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## 2020 Eric Berne Memorial Award Goes to Graeme Summers and Keith Tudor

**W**e are excited to announce that Graeme Summers and Keith Tudor are the recipients of the 2020 Eric Berne Memorial Award for their work on cocreative transactional analysis and for introducing a new metaperspective for thinking about theoretical development and design in transactional analysis.



Graeme Summers



Keith Tudor

The main work cited for the award is “Cocreative Transactional Analysis,” originally published in 2000 in the *Transactional Analysis Journal* (Vol. 30, No. 1, pp. 23–40).

The nominators for this award highlighted cocreative transactional analysis as a new way of conceptualizing TA founded on three principles: we-ness, shared responsibility, and present-centered development. They wrote, “These three principles are translated to several core concepts in TA: transactions, ego states, script, and games in addition to the ideas of transference and countertransference, renaming and presenting them in a new, fresh, and challenging way. Furthermore, script is viewed as a cocreated narra-

tive. This is a less deterministic perspective than traditional TA theory, and, by implication, script is open to renewal and rewriting. This is made explicit in the authors’ presentation of the script helix. . . . Although constructivism had been featured in the work of Allen, for example, this was focused on a specific context, whereas Summers and Tudor provide a metaperspective rooted in constructivist thinking. In this respect, their work stands out as both original and innovative, with significant implications for practitioners across all fields of application. Embedded in the theory they developed from multiple sources, the cocreative TA approach has a solution-focused quality that is down-to-

earth, practical, and invites client engagement.

In addition, the ethos of cocreative TA moves it from the behaviorist/determinist frame of Berne's work and earlier TA writing to align with more recent movements in, for instance, education (radical approaches, social pedagogy), literature, community and social action, and research into consciousness. In the counseling field, the approach is well suited, given its emphasis on present centeredness, with attention to both past and future generating a model of cocreated relational possibilities. The impact of the social context (two-person-plus) becomes part of the relational process. This brings contemporary TA closer to Berne's original vision of a social psychology for everyone.

On learning of their award, Graeme and Keith said this: "We are each and both delighted to receive this prestigious award for our original work on cocreative transactional analysis. We are both honored and humbled by the recognition and would like to thank our nominators, the EBMA Committee, and the ITAA for making this possible. We would also like to acknowledge and thank numerous TA colleagues all over the world who have been part of our

journey and who have encouraged us to keep developing this perspective on TA, which seems to resonate across all fields of applications and in different cultures. In this context, we are particularly appreciative of the wording of the citation for the award. What an amazing stroke! Thank you."

Summers and Tudor's article has been cited in 51 articles in the *Transactional Analysis Journal* covering all four fields of TA as well as in over 109 articles overall (according to Google Scholar). They have written numerous subsequent articles and also a book: *Co-creative Transactional Analysis: Papers, Responses, Dialogues, and Developments* (Karnac Books, 2014), which includes their later articles along with contributions

from other TA theorists/practitioners from various fields.

The nominators for this award included Jan Grant, Giles Barrow, Karen Pratt, Gregor Žvelc, Biljana van Rijn, Susannah Temple, Nicole Kabisch, Jacqueline van Gent, Linda Hoeben, Trudi Newton, Lieuwe Koopmans, Michelle Thomé, Berit Fahlén, Traian Bossenmayer, Ganna Golovan, Paul Robinson, Bev Gibbons, Charlotte Sills, and Sandra Wilson. 📍

Graeme Summers can be reached at [graeme@co-creativity.com](mailto:graeme@co-creativity.com), and Keith Tudor can be reached at [keith.tudor@aut.ac.nz](mailto:keith.tudor@aut.ac.nz). They will be honored at the virtual 2020 ITAA awards ceremony (for details see below).

## TA Conferences Worldwide

**20-27 February 2021:**

Frenchman's Cove, Jamaica.  
USATAA Gathering.  
Contact: [jamaica@usataa.org](mailto:jamaica@usataa.org)

**29-31 July 2021:**

Daegu, Korea.  
ITAA/KTAC TA Conference.  
Contact: [srahn08@hanmail.net](mailto:srahn08@hanmail.net)

## 2020 Awards Ceremony

Because of issues related to time zones, we have decided to hold a special awards ceremony separate from the ITAA general member meeting. The awards that will be celebrated include:

- 2020 Eric Berne Memorial Award to Graeme Summers and Keith Tudor
- 2020 ITAA Research Award to the Laboratory Research on Self and Identity (LaRSI)
- 2020 Lifetime Achievement Award to Fanita English
- 2020 ITAA Service Awards to Diane Salters and Krispijn Plettenberg
- 2020 Hedges Capers Humanitarian Award to Sally Holligan
- 2020 Robert & Mary Goulding Social Justice Award to Leonard Campos

We will send a separate email to members with details about registering for the awards event. The event will begin at 19:00 UK time on 24 July. Here are some of the days/times in various time zones:

| Date    | Time     | Place        |
|---------|----------|--------------|
| 24 July | 11:00:00 | California   |
| 24 July | 15:00:00 | Brazil       |
| 24 July | 19:00:00 | UK           |
| 24 July | 20:00:00 | South Africa |
| 24 July | 20:00:00 | Berlin       |
| 24 July | 23:30:00 | India        |
| 25 July | 04:00:00 | Sydney       |
| 25 July | 06:00:00 | New Zealand  |

