian Association of Transactional Analysts) do to promote mental health care? How can they collaborate with The Live Love Laugh Foundation in their mission?

**AC:** I think the members of the global transactional analysis community need to build contacts, engage, and collaborate more with the global professional mental health community. Members of the TA community need to work toward becoming members of the larger professional mental health ecosystems. The language that we use needs to be attuned to the context so as to develop mutuality. We also need to become active sociopolitical influencers in the areas

*“I think the international community may need to recognize that TA needs to be adapted to the cultural context in various regions if it is to gain more visibility. For example, because India is a collective society, I think the constructivist cocreative approach is more appealing and easier to assimilate here because it fosters and nurtures the collective integrating Adult as contrasted with the Adult as viewed in an individualistic society.”*

of mental health and have a voice. It is also important for us to learn to use current digital platforms to create awareness of transactional analysis and its efficacy.

For example, at TLLLF we partner with nonprofits who are working in the field of mental health to spread awareness, to sensitize people about mental health issues, and to reduce

the stigma around mental illness. Currently, in India, TLLLF partners with Asha from Coimbatore and some of my TA trainees who deliver our flagship school program called “You Are Not Alone” (for more about this program, see p. 8 of this *Script*).

**CS:** My experience working with that program has been very rewarding. The task seems huge given the vast scale of its potential reach, but the smile on the face of every child it touches is greatly inspiring. Is TLLLF engaged in other projects and programs to create awareness about mental health issues and especially depression? And what strategies are being used to make these sustainable and equitable for all segments of society?

**AC:** TLLLF is conscious that all our projects need to be sustainable and equitable. In a vast country such as India, which has a population of 1.3 billion and diversity that is layered and complex, the model that we believe will work is collaboration with various stakeholders (e.g., governments) both at the center and at the state level (e.g., the community, professionals, nonprofits, etc.) using various tools to spread awareness about depression. Since our launch, TLLLF has undertaken three flagship initiatives: (1) an awareness program (“You Are Not Alone”) about depression for adolescents and teachers that has been conducted in five states covering more than 34,000

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*“I provide individuals and the system to which they belong with a theoretical and practical approach for understanding and coping with the consequences of their psychological issues. TA concepts are explained in regular parlance, and life issues and narratives are used to elaborate and explain.”*

students in 276 schools; (2) a program to sensitize doctors about mental health called “Together Against Depression,” which has reached more than 2,000 doctors; and (3) the launch of Dobara Poocho, India’s first nationwide public awareness campaign about mental health. We use various digital media platforms to reach out to our audiences because mobile phone usage in India is widespread and extends even into remote areas. In addition, print, television, and radio are used systematically, and influencers who have suffered are encouraged to speak openly about their experiences.

**CS:** In a society such as India, where mental health issues are either denied or sublimated, how difficult is your work and how do you develop the strength to keep going?


**AC:** Deepika openly sharing her narrative on national television was the first step in the direction of breaking the stigma. To achieve what we have set out to do, as a team, we need to work consciously toward our goal and not allow hurdles to get in our way. Because we believe in disruptive innovation to create a new norm in society, we are willing to face the various difficulties we encounter. I learn and gain so much strength from our young team, all of whom are authentic, open, and challenging.

**CS:** You have recently written a book entitled *Battles In the Mind* (Chandy, 2017), which is about your life, including your journey with transactional analysis. How does it connect with your life and the mission of TLLLF?

**AC:** As I shared earlier, we believe in disruptive innovation to create a new norm. For me, sharing my own narrative about my struggles is “walking the talk” as well as breaking the norm about self-disclosure as a counselor. India is at a stage where our younger generation (average age 31.9) values authenticity and openness. My purpose in writing the book was to provide hope to those who feel hopeless and to share some of the TA tools I found useful. Transactional analysis has immense value, and yet it has not received adequate recognition in our country. I think the international community may need to recognize that TA needs to be adapted to the cultural context in various regions if it is to gain more visibility. For example, because India is a collective society, I think the constructivist cocreative approach is more appealing and easier to assimilate here because it fosters and nurtures the collective integrating Adult as contrasted with the Adult as viewed in an individualistic society.

**CS:** I hope what you have shared here will inspire many transactional analysts to leave the comforts of their offices and move out to make a difference in the wider society through sustainable large-scale change. I wish you and TLLLF all the best for success in your mission!

## Reference

Chandy, A. (2017). *Battles in the mind: Conquering and winning over emotional pain*. Haryana, India: Penguin Random House India. 

