

Welcome to our

eata ^{50 years} newsletter

July 2026 | no. 146

eatanews.org

European Association for Transactional Analysis

EATA's 50th Anniversary. [Page 3 >](#)

President's Notes. Sylvia Schahner. [Page 4 >](#)

A conversation with the EATA strategy group: How strategy becomes visible in practice. [Page 6 >](#)

Aligning the Council with EATA's future.
Prague 2026: A Council meeting at the heart of Europe.
[Page 10 >](#)

The EATA-ITAA Memorandum: A milestone in ethical cooperation. [Page 12 >](#)

Connecting EATA and EAP. [Page 14 >](#)

Voices from the Committees

- Integrating Practice-Based Evidence and Evidence-Based Practice in TA. [Page 16 >](#)
- Connecting people, ideas and opportunities across Europe. [Page 18 >](#)
- Online Examinations: A step into the future. [Page 21 >](#)
- Examinations as a commitment to European values. [Page 23 >](#)

EATA Research Conference 2026: Toward Evidence-Based TA. [Page 26 >](#)

Next Generation: Celebrating Exam Success. [Page 28 >](#)



Editorial

Turning toward the future, together

By Eva de Kroon-van der Randen,
EATA Newsletter Editor

Dear colleagues, friends, and members of
the EATA community,

In this issue, we find ourselves in a moment
of looking both ways: honouring where we
come from, while gently turning toward what
is emerging.


Across these pages, you may notice a
movement, not a fixed plan, but a living
process shaped through dialogue,
collaboration, and shared responsibility.

**From strategy to research, from
ethics to community, the future of
EATA unfolds not as something
decided, but as something we
create together.**

We invite you to read this issue not only for
information, but as a reflection of a
community in motion.

Warmly, Eva

eata 50
years
newsletter

 **Mailing address:**
EATA c/o Marianne Rauter Silvanerweg 8
78464 Konstanz, Germany

 [+49 - 7531 -955 190](tel:+49-7531-955190)

 office@eatanews.org

 <http://www.eatanews.org>



Editorial Board:
Eva de Kroon-van der Randen
eata.editor@eatanews.org
Marianne Rauter, Robin Hobbes



Newsletter Design:
Javier Cormenzana
webmaster@eatanews.org



Images: Publishing of images was
authorized by the creators.



Frequency and Deadlines:
15 February for the March issue
15 June for the July issue
15 October for the November issue.

EATA's 50th Anniversary

Celebrations throughout the year



By **Deniz Guney**
EATA Vice-president

The celebrations of our 50th year are already underway, with our anniversary party just a few weeks away.

If you haven't done so already, please save the date for our online 50th Anniversary Party on Wednesday, 15 July at 19:00 CET.

This will be a unique opportunity to come together as a community, celebrate the growth of our remarkable organisation, honour the many people who contributed to its journey, and look ahead to the future of EATA.

The evening will include guest appearances from former presidents and others who played a vital role in the foundation of the organisation.

So, bring your stories, bring your champagne, and let us raise a glass together! As we celebrate this milestone, we also open a space to reflect on the legacy we carry forward and the future we are co-creating.

If you haven't done so already, please save the date for our online **50th Anniversary Party on Wednesday, 15 July at 19:00 CET.**

In addition to the party, we are eagerly anticipating the social media messages and videos that our National Associations are currently preparing to celebrate EATA.

<https://eatanews.org/eata-50th-anniversary/>

In the coming weeks and months, we will be sharing this content via our social media channels, so we can all experience what this amazing community means to each of us. Through memories, stories and photographs, as well as interviews with former presidents and other members of the TA community, we hope to create another opportunity to celebrate our shared journey and reflect on the many people and experiences that have shaped EATA over the past fifty years.

The celebrations will continue throughout the year. So let's keep the festive spirit alive!

Happy 50th to us all!

50 years



President's Notes

The Future of EATA



By **Sylvia Schachner**,
EATA President

EATA's strategy is grounded in the work we undertake today in preparation for a future that cannot yet be fully known.

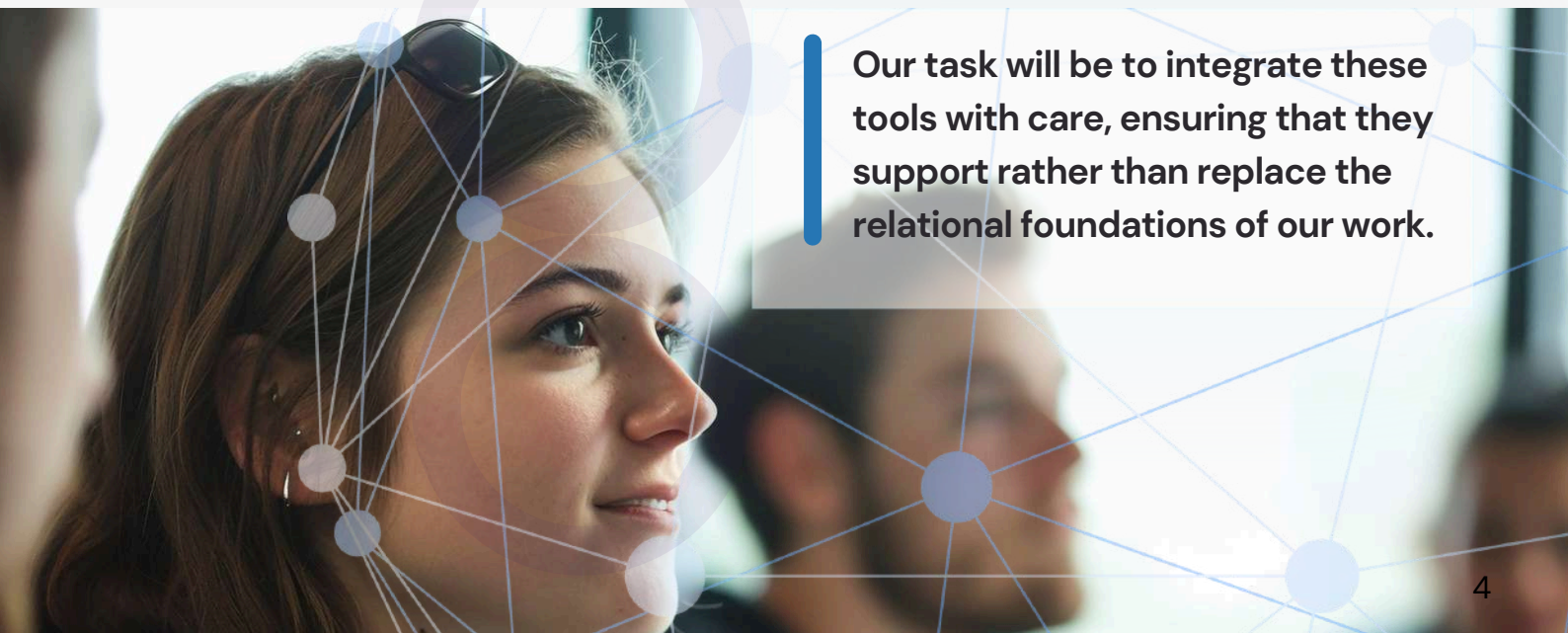
Our current priority is to build a strong and sustainable foundation by ensuring that our processes are clearly defined, adapted to today's digital environment, well documented, and easily understood by those who will follow us. This is the purpose of the Strategy Group, which is working successfully, responsibly, and with great commitment.

