

IN THIS ISSUE

Students Can Now
Pay Online
2

AGM Reminder
2

Keeping In Touch
3

Counselling for Toads
4

IBOC Examiner
Training
6

PSC Global
Conversations
6

On Ethics
8

TAJ on Leadership
9

July TAJ Out
10

TAJ Submission
Guidelines
11

Important Changes in How Members Access the TAJ

Beginning 2 July, ITAA members will be able to access the *Transactional Analysis Journal (TAJ)* via our own ITAA website instead of going through the Taylor & Francis website. Although TAJ access via the Taylor & Francis/Routledge website will continue to overlap during July, on 2 August, the Taylor & Francis access will end and only access via the ITAA website will continue. We urge members to become familiar with accessing the TAJ via the ITAA website during July so they will be familiar with the process before the overlapping access ends on 2 August.

Since becoming the TAJ publisher in 2018, Taylor & Francis has kindly allowed us to use their website as a porthole because our own website has been undergoing new construction for some time. We are pleased to announce that the website work is moving along at quite a pace (exciting announcements coming soon), and we are now able to host the TAJ access link ourselves.

The new system has been tested for a month by the ITAA Board of Trustees and is working well, so we are now ready to make the link available our members. This is good news for us as we now have members going through our own website, and any difficulties in access will be dealt with by us instead of having to go through Taylor & Francis. It also means that access is kept secure for ITAA members and those accessing it via other institutions.

Here are the steps to use to access the TAJ beginning 2 July:

1. Go to the ITAA website at <https://www.itaaworld.org>
2. On the homepage, use the “Member Login” in the upper right corner to log in using your ITAA member username and password (not the Taylor & Francis username and password you may have used to access the TAJ in the past).
3. Once logged in, click on “Transactional Analysis Journal” in the gray banner at the top of the homepage.
4. Then click on the red button on the TAJ page that says “Click Here.”

continued on page 2

Student Members Can Now Pay Online

Please follow the steps below to renew your ITAA student membership.

- When you go to log in to your account on the ITAA website, you should see the message “You need to Renew Your Membership in order to access the member’s page.” Click on “Renew Your Membership.”
- You will be taken to a page where you can indicate your membership level, email address, and credit card information. Please select your membership type (Student, Student-TA1, or Student-TA2). Pricing for the Talent program can be found [here](#))
- Please also send in your trainer form. This can be found [here](#).

the SCRIPT

Newsletter of the International Transactional Analysis Association
ITAA, 2700 E. Foothill Blvd., Suite 209,
Pasadena, CA 91107 USA
email: info@itaaworld.org
website: www.itaaworld.org

Editor: Laurie Hawkes

Managing Editor: Robin Fryer

Desktop Publishing: lockwood design

Send all copy to: robinfryer@aol.com

Deadlines—15th of the month prior to the month of publication (e.g., 10 July for the August issue)

Advertising: Twelfth page: \$50; sixth page: \$100; third page: \$200; half page: \$300; full page: \$400.

Publication of articles and advertising in *The Script* does not imply endorsement by the newsletter, the editors, or the ITAA.

The Script (ISSN 0164-7393) is published monthly by the International Transactional Analysis Association. For information on membership, visit www.itaaworld.org or contact the ITAA at the above address. © 2023 International Transactional Analysis Association, Inc.

- If you need to update your email on file, an update e-consent form is also needed. This can be found [here](#).

Annual General Membership Meeting —Save the Date!

Remember to join us for this year’s ITAA Annual General Membership meeting (AGM) via Zoom on Saturday, 29 July at 12 pm UTC.

This gathering will also include the celebration of the three 2023 ITAA awards.

Agenda

- Welcome to members and visitors
- Honoring and remembering people who passed this year
- Adoption of the minutes of the 2022 AGM
- Adoption of accounts for 2022
- Reports from the president and members of the board of trustees

Welcome to New Members

MAY 2023

Nasima Akter, Bangladesh
Ewelina Berniak, Poland
Agi Gault, United Kingdom
Igor Gozhiy, Kyrgyzstan
Tetiana Grytsenko, Ukraine
Jelena Hajdukovic, Serbia
Joost Horsten, Netherlands
Aleksandra Jovanovic, Serbia
Jazz Rehal, United Kingdom
Niraja Sargunam, India
Anhelina Sashko, Ukraine
Jovan Simic, Serbia
Nandhini Thangavelu, India
Srinath Tirumale Venugopal, Italy
Alema Tsehaye, Ethiopia
Olga Tuchina, Serbia

- Farewell and thanks to those leaving the board
- Intro of new board members
- Any other business
- Questions and answers
- Notice of 2024 AGM
- Presentation of the 2023 Awards: 2023 EBMA to Trudi Newton and 2023 Service Awards to Karen Pratt and Giles Barrow

Registration: You will need you to register for the AGM. Watch for an ITAA email in the next few weeks with a link to register on Eventbrite. You will receive a Zoom invitation link closer to the date. [S](#)

Access the TAJ

continued from page 1

5. You will then be directed to the Taylor & Francis website where the TAJ is found. Members with full digital access will be able to view all past issues of the TAJ; members with partial digital access will be able to access only issues from the current and previous year.
6. If you sign into your account and see a message asking you to renew your membership, that means you are not up to date on your member dues. Please click on “Renew Your Membership” and make a payment to access the TAJ. Once payment has been made, follow the “How to access the TAJ continued” step.