## 2020 ITAA Research Award Honors Pio Scilligo and LaRSI

by Susan George

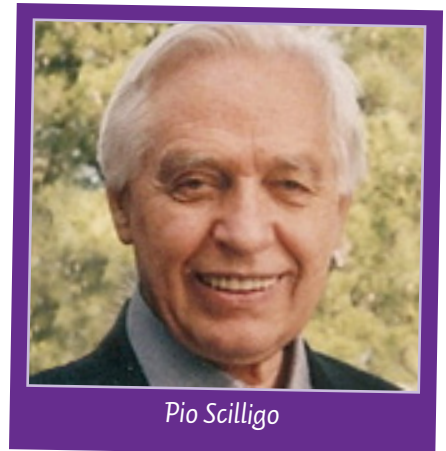
**T**he 2020 ITAA Research Award has been given to honor the landmark work of Pio Scilligo and to all of the members of the Laboratory Research on Self and Identity (LaRSI): Ela Baca, CTA; Laura Bastianelli, TSTA; Susanna Bianchini, TSTA; Cristina Caizzi, TSTA; Davide Ceridono, CTA Trainer; Lucio D'Alessandris, CTA; Maria Luisa De Luca, TSTA; Carla de Nitto, TSTA; Francesca Focà, CTA; Rosanna Giacometto, TSTA; Massimo Gubinelli, TSTA; Raffaele Mastro-marino, TSTA; Cinzia Messina, TSTA; Emilio Riccioli, CTA Trainer; Roberta Sanseverino, TSTA; Silvia Tauriello, TSTA; Maria Teresa Tosi, TSTA; and Massimo Vasale, CTA.

In making this nomination, Bill Cornell wrote, "LaRSI was founded to carry on the clinical and research efforts pioneered by Pio Scilligo in his development of social-cognitive transactional analysis (SCTA). From its beginnings in 2006, SCTA has had the rather unique distinction within the evolution of transactional analysis theory to be grounded in research. Through the work of LaRSI and its many publications in both

Italian and English, we witness the creation of a model of transactional analysis in research-based practice of the highest standards."

Based on the theory of ego states and drawing on contemporary research, Scilligo developed social-cognitive transactional analysis. He proposed a definition of the ego states based on key dimensions that bring together knowledge from different theoretical models of psychology as well as from the biological and social sciences. This perspective offers new resources for practice and research in TA (De Luca & Tosi, 2011; Scilligo, 2009, 2011).

Cornell added, "New fields of investigation include the neurovegetative effects of TA psychotherapy (Bastianelli, 2015-2016; Bastianelli, & Ceridono, 2019; Bastianelli & Tauriello, 2015) and the specific factor of change of emotional dysfunctional schemes (Bastianelli, Tosi, Giacometto, Messina, & Ceridono, 2019; Ecker, Ticic, Hulley, & Bastianelli, 2018). In 2017, LaRSI received funding from EATA for the research project entitled "The Outcome of TA Psychotherapy in Training Clinics



Pio Scilligo

According to the Social Cognitive Transactional Analysis (SCTA) Model." A particular attention of LaRSI has been to bridge practice and research, to develop a research culture in TA, and to introduce TA trainees to research (Ceridono, 2011, 2014; de Nitto, Bianchini, & Tosi, 2013). Finally, the LaRSI maintains attention to theoretical psychological themes of ethical relevance that concern human health and growth as can be seen, for example, in the works of Tosi (2018) and Bianchini and de Nitto (2019)."

From a large body of work, three papers were specifically cited for the award by Cornell:

- De Luca, M. L., & Tosi, M. T. (2011). Social-Cognitive Transactional Analysis: An Introduction to Pio Scilligo's Model of Ego States.



Cristina Caizzi

*Transactional Analysis Journal*, 41, 206–220.

- Scilligo, P. (2011). Transference as a Measurable Social-Cognitive Process: An Application of Scilligo's Ego States Model. *Transactional Analysis Journal*, 41, 196–205.
- Bastianelli, L., Tosi, M. T., Giacometto, R., Messina, C., & Ceridono, D. (2019). Why Transactional Analysis Works: Reasons for a Possible Explanation of Change in Psychotherapy. *International Journal of Psychotherapy*, 23(3), 7–20.

We congratulate and thank LaRSI for their valuable work. They will be celebrated during the online ITAA awards ceremony in July (see page 2 for details). LaRSI can be reached through Susanna Bianchini ([subianc@gmail.com](mailto:subianc@gmail.com)), who is the

Susan George is ITAARA Committee Chair and can be reached at [susan-george4@yahoo.com](mailto:susan-george4@yahoo.com).

president of the Istituto di Ricerca sui Processi Intrapsichici e Relazionali [Research Institute on Intrapsychic and Relational Processes] (IRPIR). LaRSI is one of the working groups that is part of IRPIR.

I also want to thank the members of the ITAA Research Award Committee—Anne de Graaf, Biljana van Rijn, Enrico Benelli and Mandy Lacy—for their support in making this award a reality.