Their way of working already reflects the culture we wish to cultivate: transparent processes, shared accountability and a strong commitment to co-creation.

This solid foundation gives us both the energy and the freedom to take the next important steps: to make our vision for the future development of the organisation transparent and to create structures that provide sufficient flexibility to respond to an increasingly uncertain and rapidly changing environment.

Our vision is therefore not static; it evolves as we learn, reflect and respond to the changing needs of our community. Transformation and development are accelerating through new technologies. The digital world, artificial intelligence, ChatGPT, and related innovations are far more than technical tools that simply facilitate processes. They are influencing and changing our understanding of the world in ways that are deeper and more far-reaching than we may currently realise. These changes are already underway, and while we are still exploring their implications, further developments continue to emerge.

Our task will be to integrate these tools with care, ensuring that they support rather than replace the relational foundations of our work.



One of the key tasks for the coming years will be to examine these questions and their impact as members of the Executive Committee, as trainers, trainees, and members of the wider EATA community.

The future of EATA will be shaped by its enduring commitment to quality standards, professional development, ethical practice, and its ability to respond effectively to emerging technological and societal challenges.

As Transactional Analysis continues to evolve within a rapidly changing world, EATA has an important role in ensuring that the profession remains relevant, rigorous, and responsive to the needs of practitioners and communities.

Maintaining high standards in training, supervision, examination, and certification will remain a cornerstone of EATA's work. Robust quality assurance processes help safeguard professional competence and strengthen public trust in TA practitioners across the fields of psychotherapy, counselling, education, and organisations.

Professional development will continue to be essential. Through its support for lifelong learning, research, international collaboration, and reflective practice, EATA enables professionals to integrate new knowledge while remaining grounded in the core principles of Transactional Analysis. The development of digital learning environments and cross-cultural

competencies will further enhance the accessibility and impact of TA worldwide.

At the same time, EATA is already addressing significant structural challenges arising from the increasing use of artificial intelligence. AI is transforming education, supervision, assessment, administration, and communication.

These developments raise important questions concerning confidentiality, data protection, professional responsibility, bias, and the opportunities, limitations, and implications of machine-supported decision-making. EATA is exploring how AI can be used responsibly while preserving the relational and human-centred foundations of Transactional Analysis.

Another important aspect of EATA's future is the strengthening of global professional connections. Through webinars, online learning platforms, conferences, regional events, and international networks, EATA can bring together practitioners, trainers, supervisors, and researchers from around the world.

These opportunities for dialogue and collaboration encourage the exchange of knowledge, foster innovation, and strengthen the international TA community. By combining online accessibility with the richness of face-to-face encounters, EATA can create a vibrant and inclusive professional network that supports learning, belonging, and excellence.

We are not alone in addressing these developments. They are also reflected in our ongoing collaboration with the International Transactional Analysis Association through the various structures and initiatives that we have built together over recent years.

This exchange, which already takes place regularly, is being further strengthened through new channels of cooperation. We recognised that certain ethical challenges require dedicated pathways for communication and information sharing. A highly engaged group of members from both associations worked intensively and enthusiastically on this initiative. As a result, a memorandum of understanding has been signed to regulate and define this exchange.

It is important to clarify that this joint committee, as well as the other committees shared between the two organisations, serves as a forum for dialogue, consultation, and exchange rather than as a decision-making body. Decision-making authority remains with the respective committees of each organisation.

The strength of our future will depend on the engagement and collaboration of our entire community.

In summary, guided by the ethical values of respect, autonomy, awareness, responsibility, and mutual dignity, EATA is well positioned to lead the future development of Transactional Analysis and to ensure its relevance and contribution for generations to come.

I therefore invite all EATA members to continue on this path together and to contribute by drawing on their own strengths. I would like to extend my heartfelt thanks to everyone who is already doing so with such dedication and enthusiasm.

Sylvia Schachner, EATA President



A conversation with the EATA strategy group

By EATA Strategy Group*

How a strategy becomes visible in practice

The work of the EATA Strategy Group is not described as a fixed plan, but as an evolving process in which both the content of the strategy and the way of working together are continuously shaped in interaction.

Rather than starting from a predefined blueprint, the group works with an orientation point, sometimes described as a lighthouse.

This lighthouse does not dictate the exact path, but provides direction. The path itself emerges through the work, through dialogue, and through the projects that are taken on.

This already marks a shift from more traditional strategy models, where first the destination is fully defined and only then the route is designed. Here, movement and learning are part of the design itself.

The essence: from niche to presence

Across the different voices, a shared intention becomes visible. The strategy aims toward a future in which Transactional Analysis (TA) is no longer a niche, but a recognized and visible modality within psychotherapy and other fields. TA should carry more weight, be more widely known, and be present in practice, research, and education across Europe.

At the same time, the focus expands beyond external positioning. The group describes the strategy as strengthening connection within the organisation: between committees, between people, and across roles. Visibility in the outside world is directly linked to coherence and collaboration on the inside.

The “tree” as organizing principle

One of the most powerful images used by the group is that of a tree. This is not just a metaphor, but an organising structure for the work.

The tree holds:

- several main directions (emerging from earlier council work)
- an explicit additional dimension: **culture**
- multiple branches and twigs, each representing concrete projects

All projects are placed within this structure. This allows the group to continuously see how individual initiatives contribute to the whole.

