



Editorial

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As we move into our 13th year of publication, I'm pleased to confirm that 13 is not unlucky for us as we have a great selection of articles to publish. So if you, dear reader, are suffering from dekatriophobia or triskaidekaphobia, hopefully reading this issue will enable you to challenge that superstition, and in TA terms, make a new decision.

We begin with some great research studies. First we read about the development in Brazil of a new ego state questionnaire by Renata Cristina Brandão Rossini, Ederaldo José Lopes and Joaquim Carlos Rossini. Although the inventory needs still to be validated with more samples, it is ready to use with individuals as a basis for monitoring progress, and the authors have kindly provided the 37 items, in Portuguese and translated into English, so you can do that. This is a really exciting initial research – and I look forward to hearing in future from the same authors and from others – maybe you! - who continue the research processes with more samples.

Next we have an interpretative phenomenological study by Claire Daplyn, who explores how three psychotherapists in the UK have dealt with Covid-stimulated lockdowns. Again, this author provides material other researcher/practitioners can use – in this case it is the details of how to set up a similar study. Plus of course the results in considerable detail, showing much of what happened as practitioners and clients moved to work online.

We continue with an account from Anna Pierzchała, Edyta Widawska and Piotr Jusik of the development of another inventory – this time of passivity – and the authors conducted their research in Guatemala, Poland, the UK and Ukraine (before the unfortunate events happening there now). This article appeared already in another open access journal, the ERSJ, which publishes material generally on business and economics – and whose Editor kindly agree we could publish it too because of the TA theme.

And in the IJTARP version, Anna has given us the questionnaire to use in four languages.

Our fourth article contains a great new theoretical idea from Tony White in Australia– that changing life script requires changes in seven different aspects of an individual – with an explanation of how these seven 'corners' fit together into a very rigid 7-sided heptagon so that change in one of the corners will be resisted by the other six corners. Tony reviews how different therapeutic approaches may be limited when they work only on a selection of corners.

We then have three articles that use narrative research to bring us overviews of existing materials, leading into significant new thinking about transactional analysis and self-empathy, mentoring and Alzheimer's disease. These were originally published in Brazil in Portuguese and I'm delighted to be continuing the process of cooperating with UNAT-Brazil to publish this material in English.

Jane Maria Pancinha Costa and Ronel Alberti da Rosa provide us with intriguing thoughts that link emotions, self-awareness, the human nervous system and neuroscience, before going on to explain how self-empathy can equip us to regulate our instincts to increase our well-being and evolution.

Next we have Carolina Schmitz da Silva, Dione de Quadros Teodoro, Goreti Maestri, Leonardo Koslovski Silva, Maria Imaculada Gonçalves de Almeida, Rita Varela and Rubens Correia Filho providing a thorough overview of relational integrative mentoring, demonstrating how various TA concepts contribute to the various stages of the mentoring journey.

We conclude with Ede Lanir Ferreira Paiva describing how Steiner's mindless script and the Don't think injunction or injunctive message may be contributors to Alzheimer's Disease, when people 'expect' to 'forget things' as they get older.