Theory Development and Research Conference
by EATA and IARTA • July 5th-6th 2018
London

Working at the relational edge of evidence.
How does research support us in expanding the horizons of our practice?

Thank you for joining us at this exciting conference focusing on the newest developments in TA theory and research and their application to practice.

The European Association of Transactional Analysis (EATA) and the International Association of Relational Transactional Analysis (IARTA) are proud to be hosting this conference in the UK. London is an exciting capital city with attractions to suit every taste from museums, historical buildings, the Houses of Parliament, Buckingham Palace to theatres, Covent Garden and many fine restaurants. We are fortunate to have a venue for the conference only a short tube ride from the heartbeat of London: The Double Tree Hilton Hotel in Ealing, West London and Metanoia Institute, Ealing, close to the hotel. The conference theme is Theory Development and Research. We hope this theme will appeal to TA practitioners across all four fields and people who may be interested in either research or theory development.

We have exciting keynotes planned for the conference:

- Professor Charlotte Sills (TSTA) will open the conference with Steve Chapman with ‘Creative Adventures in Transactional Analysis’.
- Professor Mick Cooper, a prolific author and an international psychotherapy researcher, will open day two with ‘Developing an integrative model of counselling and psychotherapy: Contributions from (and to) transactional analysis’.

Pre-Gala Dinner: it will be our pleasure to welcome Professor Susie Orbach at the EATA TDR conference. She will be ‘In Conversation’ with Carole Shadbolt (TSTA-P) prior to the Gala Dinner. We are expecting a stimulating and exciting start of the evening.

Mica Douglas
EATA/IARTA Research Conference Committee Chair

Dr. Biljana van Rijn
EATA Chair of Theory Development and Research Committee

1.
Venues and Transport

London is an exciting capital city with attractions to suit every taste from museums, historical buildings, the Houses of Parliament, Buckingham Palace to theatres, Covent Garden and many fine restaurants. We are fortunate to have a venue for the conference only a short tube ride from the heartbeat of London: The Double Tree Hilton Hotel in Ealing, West London and Metanoia Institute, Ealing, close to the hotel.

DoubleTree by Hilton Hotel, Ealing

London Underground: the closest Underground station is Ealing Common, which is 4 minutes’ walk away from the Double Tree Hilton Hotel. Turn left from the station and the hotel will be on your right hand side.

Rail: the closest Overground station is Ealing Broadway, which is 10 minutes’ walk away from the Double Tree Hilton Hotel. Turn Left from the station and turn left again at the traffic lights. Walk along the Mall and then the Uxbridge Road and the hotel will be in front of you.

Road (West/M40): follow the A40 towards central London, at the Hanger Lane Gyratory join the A406 towards Ealing. Continue along the A406 (Hanger Lane); turn left onto the A4020 (Uxbridge Road). The DoubleTree Hilton Hotel is located on the right hand side.

Road (South/A23): follow the A23 and Join M23. Leave M23 at Junction 8 to join M25, leave the M25 at Junction 15 then Join M4; merge into the A4 and then turn left onto the A406. At the Ealing Common traffic lights, take right onto A4020.
Metanoia Institute
London Underground: the closest Underground stations Ealing Common and Ealing Broadway, are each about 10 minutes walk from the Institute. For directions, see the map (see left).

Rail: the closest Overground station is Ealing Broadway which is 10 minutes walk from the Institute. For directions, see the map given above.

Road (West/M40): follow the A40 towards central London, at the Hanger Lane Gyratory join the A406 towards Ealing. Continue on the A406 (Hanger Lane); turn left on to the A4020 (Uxbridge Road) and turn right to North Common Road.

Venue Maps
DoubleTree by Hilton Ealing Hotel:
The ‘Ealing Suite’ can is partitioned to create a number of areas for events that require breakout space. Fully equipped and with natural daylight, the ‘Ealing Suite’ can accommodate up to 300 delegates in theatre seating style formation. The floor plan for the venue is given on the right-hand-side.

Metanoia Institute:
Metanoia Institute has provided high-quality training in the psychological therapies for more than 30 years. It offers university validated undergraduate and postgraduate courses in Counselling, Psychotherapy and Counselling Psychology. It has two campuses of which the following (13 North Common Road) venue maps are given overleaf.
Metanoia Institute Venue Maps

GROUND FLOOR MAP
- Morison
- Library
- Teters
- Vic
- Fire Exit
- Administration
- Kitchen
- Fire Exit

FIRST FLOOR MAP
- O'Malley
- Trainee's Office
- Berne
- Dosson
- Rogers

SECOND FLOOR MAP
- Winnicott
- Yalom
- Kohut
- Rolloiding
- Maslow
- Jung
- Lang
- Shower
- Fire Exit
Day One: 5th of July 2018

Professor Charlotte Sills and Steve Chapman will open the first day of the Conference with a keynote event:

“Creative Adventures in Transactional Analysis.”

Professor Charlotte Sills is a psychotherapist, coach and supervisor in private practice, and a Visiting Professor at Middlesex University and at Ashridge Business School. She is also a Teaching and Supervising Transactional Analyst (Psychotherapy). She is a member of faculty at Metanoia Institute, London teaching on the MSc in TA Psychotherapy and MSc in Humanistic Psychotherapy as well as on Ashridge’s MSc in Coaching and Diploma in Coaching and Consulting Supervision. Amongst her publications are Relational TA – Principles in Practice, edited with Heather Fowlie (Karnac 2011) and Transactional Analysis – A Relational Perspective with Helena Hargaden (Routledge 2002) which won the Eric Berne Memorial Award in 2007.