Each project is not an isolated activity, but a *living branch* of the tree.

And importantly: each branch has **ownership and accountability**.

Projects, sponsors and accountability

A central shift in the way of working is the move toward **project-based execution**, supported by charters.

EATA 2030 Strategy

The Strategy Group's "tree" model (introduced in the previous issue), illustrating how projects and initiatives are supporting EATA's future...



Each project:

- Has a **clear scope** (what is inside / outside)
- Identifies **stakeholders and contributors**
- Is supported by a **sponsor** (often from the executive level)
- Carries **explicit accountability**

Accountability is repeatedly described as a key cultural value. It is not only about responsibility for tasks, but about creating continuity in a system where people change frequently.

Because EATA is largely volunteer-based and experiences ongoing turnover, the group intentionally moves knowledge out of individuals' heads and into structures. The combination of projects, charters, sponsorship and accountability ensures that work can continue beyond individual involvement. In this sense, accountability becomes a stabilising force in a fluid system.

Making collaboration visible

In practice, the strategy becomes tangible through cross-committee collaboration.

Projects bring together people from communication, IT, research, exam, and other committees, creating new forms of interaction that go beyond traditional boundaries.

Participants describe this as a shift: from working *within* committees to working across them. What stands out is the intensity of communication, the sharing of perspectives, and the willingness to engage with different viewpoints. The process is experienced as strongly relational: dialogue, reflection and exchange are essential elements of progress

A process that allows emergence

Another characteristic of the group's way of working is the acceptance of not knowing at the start. Rather than forcing clarity early, the group allows understanding to emerge over time. This requires trust in the process, and the ability to stay with ambiguity. Learning is therefore not a side effect, but part of the method and fully intended. Moments of disagreement or incompleteness are not avoided. Instead, they are used to improve the outcome. For example, when it became clear that "culture" was underrepresented in the model, the group

revisited and reworked its structure, leading to a more complete and aligned result.

Time as a condition for quality

A recurring element in the reflection on collaboration is the role of **time**.

Even within relatively short meetings, there is an experience of spaciousness: ideas are given time to unfold, perspectives can be placed next to one another, and conclusions are not rushed. This creates what participants describe as a surprisingly “unstressful” environment, despite the complexity of the work.

Time, in this sense, is not just a practical constraint, but a condition for depth and quality, while a sense of urgency for progress is maintained within the group.

Diversity and representation

The group ensures diversity primarily through its composition:

- Different countries
- Different committees
- Different professional backgrounds

This creates a networked system, where each member remains connected to a broader context (“home committee”) and can bring perspectives in and out of the group. In this way, the strategy work is continuously informed by the larger system it serves, and vice versa.

Building for the next generation

Looking toward the future, the intention is not only to achieve certain outcomes, but to leave something behind.

This includes:

- Structures
- Ways of working
- Documentation and shared understanding

The aim is that future generations of TA practitioners and EATA members can enter a system that already supports connection, collaboration and clarity. Organizational learning is therefore embedded in the system, rather than residing in individuals.

Identity: from structure to navigation

When reflecting on the identity of the Strategy Group, participants do not describe it as a decision-making body. That would be the role of the Executive Committee.

Instead, it is seen as something closer to a **navigation system**.

Metaphors point in this direction:

- Building channels through which impact can flow
- Creating connections (like wiring)
- Shaping conditions for movement

The group does not define the strategic direction, this remains the role of the executive level. Its focus is on **how the work is carried out**: strengthening execution, alignment and continuity.

In that sense, the Strategy Group can be understood as the *infrastructure of navigation*: not steering the ship directly, but enabling it to stay on course.

Many warm thanks to the members of the Strategy Group

Alan Jones delegate in TDRC, Tanja Krist delegate in CC, Nadica Skeparoska delegate in ECC, Mayke Wagner delegate in COC, Orsolya Frank delegate in TDRC, Sylvia Schachner EATA President, Mike Kercher Operations Officer, for a conversation in which time seemed to expand rather than pass. Your clarity, openness and shared thinking made this work a joy.

Aligning the Council with EATA's future



by **Ana-Marija Vidjak**,
EATA General Secretary

The Council, composed of delegates representing national associations, is the key governance gathering of EATA and has traditionally taken place in early July, just before the summer break.

Following a decision by the delegates last year, the 2026 Council will be held from 10 to 12 October, marking a modest but meaningful shift in timing.

One of the main motivations for this change is sustainability, including financial considerations. Moving away from the peak holiday season helps reduce overall costs and supports a more responsible use of resources. In addition, recent summers have brought increasingly extreme temperatures in many locations, and October offers a more comfortable environment for focused in-person exchange. The new timing

also allows participants to engage with a clearer and more complete picture of the financial year, supporting better-informed discussion and decision-making at Council level.

We are aware that there have been different preferences within the membership, with some valuing the long-standing July timing and others welcoming the move into autumn. As with any change in established practice, this adjustment naturally comes with a range of perspectives. We will pay attention to how it works in practice, including both its advantages and its challenges, and remain open to learning from the experience as we move forward. And like many things in life, it may feel slightly unfamiliar at first, and then quietly turn out to make a lot of sense.

Ana-Marija Vidjak, EATA General Secretary

Prague 2026

A Council meeting at the heart of Europe

By **Radmila Pikorová, Jan Šimek** and **Kristýna Tomanová** – The CATA Board

This year's EATA Council meeting will take place in Prague, and on behalf of the Czech Association for Transactional Analysis (CATA), we are delighted to welcome you to the heart of Europe and to the City of a Hundred Spires.

As Ana-Marija has already announced, the Council meeting has moved to a new date. Alongside this change, we have also decided to experiment with a slightly different hosting format. While previous Councils were traditionally held in hotels that combined accommodation and meeting facilities, this year we felt it was time to try something new.

For this special anniversary year, we have chosen a meeting venue located in the very centre of Prague and invited Council members to arrange their own accommodation according to their preferences and budget. We hope this approach will offer greater flexibility and perhaps create additional opportunities to experience the city itself. Whether that means a morning walk through the historic centre, discovering a hidden café between meetings, or simply enjoying Prague's unique atmosphere on the way to and from the venue.

Of course, the primary purpose of the Council remains the important work we do together. Yet we also hope that being situated in the heart of the city will allow those who wish to do so to combine their

Council experience with a small taste of Prague's beauty, history and everyday life.

