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Chitra Ravi to Become ITAA President-Elect

The results of the ITAA election are in, and we are pleased to announce that Chitra Ravi has been elected president-elect and Anne Tucker has been elected Australasia regional representative. Both will take up their new positions following the 2020 annual general membership meeting.

When notified of her election, Chitra offered the following reflections:

"In the past weeks, we have been grappling with the serious social, psychological, professional, and financial implications of the pandemic. We are learning to cope with many changes, uncertainties, and anxieties, and as TA professionals, we are exploring creative ways to continue contributing to our clients, our friends/families, and our communities. We don't



know how things will evolve as we move through this. Will there be a new "normal," and if so, what will it look like? Perhaps this is a time for all of us, including the ITAA as an organization, to build on our strong foundation, to consider new ideas and ways of doing things, even

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Announcement of the Executives of the Associations Involved in the World Conference/Birmingham

EATA (European Association for Transactional Analysis), ITAA (International Transactional Analysis Association), FTAA (Federation of Transactional Analysis Associations), UKATA (United Kingdom Association for Transactional Analysis), IARTA (International Association for Relational Transactional Analysis), and IDTA (Institute of Developmental Transactional Analysis) decided in 2019

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Chitra Ravi continued from p. 1

paradigm shifts. As president-elect, I think it is important for us in ITAA to collaborate in looking at how our association is structured and functions, what is relevant about what we offer, and how we can add value to our membership and the world.”

Chitra is a TSTA-P, ITAA Vice President of Operations, and has been on the ITAA board and the IBOC for many years. She can be reached at chitra.seed@gmail.com.

Our congratulations also to Anne Tucker on becoming the Australasia representative, and our appreciation to the other candidates—Julie Hay and Jo Frasca—for running for the open positions. 🎉

Keep In Touch: Please let us know what you and other transactional analysts in your area/region are doing to cope with the COVID-19 pandemic. Write to *The Script* c/o robinfryer@aol.com.

the SCRIPT

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World Conference/Birmingham continued from p. 1

to organize in Birmingham 2020 a TA world conference, the membership meetings of ITAA and EATA, the General Assembly, CTA and TSTA exams and a TEW, and some connected events. A great deal of time, money, and energy has gone into the planning of this conference, and it was hoped that this would be a great success, which we have all been looking forward to.

As a result of COVID-19, many lengthy discussions have been had in order to decide what the best way forward is. After the meeting on 10 April 2020 of the presidents of all 6 organizing associations, the treasurers of EATA and ITAA, and Julie Hay, it was decided that the exams and TEW should be postponed and that the Council, BOT, and General Assembly meetings would be held online. Due to this decision the world conference will not go ahead as planned.

The presidents will meet with the organizing team at a later date to talk about ways an online or hybrid conference can be supported.

We distinguish between Council/BOT meetings, exams and TEW, on the one hand, and the conference, on the other hand. We have a special responsibility as Executives if we invite delegates, candidates, and examiners and expect them to come to do their duty. Conference participants, on the other hand, are free to act as individuals and take responsibility for their own choices.

After a long, painful, and fruitful discussion, we came to the following statement/assessment:

EATA and ITAA will cancel the onsite Council and Board of Trustees meetings and instead hold these online in the same time frame.

EATA and ITAA will cancel the onsite General Assembly and instead organise an online General Assembly at the same time as originally planned.

The EATA Executive Committee recommends that COC and PTSC postpone the exams and the TEW to a later point of time. The question of the quality of online exams and TEW should be discussed seriously—but in accordance with COC and PTSC, we do not see it as an option now. The ITAA Executive Committee supports this view.

We recommend clarifying the final obligations with Hilton Hotel so that questions of refunding can be properly addressed once we know the full financial picture. We do very much regret this outcome, but we act in this way to provide clarity and protection for our members. If you have any questions or comments about this statement, please contact your association that is named above. If you have any questions about refunds, those need to be addressed to the organising committee and Julie Hay as the chairperson.