Steve Chapman’s mission is to be playful with not knowing. He is a speaker, writer, consultant and artist who specialises in exploring creativity and the human condition. He has worked with a wide range of individuals and organisations in many sectors, helping them to make friends with uncertainty, disturbance and difference as an inevitable consequence of intervening in human social processes. He is a graduate of the Ashridge MSc in Organisational Change and visiting faculty at Ashridge Business School, the Metanoia Institute and Roffey Park. In 2014 he published his first book “Can Scorpions Smoke? Creative Adventures in the Corporate World” and is currently working on his second, entitled “Oh, my broken brain – on creativity and the human condition.” His 10 year old daughter is his mentor and Chief of Imagination.

Day One: Overview

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<th>Time</th>
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<tr>
<td>09:15</td>
<td>Introduction</td>
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<td>11:15 – 12:45</td>
<td>Parallel Panel Presentations/Papers</td>
<td>DoubleTree by Hilton Hotel, Ealing/Metanoia Institute</td>
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**Panel Presentations**

- **Panel:** Dr. Biljana van Rijn TSTA, Mica Douglas TSTA (P), Enrico Benelli TSTA
- Chair: Dr. Biljana van Rijn TSTA

**Papers**

- Perls, Metanoia Institute
- Günter Mohr TSTA, Piotr Jusik, Caterina Romaniello CTA
- Lucia Würsch, Antonella Fornaro TSTA (P), Silvia Baba Neal CTA
- Noushan Rezaeifar, Lisa Burrage and Sarah Lister, CTAs, Marina Sartor
- Chair: Dr. Joel Vos, Chair: Prof. Charlotte Sills, Chair: Carole Faulkner
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<th>Presenters</th>
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<td>12:45 – 14:00</td>
<td><strong>Lunch and Posters</strong></td>
<td>DoubleTree by Hilton Hotel, Ealing</td>
<td>Margarita Sizikova, Maja Sedmak Cvelbar, Focà Francesca, Giacometto Rosanna et al</td>
<td>“Dynamics of Therapist Empathy Based on Length of Professional Experience.” “Research on the prevalence of postpartum obsessions in Slovenia.” “Gender-related differences in ESPERO item responses.”</td>
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<td>14:00 – 15:30</td>
<td><strong>Workshops</strong> – Metanoia Institute</td>
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<td>Susanna Ligabue, Barbara Giacobbe, Liza Heatly, Eleonor Lindt, Antonella Fornaro, Maria Tosi, Heather Fowlie</td>
<td>Room: Perls</td>
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<td>Barbara Giacobbe, Liza Heatly, Eleonor Lindt, Antonella Fornaro, Maria Tosi, Heather Fowlie</td>
<td>Room: Dobson, Winnicott, O’Malley, Berne, Moreno, Rogers</td>
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<tr>
<td>15:30 – 16:00</td>
<td><strong>Tea &amp; Coffee</strong> – Metanoia Institute</td>
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<td>Massimo Gaudieri, Stefano Iapichino, Boris Volodin, Carole Shadbolt, Gerry Pyves, Emma Haynes, Emanuela Lo Re</td>
<td>Room: Berne</td>
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<td>16:00 – 17:30</td>
<td><strong>Workshops</strong> – Metanoia Institute</td>
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<td>Massimo Gaudieri, Stefano Iapichino, Boris Volodin, Carole Shadbolt, Gerry Pyves, Emma Haynes, Emanuela Lo Re</td>
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Day Two: 6th of July 2018

**Professor Mick Cooper** will open the second day of the conference with a keynote speech:

“Developing an integrative model of counselling and psychotherapy: Contributions from (and to) Transactional Analysis.”

Mick Cooper is Professor of Counselling Psychology at the University of Roehampton, where he is Director of the Centre for Research in Social and psychological Transformation (CREST). Mick is a chartered psychologist, a UKCP-registered psychotherapist, and a Fellow of the British Association for Counselling and Psychotherapy (BACP). Mick is author and editor of a range of texts on person-centred, existential, and relational approaches to therapy; including *Working at Relational Depth in Counselling and Psychotherapy* (Sage, 2005, with Dave Mearns), *Pluralistic Counselling and Psychotherapy* (Sage, 2011, with John McLeod), and *Existential Therapies* (2nd ed., Sage, 2017). Mick has led a series of research studies exploring the processes and outcomes of humanistic counselling with young people. Mick is the father of four children and lives in Brighton on the south coast of England.

**Day 2: Overview**

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<td>10:30</td>
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</tr>
<tr>
<td>11:15 – 12:45</td>
<td><strong>Parallel Panel Presentations/Papers/Workshops</strong> - DoubleTree by Hilton Hotel, Ealing/Metanoia Institute</td>
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**Panel Presentations**

*DoubleTree by Hilton Hotel, Ealing*

- **Panel:**
  - Anna Emanuela Tangolo TSTA (P)
  - Francesca Vignozzi PTSTA (P)
  - Caterina Romaniello CTA (P)
- Chair: Carole Faulkner

**Papers**

*Metanoia Institute*

- Mica Douglas TSTA (P) with Valeria Villa and Giovanni Felice Pace
- Laura Bastianelli TSTA (P)
- Davide Ceridono (CTA)

**Papers**

*Rogers, Metanoia Institute*

- Emma Haynes PTSTA, CTA
- Dr. Evi Chrysaffidou
- Chair: Dr. Joel Vos

**Workshop**

*Winnicott, Metanoia Institute*

- Massimo Gaudieri TSTA

**Workshop**

*Dobson, Metanoia Institute*

- Barbara Giacobbe PTSTA

**Workshop**

*O’Malley, Metanoia Institute*

- Maria Serena Barrecca TSTA (P)

**Workshop**

*Berne, Metanoia Institute*

- Mastromarino Raffaele TSTA (P)
- Rosanna Giacometto PTSTA (P)
- Francesca Focà CTA (P)
12:45 – 14:00  **Lunch and posters - DoubleTree by Hilton Hotel, Ealing**

Margarita Sizikova:
“Dynamics of Therapist Empathy Based on Length of Professional Experience.”