Hosting this Council is a special honour for CATA, not only because it coincides with EATA's 50th anniversary, but also because it marks a moment of transition for our own association. After eight years of service, the current CATA Board: Radka, Honza and Kristýna, is coming to the end of its term.

At the same time, Kristýna Tomanová will be concluding her role as Chair of the Communications Committee. Although one chapter is closing, she will remain part of the Communications Committee family as Social Media Manager, continuing to contribute her energy and creativity to EATA's communication and outreach.

Yet every ending carries the seed of a new beginning. We are especially pleased that Honza Šimek will continue his journey within EATA as the new Czech Delegate, helping to build on the work of previous years and contribute to the next chapter of cooperation between CATA and the wider EATA community.

For us, this Council will be more than a meeting. It will be a celebration of fifty years of shared history, a moment to honour friendships and achievements, and an opportunity to look ahead to what comes next.

We look forward to welcoming you to Prague, sharing with you the beauty and atmosphere of our city, and celebrating this remarkable milestone together beneath its hundred spires.

See you in Prague!
Warm regards,

A milestone in Ethical Cooperation

An interview with
Ethical Advisor
Sabine Blumenstein

As EATA celebrates its 50th anniversary, we also take time to reflect on how our community continues to evolve. One important step in this development is the recently signed Memorandum of Understanding (MoU) between EATA and ITAA, a milestone that strengthens ethical cooperation and reinforces our shared commitment to safeguarding the integrity of Transactional Analysis.

In the conversation below, Ethical Advisor Sabine Blumenstein shares how this collaboration emerged and what it means for the future of ethical practice in our community.

1. Could you briefly introduce the Memorandum? What is it, and how did the collaboration come about?

As Ethics Advisor to EATA, I had the privilege of collaborating with Emma Haynes (UK), Co-Chair of the ITAA Ethics Committee, and committee member Alex van Oostveen (South Africa). Since May 2025, we met almost weekly for 1.5 hours. Through this sustained cooperation, we jointly proposed the **Joint Ethics Committee (JEC) Policy and Procedures** and the **Memorandum of Understanding**, which has now been formally signed.



Why did we create the JEC?

The MoU establishes a commitment to share critical information between EATA and ITAA in situations where both organisations may be affected. Previously, the independent operation of the two associations created a vulnerability: gaps between the organisations were being exploited, leading to unethical behaviour and harm.

For example, after an ethics complaint, a person might be excluded from examining within EATA, yet could examine the next day in ITAA exams. Due to confidentiality rules, this information was not shared. The JEC addresses this gap.

2. How do you see this Memorandum contributing to ethical awareness and practice within EATA and the wider TA community?

Our hope is to protect Transactional Analysis, our associations, clients, trainees, and colleagues from behaviours that have been identified as unethical. This collaboration feels particularly innovative and important, as it creates a safer environment for our members and for the wider TA community.

3. What feels particularly innovative or important about this collaboration at this moment in time?

The JEC is built on absolute trust and confidentiality between the two associations, and, through EATA, also with our affiliated associations. This trust exists both on a personal level and on a technical level. For example, we will have a secure and protected IT system to store and exchange information.

Another important aspect is that in matters of concern or complaints, the protection of the individual is central. Some people say, “This feels like a police force, I prefer to trust.” From my point of view, it is protective and opens a chance to learn. If I am not confronting, I am not offering a moment of development or learning.

4. Looking ahead, how do you see this work shaping the future of ethical dialogue and cooperation within our community?

For a long time, we relied on trust, and most individuals respected the rules. Some did not, intentionally or unintentionally. EATA did not monitor these processes, and sanctions from affiliated associations were not visible to us. This created a “mousehole” through which sanctions could be avoided, for example by moving from one association to another.

Transparency has made this visible. And as our associations grow, these learnings become even more important. The idea of the JEC is to support one another, ITAA to EATA and vice versa, strengthening ethical cooperation across our global TA community.

If you would like to explore the full Memorandum of Understanding, you can access it clicking [here](#).

EATA's Role in the European Psychotherapy framework



by **Aleksandra Djuric**,
delegate to the EAP

As psychotherapy continues to evolve across Europe, collaboration between professional organisations plays an essential role in maintaining high standards and ensuring recognition of the profession.

In this article, EAP delegate Aleksandra Djuric offers an overview of how EATA and the European Association for Psychotherapy work together to support the development, accreditation and professional mobility of Transactional Analysis psychotherapists.

Cooperation between EATA and EAP: Strengthening Psychotherapy Standards across Europe

The European Association for Psychotherapy (EAP) was founded in 1991 on the principles of the Strasbourg Declaration on Psychotherapy.

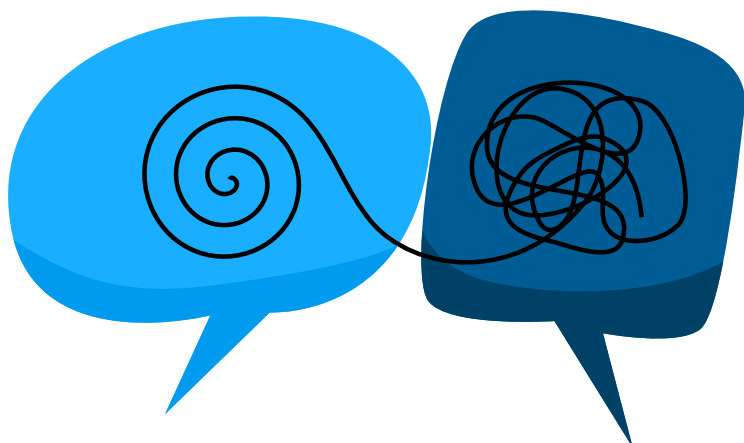
Its mission is to standardize, regulate and protect the professional practice of psychotherapy across Europe.

Operating through umbrella organisations in more than 40 countries, the EAP pursues several key objectives:

- Establishing and maintaining high standards of psychotherapy training
- Awarding the European Certificate of Psychotherapy (ECP)
- Protecting the public through a central register of accredited ECP holders
- Advocating for the legal recognition of psychotherapy as an independent scientific profession at both EU and national levels
- Promoting research and strengthening the connection between scientific evidence and clinical practice

EATA is represented within the EAP through the European Wide Accrediting Organisation (EWAO) Committee. This committee monitors the development of specific psychotherapy modalities across Europe and evaluates whether they meet EAP criteria for recognition.