Elana Leigh, President ITAA | Rhae Hooper, Joint President FTAA | Charlotte Sills, on behalf of IARTA | Bev Gibbons, President UKATA | Annie Rogers, Joint President FTAA | John Oates, Treasurer ITAA | Anna Krieb, Treasurer EATA | Peter Rudolph, President EATA

Acknowledging What's Missing in "Working Remotely"

by Bill Cornell

The following piece was originally published on the International Association of Relational Psychoanalysis and Psychotherapy Open Forum on 8 April 2020.

I am a somatic psychotherapist. As I read the posts on this forum, talk and write with colleagues around the world, work with my consultation groups, and meet with my clients—all now through virtual means—the questions and realities of embodiment...come to the forefront. I think the term "working remotely" is far more accurate in capturing experiential reality than "working virtually."

We are, in fact, working remotely. We are not in the same room; we are not in one another's physical presence; and we are deprived of the wealth of sensate, emotional, and nonverbal communications that silently inform, enrich, and enliven our sessions (with a huge nod to Wilma Bucci's accounting of the place of subsymbolic experience in the psychotherapeutic process).

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I hear (and myself experience) over and over again the fatigue and exhaustion people experience working in "virtual" realms all day long. It has given me new insights into the anxieties and disconnections my younger clients experience when they spend so much time with the misnamed "social" media. The screens create an illusion of contact. They dominate our immediate experience with two-dimensional, visual, and vocal data. Our receptive tools and capacities are seriously diminished, and I think we are constantly consciously, and unconsciously, trying to fill in the experiential gaps in our contact.

I often hear weary versions of "it's better than nothing." But from a somatic perspective, it is the areas of "nothing" that need to be acknowledged. I have found it essential as these days of remote sessions go on and on to not pretend that this is good enough, better than nothing. I am finding it essential to acknowledge and inquire about the experiences of absence, what is missing. This is an acknowledgment of elements of our lived realities as we cannot be in close or physical contact with those with whom we



are working and those whom we love who are now held at a distance. The experience of loss, anxiety, and grief in our sessions is a core aspect of working somatically.

I wrote recently in this forum about being invited by an ICU doctor to sit with a client of mine who was dying. I was allowed through the "no visitors" rule. I arrived masked and gloved. The doctor told me, "Take off your gloves. She needs to feel your skin." He and the nurses knew. My client and I held hands, we spoke, we felt each other. This could not have been done "virtually." As the medical interventions were turned off and her consciousness waned, she could no longer speak and her eyes closed, but she was still there in her hand. I knew, I felt, her life had ended when her hand left mine. 5

China TA Association Responds to COVID-19


Beginning on 22 January, as the situation with COVID-19 was getting worse in China, especially in Wuhan, we decided that the Chinese TA Association (CTAA) needed to do something. With people staying home and the number of confirmed cases rising quickly, we realized we had a bad situation. Even with physical distancing, people needed contact from the heart, to receive strokes and reduce the tension and anxiety.

So CTAA decided to build 20 groups on WeChat (Chinese Facebook). CTAA trained the group leaders on Zoom, and on 29 January, about 20 groups began. They talked about life at home, their feelings, how to use their ego states to deal with the life changes they were facing, ideas for interesting activities with kids, even cooking ideas and skills. The groups involved people from 11 cities, one of which was Wuhan, the acknowledged center of the start of the pandemic. There are 4-5 stroke groups in Wuhan, one of which has met on Zoom 38 times between the end of January and 25 March. The feedback about the groups was good, and CTAA provided two supervisors to the group leaders. The CTA and TSTA from mainland China and Taiwan attended and shared some experiences with them.