If you require assistance, please contact ITAA Vice President Development Michelle Thomé at michellethome@gmail.com or ITAA Vice President Research & Innovation Steff Oates at lcfan@me.com . [S](#)



(From left) Marian Timmermans and Moniek Thunnissen

Transactional Analysis and Burnout

Moniek Thunnissen and Marian Timmermans write, “Three years ago we were preparing a workshop on burnout for the World TA Conference in Birmingham. Then Covid changed the world. However, our enthusiasm for combining the individual and organizational perspectives to understand and prevent burnout was unstoppable. In talking with each other and TA colleagues, we learned that this combined view is innovative and helpful because it emphasizes that neither the individual nor the organization alone is responsible for burnout. The key to the understanding and prevention of burnout is putting the two together. We wrote a book in Dutch, *Transactionele Analyse bij burn-out. Voor organisatie en individu* [Transactional Analysis in Burnout. For Organization and Individual], which was published in 2023 (Boom). Then, on 20 April 2023 we presented it and our ideas during a conference for

psychiatrists, psychologists, coaches (individual caregivers), managers, consultants, and occupational physicians (who were invited to keep the organization in mind). In multidisciplinary groups, they discussed the short, provocative lectures from us as well as from a millennial with many burnout friends and an organizational psychologist. Attendees participated in an experiential exercise in which they could really “feel” the individual and organizational script circles stirring each other up. An actor, who played a burnout client, received live therapy from a psychiatrist, and the content was clarified with the concept of the “drowning person,” that is, how often after burnout the individual, organization, and caregiver all work together to reestablish the drivers instead of looking at the deeper level of the stoppers or injunctions. We then had mindfulness intermezzos and at the end a theater-facilitated learning on many levels. At the conclusion, everyone formulated their own take-home messages. For us that was that TA has a lot to offer in understanding and preventing burnout. Limit-setting and courageous conversations are the keywords.

Seminar on Reclaiming Stolen Bodies

On Friday 12 May 2023, three longtime TA colleagues, **Sylvie Monin**, **Ed Novak**, and **Steff Oates**, came together virtually to offer a 2-hour presentation on the effective use of physical touch in therapy. The presentation focused on Ed’s recent book, *Physical Touch in Psychoanalytic Psychotherapy: Transforming Trauma through Embodied Practice*, with Sylvie interviewing Ed and Steff plan-

ning and moderating the event. Steff worked with John Wilson and his team at Online Events (<https://www.onlineevents.co.uk>) to offer the presentation both live and in recorded format for those unable to attend. The central theme of the presentation focused on what Ed referred to as “wake-up words”—stolen bodies and sacred spaces—which describe the extensive impact of bodily trauma and the type of reverent therapeutic space necessary to recover parts of the body that have been stolen. Blending theory with clinical practice, the presentation also included an emotional poem written by Ed many years ago during his own embodied trauma work, Sylvie’s own moving personal reflections, and even a vignette about how Ed’s wife, Laura, uses hugs in her own work as a family practice medical physician. Steff felt the interactions between Sylvie and Ed created a sense of soothing (and reverence) within the group. 🌱



Sylvie Monin



Ed Novak



Steff Oates

Counselling for Toads—the 25th Anniversary Edition: 3 Million Sold and Still Counting

by Bill Cornell

In 1964, Eric Berne published *Games People Play* with Grove Press. It got off to a slow start, with Grove initially rejecting it. But Grove made a deal with Berne that if he could personally sell 500 copies, they would publish the book. Berne accepted the offer, and the original printing of *Games* was a special edition of the *Transactional Analysis Bulletin*, sold primarily to members of the San Francisco Social Psychiatry Seminars and the burgeoning TA seminars around the country. As we all know, the book went on to sell over 5 million copies, putting TA on the map. The downside was that it also established TA as a “pop” psychology, a reputation that has taken decades to overcome, even as transactional analysis has continued to develop, deepen in theory, and found a broad range of applications for improving the quality of peoples’ lives. There is still something to be said, however, for a popular book that brings TA to those who might otherwise never discover it. *Counselling for Toads* is just such a book.

In 1998, Robert de Board (1932–2020), a British organizational consultant, published *Counselling for Toads: A Psychological Adventure*. Now in its 25th anniversary edition, it has sold over 3 million copies. Routledge, as a publisher, has long

supported transactional analysis both through the publication of the *Transactional Analysis Journal* and its continuing publication of TA-based books. *Counselling for Toads* has been far and away the top seller in Routledge’s TA list. It is a best-selling TA book in China, published in both simple and complex Chinese characters and seven other languages.