To achieve recognition, each modality must demonstrate scientific validity according to the EAP's criteria, including the "15 Questions on Scientific Validity."



Once a modality has been recognised, the EWAO may accredit training institutes within that modality as European Accredited Psychotherapy Training Institutes (EAPTIs). EATA appoints a delegate to the EAP for a four-year mandate. In addition, recognised modalities undergo a reaccreditation process every seven years to ensure continued compliance with EAP scientific and professional standards.

A major current initiative of the EAP is the development of a Common Training Framework (CTF) in cooperation with the European Commission. This framework aims to establish shared professional standards for psychotherapy across Europe. Active collaboration from all modalities represented within the EWAO has been essential to this process.

Transactional Analysis (TA) is recognised as a modality with particularly high standards in training and supervision.

At the same time, continued alignment with emerging common training standards remains important. One example concerns the required number of hours of personal therapy within training programmes. Harmonisation of such standards is crucial for achieving broader recognition of psychotherapy as a profession throughout Europe.

In parallel, the EAP is working toward the recognition of the European Certificate of Psychotherapy as a qualification aligned with the Common Training Framework.

Such recognition would facilitate professional mobility, allowing qualified psychotherapists to practise more easily across EU member states.

Within this context, the CTA-P (Certified Transactional Analyst – Psychotherapy) credential serves as a fundamental indicator of professional competence and quality standards within the TA modality. CTA-P is a basic requirement for EAP membership as a TA psychotherapist.

Furthermore, eligibility for the ECP depends on the continued accreditation of the modality through the EWAO system.

Consequently, EATA plays a vital role in maintaining the professional standards, accreditation processes and certification structures that support both the recognition of TA psychotherapy and the wider European framework for professional psychotherapy qualifications.

Aleksandra Djuric,
delegate to the EAP



Voices from the Committees

Integrating Practice-Based Evidence and Evidence-Based Practice in TA



by Enrico Benelli,
Chairperson of TDRRC

1. Why EBP and PBE matter today

In contemporary psychotherapy, two complementary paradigms guide how we understand effective treatment: **Evidence-Based Practice (EBP)** and **Practice-Based Evidence (PBE)**. While EBP traditionally moves from *research to practice*, *PBE brings knowledge from practice back into research*.

Together, they form a **circular model** that strengthens both scientific credibility and real-world clinical relevance.

The American Psychological Association defines EBP as the integration of:

- **Best available research,**
- **Clinical expertise, and**
- **Patient characteristics, culture, and preferences.**

This tripartite model emphasises flexibility, relational competence, and tailoring therapy to the individual.

PBE complements this by grounding knowledge in the daily reality of clinical work. It values data gathered from real clients, including those with comorbidities and complex presentations, and focuses on continuous monitoring of progress, therapeutic alliance, and global functioning.

2. Key Differences Between EBP and PBE

Enrico’s article highlights the structural differences between the two paradigms. The table below summarises these distinctions and shows why integrating both is essential for modern TA practice.

Size	Evidence Based Practice (EBP)	Practice Based Evidence (PBE)
Direction of Knowledge	From research to practice: Top-down (researchers tell clinicians what to do).	From practice to research: Bottom-up (field data validates the model).
Patient Sample	Highly selected, homogeneous, with strict exclusion criteria.	Heterogeneous, representative of the real population (widespread comorbidities).
Protocol Application	Rigid, linear, standardized and inflexible.	Flexible, personalized, driven by decision-making algorithms.
Clinical Setting	Research laboratories or protected university clinics.	Local services, hospitals, private practices in the real world.
Success evaluation	Statistical reduction of the target symptom (Pre vs. Post treatment).	Improvement of global functioning and continuous monitoring (Routine Outcome Measure, ROM).
Primary Objective	Demonstrate the internal validity of the treatment (Efficacy).	Demonstrate the external validity and transferability of the model to local clinical practice (Effectiveness).

Table 1. Evidence-Based Practice vs. Practice-Based Evidence

This comparison shows why TA benefits from a **circular integration**: research informs practice, and practice refines research.

3. What modern Manuals require

International guidelines (APA, WHO) now emphasise that psychotherapy manuals must be:

- **Flexible and Personalised:** Not rigid sequences, but adaptable principles and decision trees.
- **Able to manage Complexity and Comorbidity:** Real clients rarely fit a single diagnostic category.
- **Process-Based rather than Symptom-Based:** Focusing on mechanisms such as emotional regulation, self-boundaries, and psychological flexibility.

A PBE-oriented manual therefore includes:

- **Decision algorithms** to tailor interventions,
- **Routine outcome monitoring (ROM)** at each session,
- **Fidelity and competence checklists,**
- **Deliberate practice exercises** to strengthen clinical skill.

These elements ensure transparency, accountability, and ethical rigour; essential qualities for TA's continued development.

4. A Contemporary Structure for TA Manuals

Enrico outlines a modern structure for TA manuals that aligns with international standards:

Chapter 1 – Theoretical Rationale and Model of change. Conceptual framework, mechanisms of change, and supporting evidence.

Chapter 2 – Clinical Assessment and Eligibility. Inclusion/exclusion criteria, case formulation, and baseline assessment tools.

Chapter 3 – Structure of the Intervention

Setting, duration, delivery format, and therapeutic contract.

Chapter 4 – Operational Guide.

Flexible phases: engagement, core intervention, consolidation, and termination.

Chapter 5 – Managing Obstacles and Crises

Alliance ruptures, repair strategies, and preventing dropout.

Chapter 6 – Appendices and Tools.

Worksheets, monitoring diaries, clinical vignettes.

This structure supports both scientific replicability and clinical flexibility, making it suitable for real-world TA practice.

5. Why this matters for TA

Enrico's contribution offers a clear and timely framework for how TA can align with contemporary psychotherapy standards. By integrating EBP and PBE, TA strengthens:

- Its **scientific credibility,**
- Its **clinical effectiveness,**
- Its **ethical transparency,** and
- Its **capacity to evolve** within international guidelines.

This circular approach ensures that TA remains grounded in research while staying deeply connected to the lived reality of practitioners and clients.