From 5-11 March, CTAA held a large-scale online video activity for International Women's Day. It was called "TA Roundtable" and was presided over by CTAA President Chen Lei. There were three sessions: 5 March on "Transgenerational Trauma" with lecturer Zhou Sili, CTAA General Secretary, CTA-P, doctor of psychology, Chinese University of Hong Kong, TA 101 instructor, and lecturer of China Women's college, Beijing; 8 March on "Martians Travel and Reverse: Trauma as Resource" with lecturer Xu Lili, CTAA Vice President, master of psychology institute, Chinese Academy of Sciences, CTA-P, TA 101 instructor, Beijing; and 11 March on "From Construction of TA Gender Script to the Impact on Intimate Relationship" with lecturer Chen Ya-Ying, TSTA-P, Taiwan TA Association training teacher/supervisor. Each of these events was 90 minutes long, with the first 40 minutes presented by the lecturer, then a half hour with the other teachers in the form of a roundtable forum, and finally the presenters answered the questions of the online participants. More than 100 TA students and TA fans from



all over China participated in the discussions, and more than 200 others watched the video playback.

CTAA has also published a series of articles about psychological knowledge related to coping with the pandemic based on transactional analysis. Using WeChat, we have published 27 original articles. The authors are TA teachers and students, and they shared important TA concepts with the general public as a way to help people deal with the psychological impact of the pandemic. Among these articles are the following: "In the Face of the Epidemic, Can We Still Have 'Autonomous' Life?" by Sili Zhou; and "Which Do You Prefer in Terms of Saving Yourself from COVID-19: Deplete or Preserve Your Energy?" by Mei Yang. 

Iran TA Community Response to Pandemic

by Shiran Afraz

As we are combating the spread of COVID-19 in Iran, we are under pressure from US sanctions, the oppression of the regime's dictatorship, the shadow of war, and the aftermath of the crash of the Ukrainian plane. These days Iranians are even more exhausted, lonely, and anxious than before.

I was asking myself what my duty is as a psychologist and transactional analyst in this situation. What can I do to be helpful and effective? The first thing that came to mind was to support my clients online and continue with my groups. But in Iran, that in itself is a challenge. The Internet is slow here, and much useful software and many applications are filtered. Many clients face challenges to continuing their therapy, even though they need it now more than ever. People have lost the hope of having a normal, happy life. They are living with fear of the disease, grief at losing loved ones, and deprivation because of the economic hardships. The resilience of Iranian

society and tolerance for quarantine are low. Iranians treat each other kindly, even though they oppose the government and are under pressure because of the sanctions. Fear and anxiety are pervasive, even though we are doing our best to overcome this crisis.

Some of us are trying to bring hope back to our communities, and we started looking for people with that same goal. One of my students, Azin, who is energetic, responsible, and creative, launched campaigns to collect masks, isolation clothes, and gloves for hospitals. I started writing short essays on dealing with the pandemic, anxiety, and so on.

After a few days, many joined in offering their ideas on our personal group pages: providing financial resources to the needy, teaching how to deal with viruses, psychological solutions for dealing with stressful situations, teaching how to use various applications on phones. Now, after a month and a half, we are witnessing how our efforts have been useful and effective in our small community. Every day, we, the five main members of this group, have online meetings to discuss bio-psycho-socio-cultural needs to plan for future programs. Even though we



are too small a group to have a significant effect on society as a whole, we have in some ways “turned great pain into great work” (Touran Mirhadi, a modern education advocate).

Social responsibility is what motivates us and others to fight this war. We have been making video clips and posting them on social media, we’re holding live lectures and programs, we’re using everything we have to make these days easier for our followers. A special campaign called “My Profession Is Free” has been launched by Iranian professionals to offer their knowledge and expertise to people for free. We believe reality, commitment, knowledge, and love are our magical tools in this effort. 📍

Shiran Afraz is a psychotherapist, a PhD student in health psychology, and a CTA student under supervision; she can be reached at shirinafraz@gmail.com.