Taking off on the classic story of *The Wind in the Willows* (Grahame, 1908), de Board’s book tells the tale of the ill-tempered Toad who, at the determined urging of his friends Rat, Mole, and Badger, enters therapy with Heron. Although TA is not in its title, it is, in fact, a book based on transactional analysis, accurately presenting its basic concepts with great cleverness and humor in the voice of Heron (which has much in common with Berne’s own pithy style of writing). The day may come when *Toads* might outsell *Games*.

Toad is not the most pleasant fellow, but Heron takes him under his wing, teaching him TA basics and engaging him in a direct process of self-reflection as the “psychological adventure” unfolds. Heron is not especially empathic, but he knows how to make a point and is skilled at holding Toad responsible for his behavior and beliefs. As the book and Toad’s adventure come to an end, Toad and Heron reflect on

their work together:

Toad: “I frequently felt dependent on you and I was always hoping that you would give me some wise words which would provide the answer.”

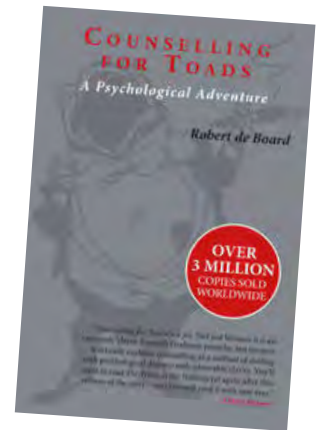
“And did I?” asked Heron.

“No, not really,” Toad replied. “You have certainly taught me a lot and this has been very helpful, but you never gave me answers. What I now realise is that you were always trying to get me to answer my own questions, getting me into the Adult.” He paused and then added, “But now, quite recently, we appear to have a much more relaxed relationship.” (pp. 130–131)

Heron: “In counselling, we work not only with our brains but with our feelings. ...”

“I see,” said Toad again thoughtfully, “So when I got angry with you last time, are you saying that I changed as a result of that, because my feelings were genuinely engaged?”

“Yes, I am,” said Heron. “You did emotional work and you



learnt directly through the event. Whenever our emotions are genuinely engaged, there is the opportunity for growth. This is true experiential learning, which is how we have learnt anything of importance, right from birth.” (p. 132)

The 25th edition is enriched by a preface written by Louise de Board, Robert’s daughter, who places the book in the context of his diverse and engaged life. Originally an ordained vicar in the Church of England, de Board left the church after discovering the work of Freud and psychoanalysis. He moved into counseling and management development, studying at length at the Tavistock Institute in London, where it seems he became acquainted with transactional analysis. De Board was also the author of two other best-selling books—*Counseling Skills* (1987) and *The Psychoanalysis of Organizations* (1979)—but it seems that *Counseling for Toads* was the one nearest to his heart.

In her preface, Louise describes this book as “the achievement that my late father was most proud of, it was the culmination and bringing together of many threads of his life.” Louise sees the book as rooted in the impact that World War II and his reading of *The Wind in the Willows* had on her father’s life:

Bristol was bombed heavily during the war and my father, along with thousands of other school aged children, was evacuated away from the city to avoid the danger. ... When he eventually returned home to Bristol, there was a new book on the shelf in the sitting


Bill Cornell can be reached at wfcornell@gmail.com.

room! Previously there had been a copy of the Bible and the *Radio Times*, now next to this was another book entitled, *The Wind in the Willows*. So began my father’s love of *The Wind in the Willows* and fascination with the author Kenneth Grahame. It was an interest that would last for the rest of his lifetime. His love of the tale of Ratty, Mole, Mr. Badger and, of course, Toad would eventually result in his writing *Counseling for Toads*.

Heron, the wise and pointy-beaked counselor, was de Board’s own addition to the tale of Toad and his friends. Louise writes that her mother thought that her father’s personality most resembled that of Toad (which was my own fantasy as I first read the book). Although de Board was well-versed in psychoanalysis, I suspect he chose to put TA at the heart of his book both for its accessibility and for the fundamental investment of accountability and mutuality in a counseling relationship. His is not a book that advertises or glamorizes transactional analysis, per se, but one that seeks to illustrate the challenges and gratifications of a committed therapeutic adventure.

I was surprised to be invited to write an endorsement statement for the 25th anniversary edition of *Counseling for Toads*, a book that I didn’t know existed. Then I was delighted to read it. I found it to be a little jewel. In my endorsement statement I wrote that “de Board takes readers into a realistic, humorous, and humane account of being in psychotherapy. I suspect that Toad would find great pleasure to know that this story of his life, struggles, and recovering is still being read 25 years since its original publication.”


References

- Berne, E. (1964). *Games people play: The psychology of human relationships*. Grove Press.
- de Board, R. (1979). *The psychoanalysis of organizations: A psychoanalytic approach to behaviour in groups and organizations*. Routledge Kegan & Paul.
- de Board, R. (1987). *Counseling skills*. Wildwood House.
- de Board, R. (1998). *Counseling for toads*. Routledge.
- Grahame, K. (1908). *The wind in the willows*. Methuen. 