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# Important Message About the 2020 World Conference

**T**he following was sent to all members of the ITAA and the associations listed below on 8 May 2020.

Dear Member:

We are writing to you now to say something about the process relating to the impact of the global pandemic on our planned World Conference, which was due to be held in Birmingham, UK, in July 2020.

We realise that something important we need to do is to give you our personal and human perspective on this process. We are very clearly aware that we have become involved in a dysfunctional communication process, some of which has been conveyed to those who had enrolled for the conference, and that this experience has caused some of you anger, confusion, disbelief, and personal loss—perhaps caused you to lose some trust and faith in us. All of this has been in parallel to the experience of being in a time of global pandemic, with all the attendant fear, disruption, and trauma.

We are human, fallible, and can get into difficulties and not find an easy way out. Yes, this has happened. And we care very deeply and grieve for that. We have held you and our TA principles in our hearts and minds and still this has happened.

Throughout, we, the associations listed below, have met and talked often; we have been at a loss many times, frustrated, angry, and depleted. We have each lived personally and privately with this, and it has been hard, bewildering, and most of all, so sad and painful.

We are now in a place that is very complicated. The conference remains under the control of the limited liability company that was set up to run it. Any decision concerning the future of the 2020 World Conference is down to the company, of which Julie Hay is the sole director. For those of you who have signed up for the conference, the contract you have is with this limited liability company.

As this process goes through to closure, and as soon as we get access to information about the financial liabilities of the private limited company, we, the associations, will take time to explore what we can do within UK law and within the Charity Commission guidelines to find a reasonable and just conclusion.


We seriously considered the proposal to postpone the conference to 2023, but this would not, in fact, have solved the issues we have with how this company is conducting business on our behalf. Despite our best efforts, we were not able to

reach agreement with Julie Hay as director on how to work together.

For clarity, please note that the planned online conference is being run by Julie Hay and not in conjunction with any other TA organization.

As soon as we have more information to offer you, we will be in contact again.

Warmest regards,

Peter Rudolph, EATA President; Elana Leigh, ITAA President; Diane Salters, ITAA Past President; Chitra Ravi, ITAA President-Elect nominee; Anna Krieb, EATA Treasurer; John Oates, ITAA Treasurer; Rhae Hooper, FTAA Joint President; Annie Rogers, FTAA Joint President; Bev Gibbons, UKATA Chair; and Heather Fowlie, IARTA Representative 

### ITAA Board Meeting

The ITAA Board of Trustees will be meeting online this year. There will be three sessions: Saturday 11 July at 10 GMT, Sunday 12 July at 10:00 GMT, and Sunday 13 July at 11:00 GMT. Sessions will run approximately 3 hours and will be held via Zoom.

## EATA and ITAA Working Together During COVID-19: Reflections on the First Two Joint Webinars

by Steff Oates, ITAA Vice President Research & Innovation

**F**ollowing meetings between EATA President Peter Rudolph and ITAA President Elana Leigh on the future of cooperative working between the two organizations, they came up with the idea of running a joint webinar to connect each associations' members during this time of the pandemic. With restrictions on people meeting in person being instituted all over the world, it was clear that transactional analysts had a yearning to come together. In fact, the first webinar, on 24 April, filled up very quickly.

A small team made up of Peter and Elana, Deepak Dhananjaya, Kristyna Tomanová, Leilani Mitchell, and I met for 2 weeks to work out the logistics. We appointed Leilani to lead the Zoom meeting because she is not only a technical wizard but a wonderful host. She was backed up by Deepak and Kristyna's technical expertise, and Kristyna designed the beautiful logo on the invitation (see above). We worked wonderfully together as a team.

The 24 April meeting opened with Leilani welcoming everyone and

introducing them to working on Zoom. She let people join with 5 minutes to say hello to each other.

I don't think I was the only one in tears at seeing the faces of my friends and colleagues from at least 15 countries, from New Zealand to Sweden.

After the hellos, Leilani muted the participants, and Peter introduced himself and talked of his delight at the webinar being an expression of EATA and ITAA working jointly. He shared a moving story of losing a good friend to COVID-19 and his sadness that because of the lockdown, only a few people could come together in person to celebrate his friend's life. Looking at all the faces on screen, Peter said that "we are stronger when we work together," and then he introduced Elana.

Elana spoke of these extraordinary times and the opportunity to offer

something like the webinar in which the emphasis is on unity and working together. She acknowledged the losses, changes, and adjustments that we are all having to make. She also talked about our work with clients across all fields when we are sharing the same trauma and how to offer containment when the frame is ever shifting and we are sometimes speaking with clients in cars, parks, and their homes.

Participants in the webinar were then randomly allocated to small groups in break-out rooms where they had 20 minutes to share their experiences with each other. Everyone then returned to the large group, and some people offered feedback on behalf of their group while others contributed to a chat room.



The feedback consistently emphasized how wonderful it was to meet people from other countries and hear how they were managing. There was much resonance in people's concerns about the impact of loss on everyone, about raging inequality nationally and internationally, and concern for workers on the front lines. There was appreciation that in some areas, despite having to work remotely, there has been a profound intimacy in the work with clients. Some wondered if this had to do with all of us being vulnerable, that there was something equalizing in the situation and the process. We wondered collectively what of the good things would remain and how we may have made assumptions about what vulnerable people need. For example, what will happen to homeless people who are currently housed in hotels when the lockdown is over?