Facing COVID-19 Together in Italy

We find ourselves in a situation in which it is difficult to distinguish between fact and emotion, between what belongs to the personal realm and to the collective, and between local and global. Exaggeration, contradictory information, and the tone of politics can often confuse us, making it difficult to find explanations and to “give meaning” and direction to what is happening inside of us and to our social fabric.

The need for points of reference, “secure bases,” and to “restore order” amid the chaos has led our institutions to set down rules (involving health indications, behavioral parameters, and timelines), asking citizens for “necessary obedience” that entails making changes to our habits and lifestyles in the hope of regaining control of the situation.

6 From the first decrees announcing the emergency, efforts have been made to foster—among individuals and as part of our social fabric—behaviors that can help us face the danger before us, create a feasible everyday life, and promote processes of resilience. This ranges from protecting health, continuing personal and professional relationships virtually, and managing confinement at home to new social rituals (e.g., flash mobs on balconies, neighbors sharing groceries) and many services offered free of charge by old

and new solidarity networks. This also includes support and solidarity toward doctors and health professionals who are on the front line.

Our present is in the making, and we will almost certainly see this “suspended time” be prolonged. How are we to cope with the uncertainty and temporary nature of this experience while confronting the mourning, pain, and loss that we are experiencing? What tools can we use to consolidate our networks and strategies? As transactional analysts, and as the Centro Psicologia e AT (CPAT), we are promoting relationships and initiatives that can aid us in responding to these queries.

CPAT and Terrenuove in Milan are offering various free online counseling services for: (1) professionals in the health, psychological, educational, and welfare fields involved professionally in COVID-19 difficulties ([#parolechecurano](#)); (2) people needing help mainly for anxiety or depression linked to prolonged quarantine, illness, or loss of relatives (parolechecurano@gmail.com); and (3) parents and children for supporting resilience during this lockdown time ([#immaginichecurano](#) and YouTube [centropsi-terrenuove](#)). We are happy to open this initiative to those who are CPAT members as well as to those who are not.

Susanna Ligabue (psychologist, psychotherapist, TSTA-P), CPAT President

Additional Pandemic-Related Resources

Asha Counselling and Training Centre in Coimbatore, India, is offering free counseling: see their [Facebook page](#).

SAATA (South Asian Association of Transactional Analysts) is offering free counseling support in three formats: individual counseling over phone/Skype, group counseling, and Facebook live sessions for education and relevant information sharing. For details, [click here](#).

The IRPIR (Research Institute on Intrapsychic and Relational Processes) is offering free, online psychological counseling during this time of coronavirus. For details, [click here](#).

“**How Not to Be a Hostage to COVID-19**” ([3 online videos](#)) by former ITAA President George Kohlieser.

Marian Weisberg, TSTA-P, is interviewed by Alexis Brink about living through a pandemic. [Click here for the interview.](#)

Roedean School Virtual Choir “Hallelujah” [Watch here.](#)

Postcrisis Leadership: Recovery After Trauma

by Anne de Graaf and Sari van Poelje

Corona Canaries

From 1911 onward, workers used canaries in mines to detect carbon monoxide and other toxic gases before they hurt humans. Although miners today use an “electronic nose”—a detector with a digital reading—the canary still symbolizes a timely warning for danger. We could see my (Anne’s) 5-year-old granddaughter as our canary. She was sometimes intensely sad during the time when everyone had to stay at home because of the COVID-19 virus. She said she didn’t know exactly why she was crying. It was heartbreaking.

As adults we can only imagine how difficult it is for children not to be allowed to go to school while missing their classmates, their teachers, their daily routine, playing and learning together, and more. It made us think about all the people who are necessarily at home, without the opportunity to organize their lives in the way they need and want. These are days in which hugs and kisses have suddenly become deadly weapons, and not visiting one’s aging parents is an act of love. These are, without a doubt, confusing and traumatizing times.