Maja Sedmak Cvelbar:
“Research on the prevalence of postpartum obsessions in Slovenia.”

Focà Francesca, Giacometto Rosanna te al:
“Gender-related differences in ESPERO item responses.”

14:00 – 15:30  **Workshops – Metanoia Institute**

Claudia Scheurenbran
TSTA (C)  
Room: O’Malley

Mandy Atkinson
CTA (P)  
Room: Protea

Tess Elliot
PTSTA (P) & Augusta Wolff
PTSTA (P), CTA

Nicole Kabisch
PTSTA (C) & Bev Gibbons
PTSTA

Hanna Yavorska
TSTA (P)  
Room: Winnicott

Dr. Cathy McQuaid
TSTA (P)  
Room: Moreno

Rosemary Napper
TSTA  
Room: Rogers

Briony Nicholls
TSTA  
Room: Berne

Patrizia Vinella
TSTA (C)  
Room: Dobson

15:30 – 16:00  **Tea & Coffee – DoubleTree by Hilton Hotel, Ealing**

16:00 – 17:00  **Plenary Session – DoubleTree by Hilton Hotel, Ealing**

17:00  **End of Conference**
## Papers: Further Details

### Day 1

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<th>Time</th>
<th>Speaker/s</th>
<th>Title</th>
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<td>11:15 – 12:45</td>
<td>Günter Mohr TSTA</td>
<td>“Scoring Instrument for Organisational Analysis”</td>
<td>A measurement instrument (questionnaire) for the quality and resilience of an organisation is presented with current research examples. The theory behind is a new part of Transactional Analysis, the Dynamic Organizational Analysis, which works with system dynamics.</td>
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<td>Piotr Jusik</td>
<td>“Formal and informal use of transactional analysis counselling in education”</td>
<td>This paper applies role theory and thus clarifies the differences between educators and counsellors who use transactional analysis as a method of conceptualising their work to support growth and development of learners. Educators are seen as facilitators of growth that results from acquiring knowledge, skills and understanding, whereas counsellors emphasise growth resulting from introspection based on relational experiences with the practitioner. Furthermore, counselling interventions can be differentiated into formal and informal work that show considerable differences in terms of contract, roles, levels of containment and confidentiality. Several transactional analysis models have been described in the context of formal and informal interventions. Relevant case studies have been presented to show how the concepts are applied in an educational environment. The author suggests that transactional analysis counsellors need to bring awareness into the roles that they hold and their ability to account for role differences will make their interventions more robust.</td>
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<td>Caterina Romaniello CTA</td>
<td>“The Italian Translation and Validation of the “Joines Personality Adaptation Questionnaire”: Preliminary Results”</td>
<td>The Joines Personality Adaptation Questionnaire (JPAQ; Joines, 2002) was developed to measure the six types of personality called “personality adaptations”: creative-daydreamer, charming-manipulator, brilliant-skeptic, enthusiastic-overreactor, responsible-workaholic, playful-resister. The last edition is a yes/no 72-item questionnaire, validated on an American sample composed by patients and therapists. The internal validity and the factorial analysis were overall satisfactory, proving the usefulness of JPAQ for clinical purposes. However, there are no studies referred to non-American samples in literature. Furthermore, external validity has not been verified.</td>
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</table>
Speaker/s: Lucia Würsch
Title: “Transactional Analysis’ contribution to strategic organisational aims: A case study in Switzerland”.
Abstract: This paper explores how Transactional Analysis (TA) can contribute to strategic aims of an organisation by means of a case study conducted in Switzerland. The case organisation is a public administration unit which has applied TA through internal training for almost two decades. The overarching strategic objective of the case organisation aims at assisting unemployed people to reintegrate into the labour market through effective consulting. This all-embracing goal is underpinned by the organisational vision about operations (e.g. We make considerable contributions for Economy), attitudes (e.g. We respect the personality and the dignity of each human being), and principles (e.g. We do purposeful personal and professional further training). Hay (2000) introduced a TA-O model with the notions of organisational ‘hardware’ (strategies, structures, systems) and ‘software’ (psychological safety, stroking, stimulation). The study explores alignments and contradictions between elements of the TA-O model and the strategic objectives of the organisation. The data includes organisational artefacts and documents and interviews with senior executives and accredited TA trainers. The analysis of the collected data is done with help of Saldana’s (2016) coding techniques such as In Vivo, Initial and Value Coding.