Laurie Hawkes Has a New Book Out:

Le Sentiment d’être différent. S’épanouir quand on n’entre pas dans les cases [Feeling Different: Thriving Even Though No Boxes



Fit You] (Eyrolles, 2023). It is about the many circumstances that can foster a painful feeling of being “abnormal.” So many people have the sense that something is wrong with them. Some carry a visible difference whereas others harbor a secret shame about some aspect of themselves or their history. In her book, Laurie uses transactional analysis to frame that kind of shame, to understand it in terms of ego states and script, and to help deal with it. Examples are drawn from films, novels, psychotherapy stories, and people telling about their stories and experiences on various social networks. 

IBOC News

Written Exam Markers

We sent out a Google questionnaire to CTA written exam markers and received over 80 responses.

Thank you to all who contributed. We are in the process of analyzing the data and planning some written exam marking workshops for later in the year.

Oral Examiner Training

In the spirit of expanding examiners' skills, **we are offering four free online workshops that you can book into to enhance your examining skills.** These are in addition to

the examiners' training before each exam. Our intention is to enhance the professionalization of our exams, rooted in the principles we have outlined to date both in the *Handbook* and in our *Script* articles. This is a new venture for us, and we hope many of you will join us. All examiners, from new to experienced, are most welcome.

The workshop program includes:

1. Chairing an exam - Tuesday 19 September 2023
2. Ethics and examining - Thursday 2 November 2023

3. Multiple tongues and working across language differences - Monday 4 December 2023
4. Cultural differences and unconscious bias - Monday 22 January 2024

Each workshop will run from 6am-8am UK time. You can attend as many as you wish. Certificates of attendance will be issued.

We invite you to sign up using this link: <https://forms.gle/jbQiURwZrG-flg7Lg8>

Jacqueline van Gent & Sue Eusden,
Cochairs IBOC 

The Global Conversation: Saying Hello

At the end of May, the Professional Standards Committee held the opening session of the Global Conversation.

This was **the first stage of a global conversation about re-visioning TA education, accreditation, and certification.** We wanted to bring together a diverse group who might contribute to this exercise and approached the exam coordinators and regional representatives to consider who in their area might be interested. We envisaged including the three generations as follows:

Eldership: These are individuals who have been long-standing members in the ITAA community and who have likely led TA institutes or training programs. They have probably published materials, presented at conferences, done webinars, and are generally known beyond their

immediate field or region. They may be stepping back from active leadership roles and/or in semi/full retirement. These people will have less vested interest in a specific institute and have a broader life in the TA community. They are likely to be Teaching and Supervising Transactional Analysts (TSTAs).

Leadership: These are individuals who carry responsibilities for running TA institutes and training programs and are committed to supporting practitioners in completing their TA accreditation. They may be actively contributing to the wider community through writing, coordinating TA events and operations, being involved in regional associations, and developing innovation. We are including not only those in established positions of leadership but

also those emerging leaders in TA training and certification. It is likely that this group will include both TSTAs and PSTAs.

Membership: This includes individuals who are in training, those who are considering embarking on formal training, and any other ITAA members who have interest and enthusiasm in relation to re-visioning TA training and certification. These individuals may have a specific interest, for example, with regard to ecological practice, neurodivergence, or social action. They may also be those who have relevant experience from outside of TA regarding training, assessment, and examination. We anticipate that this group will comprise those with CTA certification, those in CTA contracts, and others not involved in formal TA training.

People responded with their interest to be part of this process, and 15 people were available for the first meeting. They came from India, Europe, Singapore, Japan, and New Zealand. There are more people who indicated their interest and will be involved in subsequent discussions. We were mindful of keeping a balance across the regions.

We were delighted to welcome experienced and new trainers and supervisors, qualified practitioners, and those in training. The intention for this session was to gather and connect in preparation for the task of exploring future directions for TA professional development.

We began with a short briefing setting out the background and context of the project, emphasizing that the aim was to expand our educational frame of reference as to what training and certification might look like for the next generations of TA practice. As a way of beginning to connect and design the conditions to support the future conversations, we used an Appreciative Inquiry approach. The topic for the discovery conversation was “having courageous conversations to inspire change within a diverse context.”


In pairs, people shared moments when they had felt most alive and inspired having such courageous conversations and explored some of the values and attitudes supporting that experience. There was a buzz of connection and excitement as people returned to the plenary. The intention was to gather these values and attitudes so that they might infuse and support the conversations shaping the re-visioning task.

Here are some of the phrases that emerged:

- “Connection, integrity, congruence, and authenticity”
- “Creating a ground for all kinds of species to grow”
- “Belonging is different from fitting in”
- “Being seen”
- “Grace in difficult conversations”
- “Trusting irrationality”
- “Pursuit of justice”
- “Freedom with responsibility”
- “Drawing people in rather than calling them out”

We meet twice again before the end of August and will be digging deeper into a series of questions focused on further aligning the training and certification system with the values of educational inclusion, social change and diversity, and ecological sensibility.

The idea is that the conversation takes a pause after the third meeting in July and we review and set out a second phase in this exciting process. Watch this space for news of further development.