Anne de Graaf



Sari van Poelje

The COVID-19 crisis is impacting the lives of many—if not all—people on our planet. And the end of the health crisis, whenever it comes, will most likely be the beginning of several other crises. An economic crisis is imminent, which is usually followed by a social crisis. There is a saying that after a wave of bankruptcies, a wave of divorce usually follows. Another crisis will be the socio-psychological crisis we will face because so many people have experienced intolerable difficulties that exceed current resources and coping mechanisms.

A New Challenge

Then, when the time comes to reopen society, employees will return to their offices, stores, and factories; students will study again in classrooms; believers will meet again in churches, synagogues, and mosques; supporters of sports teams will cheer together in large numbers. And TA trainers and students will leave the Zoom or Skype environment and start working in their offices and clinics as well as together in all the TA training institutes around the globe. All this will happen in a meter-and-a-half physical distancing society. Then

a new challenge will knock on our door. What will happen when people who suffered these traumatizing times take up their everyday lives and go back to work? Will everyone “go back to normal”? We don’t think so, and actually, we hope not. The world has changed forever. To quote Dave—“Get out of your own way”—Hollis (2020): “In the rush to return to normal, consider which parts are worth rushing back to” (retrieved from <https://www.facebook.com/mrdavehollis>, 8 April 2020). But what will the “new normal” look like?

TA Professionals Unite

One thing is clear: Crises can only be solved and traumas can only be healed through accepting collective responsibility. One of the world’s leading experts in the field of trauma and recovery, Judith Lewis-Herman (1997), teaches, “Recovery can take place only within the context of relationships. It cannot occur in isolation” (p. 133). New York State Governor Andrew Cuomo also made this clear in one of his many speeches during this crisis: “We are connected. We are dependent on each other. I depend on you and you depend on me. We call that a society.”

We think that we as TA professionals all over the world have a task and a responsibility in this healing process. How can we create programs for leaders and managers that will prepare them for this essential job as well? George Kohlrieser (2012) has taught that for leaders to gain insight into how they learned to connect or not to

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connect is important. Being able to make a connection means a leader can become what Kohlrieser calls a secure base for others. A *secure base* is “a person, place, goal or object that provides a sense of protection, safety and caring and offers a source of inspiration and energy for daring, exploration, risk taking and seeking challenge” (p. 8). Employees coming back to work will be looking for this.

Dealing With Crises

Berne (1963) described an organization as a complex system of three structures working simultaneously: the organizational, intrapersonal, and psychodynamic structures. When these are aligned, an organization is at its most productive. However, from time to time a disruption occurs that throws such structures out of alignment. Sometimes these crises are functional disruptions of the status quo and lead to innovation. Sometimes they are so strong that an organization cannot regroup. In that case, we speak of organizational crises. What can we do to help leaders deal with those?

The first step is to help them to reestablish healthy boundaries and roles, which need to be permeable enough to allow the flow of information, knowledge, and people but impermeable enough to maintain identity. This can be done by teaching leaders to manage expectations, to contract, and to recontract. The second step is to increase cohesion, which is the will and need of the members and leaders for an organization to survive and grow. It is the basis for cooperation in any organization. Among the many strategies to increase cohesion, one of the best is to create interdependence in goals and roles so that people are “all in it together.” The third step is to create a purposeful culture that goes

beyond the immediate goal of survival, growth, and profitability and positions the organization in a matrix of service to the wider community. Such organizations contribute to the well-being of the whole, with clear beliefs, hope, and direction from their leadership.

Our Hope and Dream

We hope that TA professionals will rally around to help each other and their clients to deal with the aftermath of crises and trauma. Our hope is that the world will shift from a paradigm of individual responsibility to a world in which we all accept collective responsibility—a shift from the individual to the collective.

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TAJ Theme Issue

What Went Wrong and Why? Cathexis Theory and Reparenting Reexamined”

Coeditors: William F. Cornell and
Diana Deaconu

Deadline: 1 February 2021

Please follow the submission
requirements posted [here](#).