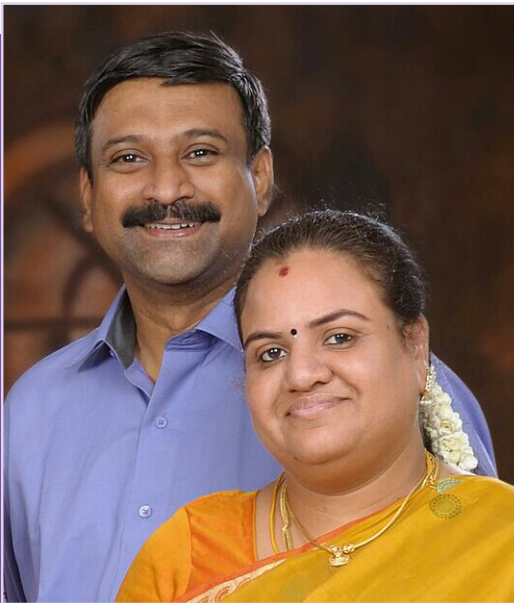


# “You Are Not Alone” Program Brings Mental Health Awareness to Indian Adolescents

by I A Mohanraj and Viji Mohanraj

**I**n India, the stigma around mental health and discrimination faced in the family and society at large prevent people from reaching out and seeking guidance and professional help. In March 2016, Deepika Padukone, a leading Indian movie star, created a sensation when she admitted on prime-time national television that she had been afflicted by depression and had sought psychiatric and counseling help. This single event brought the topic of mental health, and specifically depression, out of the closet and made it a topic of open discussion. Deepika went on to create a foundation to focus on issues related to mental health: The Live Love Laugh Foundation (TLLLF) (see [www.thelivelovelaughfoundation.org](http://www.thelivelovelaughfoundation.org)).

The Bangalore-based TLLLF offers a program called “You Are Not Alone,” which is designed to increase awareness about mental health issues among adolescents (grades 9 to 12) and teachers, especially depression, anxiety, and stress. This voluntary, free program was first launched at Deepika’s alma mater in Bangalore



I A Mohanraj and Viji Mohanraj

*“The sessions are conducted on the school premises and so far have been delivered at 15 schools (both private and government operated) in Coimbatore covering 4058 students and 714 teachers.”*

and is successfully being conducted in several schools across the country. (To read more about TLLLF, visit the website at [www.thelivelovelaughfoundation.org](http://www.thelivelovelaughfoundation.org))

In the state of Tamilnadu, the “You Are Not Alone” program was launched in Coimbatore in October 2016. It partnered with Asha Coun-

selling and Training Services, a project of the Center for Holistic Integrated Learning and Development (CHILD), a public charitable trust founded by P K Saru in 1998. Asha has been conducting programs for personal development, mental health, and self-awareness in addition to offering psychosocial counseling for more than a decade while disseminating the principles and uses of transactional analysis in personal and social domains.

The coordinators of the “You Are Not Alone” program in Coimbatore are C. Suriyaprakash, I A Mohanraj, and Viji Mohanraj. The program is executed by a team of volunteers who are or were advanced trainees in transactional analysis at Asha and are practicing counselors or psychotherapists. The process involves committed team volunteers reaching out to schools and obtaining a commitment from the institutions to introduce and carry out the project.

With the increase in population here and the changing times, the demand for high levels of performance often



*“With the increase in population here and the changing times, the demand for high levels of performance often creates stress, anxiety, depression, and psychological pressure, especially among adolescents.”*

creates stress, anxiety, depression, and psychological pressure, especially among adolescents. The program creates mental awareness through a one-and-a-half-hour presentation on mental health (mainly depression, anxiety, and stress) with case presentations and videos followed by a question-and-answer session. The participants are given a booklet for reference and guidelines. At the end, students are quizzed to assess and clarify their understanding. All teachers in each school are covered in the program separately.

The sessions are conducted on the school premises and so far have been delivered at 15 schools (both private and government operated) in Coimbatore covering 4058 students and 714 teachers. The volunteer presenters had to tread a careful line in order to emphasize and ensure that the knowledge about one’s own mental health and that of others was used by students and teachers to support each rather than for labeling and discrimination.

The students’ feedback so far has highlighted the need for more such programs and guidelines for handling issues related to mental health. They said they especially appreciated the booklet they were given because it helps them to

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*A student raises a question during a “You Are Not Alone” presentation*

identify symptoms of mental health problems and offers guidelines about what to do when they or someone they know needs help.

Many teachers, on the other hand, were initially apprehensive and defensive. However, as they became involved they began to participate more. Later, when some of them had doubts about students whom they observed being “different,” they sometimes called us with questions regarding symptoms and asking for guidelines. The volunteer presenters model OK relationships, which is noticed and appreciated by both teachers and students.

A team of volunteers (C. Suriyaprakash, K. Raguraman, and R. Karuna) translated the program presentation and booklets into the regional language so they would be accessible and available to schools where the medium of instruction is Tamil. This is the case for mostly government-run schools for economically underprivileged segments of society.