*Giles Barrow and Karen Pratt,
PSC Cochairs* 

IBOC Exam Calendar

Type	Exam Date	Location	Application Deadline
CTA	27 Jul 2023	Suffolk, UK	27 Apr 2023
CTA	5-7 Oct 2023	ONLINE	5 July 2023
TSTA	5-7 Oct 2023	ONLINE	5 April 2023
CTA	21-23 Mar 2024	ONLINE	21 Dec 2023
TSTA	21-23 Mar 2024	ONLINE	21 Sep 2023
CTA	3-5 Oct 2024	ONLINE	3 Jul 2024
TSTA	3-5 Oct 2024	ONLINE	3 Apr 2024

IBOC TEW Calendar

Type	TEW Date	Location	Application Deadline	TPO Deadline
TEW	27-29 Oct 2023	ONLINE	27 Feb 2023	27 Apr 2023
TEW	12-14 Apr 2024	ONLINE	12 Aug 2023	12 Oct 2023
TEW	25-27 Oct 2024	ONLINE	25 Feb 2024	25 Apr 2024

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

Please send applications for exams and TEW to the IBOC administrator: iboc@itaaworld.org

For the EATA exam calendar, please refer to: <https://eatanews.org/exams/#coc-calendar> and for the EATA TEW calendar, go to: <https://eatanews.org/ta-training-2/#tew-calendar>



Listening to Me, to You, to Us

by Keiko Hoshino

What does being silent mean when you are in an audience? I was recently part of a discussion on the topic of silence with TA educational Dutch, Belgian, and Japanese colleagues. Although we shared many similarities about what it means to be silent—such as boredom, withdrawal, and discomfort—some characteristic responses from Japanese colleagues included “If I speak, I take time away from others” and “I need to think to find an answer” and “I feel I shouldn’t speak until I’m called upon.” I had the thought that these kinds of response might occur in the TA oral exams.

I also wondered why I and other Japanese colleagues have such responses. In our culture, silence is considered to be beautiful and a courtesy. Many schools here teach students that they should remain quiet and not speak until the teacher gives them permission, and then they must reply with the correct answer.

Keiko Hoshino is a Provisional Teaching and Supervising Transactional Analyst (education) and can be reached at keihosh@gmail.com.

Within the TA community, our understandings of others’ even small behaviors also differ depending on culture. Then how well do I know my colleagues from other countries? I meet many English speakers who speak slowly and carefully so that I can understand them even with my not quite fluent English. I realize that while they are matching my pace, it is not theirs. I experience respect, mutuality, and appreciation when they do that.

So there is my reality, your reality, and our shared reality. It reminds me of my favorite childhood picture book: *Little Blue and Little Yellow* (Lionni, 1967). Many of you may know it and how it addresses issues about friendship, knowledge, and identity.

Some Japanese art also expresses the contrast between different things. For example, here is a Haiku (a short poem expressed in 17-sound characters) by Basho Matsuo (1644–1694). “Shizukasaya Iwani shimiuru Semino koe” means “A silence, the voice of a cicada seeping into the crags.” We enjoy the sound of a


cicada because of the silence, and we discover the silence again with the sound of a cicada.

Different things help me to know myself and enjoy my encounters with difference. There are as many “rightnesses” as there are people. Ethics also exists in different ways. Considering ethics for me is: “Start with we are different. Listen to myself, listen to you, and listen to our reality.”

I conclude by mentioning another Japanese poet Misuzu Kaneko (1903–1930). She left many masterpieces, even though her husband forbade her to write poetry. The last line of her poem “Bird, Bell, and I” (1924) means “All are different, and all are good.”

What do you think ethics is? I would like to hear your thoughts.

References

- Kaneko, M. (1924). “Me and little birds and bells.” <https://www.nippon.com/en/japan-topics/c09202/>
- Lionni, L. (1967). *Little blue and little yellow*. Knopf.
- Matsuo, B. (1702). *Oku no hosomichi* [The narrow road to the interior]. https://en.wikipedia.org/wiki/Oku_no_Hosomichi 

Submissions Welcome for *TAJ* Theme Issue on “Relationships in Love, Play, and Work”

Deadline: 1 August 2024

by Brad McLean and Helen Rowland

Berne spoke to the centrality of relationships when he described transactional analysis as both an individual and a social psychiatry in the early days of the San Francisco Social Psychiatry Seminars, and we think, today, it is fair to say that across all four fields of transactional analysis, relationships continue to remain central to our practice.

While relationships, in all the forms they take, bind us together in our humanness, they also come with contradictions, complexities, and paradoxes given the central role they play in our survival and thriving in modern life. So rapidly are we evolving as humans that the nature of relationships in love, play, and work are in constant dynamic transformation and reformation, which brings with it the need for regular updates, reflections, and reexaminations of the nature of relating both as clinicians/consultants and as individuals in our complex worlds.

As coeditors for the July 2025 *TAJ* theme issue on “Relationships

in Love, Play, and Work,” we enthusiastically invite contributions and encourage authors to richly reflect on the contemporary state of relationships across the breadth of the fields of psychotherapy, counseling, organizational work, and education.

The process of reexamining relationships and our literature about them is extremely important, and sometimes we assume it is happening when it is not. My own (Brad’s) research (see McLean, 2023) examining 50 years of articles in the *TAJ* on relationship and couples therapy revealed less than a handful of papers published in the last 20 years. That represents a blind spot in our research, theory, and clinical practice as transactional analytic relationship psychotherapists.