Speaker/s: Antonella Fornaro
Title: “Integrating relational TA theory with the post Bion intersubjective theories”.
Abstract: A comparison is made between Berne’s model and Bion’s model on the issue of group dynamics, and the hypothesis of integrating relational TA theory with the post-Bion inter-subjective theories (Baranger, Ogden and Ferro) is made. Albeit belonging to different epistemological models, in their writings, Berne and Bion often point out the importance of intuition and emotion which are the foundations for building relationships and indispensable for establishing a relationship with ourselves. For both Berne and Bion emotions ‘drive’ thinking, and as they do so they give shape to thinking. In addition Berne and Bion attach value to the interpersonal and inter-subjective dimension when they discuss the group process. For instance Berne refers to Bion’s concept of ‘basic assumptions’ as observable unconscious psychic processes that can be observed and described in the group and analysed in previous and current relationships. This integration offers advantages for individual and group settings.

Speaker/s: Silvia Baba Neal CTA
Title: “See you on the other side: A psychotherapy revision”.
Abstract: This paper is an auto-ethnographic revision (Ellis, 2009) of a psychotherapy case study. The client and therapist discussed their work together five years on, reflecting on post-therapy growth and aspects of the therapeutic relationship. The process of revision opened up new avenues for reflective inquiry.
Speaker/s: Noushan Rezaeifar  
Title: “The Effectiveness of Psychotherapy Based on Transactional Analysis on Marital Intimacy and Sexual Satisfaction in Women with Non-Clinical Depression”. 
Abstract: The main objective of this study was to investigate the effectiveness of psychotherapy based on transactional analysis method on marital intimacy and sexual satisfaction in women with non-clinical depression. This research was a semi-experimental study including a pretest-posttest design and a control group. The study population consisted of all women with non-clinical depression referring to health centers in Tehran; Out of this sample population, 40 individuals were selected by an entry-exit method purposefully and randomly assigned to experimental (n=20) and control (n=20) groups. The experimental group received 10 psychotherapeutic sessions based on transactional analysis. In the pre-test and post-test stages, both groups completed Beck’s Depression Questionnaire (Beck and Brown, 1996), Couple's Intimacy Needs Questionnaire (Bagarozzi, 2001), and Hudson’s Sexual Satisfaction Questionnaire (Hudson, 1981). Covariance of the data was calculated by using SPSS-22 software. The findings of the study showed that, the mean of marital intimacy (emotional, psychological, sexual, physical, spiritual, and recreational dimensions) and sexual satisfaction are significantly different in the experimental and control groups in the post-test stage (p<0.01). The study results indicated that psychotherapy based on the transactional analysis has a positive impact on marital intimacy and sexual satisfaction in women with non-clinical depression.

Speaker/s: Lisa Burrage and Sarah Lister CTA  
Title: “Reducing Burnout and Stress: Piloting the Effectiveness of Resilience & Restorative Groups in the Teaching Profession. Part of a whole school approach to emotional, mental health and wellbeing in the London Borough of Ealing”.
Abstract: Ealing Clinical Commissioning Group with the support of Ealing Council agreed to fund an innovative pilot project to offer emotional health and wellbeing support for teachers and support staff from their primary schools during the 2016/17 academic year. This formed part of a whole school approach to improving children’s emotional health and wellbeing (DH 2015).

Speakers/s: Marina Sartor  
Title: Distinguishing between Constructive and Destructive Behaviours: Outlining a Pathway for Teachers’ Education with Educational Transactional Analysis  
Abstract: Constructive and Destructive Behaviours in Educational Context are responsible for efficient learning and for building healthy and happy personalities. The identification and removal of them is embedded in the wider field of Education to Dialogue, an educational approach that pursues the care of educational relationships. Education to Dialogue is in fact the key-factor for developing Relational Skills, acting both as a means and as a goal that Education ought to achieve. In order to pursue an effective Dialogical Attitude in the Educational environment this paper proposes to Teacher Education Concepts from Educational Transactional Analysis, stating that E. Berne’s Philosophy can be a pattern and method in the Teacher Training at all levels. This paper outlines some concrete basic proposals for Teacher Education; focusing on distinguishing between Constructive and Destructive Behaviours it draws an Educational Path for Educators in which the mainly attention is to promote the development of the Student/Person rather than on the object/studied.
DAY 2

11:15 - 12:45

Speaker/s: Mica Douglas TSTA (P) with Valeria Villa and Giovanni Felice Pace
Title: “Building on the Theory of Empathic Transactions”.
Abstract: We aim to build on the theory of empathic transactions as outlined in Relational TA theory by analysing how the process of therapy can be understood in terms of empathic transactions? Researchers used Stiles (2007) Case Study Assimilation model, to track the process of change in psychotherapy. After looking at change that had occurred for the client we then went back into analysis of the transcripts to see what contribution the Relational TA theory of Empathic Transactions had made to the case study.

Speaker/s: Laura Bastianelli TSTA (P)
Title: “Biomarkers in psychotherapy research: an integrative perspective for the outcome evaluation”
Abstract: There is growing interest in the biological correlates of specific psychological problems, like depression or anxiety, and the impact of biological aspects on the treatment outcome (e.g. Yehuda et al., 2015). It is therefore useful to include biomarkers in TA research to increase the relevance and discriminative capacity of quantitative and qualitative studies. An example of in-depth multi-perspective exploratory study is presented, that includes the effect of TA psychotherapy - according to Social-Cognitive Transactional Analysis model - on the Heart Rate Variability (HRV). HRV is a computerized physiological measure derived from the record of heart rate, a feasible and sensible method to evaluate the functional integrity of Autonomus Nervous System. HRV has been used in psychological research to evaluate the outcome of different interventions and psychological approaches (e.g. Frustaci et al., 2010; Bastianelli, 2015-2016; Pignotti & Steinberg, 2001).