As we were invited to return to small groups again, Elana and others reflected on how important it is to give grief and loss space without being pessimistic. She asked participants to talk about how being a transactional analyst during this time has helped or hindered them.

At the end of the event, we allowed time for saying good-bye. One participant had already raised how so many people are feeling distress at not being able to say good-bye, and we didn't want to compromise our ending for the webinar. Peter invited participants to say one word in response to the webinar, and there were many generous words, most centered around feeling humbled, blessed, grateful, touched, and moved.

The second webinar was held on 8 May, with people again joining from around the world. After short hellos, Peter and Elana once more made

opening comments. Both took the opportunity to address the losses incurred by us not being able to run the World TA Conference in Birmingham. Acknowledging the difficulty of reassuring participants in the midst of so much uncertainty, Peter talked about the volunteers of EATA and ITAA and how hard they have been working to find a solution that would be satisfactory for their members. He talked briefly about how it was necessary to speak to the tragic dilemmas around the conference but that it should not be the main focus of the webinar.

Peter then asked the Zoom group to consider: Who am I when you are not there? What is a hello and what is a farewell? It was especially moving when he talked about how poignant it was for him speaking as a German national on the 75th anniversary of Victory in Europe day when World War II ended. He asked us, what gives us support and a feeling of encounter? How are we managing stimulus and response when our relationships are right now so often distanced? He spoke of us requiring new structures to feel anew, of how ITAA and EATA are coming and growing together, acting as a new partnership, both seekers in a new world.

Elana then talked about the cumulative effect of COVID-19, marveling at the human capacity to adapt with courage but acknowledging that this comes at a price. She talked about many of us weeping and longing for someone to tell us that it will be OK. She acknowledged a loss of trust and certainty, reflecting that she had once welcomed uncertainty thinking she knew about it. This now feels like an illusion. Elana also talked of reeling from the impact of losing the World Conference, of how so many had been working long into


the night feeling stroke deprived and dancing around the drama triangle to find a solution for members. She said as we contemplate moving out of lockdown, many of us are reflecting on anxieties about moving out from a hostage situation, much like in Stockholm syndrome.

After Peter and Elana's remarks, participants were divided up into break-out rooms to consider the question of what are the personal and professional losses and gains for you at this time? When we returned to the large group, some briefly reported back on their conversations.

It was noted that the second webinar had a much quieter energy, with fewer people wanting to give feedback. However, it was also clear that there had been important sharing and acknowledging in the small groups. One participant expressed that her quietness was due to being deeply moved by seeing so many faces from people in our worldwide community when even outside of pandemic times it would not be possible for her to travel to a conference to meet people in person.

In the second part of the webinar, many break-out groups felt that our theory does not go far enough to include models from an ecological and community perspective, that there should be an increased focus on homonomy and less emphasis on the individualistic attitude from TA's founding.

The webinar ended with participants expressing deep gratitude for the opportunity to meet, to think, and to share about themselves in a community context and in groups.

The organizing team have agreed to keep working together to find other ways to run such events in the future. 



## **There Is a Crack, A Crack in Everything, That's How the Light Gets In (Leonard Cohen)**

by Elana Leigh

**C**urrently, we collectively face our inside and outside cracks, all the while doing the best we can to survive in times when old templates have cracked, leaving us to oscillate between finding new ways and resorting to old ones.

When fear is the strongest emotion underpinning our need to survive, it is natural to look to leadership to create a sense of “us” in order to curtail a sense of isolation and despair. Freud believed that a group is bonded by libidinal energy focused on the leader. When anxieties rise, as a result of insecurities about organizational practices such as those involved in the Birmingham conference, this projectile focus intensifies. Add COVID-19, and we are in a perfect storm.

The process of canceling the world conference has been, at times, like being in the midst of the storm. I painfully feel the grief, loss, and fear within the entire international TA community, not only about the loss of the conference but also the per-

ceived temporary loss of leadership. This is a challenge I could never have imagined facing in my presidency.

These are times when we are called on to explore our attitudes and values in order to find our way through, where even in moments when blaming and naming feels natural we have to know that winning the battle will not win the war. The way through is to step outside the drama triangle and think and act for the greater good of all. “No organization can sustain itself without transforming itself and our attitudes contain our future” (Gutmann & Pierre, 2000).

We, like many organizations, have been guilty of splitting and competing, and because we don't have a global mindset or model, we often privilege our own turf and thus do not work for the greater good of all worldwide TA members. Ironically, the conference we grieve was to be a world conference that we hoped would demonstrate our international identity, but the crack happened! This opened a pathway for us as

leaders to address our mutual history. Unity has become the light that shines through this severe crack.

The process of taking charge of the destructive parts of a group's anxieties can be called containment, and EATA, ITAA, FTAA, UKATA, and IARTA are and will continue to work together to provide a unified container. We have come together to explore how we have all consciously or unconsciously contributed toward the crack and what we need to do to find win-win solutions. This has been a complex and sometimes tedious process, but we believe and trust that when we attend to our work at the leadership level, the domino or butterfly effect will emerge and trust will hopefully be rebuilt. Our potential international collective transformation lies in our unity not in our separateness. This will also determine how we all emerge from COVID-19.

