



Editorial

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I have had great fun, and some sadness, putting this issue together - as you read on you will see that we have a wide variety of practice articles including a description of trilogy counselling, an approach to coaching, and rededication therapy applied to trauma. Then we have two significant research articles - a report of a study on psychotherapy with neurodivergent clients, and a forthcoming project to look how we might use dance and movement to improve attunement with clients. And I conclude with an Obituary for one of the authors in this issue - hence the sadness as another colleague leaves us.

First we have a very detailed account of how trilogy counselling has been developed within India. Jayakumar and Ajithabai describe how this approach was developed by their colleagues over the years, following on from work done by Fr George Kandathil, who brought TA to India and developed the GK Frame to represent how we are made up of body, mind and spirit. This article has much detail about how this approach has been developed as well as how it works, complete with a couple of case studies. It very much rests on encouraging the autonomy of the client and how they only need one session with the practitioner because then they are equipped to go and do the work themselves.

The next article was provided by Keri Phillips, who has died before it could be published. Keri has spent years working with TA and his article is a fascinating set of ideas about coaching, so I have agreed with his daughter that we will still publish it. It includes some very useful diagrams that illustrate models that Keri has developed over the years – and it also gives you a link to many other articles that he has been producing over the years.

The final item in this issue is an Obituary to Keri, who was one of those authors whose material I was reading when I first learned about TA so many years ago.

The third article is another one from Tony White, who is providing IJTARP with several interesting articles – this time he writes about trauma, memory, and

rededication therapy, which he describes as a form of exposure therapy that can assist in reintegrating personality. As usual, Tony's material is very practical, contains useful figures, and gives enough detail for you to apply it yourself with your own clients.

Next there is a report on a major research study from Claire Bowers and Mark Widdowson. It is great to welcome Mark back to IJTARP – he provided many research articles in previous years and this time he has been supervising what Claire has done. The article is therefore a very detailed account of how research was conducted with neurodivergence clients and contains many useful conclusions about the main therapeutic needs of such clients, the traps that practitioners may fall into, and the relational affirmations that such clients desperately need. A very thorough piece of writing about a very thorough piece of research, that gives many useful ideas.

Finally, the other research-based article is a description of some research that is going to be conducted. Zara Irani tells us about her research proposal and invites feedback, questions and even involvement. She plans to investigate whether improved attunement with clients is possible through the use of what she refers to as dance, meaning rhythmic movements, gestures and so on. She has already provided us with a literature review and an outline of how she proposes to conduct the research, including her ideas about involving other practitioners to conduct similar research after she has completed the initial phase with her own clients. I invite you to consider how you might wish to be involved – and it occurs to me that although Zara is researching psychotherapy, the same ideas might be just as useful within developmental TA applications i.e. we all need attunement with our clients or participants.

Happy reading - and feedback to the authors, and to me as Editor, is always welcomed.