Speaker/s: Davide Ceridono CTA
Title: “A multi perspective method for single case study of Social Cognitive Transactional Analysis psychotherapy delivered in training clinics”
Abstract: A method is presented for single case study of psychotherapy delivered in the training clinics of the schools that adopt the model of Social-Cognitive Transactional Analysis (Sciligo,2006,2009,2011;DeLuca an Tosi,2011;Tosi,2016).In this context, for the case study a balance is sough between usefulness for clinical practice and for research(Ceridono,2011), considering the need to evaluate the outcome and demonstrate the effectiveness of psychotherapy (Ceridono and Viale,2013;Ceridono,2014; Ceridono, Perotto etal.,2015)
Speaker/s: Cesare Fregola PTSTA
Title: “Research on Lifelong Learning and the Cultural Parent”.
Abstract: Innovation, change and persistence always move in a dynamic plot tending to search for continuous balance between learning needs, minimum knowledge needed and cultural and social adaptation needs. On the base on knowledge society paradigm and lifelong learning, we developed a research investigating the development of the Cultural Parent. With the present paper we start to define a model aimed at integrating TA with learning processes within the social and cultural complexity characterizing our times, in order to re-read the learning process in an approach that combines cognitive, meta-cognitive and affective dimensions of learning and makes them become “object” of the pedagogic consultancy for self-efficacy development and autonomy progress. Here are presented the first results about the parent cultural evolution and the first emerged guidelines.

Speaker/s: Emma Haynes PTSTA, CTA
Title: “‘Hear us Speak’: Listening to women’s experiences of TA psychotherapy for perinatal mental health conditions”.
Abstract: Many women struggle with their mental health at some point in the perinatal period. Figures for the prevalence of postnatal depression alone are around 15% (Dennis & Hodnett, 2007). Yet women also suffer in pregnancy. These statistics do not include comorbid conditions like stress and anxiety either. Perinatal mental illness is isolating, engenders shame and stigmatisation. The effects are wide-reaching, and include the woman, the infant, the family, and the economy (around £6 billion per annum in the UK).

Speaker/s: Dr. Evi Chryssafidou
Title: “Routine Outcome Evaluation with trainee therapists working within a range of theoretical orientations including transactional analysis”.
Abstract: The paper will present the profile of clients at the Metanoia Counselling and Psychotherapy Service (MCPS) and results from the Routine Outcome Evaluation (ROE) of the Metanoia Institute research clinic. The evaluation includes relational non-manualised treatments, including Transactional Analysis, Humanistic and Integrative Psychotherapy. The ROE uses a range of standardised sessional measures contained within the IAPT toolkit for depression and anxiety (PHQ9 and GAD7), global distress (CORE 10), and working alliance (ARM-5). Consistently, in the past 7 years of service, more than 50% of clients are above the clinical cut-off for depression and anxiety, namely 58% on PHQ9 and 63% on GAD, according to the 2017 monitoring report. Previous analysis has shown more prominent improvement amongst clinical cases and no significant differences between the different treatment modalities.
Workshops: Further Details

Day 1

14:00 – 15:30
Leader/s: Susanna Ligabue TSTA (P) and Roberto Bestazza (PTSTA-P)
Title: “Working with refugees and trauma experience in a participatory care context”.
Abstract: Forced migration is a growing world phenomenon, we will examine it focusing on refugees. We will underscore certain aspects of this potentially traumatic experience and consider it from dislocation to relocation in a new country. We will present reflections on trauma and resilience and on participatory care processes based on interventions with migrant populations used at the social cooperative Terrenuove in Milan, Italy since 1998. We will blend general theoretical ideas with those of Transactional Analysis: ethnopsychiatry and care processes/okness and contracts/emotions, body and traumatic experience. We will illustrate intervention with a case and examples from our practice.

Leader/s: Barbara Giacobbe PTSTA
Title: “Test-Games in the relationship between adolescents and adults: theory and practice.”
Abstract: One of the main adolescent’s relational need (Erskine, 2016) it’s to communicate with adults. When something goes wrong in the communication and/or the adult don’t catch the needs, the adolescents can show symptoms that usually concern with the relationship itself; the relational dynamic of what I call Test-Game represents a clear example of this mechanism. The test-games are in the middle between healthy and pathology; on one side they represent for teenagers an healthy way to communicate their “need to be seen”, on the other side, if adults don’t understand they can turn into pathology (rackets and games). There can be different kind of test-games (for example negative results at school, attendance of bad companies, use of alcohol and drugs), starting from “funny games” to arrive to very dangerous behaviours. Through test-games teenagers show healthy needs in a masked way that has to be catch. The adolescent in the relationship needs to test the adult’s strength metaphorically pulling like in the game of tug-of-war. The adult has to become aware of this and make his/her presence clear with an appropriate healthy answer.

Leader/s: Liza Heatly CTA
Title: “Working with Gender Variance.”
Abstract: How can you work clinically with someone experiencing gender dysphoria or identifying as gender variant? Practitioners may feel curious, interested, anxious or that the presenting issues are beyond their experience to work with. We will talk about definitions of gender dysphoria and develop an understanding of this neurodevelopmental condition. We will consider how gender dysphoria affects the client’s experience of their body, their identity and what it is like for them to live in a binary-oriented society. We will explore how we might work with someone identifying as gender variant within a TA framework.
Leader/s: Eleonor Lindt PTSTA (P)
Title: “From research to theory to practice on internet addiction”.
Abstract: We invite you, who has experience in one or another way of this subject, to a interactive workshop about internet addiction. We will initially make a presentation of the content and results of our research study on internet addiction. We then, together with your participation, intend to develop the theory and hopefully find new ways to work with these issues.