I continue to be stretched in my role, learning when to respond and when not to; knowing the difference



between passivity and active passivity; figuring out when to pause, reflect, and pause again; having compassion for not knowing what I do not know; and finding the courage to stay open and curious and to discover intentions that reflect integrity. I am blessed to be working within an incredible international team that has me appreciating my 37 years in this global TA community. When we are united, and we have others to mirror what we cannot see, it is safer for us to both succeed as well as tolerate our limitations and possible failures.

I invite you all to keep your hearts and minds open through this time.

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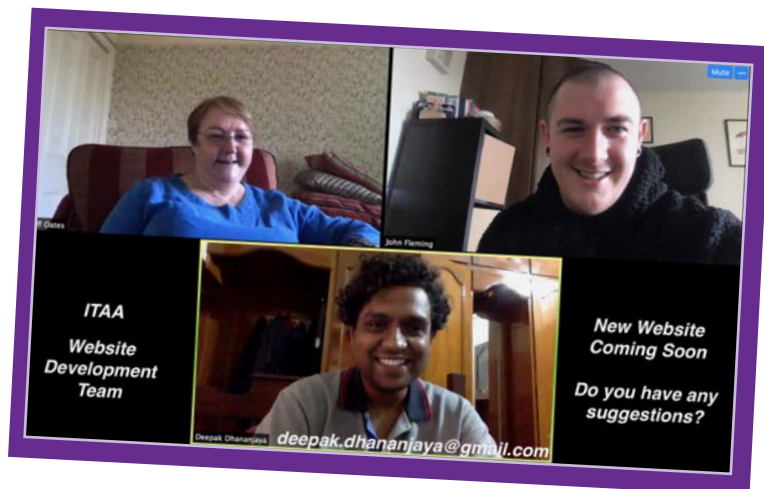
Gutmann, D., & Pierre, R. (2000). Consultation and transformation. In E. B. Klein, F. Gabelnick, & P. Herr (Eds.), *Dynamic consultation in a changing workplace* (pp. 3–32). Madison, WI: Psycho-social Press. 5

Elana Leigh is ITAA President and can be reached at [elanaleigh23@gmail.com](mailto:elanaleigh23@gmail.com).

## ITAA Website Undergoing Changes

We are aware that our current website needs a makeover, so we are working on developing a new site. Steff Oates, John Fleming, and I are part of the website development team. Our goal is to make the site appeal to worldwide TA enthusiasts and engaging to members. We want to hear your ideas/wish lists/inputs—

what you would like to see on our new website. Please write to us. We will consider your ideas during our development work.



Deepak Dhananjaya, ITAA Vice President Development, can be reached at [deepak.dhananjaya@gmail.com](mailto:deepak.dhananjaya@gmail.com).

## 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, MSW, at [robinfryer@aol.com](mailto:robinfryer@aol.com).

# the Link Centre Online

## ONLINE COURSES & WORKSHOPS

### DONATION-ONLY WORKSHOPS DURING JUNE AND JULY

**TA on a Tuesday** every week (6.30-8pm)

**TA in Crisis** every Monday (10am-12pm) & Thursday (6pm-8pm)

**Working With Personality Disorders** with Geoff Hopping (10th June PD4

**Psychopathy** & 17th June PD5 working with PD in Groups)

### APPLY NOW FOR NEW ONLINE COURSES

**Online CTA Exam Support** – with Rebecca Davies and Helen Rowland

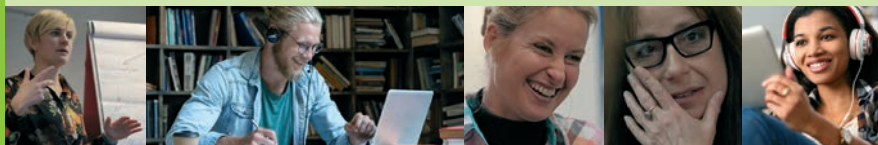
**Certificate in Working with Gender Diversity** – 12th & 19th June, 3rd & 17th July

**Certificate in Working with Trauma** – 12 weeks, 3 hour sessions on Tuesday evenings



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# The Naked Society: Global Selves in the Age of a Pandemic

by Zefiro Mellacqua

I live not far from Milan, in the north of Italy, which has had one of the largest coronavirus outbreaks in the world and has been in lockdown until very recently. Meanwhile, I have continued to work in Ticino in the southern part of Switzerland, where I lead a multi-disciplinary home treatment team looking after people experiencing acute mental health problems.

Communities worldwide have seen a huge increase in the number of COVID-19 cases, and, most worryingly, deaths, particularly in the worst affected areas. One after another, governments have implemented extraordinary measures to contain the spread, and hospitals have been struggling to make room for the onslaught of coronavirus patients. We are beginning to see how dramatically the infection will impact poor people and low- and middle-income communities.

Many of us have been confined at home to reduce the contagion even while the virus continues spreading. Television, newspapers, and above all the internet remind us every minute that we have become the

strangers, the enemies, the excluded—secluded in our own countries. We have each become the biological means of contagion. People have started talking about the current pandemic as if we were at war with no real weapons except our own bodies. People are reminded to wash their hands regularly, to avoid handshakes, to maintain physical distance, to “stay home!” Health professionals look like soldiers in their helmets, masks, gloves, gowns, and rubber boots.

