



## Editorial

### Julie Hay

This has been a very exciting issue to work on. It began with what seemed to be an interesting article – and it has grown into a complete issue devoted to a specific approach to research that can be readily copied across the TA community.

As it says in the Abstract, Mark Widdowson has applied a hermeneutic single-case efficacy design to demonstrate that transactional analysis has indeed functioned as a useful treatment for depression. Although this is a one-case study, I know that Mark has conducted more, and I am looking forward to publishing more articles from him in future issues.

In the meantime, Mark has very generously provided us with a comprehensive set of supporting papers, which we are publishing as a series of appendices. This turns what was already a very competent academic article into something much more significant. As you will see as you read on, you have all you need in this issue of IJTAR to enable you to duplicate the study that Mark is describing. It is my fervent hope that many of you will be as inspired by this as I have been, and I look forward to being able to publish many more articles, and hence to build up enough case material to demonstrate what those of us in the TA community already know intuitively about the positive impact of TA.

I am conscious that some of you will be thinking as you read on that this is a clinical case study and is therefore irrelevant to you because you practice in the educational or organisational fields of application of TA. I urge you to think again! The methods described in the article can easily be applied in a non-clinical context. And just as the author will be happy to advise any researchers who wish to follow in his footsteps, as an Editor who happens to be qualified in the educational and organisational fields, I will be happy to answer questions about how you might convert the processes.

Our Layout Editor has commented on the amount of material contained in this issue. In fact, what she said was "This has being like setting out a book." Indeed, there would certainly have been scope for Mark to have had this published as a book. It is even more creditworthy, therefore, that he has supported IJTAR by giving the materials to us.

So, as you read on, think about demonstrating your gratitude to Mark Widdowson by setting up your own research studies – and, of course, submitting your articles for publication in future issues of IJTAR. In that way, we can support him in his aim of establishing TA as a proven evidence-based approach.