Leader/s: Antonella Fornaro TSTA (P)
Title: “Communication verbal, non-verbal and psychic field in supervision experience”.
Abstract: The supervision process will be explored by applying the concept of intersubjective field in both individual and group settings. The workshop will focus on a comparison of the following constructs:

- Group Imago (Berne, 1963) and psychic field developed by post Bion theory (Ferro, 2010);
- psychological roles (Berne, 1964) and the projective identification process (Baranger, 1990; Ogden, 1979).

By attending this workshop, you will be able to:

- understand and demonstrate how the emotional engagement of the supervisor can be used to promote a corrective relational experience;
- demonstrate interventions to melt collusion, reduce and transform anxiety, and facilitate intersubjective relationship;
- to experience the psychic field as an interpersonal and intersubjective process shaped by the group relationship, but at the same time it orientates the members of the group at bipersonal level.

Leader/s: Maria Tersea Tosi TSTA (P)
Title: “Developing a research oriented clinical work in psychotherapy training”.
Abstract: In the workshop a methodology is presented for psychotherapy single case study, which is delivered in the training clinics of the schools that use the model of Social-Cognitive Transactional Analysis (SCTA) (Scilligo, 2006, 2009, 2011; De Luca and Tosi, 2011; Tosi, 2016). In the workshop special attention is given to the case formulation and treatment plan, showing how the supervision process aims to encourage a reflective attitude in the supervisees that help them take into account data from different perspectives: client’s, therapist’s, observer’s experience and thinking, and tests data. This methodology has proved to be effective from different point of views: for example motivating trainees to make use and become interested in psychotherapy research, supporting their professional development, helping them think of the meaning of possible inconsistencies between data from different perspectives, developing a scientific attitude in their clinical work.
Leader/s: Heather Fowlie TSTA  
Title: “Ego States”.  
Abstract: Berne drew on many different influences while developing his thinking about ego states, particularly during the early days of expounding transactional analysis theory. By the time of his death, in 1970, he had presented several variations of his original model, which was typical of the creative, integrative and developmental approach to theory that defined him and which has been central in inspiring those who came after him to keep advancing his original ideas.

These varying models were, however, conflictual and this plus the reversal of his original numbering of ego states in the early 70’s, and the introduction of Schiff’s third order-ego state model at the same time served, in my mind, to obscure the brilliance of his original model.

In this workshop, drawing on the theorists who were highly influential to Berne when developing ego state theory, namely Federn and Weiss, Silberer, Khan, and Penfield, I make a case for a return to Berne’s original model of ego states. I also suggest an expansion to the second order structural model, that I believe Berne hinted at, but due to his untimely death in 1971, did not develop.

Leader/s: Massimo Gaudieri TSTA and Antonio Stefanelli (Counsellor)  
Title: “Lifestyles and stroke styles”.  
Abstract: How quickly to recognize the lifestyle and the stroke style? How to return to our client useful information about his strengths and weaknesses to improve relationships? We asked ourselves these questions in a organizational field counselling; a working group was created that drafted a Drivers Questionnaire and a Stroke Questionnaire. We have given it to our customers and the verified, noting its usefulness in the various fields. We will discuss the questionnaires together and see their application.

Leader/s: Stefano Iapichino TSTA (P)  
Title: “The Relational Edge in Trauma-Related Disorders through Social - Cognitive Transactional Analysis (SCTA)”. Trauma-related response may vary from the resilient type to the chronic post-traumatic one. Using video – stimuli and / or clinical cases examples, we will show how the Social-Cognitive Transactional Analysis model (SCTA) allows to read and to understand the edge between changes in interpersonal relationships and modifications in the integration of Self, in response to trauma. We especially want to show how to code the Relational ego states and the Self ego states with the SCTA model dimensions. We will also encourage participants to use the SCTA model to relate specifically to people with trauma-related disorders.

Leader/s: Boris Volodin PTSTA  
Title: “Working with phobic clients. An integrative approach: classical and relational”.  
Abstract: The main aim of my workshop that is based on my own therapeutic experience is to teach participants two level work for phobic clients. The first level is connected with traditional stages of decontamination, defusion and redecision with treatment options for clients with phobia. The second one concerns relational aspects. In this case my goal is to demonstrate the features of concrete interventions (techniques) of establishing an alliance and working with different types of transference. I plan to pay special attention to work with introjective transference and how to deal with the therapist’s own fear of the client’s fear.
Leader/s: Carole Shadbolt TSTA
Title: “A contemporary understanding of the Parent Interview”.
Abstract: The Parent Interview first proposed by John McNeel in 1976 is a powerful well known TA intervention. This workshop presents a relational view of the Parent Interview and offers a case study overview to illustrate its use in the resolution of intergenerational trauma. Using a relational sensibility we will discuss issues of intersubjectivity, witnessing, dissociation and self disclosure. Setting the process and theory in an heuristic frame I offer a contemporary phenomenological reparative sequence.

Leader/s: Gerry Pyves PTSTA
Title: “Neuroscience, Seratonin and the Role of Touch in Treating Trauma”.
Abstract: For a very long time touch has been ‘taboo’ in most approaches to psychotherapy. After a lifetime working in both Bodywork and Psychotherapy, I believe it is now time to re-evaluate this attitude to touch in the light of the most recent discoveries of neuroscience regarding both trauma and the workings of the Amygdala. In this workshop we will review the literature regarding the neuroscience of trauma and the impact of soothing touch on the brain. Through exercises and discussion we will explore both the possibilities and potential pitfalls of a ‘psycho-tactile’ approach to the treatment of trauma.