For further exploration of the topic, readers are warmly invited to contact the author, who will be happy to meet and support colleagues interested in this work:

tdrc.chair@eatanews.org

Connecting people, ideas and opportunities across Europe



by Valentyna Zakharchenko
and Iza Bobrowska, Chair of ECC

Introduction

The European Connection Committee (ECC) plays a central role in strengthening connection, collaboration and shared development across the EATA community. By linking National Associations, supporting joint initiatives and helping match resources with needs, ECC contributes to a vibrant and interconnected European TA network.

Through project support, networking, webinars and cross-committee cooperation, the committee creates opportunities for members and associations to learn from one another and grow together.

What ECC Does

ECC's work focuses on four interconnected areas that together support the development and visibility of Transactional Analysis across Europe.

Supporting National Associations

ECC accompanies National Associations in their development, helps new associations take shape and ensures that they remain well connected to EATA structures. This includes offering guidance, sharing experience and helping associations navigate organisational or developmental questions.

Mobilising Resources and Competences

A key part of ECC's mission is to match resources with needs. The committee supports project development, helps identify funding

opportunities and facilitates the exchange of knowledge, experience and good practices. By bringing together the right people and skills, ECC strengthens the capacity of TA communities to grow and innovate.

Fostering Collaboration

ECC works closely with other EATA committees to develop joint initiatives and educational projects. This includes supporting the recognition of Transactional Analysis across all four fields and contributing to cross-committee projects such as international webinars. Through these collaborations, ECC helps create a more integrated and coherent organisational landscape.

Building Networks

Connection is at the heart of ECC's work. The committee supports collaboration between National Associations under EATA's protectorate, encourages sustainable partnerships and creates opportunities for mutual support. By linking experienced and emerging TA communities, ECC helps build bridges that strengthen the European TA network as a whole.

Plan and Vision

Current Priorities

ECC is currently focusing on promoting joint international events, strengthening cooperation with TDRC and other EATA committees and continuing the development of the international webinar project. These initiatives aim to increase visibility, support recognition and create shared learning opportunities across Europe.

Next Steps

In the coming period, ECC aims to encourage members and National Associations to initiate collaborative projects, facilitate networking by connecting needs with available competences and resources, and support the development of bridges between established and emerging TA communities.

Long-Term Vision

Looking ahead, ECC envisions deeper relationships between National Associations that go beyond project funding. The committee aims to foster long-term cooperation, support cross-cultural learning and expand connections with organisations outside the TA community.

By doing so, ECC hopes to strengthen the visibility and recognition of Transactional Analysis and contribute to a connected, collaborative and supportive European TA network.

ECC in Practice: Leadership and Development

Under the leadership of Chair Izabella Bobrowska, ECC has undergone a period of renewal and growth. With the support of committee members Sara and Indira, the team successfully recruited four new members Nadica, Valentyna, Lejla and Elena, who bring strong skills in project and organisational management.

Their enthusiasm and commitment have already contributed to new initiatives and strengthened the committee's capacity.

One of the most meaningful developments has been the integration of ECC's policy work into the broader EATA strategy. Participation in the Strategy Group offered a unique opportunity to experience the co-creation of interconnectedness across committees, rooted in shared values and a common mission.

ECC has also navigated significant challenges, particularly in implementing cross-committee projects such as the international webinar initiative.

These efforts required stepping outside traditional structures and creating a shared cooperative space with CC, EC and ITAA. With the support of the EATA Operational Officer, the committee has taken important steps in this direction.

Another challenge has been maintaining connection within the team during periods of personal difficulty and natural fluctuations in volunteer availability. Clear internal structures and procedures, combined with the team's tolerance of ambiguity and commitment to the mission, have helped ECC remain grounded and effective.

ECC is proud of the progress made: supporting two TA events, initiating new projects and consolidating a team that is open-minded, resourceful and full of potential.

Valentyna Zakharchenko and Iza Bobrowska, Chair of ECC



Application Process for Affiliated Associations

Member Associations of EATA are warmly invited to apply for ECC support for projects that aim to:

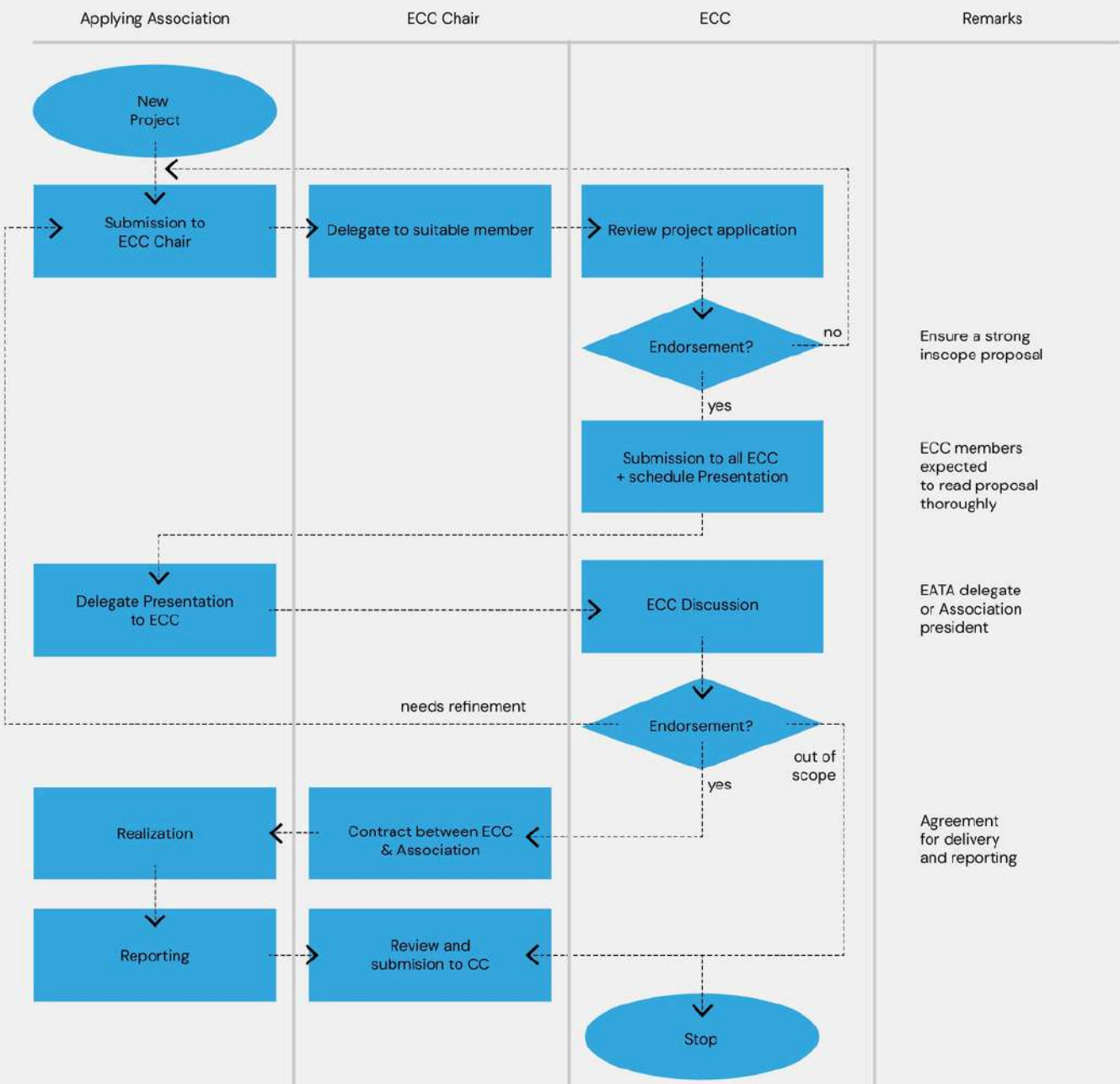
- Attract new members
- Increase the number of certified members
- Promote the development of Transactional Analysis within their country