Looking through the prism of relationships offers a kaleidoscopic array of options for how to think, reflect, and theorize about the many refracted perspectives the theme of relationships offers us as clinicians, con-



Brad McLean



Helen Rowland

sultants, educators, and leaders, and we encourage you to contribute and build on the canon of transactional analysis literature in this important focus of our work.

For example, authors for this special issue might consider questions such as:

- Do you integrate TA and non-TA concepts in your relationship psychotherapy work? How do such integrations enhance our clinical work? How do we understand unconscious dynamics in intimate relationships today? Are there new developments?

TAJ Submission Guidelines

We have recently updated the Submission Guidelines for the TAJ and thought it would be useful to publish this important document in *The Script* so that potential authors can see the kinds of things they need to attend to before submitting their articles. The Guidelines are included in their entirety beginning on page 11 of this *Script*.

- Organizational relationships, especially in workplaces focused on hybrid working arrangements, are changing. What can TA offer in terms of understanding these changes?
- A host of internal and external (structural) stressors are reshaping relationships. These include racism, socioeconomics, issues of identity, political dynamics, and the climate crisis. How can we enhance our work by accounting for these issues in relationships?
- What TA theory do we have, or do we need, in order to account for nondyadic and nontraditional intimate relationships? What ethical and professional issues do we need to account for in supervision?

If you need guidance or assistance, please feel free to contact us: Brad McLean at bmctherapy@gmail.com and/or Helen Rowland at helen@helenrowland.co.uk. Also see the TAJ Submission and Review Requirements on page 11 of this *Script*. Following those closely will expedite submission, review, and hopefully publication of your article.

Please submit articles via the Taylor & Francis/Routledge Submission Portal by going to the ITAA website at <https://itaaworld.org/> and then the section on the “*Transactional Analysis Journal*.” Once you have logged into the TAJ at Taylor & Francis, go to the upper left corner to find the “Submit” tab, then the “Go to submission site,” which will link you to Submission Portal. You

will be asked to “log in” or “create a Taylor & Francis account.” Note that the account you use to access the TAJ online should not be used for Submission Portal. So unless you have used Submission Portal before, you must create a new account. To do that, you may use the same email you use to access the TAJ, but you must create a new password. Then you will be able to log in and follow the instructions to complete your submission. (For more details on Submission Portal, see page 8 of the May 2023 *Script*.)

Presenting the July 2023 Transactional Analysis Journal

We are pleased to say that **the July issue of the TAJ is out now**. And as announced on page 1 of this *Script*, as of 2 July, **it is available via the ITAA website**.

In her “Letter From the Coeditor,” Karen Minikin writes the following:

Philosophical questions concerning the meaning of normality, vitality, script, madness, and badness are some of the themes in this stimulating issue of the *Transactional Analysis Journal*. The articles that follow consider the distress aroused by loss of meaning and congruent connection in personal, institutional, and societal relationships, and they explore how practitioners

respond in such situations. This issue includes innovative thinking that expands and stretches some of our traditional canon, and we also welcome two research reports, one examining the efficacy of a 12-session classical transactional analysis treatment of substance misuse and the second a comparison between online and in-person psychotherapy.

Here are the articles in the July issue:

“High Dare/High Care Compass: A Guide to Transforming Trouble and Ethical Disorientation in Psychotherapy” by Sue Eusden

“Bipolar Dynamics of Vitality” by Valentina Terlato

“The Development of the Adult Self: An Existential, Relational, and Developmental Approach to Our Human Search for Meaning” by Rachel Cook

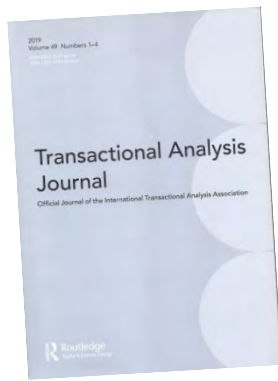
“The Efficacy of Transactional Analysis as a Community-Based Intervention for Substance Use Disorder” by Ignatius C. Williams and Glenn G. Glarino

“Distant and Close: Research Into Transactional Analysis Psychotherapy Online” by Diego Rocco, Evita Cassoni, and Gaia Dell’Arciprete

“OKness Revised: Analysis and Evolution of Berne’s Concept of OKness, the Basic Positions, and the Related Reenactments of Berne’s Internal World in the Transactional Analysis Community” by Ales Zivkovic

Physical Touch in Psychoanalytic Psychotherapy: Transforming Trauma through Embodied Practice, by Edward T. Novak; reviewed by Zefiro Mellacqua

We hope you will enjoy this latest issue of the TAJ and would love to hear your comments. 🗨️



TAJ Submission and Review Requirements

[Authors] should regard the reputable publication of an article as an honor.... [Their] obligations are the same as those of all writers. The first is integrity, whether it be scientific or artistic, and the second is craftsmanship. Craftsmanship here is almost synonymous with literacy. ... By maintaining ruthlessly high literary standards ... [authors] are forced to express themselves gracefully.