Leader/s: Emma Haynes PTSTA, CTA
Title: “Treating Perinatal mental health conditions with TA psychotherapy”.
Abstract: This workshop outlines a new TA psychotherapy treatment protocol for perinatal mental illness. Drawing from up-to-date qualitative research from women who have undergone TA psychotherapy in the perinatal period, this protocol gives the elements of TA theory that have proved most useful, and those elements which have been a struggle for the women. It offers a critique of one-to-one versus group psychotherapy, including which is preferable, as well as research into the experience of TA psychotherapy during puerperal psychosis. Research shows that women prefer psychotherapy to medication, and this new protocol offers a plausible, effective treatment strategy.

Leader/s: Emanuela Lo Re TSTA (P) and Roberto Bestazza (PTSTA-P)
Title: “Fluid identity: group and research with young adults”.
Abstract: The workshop presents the results of the research about the experience of the Young Adults Group, active in Milan, at the Center of Psychology and Transactional Analysis and Terrenuove, since 2012. It is a therapeutic group, a generative experience, which takes care of the bonds, facilitate the release and the self-fulfillment of young adults, through a specific attention to the somatic experience. Through this research, carried out in collaboration with the University of Psychology of Sacro Cuore -Milan, it is highlighted how the group experience can lead young adults to a discovery and expression of their existential aspirations, planning their own future and the transition to an adult identity.
Leader/s: Jill Hunt TSTA
Title: “How Is Supervision Relational?”
Abstract: An interactive and experiential workshop exploring and practicing the principles of relational TA in supervision and how these relate to being supervisors and supervisees.

DAY 2

11:15 -12:45
Leader/s: Massimo Gaudieri TSTA
Title: From symptom to a Script deep analysis: an innovative way to manage psychological disease
Abstract: Exploring the "surrounding environment" to the symptom, we discuss a procedure, derived from the analysis of the advantages of games, to quickly focus on the different "wants" that contend psychic experiences. The guiding idea is that the symptom has a homeostatic function. The work allows us to identify the frame of the psychological contract from the first meetings. The exposure of clinical cases allows you to see work in action.

Leader/s: Maria Serena Barrecca TSTA (P)
Title: “A consideration of the Child Ego State in different points of view: anthropological, philosophical, human being and a kind of treatment”.

Leader/s: Mastromarino Raffaele TSTA (P), Rosanna Giacometto PTSTA (P), Francesca Focà CTA (P)
Title: Training in group and changing processes: a study on personal well-being and training group experience growth, during a two-years training for socio-educational counsellors
Abstract: The aim of this workshop is to show how training in group promotes changes in personal and relational well-being, through a research that represents IFREP reflection about training processes, through social-cognitive transactional analysis (SCTA) model. To a sample of around 200 trainees of a two-years Master in socio-educational counselling, in which TA has a central role, has been administrated ANINT-36 questionnaire, used in SCTA to measure Self Ego States and since 2016, for new training groups, ANINT-D (relational) questionnaire, to measure relational experience. Benjamin, L.S. (2000). Intrex user’s manual. Salt Lake City: University of Utah. Scilligo, P. (2000). Il questionario ANINT-A36: uno strumento per misurare la percezione di sé. Psicologia, Psicoterapia e Salute, 6, 1-35. Workshop participants will be invited to share questions, reflections and discussions.
14:00 – 15:30
Leader/s: Claudia Scheurenbran TSTA (C)
Title: “Development of self-efficacy expectations and counselling skills of teacher students through TA guided biographic self-reflection”.
Abstract: Counselling skills are required in school contexts dealing with diverse issues in an increasing complex system. In this workshop a course at the University of Education in Schwäbisch Gmünd, Germany is presented based on the assumption that TA guided biographical self-reflection contributes to empathic and well-structured counselling skills and an improvement in self-efficacy expectations of teacher students. Evaluation follows via interviews. Each future teacher once was a pupil. Using this fact as a resource links can be drawn between past experiences, beliefs, relational needs and present identity as a teacher and in some cases as a counsellor. Exercises offer the participants some impressions of this work.

Leader/s: Mandy Atkinson CTA (P)
Title: “An Exploratory Framework for Working Therapeutically With Eating Disorders”.
Abstract: Working with eating disorders is challenging and complex. Clients are difficult to treat and isolated from their feelings. TA has much to contribute to the treatment of eating disorders, drawing from traditional and relational approaches. There are similarities to observe between working with childhood trauma, dissociation and eating disorders. Novak (2013) proposed a blended way of working combining a structural and relational approach to psychotherapy for trauma. The framework will be used and strategies considered to access the interpersonal and intra psychic aspects of the client experience and begin to unwrap the client’s internal world as an aid to healing.

Leader/s: Tess Elliott PTSTA (P) and Augusta Wolff PTSTA (P), CTA
Title: “The gender scripting of women: listening to women’s voices”.
Abstract: Twenty years after the publication of James’s chapter on ‘The Down Scripting of Women’ (1978) we will review and explore developments in TA regarding gender. We will explore the ways in which women speak and we will develop the theory of gender scripting using women’s voices. We will bring our subjective experience and personal reflections of listening to, and being, female transactional analysts to reflect, be curious and to critique as we develop TA theory. This workshop will include a mix of didactic input, group discussion and experiential exercises.