Email manuscripts to
TAJ Managing Editor Robin Fryer,
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Being Met in States of Missing

by Elana Leigh

Is “profundity” a defense against emptiness and confusion? In this time when gratification from many familiar sources is out of bounds, we seem to have found new ways to fill the void through all forms of social media contact.

I have been busier than ever with texts, emails, Zoom meetings, Zoom cafes, Skype, and other forms of online contact. With some individuals and groups, this has brought a new type of anxiety: the fear of having nothing profound to say or offer. Attached to many communications are videos, articles, meditations, or thoughts for the day, and I recently found myself relieved when I received a YouTube link to Julie Andrews singing a Covid-19 version of “Doe a Deer.” Whew! Something that spoke to my heart that I could send on—without having to worry about not sharing a profound thought or message.

Profound means penetrating or entering deeply into subjects of thought or knowledge; having deep insight or understanding. When experiencing something profound, we feel touched, moved, and alive, and in these difficult times, this matters greatly. I find myself reach-

ing once again for Viktor Frankl’s book *Man’s Search for Meaning* as well as drawing on the strength of Anne Frank’s courage, imagination, and creativity during her years of isolation and fear. Reading and thinking about their words reinforces my belief that making meaning is both vital and central to the human condition and that what underpins this drive is the need for hope that through hardship we learn to do things differently.


However, our journey to hope cannot bypass our vulnerability because it is often there that we touch our fears, dig deep into our core, and find the best in ourselves and others, knowing that we are not alone and to survive we need each other. It is here that a new hope arises. Freud differentiated between grief and melancholia, the former being when one has the capacity to grieve and move forward, whereas the latter relates to denial of the loss and to a manic defense. I suggest that pseudo profundity relates to a sense of melancholia, whereas true or authentic profundity is attained through our capacity to grieve.

I want to give a place to the real grief, loss, emptiness, and confusion



that we are all collectively experiencing during this pandemic. I miss being in the presence of my mother, my precious friends, my family, and my clients. I miss hugging, kissing, touching, and brushing up against other humans. I miss the illusion that life will simply go on being predictable. I miss my omnipotent and grandiose self. I miss having more options and my imagined illusion of freedom.

I want to be met in my states of missing, knowing that through this a new meaning and hope will emerge. And I believe that perhaps through meeting each other in these more naked and vulnerable states, a true profundity will be experienced.

I salute COVID-19 for waking us up to many things, but if we avoid the grief, I fear we will simply return to all that we missed, without accepting the challenge to make important changes in our world. 

Introducing Ecological Transactional Analysis (Eco-TA)

by Giles Barrow and Haley Marshall

Although there is, understandably, considerable attention being paid to the disorder, apprehension, and general concern generated by the current pandemic, we want to introduce a new idea to the TA professional community. We had planned to wait awhile before launching our thinking, but given what is going on right now, we realized that this is precisely the time to share this.

We want to present a movement in TA that is oriented toward an ecological understanding of the individual embedded in relationship with others and the wider natural world. It is based on the premise that TA has historically been anthropocentric, by which we mean that human psychology has been primarily understood in terms of what goes on within the individual person and between people: the intrapsychic and interpersonal domains. In common with most psychological frameworks, TA has been person(s)-centered. By introducing ecological TA (Eco-TA) as a distinct movement, our intention is to draw attention to the ecological domain in advocating a new direction in TA

theory and practice. We offer an initial working definition of Eco-TA as follows:

Eco-TA is an approach for understanding the human and more than human experience that is forged in connection with the ecological context in which it occurs. Furthermore, this interconnected process incorporates the embodied agency of both human and the more-than-human partners in the encounter. It is, to be more succinct, the practice of transactional analysis in alliance with the Earth.