Berne, E. (1966). *Principles of Group Treatment*
Oxford University Press, p. 194

The Transactional Analysis Journal (TAJ) welcomes submissions from all theoretical perspectives and fields of application, including theoretically based articles, quantitative and qualitative research, case studies, literature surveys, book reviews, reflective essays, commentaries on previously published articles, and letters to the coeditors.

Only original material—not previously published in English and not under review by another English-language publication—is eligible for consideration and inclusion in the *TAJ*. As an exception, any paper previously published in a language other than English will be considered if it has been translated into English at professional standards prior to submission.

Since the *TAJ* is a refereed journal, all suitable submissions undergo anonymous peer review. Authors are expected to familiarize themselves with the criteria used by the peer reviewers, summarized below, and to adhere to the technical requirements for submission. Manuscripts that do not meet these requirements will be returned for correction and resubmission.

Toward Integrity, Craftsmanship, and Grace

At least one of the *TAJ*'s coeditors and two anonymous peer reviewers evaluate each submission in terms of its ideas and their contributions to the evolution of transactional analysis theory, principles, and practice:

- ◆ How is the paper relevant to organizational, educational, counseling, and/or psychotherapy applications?
- ◆ Is there an adequate review of the relevant transactional analysis literature as well as the literature of other related fields, such as cognitive research, neuroscience studies, organizational behavior and consultation, mother/infant research, systems theory, educational theory and practice, psychoanalytic perspectives, ethics, anthropology, social/political literature, etc.?

The editors and reviewers also consider whether the author's writing is professional and clear:

- ◆ Is the title both engaging and reflective of the paper's content and will it be useful for search purposes? Will the keywords help those searching for topics covered in the article?
- ◆ Does the abstract conform to the standards and functions outlined in the *Publication Manual of the American Psychological Association*, 7th Edition (parts of which are available online at <https://apastyle.apa.org/style-grammar-guidelines>)? Is it accurate, concise, quickly comprehensible, and informative?
- ◆ Does the overall structure of the paper help to represent the author's ideas and facilitate the reader's understanding?
- ◆ Does the text include subheadings that help organize the material for readers?
- ◆ Is the author's writing style easy to read and lively? Is it professional, for example, taking care to use inclusive plural pronouns such as "their" instead of just the male pronoun or "he and she" when referring to people in general?

- ◆ If the paper includes figures, tables, or other graphic images, are they necessary, easily understood, and integrated well into the main text and with the ideas of the paper? (See page 3 of this document for instructions on preparing figures and tables for submission.)
- ◆ Does the author end the article with a conclusion (rather than a summary), one that engages the reader in thinking about further questions the article might raise, how others might build on or further develop the ideas presented, creative uses of the material, etc.?

The editors and reviewers also check to see that the paper has been prepared with care, especially with regard to proper grammar, correct (American English) spelling, and an absence of typographical errors:

- ◆ Are all quotations and publications referenced correctly in the main text of the paper, giving author name, year of publication, and page number(s)?
- ◆ Is the reference list at the end of the paper formatted according to the guidelines offered in the *APA Publication Manual*? (Additional guidelines for formatting references can be found later in this document.)
- ◆ Does the author preserve anonymity by referring to their previous publications in the third person, for example, “Smith (2001) has argued...” instead of “In an earlier paper, I (Smith, 2001) argued...”?

Submission Requirements for Authors

If you are an author considering a submission to the *TAJ*, the first step is to determine that your paper is well written in terms of content, structure, and style. The second step is to prepare your manuscript according to the following technical requirements and then to submit it through the *TAJ* Submission Portal, which is accessible by going to the *TAJ* online at <https://www.tandfonline.com/action/showAxaArticles?journalCode=rtaj20> and clicking on “Submit” in the upper left corner.

Please make sure that:

- ◆ Your manuscript is no longer than 7,000 words (which should include the abstract, keywords, all text, the reference list, author biography, and the equivalent of the word space taken up by tables/figures), and your abstract is not longer than 150 words.
- ◆ All text—including references, quotes, and tables—is single-spaced.
- ◆ Any material in footnotes has been integrated into the main text of your paper (since the *TAJ* does not use footnoting).
- ◆ Your manuscript is free of any information that would identify you as its author.
- ◆ Your paragraphs do not start with indents but instead are separated with a line space.
- ◆ All quoted text is indicated with quote marks and quotes of 40 words or more are presented as indented block quotes that are set off as separate paragraphs. Check all quotes for accuracy of wording, spelling, punctuation, etc. Indicate anything left out with ellipses (3-point ellipses for omissions within the same sentence; 4-point ellipses for omissions beyond one sentence). Indicate anything changed or added with brackets. If the quote contains any bold or italics emphasis, indicate if that emphasis was the original author’s or yours. Indicate author, year, and page number(s) for each quote. If quoting from an online source and the material is not paginated online, indicate the paragraph(s) where the quote can be found.
- ◆ When describing ego states, write out each one at least the first time it is used with its abbreviation in parentheses following if you wish. For example, “Parent ego state (P₂).” If using subscripts for P₁, P₂, A₁, A₂, etc., please format with the numbers sitting to the right and below the P, A, or C (as shown here). Make sure to always use subscripts for other than simple P, A, or C.
- ◆ If using figures, tables, or other graphic images, please indicate in the text where they go. However, be aware that if your article is published, they will be located based on where they fit best in terms of page breaks, etc.