Leader/s: Nicole Kabisch PTSTA (C) and Bev Gibbons PTSTA
Title: “Co-creative TA in action – an experiment”.
Abstract: Join us on a 90-minute journey of a yet to be discovered landscape of experiences with co-creative TA. Following the principles stated by Tudor and Summers: we-ness, present centeredness and shared responsibility, we aim to meet you in mutual positive regard and co-create a piece of non-scientific research about this approach. We invite you to bring any thoughts, questions, curiosities, struggles, musings, stories you have in relation to co-creative TA. Our method will be one of hermeneutic inquiry: questions and answers considered and developed together will bring us a deeper and richer understanding - as well as more questions no doubt! Thus, we all may take away additional details to our professional maps.
Leader/s: Hanna Yavorska TSTA (P)
Title: “Constructive expression of authentic feelings (anger, fear, sadness, joy)”.  
Abstract: The purpose of the workshop is to get acquainted with the theory of constructive expression of feelings, based on many years of experience in conducting therapeutic groups on authentic feelings and subject to numerous empirical data. This workshop will help you to distinguish between the scripted feelings and the authentic feelings hiding under them: anger, sadness, fear, joy. Authentic feelings lead to the solution of the problem “here and now”, the resolution and completion of the situation. Racket feelings do not give such a conclusion. I will teach an applied theory about what happens to a client when he ignores authentic manifestations or expresses a script feelings. I will acquaint you with the cards that will help in the therapy of authentic feelings.

Leader/s: Dr. Cathy McQuaid TSTA (P)
Title: “TA Training: An Appreciative Inquiry”.  
Abstract: The aim of this workshop is to enable the participants to share their own experiences of counselling and/or psychotherapy training via an Appreciative Inquiry. Cathy will facilitate Cathy will make links between the experiences of the participants with the themes from her ongoing research. This workshop is also for anyone who is interested in identifying the key attributes of an effective counselling/psychotherapy trainer, finding a way to identify the strengths and possible limitations of their own training programme and for anyone who wants to see an Appreciative Inquiry in action.

Leader/s: Rosemary Napper TSTA  
Title: “An Organisational Transactional Analyst walks into a bar…”  
Abstract: Anthropology has contributed phenomenological methodology in ways which parallel the working practices I have developed and advocate in training organisational TA consultants: the carefully considered use of subjectivity, and decoding the practitioners embodied and emotional responses to inform emergent interventions designed to bring about deep change in organisational settings. I will provide literature references and illustrate with intercultural work with the EU. And all through a TA lens.

Leader/s: Briony Nicholls TSTA  
Title: “How can neuroscience research inform current TA practice?”  
Abstract: We are now in a strong position to look at how up-to-date neuroscience research may inform and enhance our practice as Transactional Analysts. In this workshop, we will look at research on the neuroscience of social interactions. We will consider the origins of ego states in neural networks, and discuss the interpersonal and intrapsychic influences that might dysregulate and fragment those networks. We will also look at the balances between different brain areas that lead to integrated and flexible functioning of our mind. That integrating function allows ourselves, learners and clients to manage problems and change in creative ways.
Leader/s: Patrizia Vinella TSTA (C)  
Title: “TA counselling Groups: theory and practice  
Abstract: The experiential workshop focuses on the characteristics of transactional analysis counseling groups and identifies specific aspects that differentiate them from transactional analysis therapy groups, as well as from other types of groups. TA counselling group is oriented to different social and cultural contexts and more allied with attention to wellness rather than sickness. I'll focus on the group setting and the group leader’s role involving the participants in this experience.

Social Event: Gala Dinner

There will be a Gala Dinner on Thursday evening, held at the DoubleTree by Hilton Hotel Ealing. You are warmly invited to join fellow delegates for a convivial evening of eating, celebration, and dancing.

Before sitting down together for dinner, we are thrilled to be joined by Professor Susie Orbach who will be “In Conversation” with IARTA’s Carole Shadbolt. You can find more information about Professor Orbach on the Conference website. Please come along: you are warmly welcomed to what promises to be a fascinating start to our evening.

The Hotel itself has many meeting and chatting spaces allowing for an informal relaxed time to meet colleagues and friends, always a popular and vital feature of any TA conference.

Ealing has all the facilities of a capital city and there are good transport links to central London.
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The Transactional Analysis Journal has been the major vehicle for the development of transactional analysis theory and methods in all TA fields for the last 42 years. The entire archive, back to 1971, is now available through Routledge/Taylor & Francis, including two recent theme issues of particular relevance:

April 2018 on “Social Responsibility in a Vengeful World” with articles on geopolitical psychology, racism/populism/nationalism in the USA, radical relational psychiatry, socially responsible TA, personal identity and moral discourse, identity and social responsibility, forced migration and trauma, culture shock, and the development of cultural identity

October 2017 on “Gender, Sexuality, and Identity” with articles on transgendered identity, when the personal is professional, challenges of consensual nonmonogamy, resolving vulvodynia, gender and culturally derived scripts, and conversations with Vernon Rosario on “Historical and Clinical Experiences Across the Gender Spectrum” and with Jack Drescher on “Oedipal Wrecks, the AIDS Crisis, and the Diagnosis of Gender Incongruence”

Coeditors:
William Cornell (USA) Jo Stuthridge (New Zealand) Diana Deaconu (Romania) Sylvie Monin (Switzerland) Helen Rowland (UK)

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