I have described elsewhere individuals on the verge of a psychotic breakdown as the “naked self” (Mellacqua, 2014, in press). Because of the pandemic, we are now coming to terms as a species with a most fragile yet vital part of our humanity, which I refer to as the “naked society” because psychologically it is similar to being near a psychotic breakdown. Living in a globalized world, especially if we belong to Western cultures and communities, we are experiencing, perhaps as never before, a profound sense of disorientation, ontological insecurity, and increasing terror for our



survival. We feel naked, exposed, vulnerable. These pervasive feelings of existential precariousness and anguish may turn, in the worst scenarios, into impotence, despair, and even worse, violence toward others and ourselves.

COVID-19 is a disturbing visitor that has settled in our communities, occupying our homes, sitting at our workstations, participating in government assemblies and political meetings, lurking in bars, restaurants, gyms, and other places where we used to enjoy ourselves. It has quickly become the real star of TV talk shows and intrudes into and affects our public and private rela-

tionships. But this disturbing visitor has gone further: It has entered our bodies and can lie there undisturbed for days before spreading, covertly, through other bodies and to the detriment of our minds. This visitor has violated one of the assumptions of the ego: that it has boundaries.

Now the enemy is everywhere. The virus is the inhuman representative of that generic foreigner that we have always feared or excluded precisely because it does not have a recognizable face. It certainly has a name and a genetic code, but science still knows little about COVID-19 except that it is invisible: moving in the air, coming to rest on surfaces, attaching itself to our skin, living in saliva, entering our lungs through our nostrils, taking away our breath, and above all, killing us. The enemy is a ubiquitous killer and has taken on the features of every individual.

On an existential level, the virus, through the activation of the body dimension of our psyche, gives us back the perception of our fragility and vulnerability. In the face of such an enemy, escape is futile, attack is impossible. Acquiescence, understood as a reaction of freezing before the threat, and denying reality are similarly ineffective and potentially fatal.

The massive defense of paranoia, through which we channel our energies against an external enemy, quickly collapses. The enemy is everywhere. There are no walls, barriers, or militarization of the geopolitical borders capable of stopping this enemy. On the internet, disparate theories proliferate on the origin of the epidemic and how to contain it. These include conspiracy the-

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ories that help to amplify an existing climate of despair and helplessness. This disordered mentality does not concern a group or small community of individuals or a single nation. It extends in real time across the entire global community, which finds itself folded in on itself, locked away from what is happening outside, and, at the same time, exposed to a danger that has already entered. The result is an increasingly homogenized suffering without real reflexive activity by the self. The words of experts carry the same weight as those of politicians and journalists.

For these reasons, it is not only our individual identity—if there ever was one—that is put in crisis but our collective identity that collapses, implodes on itself in line with a process that recalls the introflexion of the ego in the most pervasive forms of psychotic fragmentation (Mellacqua, 2014). Society is dismembered. The more or less organized groups of workers dissolve. The masses withdraw from the streets. Individuals are confined to their homes in a state of insecurity and without real protection. The implicit assumption is that for many, home is already a safe place, although we know that environment is also a place where many people are victims of significant trauma such as psychological abuse, neglect, physical violence, and/or sexual abuse. On the other hand, doctors, nurses, health workers, civil protection forces, and all the people involved on the front lines in this health emergency, are under incredible pressure and are not sufficiently equipped to manage the effects of this epidemic.

The individual's existential response to this condition is, therefore, one of profound loss. Inner life, and also social life, are no longer permeated by fear—understood as fear of

something or someone dangerous—but by anguish. Unlike fear, anguish is fear without a specific object.

The physical suffering for which this pandemic is responsible globally reminds us that, regardless of our ethnicity, sex, culture, religious belief, political orientation, or socioeconomic condition, the first act of a human being at birth is not to cry but to breathe. We are also reminded that coming to life as human beings, since the beginning of our intrauterine existence, is an act of a small group of reference others, that is, our family members, who are also the first representatives of the society and country we are born into and live in.

As I conclude this article, the time for tears has already come for those who have lost someone to the virus, many without having had the opportunity to say good-bye. Still, I want to hope that our time of quarantine will help us to make changes in our lives starting from our homes and families who are more or less struggling and from our communities that are more or less traumatized due to recent contemporary events other than the pandemic. I want to hope that the historical time we are going through now will provide us with an opportunity to responsibly implement, in the not too distant future, those sociocultural, ethical, political, and economic changes that we urgently need in the interests of the well-being of individuals and the global community that we call the World—to which we all rightfully belong as human beings.

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# ITAA Annual Membership Meeting to Be Held Online

**I**n this time of COVID-19, we hope you are safe and well. Since the 2020 World TA Conference is canceled, we are moving our annual general membership meeting (AGM) to an online format. It will be held on Saturday, 18 July 2020, at 10:00 GMT.

We, the ITAA Board of Trustees, urge members to attend this meeting online. The agenda is as follows:

- Welcome to members and visitors
- Adoption of the minutes of the 2019 AGM
- Reports from the president and members of the board of trustees (BOT)
- Farewell and thanks to those leaving the BOT
- Introduction of new BOT members
- Process around the Birmingham conference
- Any other business
- Questions and answers
- Notice of 2021 AGM

**Registration:** For us to plan the event, we need you to register for the event through this link: <https://tinyurl.com/y9v5838x>. You will receive a Zoom invitation link closer to the date.