If a figure or table has been published before, reference with author/date/page. Also consider if permission should be obtained from the copyright holder.

- ◆ Provide each table as a separate, editable Word document. Tables will be reformatted by the printer using their standard font/formatting, so make sure what you send is clear and easy to read. Always provide a title for your table underneath the bottom of it, not in the text.
- ◆ Each figure or other graphic image (including photos) must be submitted as a separate JPG, TIFF, or PDF image of 300 dpi resolution or higher. Although the online version of images can be in color, in the hard copy all images and photos will be in black and white, so take that into consideration. Images with clear, dark, simple lines work best. Use Arial font and American English spelling/punctuation for all wording in figures and images. Proof everything carefully for accuracy. As the author, you will be charged for any additional work required to prepare figures or other graphic images for printing. Keep in mind the size and shape of a *TAJ* page when creating figures/tables so that you use lettering/fonts that can be read clearly when reproduced. Although figures/tables can be enlarged in the online version, when they are printed in the bound volume, they will be whatever size fits on a *TAJ* page.
- ◆ Include the figure number and title underneath the image. Also list each title in the text at the point where you indicate the figure should be placed and on the file name of the separate file of the figure or table.
- ◆ Submit a separate, short biographical statement that can eventually be used at the end of your article. It should include your name as you would like it to appear in the publication, your professional degree(s), your TA certification (if any, including applicable fields of specialization), a brief description of your current professional work, and your postal and email addresses where readers can contact you if they wish.
- ◆ Include a professional affiliation that will appear next to your name at the beginning of the typeset article. It can be a university, institute, organization, or private practice.

Guidelines for Formatting References

The *Transactional Analysis Journal (TAJ)* follows the APA (American Psychological Association) format for references and citations. Authors unfamiliar with this format are encouraged to consult the *Publication Manual of the American Psychological Association, 7th Edition* (parts of which are available online at <https://apastyle.apa.org/style-grammar-guidelines>). These formatting requirements must be followed carefully when preparing a manuscript for submission to the *TAJ*.

In-Text Quotations and References

- ◆ All in-text references must be in author/date format (e.g., Smith, 2001) with specific page numbers shown for quotes (e.g., Smith, 2001, p. 23; or Smith & Jones, 2001, pp. 4-5). If quoting from an online source and the material is not paginated, indicate the section and/or paragraph(s) where the quote can be found. Include the long-form DOI (digital object identifier) number for all journal articles (those begin with <https://doi.org/>).
- ◆ When quoting from references, do so accurately and indicate anything left out with ellipses (three dots for missing text within a sentence, four dots between sentences). Indicate anything changed or added with brackets. If the quote contains any bold or italic emphasis, indicate if that emphasis was the original author's or yours.
- ◆ Every reference cited in the text must be in the end reference list (see below), and all references in the end list must be cited in the text. Please make sure the name spellings and publication dates are consistent for both locations.

End Reference List

- ◆ In the reference list, give last names and initials for all authors; do not use et al.

- ◆ When referencing journal articles, write out the full name of the journal; do not abbreviate any words; use either “and” or “&” as used in the actual journal title.
- ◆ When referencing books, include name of publisher but not the city/state/country.
- ◆ For articles and chapters from edited books, please include: the name/initials of the article/chapter author(s); the book publication date; the title of article/chapter (along with an English translation, in brackets, if in another language); the word “In” followed by the name/initials of the editor(s) or author(s) of the book; the title of the book in its original language; the article/chapter inclusive page numbers; the name of the publisher; and the original publication date of the article/chapter if it is different from the book’s publication date.
- ◆ If a reference is not in English, give the title of the article, chapter, or book in the original language followed by an English translation in brackets. Give all journal names in their original language. If a translation is used as a reference, give the name and initials of the translator. If the reference is either a translation or a later edition, be sure to include the original date of publication of the book or journal article.
- ◆ For online references, include the name/initials of the author(s), the title of the specific article (not the Website name), the name/initials of any translator if applicable, and the complete URL.

Next Steps

Once you have submitted your manuscript via the *TAJ* Submission Portal, one of the coeditors will review it for suitability and whether it is ready for the formal review process. You may hear from the coeditor with some requests for revisions prior to it being sent for review. Once the article is ready, it will be sent out for review, after which the reviewer feedback will be sent to you for consideration and possible additional revisions.

After your article has been revised as needed and accepted for publication, it will undergo a comprehensive copyedit, during which you will work with *TAJ* Managing Editor Robin Fryer to prepare a final version. It will then be submitted to Routledge/Taylor & Francis for typesetting. At that point you will receive an Author Agreement from them assigning copyright to the ITAA and indicating that Routledge/Taylor & Francis and the ITAA “will be indemnified against all loss, damages, injury, costs, and expenses . . . [resulting from] your breach of the warranties given in this agreement.”