Our definition is based on a core assumption—an ontological premise—which is that human experience is just one component in a wider system of connections extending beyond those simply involving other people. In this respect, it is systemic but incorporates the impact of the other-than-human factors and is therefore better understood as eco-systemic.

What is distinctive about Eco-TA is that its point of origin is outside of any one field of practice. It comes, in the context of TA categorization,



Giles Barrow



Haley Marshall

from beyond the notion of fields of application. It has neither emerged from nor does it “belong” to any one field and is perhaps the first time TA practitioners can share a common ground, to be cultivated, shared, and enjoyed by all of us irrespective of where we practice, with whom we practice, and how we define our role. Like the Earth itself, when lived with in respect, there is abundance, sustainability, and flourishing to be found in nourishing a model that acknowledges interconnectedness. It cannot be owned by anyone but belongs to us all.

Key Features of Eco-TA

In exploring the scope of Eco-TA, we suggest that the following features begin to form a distinct character and distinguish it from what has come before in terms of theoretical and practical development. Each feature is designed to emphasize and support the overall aim of Eco-TA, which is to advocate a key shift whereby

client (or group) and practitioner regard their working relationship not as being apart from but being a part of nature and the planet.

- A move toward the concept of the ecological self and away from the egological self. The ecological dimension offers a sense of the “I” formed within and incorporating the wider web of life. This includes becoming increasingly eco-centric and acknowledges the limitations of an anthropocentric frame of reference. One dimension of this shift is that humanism is no longer sufficient as a basis for developing progressive, planet-focused theory and practice.
- Linked to the first point is the centrality of our embodied experience and “knowings” inextricably embedded in an ecological context. The moving, sensing body is viewed as inherently connective and as an important ecological guide.
- A recognition that it is increasingly necessary to develop an understanding of the implications of working in the ecological space as different from, for example, the relational space. Or, to be more precise, referring to the “relationality” of TA practice includes the interplay of embodied social, conscious, unconscious, and environmental processes.
- Working with natural agency as it emerges in our TA practice. This has significant implications for how physis is reframed conceptually. In Eco-TA, physis is understood as being universally present, existing both within and outside of the individual self. This understanding of physis draws attention to the tendency toward homonymy alongside the familiar TA goal of autonomy.

- An understanding that people establish an eco-script both individually and culturally in relation to nature, ecology, and the Earth. Eco-TA is aimed at expanding the frame of reference, encouraging permission, and becoming increasingly script free in relation to matters of the environment. Individuals and communities have narratives that can (dis)connect with the ecological domain. Ecological scripting has remained unexplored territory in TA, and Eco-TA exists, in part, to bring about a new phase of organizational psychoeducational development in the professional community.

Implications

We suggest that Eco-TA is central in reorienting the collective frame of reference for TA professionals. We see this as important for two reasons. First, increasingly our clients are bringing up concerns, motivations, and curiosity about their relationship to a growing awareness about ecological issues. Second, in terms of raising the next generation of practitioners, the TA community has little to say about the issues that are set to dominate the challenges inherent in the wider public context.

We argue that although a change of attitude is central to establishing Eco-TA, there are several ways in which changes might be considered that would make such a shift more effective in the TA community. Examples include:

- Legitimizing the importance of outdoor work for practitioners and clients by devising guidance for this practice and acknowledging this type of approach in credentialing practitioners
- Incorporating references to ecological awareness in examination

criteria through marking schemes, written examination guidance, theory questions, and oral examination

- Allocating a special issue of the *Transactional Analysis Journal* to the theme of Eco-TA and working outdoors
- Generating discussion and debate that raises awareness of the limitations of a default “indoor mind” position and opening up discourse about other ways of envisioning where and how practice might take place
- Incorporating Eco-TA in existing TA training programs
- Including ecological considerations within TA professional ethical frameworks

At this early stage in developing the idea of Eco-TA, we are mindful that there will be many in our professional community who will be interested in keeping in touch, developing practice, and thinking anew about theory. In the first instance, we have established an initial “watering place,” that is, an online reference point to register interest: www.ecota.dev. You’ll be welcome—we’ll be waiting there. 📍

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Note: A full version of this paper was published in the April 2020 issue of The Transactional Analyst, the magazine of the UK Association of TA.