We are now approaching the regional district educational officer to approve

*“The volunteer presenters had to tread a careful line in order to emphasize and ensure that the knowledge about one’s own mental health and that of others was used by students and teachers to support each rather than for labeling and discrimination.”*

this program so it can be conducted in rural district schools. We are targeting a sample of 50 schools for the coming academic year. Our priority is the quality of impact and not merely larger numbers. From the experience of the work we have done so far, we expect to expand our reach in the coming years. 📍

### ***We’d Like to Hear From You***

Please send us your thoughts about what you read in *The Script* or news about your TA-related activities or articles giving your perspective on topics of interest to the TA community. Send to *Script* Managing Editor Robin Fryer at [robinfryer@aol.com](mailto:robinfryer@aol.com) .

# Friends and 7 Ups

by Valerie Lankford

**F**riendship and how to be a good friend are things I know a lot about. I feel blessed to have good friends and do not take those relationships for granted. I also do not think about those relationships only in terms of blessings. I value people for their unique personalities, traits, strengths, and weaknesses. I am interested and some-

*“If we want the friendship to endure, we can act on any or several of the 7ups to repair, heal, or mediate sore spots.”*

times fascinated by who chooses to be friends with whom. I find it interesting to notice the whys and wherefores of who chooses to have a few good friends and who prefers to have their lives filled with people in varying degrees of closeness. I once heard someone say, “Friends are like clothes in a closet. I take different ones out for different occasions.”

Something that I have found helpful with friendship is remembering a series of what I refer to as “Ups.” Perhaps this is because with each relationship we are “taking up” something into ourselves and making it at home there. Here are seven

of my favorite “Ups”: show up, speak up, listen up, wake up, cheer up, back up, and face up.

The most important of the “Ups” is to show up. Living in our high-tech world, we can choose to show up in various ways: in person, on the phone, by snail mail or email, or in texts from cell phone to cell phone. We can also show up by sending an e-card, specifying a date for it to be sent months ahead. We can order a cake or present to be delivered in a different state or country for someone’s special occasion. We can even help someone who has experienced a major loss by offering to visit or do something else to lessen his or her burden. It is always, of course, important to listen to the person’s own ideas of what would truly feel helpful. For more minor burdens,

I have a useful phrase: “Grateful among the aggravations.”

Being open to various ways of addressing a troubling issue is also useful. That is where speak up and listen up are particularly important skills. It can sometimes be complex to be clear in communications, especially online. Being willing to work at being clear is vital to all individuals involved. How we describe a problem affects how we help a person help us. We need to be able to say clearly



Valerie Lankford, her son Adam, and her furry friend Griff

what is missing and to articulate how vital it is to our functioning. We also need to assess how much of a priority it is to both parties given that each may have constraints in terms of time or other commitments. When both parties think that there might be frustrating or difficult situations ahead, saying that may help them stay away from blaming.

Wake up reminds us to be timely with those who are counting on us for something; it also relates to initiating and focusing. Back up—for a friend, relative, or colleague who is faced with a challenge—can mean supporting that person physically, emotionally, or both. Face up can mean to tell the truth or do something difficult that needs to be done for or with a friend.

There are more than 7 “Ups” that are useful in relationships. For example, clean up speaks to the importance of physical hygiene, and stand up refers to what one believes in. Stand-up comedians practice a performance art that provides people with relief and release from daily stress and routine. Probably

*Valerie Lankford was a part of one of Eric Berne's seminars in San Francisco. She was complimented by him when he asked her to lead his married couples group while he was in the hospital. He said, "For lack of a better word, I experience you as 'sincere.' " Years later, she still values people more than money and values learning about people's differences as well as enjoying their similarities. She practices in the Baltimore area of Maryland in the United States and has published several articles in the Transactional Analysis Journal. She can be reached by email at [valerielankford1@gmail.com](mailto:valerielankford1@gmail.com).*

*"I also do not think about those relationships only in terms of blessings. I value people for their unique personalities, traits, strengths, and weaknesses."*

all of us could practice a bit more of that! We can also meet up for coffee or a meal or an activity, but meet ups these days are also identified as gatherings where people can meet new folks while enjoying an appealing activity. Follow up is a learned skill that makes a world of difference to some people in terms of whether or not someone does what she or he said would be done. Fed up can help a person recognize that he or she has lost patience with someone or something and must find a new way to proceed. Zip up involves knowing when to close your mouth and refrain from saying something that might not be helpful and could be harmful. Pick up means to clean up or put away things from an activity so as to move to a new priority. Lift up can raise the outlook of someone who is psychologically downcast, and cheer up can, if done in a compassionate way, have much the same effect. End up is to reach the end of something, like this article.

