



Editorial

© 2023 Julie Hay

Another great issue to read as we enter 2024. We have the full set - research, new theory, practice examples, and even plenty of diagrams.

We begin with a great research article from Carol Remfrey Foote, in which she sets out the initial stages of her project to investigate how transactional analysis practitioners use outcome measures in contracting, diagnosis and treatment planning. This is a very thorough introduction to her research, with masses of references for anyone who wants to follow up on how to set up their own research study. Plus the research is now happening so there is the opportunity to become involved.

This is followed by some very interesting material from a non-TA author, Zbigniew Wieczorek in Poland, who links how we characterise chronological time and neurolinguistic programming to several TA concepts, including ego states as well as script, personality adaptations, strokes and time structuring. This is based on an article originally published in Polish – and seen by a PTSTA who brought it to my attention because of its obvious relevance to us. An intriguing new perspective.

The third article is by Lena Kornyeveva, who invites us to consider a different way of thinking about ego states when she introduces the idea of basing it on whether we value ourselves and others. Lena reminds us how

significant attachment and self-esteem are, and the links to childhood development. In addition to illustrating how the theory helps us to understand client/practitioner dynamics, she also provides a helpful case study of working with a couple.

Next comes a case study from Szabolcs Lovas, this time about leadership within organisations. He provides us with much useful information about multi-party contracting and how he deals with the psychological level, plus how he fits TA concepts into a leadership development programme that is designed to encourage managers to develop others as well as themselves. He concludes with a detailed account of what happened in the third session of that programme.

The final article in this issue is by Steve Lankton. He has taken some material about states of consciousness that will appear in a book in 2024, and added extra TA to show how it can be linked to ego states. A thorough review of what has been written by many authors about states of consciousness and experiential resources is followed by some clear links to ideas on how we might work with the theory in practice as TA practitioners.

I have much stimulated by working with the contents of this issue, and I am sure you will find the contents really useful. Happy reading – and hopefully we will have a more peaceful New Year.

The Abstracts of each article in each IJTARP issue appear at <https://taresearch.org> – and are translated by volunteers into several languages.