**Logistics:** We will use the Zoom online meeting platform for hosting this event. You can download the application free from the website: <https://www.zoom.us>. Please note: The eventbrite invitation gives the meeting time as 11 BST (British Summer Time). Be aware this is not the same as GMT (Greenwich Mean Time), which is an hour earlier. When you convert the meeting time to your own time zone, make sure to use 10:00 GMT or 11:00 BST to convert from.

To participate in the Zoom meeting, you must have a signed “Consent to Electronic Transmissions” form on file with the ITAA. Individuals with consent forms on file and who are ITAA members in good standing as

of 18 June 2020 (the “Record Date”) are entitled to vote.

An alternative in-person AGM will be held at the same time by ITAA President Elana Leigh at 158 Wellington Street, Bondi, 2026 NSW, Australia for anyone without internet access, who does not have a signed “Consent to Electronic Transmission” form on file with the ITAA, or who is unable to phone into a Zoom meeting. Please RSVP to Elana by 18 June 2020 for details.

**Proxy Vote Form:** If you cannot attend the 2020 AGM online or in person, please fill out the proxy form below. The ITAA Bylaws state that the quorum for holding the membership meeting is 50 voting members

## Proxy Vote Form


I (please print) \_\_\_\_\_  
 am a member in good standing of the International Transactional Analysis Association and herewith assign my proxy vote to the secretary of the ITAA or to (print name) \_\_\_\_\_  
 (“my agent”) to be used to establish a quorum at the membership meeting of the International Transactional Analysis Association, convening on 18 July at 10:00 GMT online via Zoom, and to cast my vote as my agent believes appropriate in the circumstances. This proxy will expire on the date that is 11 months following the date given below.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_



or 5% of the qualified voting membership, whichever is smaller.

Please fill out, sign, and send the proxy vote form to ITAA Vice President Research & Innovation Steff Oates by email to [lcfan@me.com](mailto:lcfan@me.com) if you have a signed "Consent to Electronic Transmission" form on file with the ITAA. If you have not signed and returned such a consent form, return your proxy form by postal mail to Steff Oates, Swallowfield, Slade Lane, Mobberley, Knutsford, WA16 7QN, United Kingdom. The deadline for receipt of proxy forms sent to Steff Oates is 1 July 2020, or you can download, print, sign, scan, and transmit the form online to her at least 2 hours before the scheduled start time of the AGM. A "Consent to Electronic Transmission" form to and from the ITAA is located on the ITAA website under "Governance Documents." This may be printed, signed, and returned to Steff Oates to expedite return of your proxy vote form by email. 

## the SCRIPT

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# Welcome to New Members

## JULY 2019

Christopher Bamford, Australia  
Elina Belyayeva, Kazakhstan  
Fran Berger-North, UK  
Agnieszka Bialecka-Rutkowska, Poland  
Stephanie Conway, Ireland  
Elizabeth Cuellar, Mexico  
Ahmad Ghazi, Iran  
Zoe Hart, New Zealand  
Mirye Kim, Korea  
Krishnan Madhabushi, India  
Nina Manning, UK  
Pierre Sebrechts, Netherlands  
Rowena Umaar, UK  
Jeroen van der Ven, Netherlands  
Roksana Yashchuk, Ukraine

## AUGUST 2019

Vlada Berezianska, Ukraine  
Donna Jacobs, Canada  
Craig Herink, USA  
Katty Ho, Hong Kong  
Jonathan Kopruch, New Zealand  
Divya Krishnan, India  
Anisa Križan, Bosnia-Herzegovina  
Louise Mowinkel, Portugal  
Ravikumar Ramanathan, India  
He Runqiu, China  
Sofija Stojadinovic, Serbia  
André van den Bor, Netherlands  
William Warley, USA  
Kerstin Warnke-Dakers, Germany  
Julie Wylde, UK

## SEPTEMBER 2019

Victoria Baskerville, UK  
Daniela Brida, Switzerland  
Maryse Chabrol, France  
Debora Contino, Italy  
Edward Gonsalves, India  
Rose Lewis, UK  
Emanuela Lore, Italy  
Young Joo Moon, Korea  
Clare Morgan, UK  
Ramya Natarajan, India  
Piotr Przybylski, Poland  
Dragana Simic, Serbia  
Corina Stefan, Romania  
Alison Williams, UK

## OCTOBER 2019

Kulshum Azmi, India  
Paul Betney, UK  
Pietro Cardile, Italy  
Lisa Carse, New Zealand  
Andreia Luisa Cechin, Brazil

Celia Chambers, UK  
Vivienne Davies, UK  
Mila Doskovic, Serbia  
Nathan Gould, UK  
Nicola Holmes-Brown, UK  
Alan Jacobs, USA  
Kate Kirkham, UK  
Anna Krieb, Germany  
Sergii Kukharuk, Ukraine  
Rawia Liverpool, Netherlands  
Lohani Noor, UK  
Mirela Pavlovic, Serbia and Montenegro  
Sunita Saini, India  
Yevhen Tarasiuk, Ukraine  
Gregor Turšič, Slovenia  
Shikha Vohra, India  
Naoto Yamada, Japan