To support a strong and well-prepared proposal, a dedicated application form is available here:

<https://eatanews.org/eata-forms/>

Once an application has been submitted, the ECC will review and process it in accordance with the steps illustrated in the “Project Submission Process” chart.

Project submission process



Online Examinations: A Step into the future

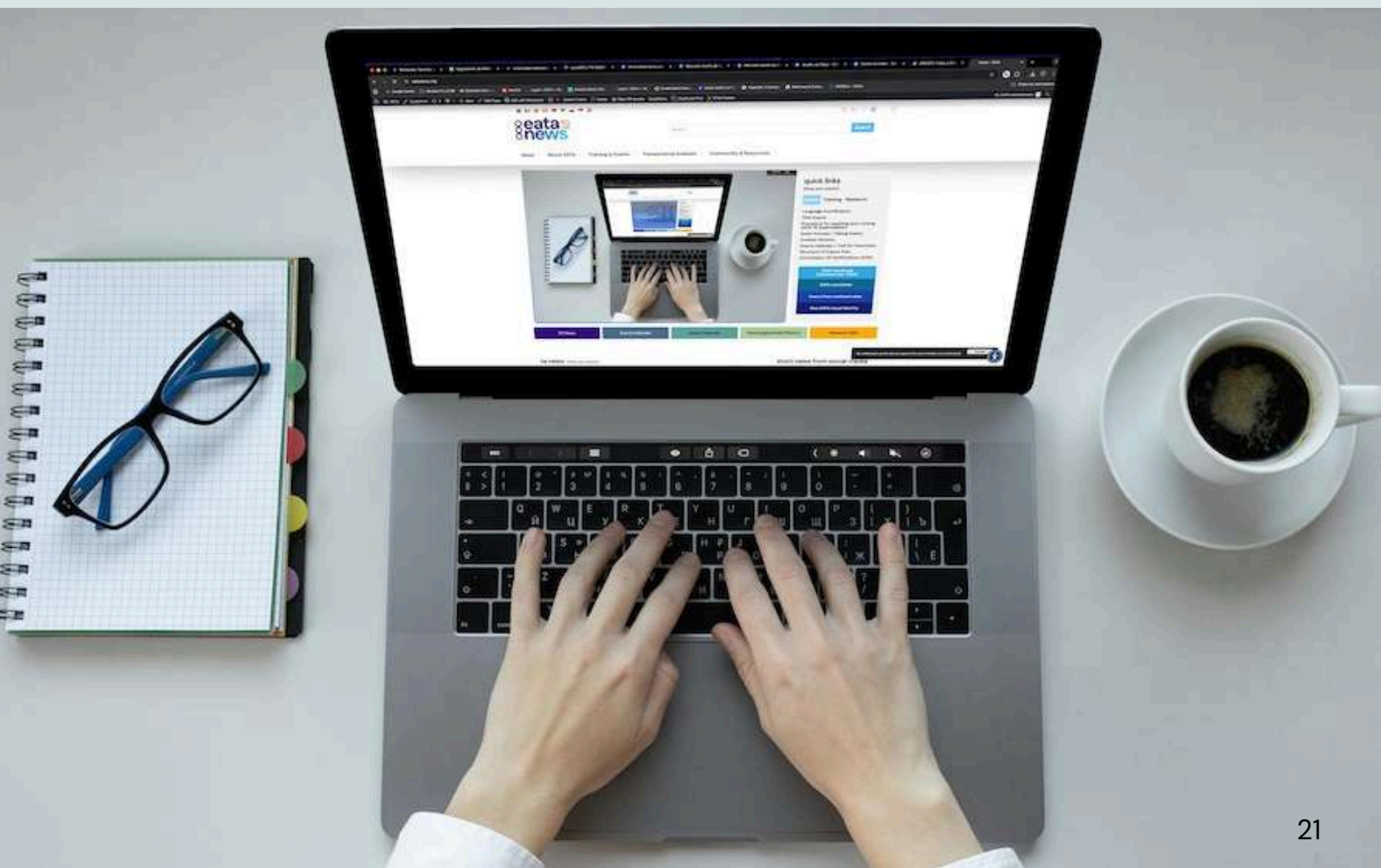
Mayke Wagner-Froböse, Nikki Millard, Tin Vanderhoeven and Valérie Cionca, delegates in COC

As EATA continues to evolve, the introduction of online examinations marks an important milestone in our collective future.

This shift not only increases accessibility for candidates across regions, but also reflects a broader movement towards flexibility, inclusivity, and modernisation within our professional community. In this contribution, Mayke, Nikki, Tin and Valérie offer an overview of the new online examination process and its significance for the years ahead.

Her insights help us understand how this development supports the long-term direction of EATA and the continued growth of TA across Europe.

EATA is very pleased to announce the possibility for our members to take their CTA exam, their CTA Trainer examination (TOE only) as well as their TSTA examination (TOE only) **online on Friday, January 29th, 2027**. The complete TSTA-Teach and TSTA-Supervision exams as well as CTA-TS Teach and Supervision exams will be possible as from **January 2028**.