Update of the IBOC Certification & Examinations Handbook

In March 2020, after many months of diligent effort by the International Board of Certification (IBOC) committee, the training and certification handbook has been updated and renamed the *IBOC Certification & Examinations Handbook*. This revision distinguishes the Board of Certification as a professional member and accreditation body to provide certified members, trainers, supervisors, and members in training with a handbook specific to supervision and training certification, examinations, and ethics.

The newly revised *IBOC Certification & Examinations Handbook* is now online and can be downloaded from the website (<https://www.itaaworld.org/iboc-certification-examinations-handbook>). The IBOC remains a training and professional certification entity distinct from the ITAA, which is a registered public benefit organization. To maintain congruence with the existing organizational structure, slight changes in the handbook layout have been required. Accordingly, the handbook has been renamed *The IBOC Certification & Examinations Handbook* to clarify that exams and training contract matters are the mandate of the IBOC and committee chairs.

The thoroughly revised Section 3 on “Ethics and Professional Practice” describes the ethical code of conduct in the relationship between trainee/candidate and the TA trainer (PTSTA or TSTA). In January 2019 this section was redesigned with educational purposes in mind to provide trainers and supervisors with contemporary perspectives on ethical issues for ongoing, open conversations within a transactional analysis

training program. The section takes careful consideration of the EATA and ITAA ethical codes and aligns with them. Instead of sections from the ethics manual detailing complaints procedures, a live hyperlink leads to the most current policies and procedures in the ethics manual.

Finally, two significant document revisions to CTA and TSTA training agreements (in handbook section Forms 12.6.1 and 12.6.2 [here](#)) have distinguished the formal responsibilities of the trainee and the supervisor by the use of the term “agreement.” These revisions provide space for specific commitments that are intended to explain the responsibilities and rights of all parties in practical terms and eliminate ambiguities that have sometimes arisen. The language in these documents is formalized to meet the requirements of state regulations

for lawful object in the contractual relationship. These updated training agreements align and expand theoretical consistency with language that addresses the four transactional analysis contracting requirements for informed consent. Please review them at your convenience. Trainers may use these updated, revised training agreements now. From 1 May 2020, the forms will be required to formally enter a CTA or TSTA training contract.

If you have questions about the revisions to the *IBOC Certification & Examinations Handbook*, please email iboc@itaaworld.org.

Thorsten Geck, *ITAA VP Professional Standards*

Janice Dowson and Giles Barrow, *Cochairs PSC*

Jacqueline van Gent and Annie Rogers, *Cochairs IBOC* 

EXAM CALENDAR

Please be aware that, due to COVID-19, no one knows yet whether these exams can, indeed, take place.

Exam Date	Exam	Cert. Body	Location	Application Deadline
25 Sep 2020	CTA	IBOC	Bangalore, India	25 Jun 2020
12-13 Nov 2020	CTA	COC	Rösrath, Germany	*
19-20 Nov 2020	CTA	COC	Sète, France	*
27-28 Jul 2021	CTA	IBOC	Daegu, Korea	27 Apr 2021
12-13 Nov 2020	TSTA	COC	Rösrath, Germany	*
19-20 Nov 2020	TSTA	COC	Sète, France	*
27-28 Jul 2021	TSTA	IBOC	Daigu, Korea	27 Jan 2021

* For CTA and TEW deadlines, see the EATA Handbook or contact the EATA Supervising Examiner.
 ** First deadline for applying for exam; second for submitting the Training Proposal Outline

For more information about IBOC exams, see [here](#).
 For further information on COC exams, see www.eatanews.org/examinations/.