## NOVEMBER 2019

Kala Balasubramanian, India  
Leona Bishop, Curacao/Netherlands  
Helen Blackburn, UK  
Mike Breitbart, Germany  
Sorina Chinde, UK  
Catherine Cornthwaite, UK  
Barry Ennis, UK  
Luca Fornari, Italy  
Takeshi Futami, Japan  
Latha Gangadharan, India  
Helen Gleeson, UK  
Philippa Heys, UK  
Jacqueline Hill, UK  
Anja Horrig, UK  
Karen Hudson, UK  
Nataliia Isaieva, Ukraine  
Jeannette Krikken-Klomp, Netherlands  
Lisa Mathurin, UK  
Guglielmo Menon, Germany  
Roxana Mihailescu, Romania  
Lisa Orange, UK  
Shylaja Rajeevan, India  
Hamid Ressang, Netherlands  
Eric-Jan (H.J.) Rijnierse, Netherlands  
Andrew Sanwell, UK  
Shazia Siddiqui, India  
Cheryl Timmins, British Virgin Islands  
Snezhdina Tsoncheva, UK  
Irina Tudorascu, Romania  
Rebecca Webb, UK  
Diana Zepeda Ortiz, Mexico

## DECEMBER 2019

Lisa Argyle, UK  
Peter Falcini, UK  
Joanna Green, UK

continued on p. 14

# Client Responses to Working Remotely

by Laurie Hawkes, Script Editor

*We thought it would be interesting for you to hear from clients at the other end of our Zoom and/or phone sessions.*

The Skype sessions enabled me to keep the link with my therapist. Being forced to remain immobile because of a broken leg brought up painful memories, which I was able to bring into therapy. This allowed me to experience being heard and taken into account. Although there was no contact, my therapist was present. The occasional internet glitches were annoying—uncomfortable to be interrupted when the connection gets cut off.



The phone session did not give me as much as an in-person session. I missed my therapist's gaze, smile, gestures, attitudes, presence, even silences. I feel we sometimes force ourselves (or should I say, I force myself) to say something. I missed her presence and comforting. On the phone I get the listening, but the communication wasn't the same on my side. I was less comfortable, unsure what to say and how. I wonder if it might be better to wait until we can be in the same room again.



It was a good substitute for me. At first it felt weird to see myself speaking (and crying), but I was able to ignore that most of the time, and sometimes it was helpful to become aware of my nonverbal communication.

## New Members

continued from p. 13

Patricia Hornsbury, Australia  
Olena Kryvonis, Ukraine  
Will Midlane, UK  
Joanna (Jo) Norton, New Zealand  
Suheyly Pinar Alper, Turkey  
Leanne Riley, UK  
Claire Stoke-Laborde, France  
Anna Taylor, UK  
Elena Yanchukova, Russia



I had my doubts about video sessions. We had one in which the video didn't work so we used the phone. I realized how much I monitor the direction of my gaze in sessions and what a relief it was not having to do that. Being confined was starting to make me anxious, and along with reading a certain book, brought up childhood memories, emotions, and resentments. I noticed that

as I spoke to you, I was actually watching my own face on the screen rather than yours. It was like, "I don't know who that guy is, what he's like." I also noticed that our faces were equal sizes, which made a big difference in what I felt. When I was moved by my memories, seeing that unhappy looking guy on the screen touched me, brought up a form of empathy for the past me that I had not known before.



Video sessions are convenient, but I prefer in-person sessions. Going to the office helps me get into the mood. On the screen it bothered me to see myself, so I hid my face with a cushion.

## Larks Ascending & Owls Watching Over: The Association That Never Sleeps

by Steff Oates

In this issue of *The Script*, you will see news about ITAA's annual general membership meeting (AGM), the board of trustees meetings, and the awards ceremony, all of which will be held virtually because of the cancellation of the Birmingham conference. And because our members live in so many of the 24 time zones across the globe, this means to participate, some people will have to join these meetings in the middle of their night. We hear your unhappiness about this and want you to know we have worked hard to arrange these meetings and ceremonies to include as many awake people as possible.

Like most others worldwide, we are working to adjust as we all face the limitations brought about by the global pandemic. There have been so many losses and multiple trauma for everyone to bear. One of these losses for us has been, of course, this year's conference and all that goes with it, including exams and many meetings that we normally hold in person.

There have also been gains. We have necessarily become more tech savvy and have been part of hosting two wonderful international webinars with EATA (see page 6). The invitations for these were sent out by ITAA and EATA simultaneously so that all members had an opportunity to sign up. However, when the first one filled up almost immediately, we realized that many members outside of Europe received their invitations during the night, only to find that by their morning the event was full. So, for the next webinar, we timed sending the invitation to give priority booking to those areas first.

Members of the current BOT live across 8 time zones, so we are constantly challenged with finding the best times to meet for the largest number of participants. The TAJ team and other committees have similar challenges. We are always aware of these issues and work diligently to arrange meetings and ceremonies to include as many awake people as we can.

Steff Oates is ITAA Vice President Research & Innovation and can be reached at [lcfan@me.com](mailto:lcfan@me.com).