To state the obvious, we all have strengths and weaknesses. No one is perfect. Those of us who are religious or spiritual may believe that in God's eyes we are all perfect, doing on earth what we are meant to do. I have also heard that we tend to hurt or be hurt by those closest to us because we assume certain behaviors will be OK with them, but sometimes we are wrong. Then, if we want the friendship to endure, we can act on any or several of the 7ups to repair, heal, or mediate sore spots.

I hope you can soak up something of value here. Friends often help us with new ideas to make lemonade out of lemons. Got a squeezer? 🍋

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Please add [admin@itaaworld.org](mailto:admin@itaaworld.org) to your address book so that ITAA emails to you do not end up in your spam or junk folder and you miss out on important messages.

When paying your ITAA membership dues, please click on the "ITAA Membership Join or Renew" link and not the "Donate" button. Click on the "Donate" button only for making a donation to the Eric Berne Fund, the Scholarship Fund, or the TAlent fund. If you have any questions, contact Ken Fogleman at [ken@itaa-net.org](mailto:ken@itaa-net.org).

If you have forgotten your password to [itaaworld.org](http://itaaworld.org), go to Member Login and click on the "Reset/Forgot Password" tab. Once you get your new password, you can reset it to something you will remember.

If you have received a TA certificate from a group other than the IBOC in the last few years, please email a copy of it to [iboc@itaaworld.org](mailto:iboc@itaaworld.org). We would like to be sure our files are up to date.

For full information about IBOC and COC exams, check the ITAA website at <http://itaaworld.org/training-and-certification-transactional-analysis>.



## New Editorial Board Members Sought

The *Transactional Analysis Journal* coeditors are looking for new members of the editorial board for the term 2018-2020. If you are interested in being considered for an editorial board position and would like a job description, please email your name, country, and a brief statement about your areas of interest/expertise and your experience in writing and/or editing to TAJ Managing Editor [robinfryer@aol.com](mailto:robinfryer@aol.com) by 1 October.

## Book Reviews and Reviewers Wanted

The *Transactional Analysis Journal* is looking for book review submissions. Books published within the past 3 years are preferred, and reviews are limited to 1,000 words. We are looking for reviews that offer readers a solid critique that reflects substantially on the book rather than one that is primarily an endorsement. For more details or to discuss a possible book review, please contact TAJ Book Review Editor Ed Novak at [edtnovak@gmail.com](mailto:edtnovak@gmail.com).

## Welcome to New Members

### JUNE 2017

Margaret Colyer, UK  
 Chun Du, China  
 Wendy Ellis, New Zealand  
 Harshahn J P, India  
 Indranil Mitra, India  
 Charity Mora Garcia, New Zealand  
 Dejan Nikolic, Serbia  
 Jo Reeves, UK  
 Anca-Cornelia Tiurean, Romania  
 Ashok Varma, USA  
 Anna Wilkey, Australia

## EXAM CALENDAR

Exam Date	Exam	Cert. Body	Location	Application Deadline
9-10 Nov 2017	CTA	COC	Koln-Rösrath, Germany	*
16-17 Nov 2017	CTA	COC	Switzerland (Fr. speaking)	*
23-24 Nov 2017	CTA	COC	Milan, Italy	*
3-4 May 2018	CTA	COC	Padua, Italy	*
9-10 Nov 2017	TSTA	COC	Koln-Rösrath, Germany	*
16-17 Nov 2017	TSTA	COC	Switzerland (Fr. speaking)	*
2-4 Dec 2017	TEW	COC	Lisbon, Spain	*
8-9 Jan 2018	TEW	IBOC	Bangalore, India	8 Sep 2017
24-26 Mar 2018	TEW	COC	Amsterdam, Netherlands	*
1-3 Dec 2018	TEW	COC	Zagreb, Croatia	*

\*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](http://www.itaaworld.org).

For further information on COC exams, see [www.eatanews.org/examinations/](http://www.eatanews.org/examinations/).

## TAJ Theme Issues

### “Standing on the Shoulders of Giants: The Parent Ego State Revisited”

Guest Editor Steff Oates and Coeditor Diana Deaconu

Deadline: 1 November 2017

### “Transactional Analysis and Existential Perspectives: Religion, Faith, Spirituality, and Beyond”

Guest Editor Anne de Graaf and Coeditor Sylvie Monin

Deadline: 1 May 2018

Please follow the submission requirements posted [here](#). Email manuscripts to TAJ Managing Editor Robin Fryer, MSW, at [robinfryer@aol.com](mailto:robinfryer@aol.com).

## TA Conferences Worldwide

### 1-3 September 2017:

Lavarone, Italy.

International Transactional Analysts for Childhood and Adolescence Conference (ITACA).

Contact: <http://www.versoitaca.it/>

### 11-13 May 2018:

Vienna, Austria.

38th DGTA Conference.

Contact: <https://www.dgta-kongress.de/workshop-registrierung/>