This means that as from 2027, both ITAA and EATA adopt the two-fold approach to their examination and certification system: on-site and online. EATA believes that extending the range of opportunities for members to take exams also takes into consideration possible financial restrictions, mobility issues, other DEIA needs and the ecological aspects of not having to travel.

The online examinations will follow the on-site procedures as closely as possible to ensure the same high-quality standards as the on-site examinations, which will also continue to be run as well. We hope that experienced on-site examiners will make themselves available for the online exams. A special technical Zoom meeting will be held beforehand to give online examiners the opportunity to get acquainted with Zoom.

EATA is especially grateful to ITAA and the members of the International Board of Certification (IBOC) for their generous support and for sharing their extensive online exams experience.

If you wish to apply for an online CTA exam, please send your CTA-oral exam application (form 13.7.3) to the Language Coordinator of your language group. For TSTA candidates who wish to apply for their TOE exam, please send your TSTA-oral exam application (form 13.12.4) to the EATA Supervising Examiner:
coc.exam.administrator@eata-news.org

CTA-TS candidates who wish to apply for their TOE exam, please send your exam application (form 13.11.3) to the EATA Supervising Examiner:
coc.supervising.examiner@eatanews.org.

Please always refer to the EATA website for the latest information about the examinations calendar (<https://eatanews.org/exams-calendar-call-for-examiners/>) and to the latest edition of the handbook on the EATA website (<https://handbook.eatanews.org/>).

For further questions regarding EATA online exams, please contact your Principal Supervisor or Mayke Wagner-Froböse for TSTA and CTA Trainer exams (oes.tsta.exams@eatanews.org) or Nikki Millard for CTA exams (oes.cta.exams@eatanews.org).

Looking ahead, the introduction of online exams represents an important step in ensuring that TA examinations remain accessible, robust and aligned with the needs of our evolving community. We look forward to welcoming candidates and examiners to the online exams in January 2027.

Mayke Wagner-Froböse, Nikki Millard, Tin Vanderhoeven and Valérie Cionca, delegates in COC



Uzhhorod 2026: Examinations as a commitment to European Values



By Christoph Seidenfus,
COC Chairperson

On 8 and 9 June 2026, EATA examinations took place in Uzhhorod, Ukraine. An unusual location given the strain the country is under because of the Russian invasion and the ongoing war. These were highly successful examinations, resulting in 8 new CTAs and 3 new TSTAs.

The decision-making process between the EC and the COC was shaped by attention to the values of EATA, on which our association rests as a European professional community: professionalism, diversity, accessibility, mutual respect, and the promotion of development across national borders. If EATA wishes to stand for a European community of Transactional Analysis, that aspiration must also be reflected in the geographical and cultural reach of its examination and networking structures.

It is worth reflecting on the strategic reasons why, in future, smaller countries and those in Eastern and South-Eastern Europe in particular might be given greater prominence in the examination and association's activities. There are not only organisational and reputational reasons for this, but also reasons grounded in the values of our Transactional Analysis community.

A first strategic reason lies in strengthening European legitimacy. If examinations, certifications, and central visibility are concentrated mainly in a few Western and Central European countries, this can easily create the impression of a de facto centralised system. That may unintentionally lead to distance, frustration, or a sense of structural marginalisation, particularly among colleagues from smaller countries or regions that have historically been less strongly embedded in European professional networks. By contrast, a deliberately broader inclusion signals that EATA is not merely an examination body, but a genuine European community. Especially in times of political tension and differing economic conditions, this symbolic effect should not be underestimated.

A second point concerns the **sustainability of talent development**. In smaller countries and in Eastern and South-Eastern Europe, there are often committed TA practitioners, but local structures are necessarily more fragile. If examinations are held closer to these regions, or if they are given targeted consideration, barriers to access, as well as travel and cost burdens, are reduced, and so too are the hurdles faced by candidates.

Strategically, this means that EATA expands its pool of qualified professionals, increases the likelihood of long-term membership, and supports the development of stable local training and supervision cultures. Where access is made easier, commitment grows; where commitment grows, continuity emerges.

For Eastern and South-Eastern European countries in particular, the aspect of **resilience through participation** is also important.

These countries are especially affected by economic imbalances, demographic outmigration, and, in some cases, political uncertainty. When an international professional community is present in such contexts, it has a stabilising effect. This applies not only to individual examinations, but to the wider environment: contact between trainers, examiners, candidates, and national associations promotes professionalisation at local level. EATA would thus not merely be reacting but actively contributing to TA competence growing even where conditions are more difficult. That is precisely where a strategic investment in the future of European TA lies.



It is important here to distinguish between the examination process with its certifications and the relationships within the European TA community.

The examination process must, of course, remain rigorous, fair, and quality-assured. Certifications such as CTA and TSTA have significant professional value and must not be diluted by regional sentiment. The point is therefore not to lower standards or politicise examinations.

On the contrary, the only strategically sound approach is one that combines high standards with broader accessibility. The quality of the examination remains unchanged, but its distribution, accessibility, and cultural resonance are shaped more consciously.

Relationships within the community follow a different logic from formal certification. Here, the focus is on belonging, exchange, visibility, mentorship, and cultural understanding. This is precisely the level at which EATA can gain much by giving smaller countries, or regions in Eastern and South-Eastern Europe, greater consideration. The community is then experienced less as a centre with a periphery, and more as a network of mutual enrichment. This is strategically relevant because professional associations are sustained not only by examinations, but also by identification, loyalty, and informal cooperation. Those who feel seen and taken seriously are more likely to remain engaged over the long term.

Happy candidates at the celebration of their exam at the ballroom in the Old Continental Hotel in Uzhhorod.

From a **reputational strategy perspective**, too, broader geographical openness makes sense. An organisation that not only proclaims diversity, but visibly lives it, strengthens its credibility both internally and externally.

In a time when European values are under pressure, it sends a powerful signal when a professional association is present not only in the larger and economically stronger countries, but consciously includes those regions that need more support structurally.

This applies not only to Ukraine, but more generally to countries at the margins of the traditional European professional landscape. Such a policy is not an act of charity, but an expression of strategic foresight.

A stronger consideration of smaller countries and those in Eastern and South-Eastern Europe also promotes the **diversity of perspectives within TA**. Different historical experiences, institutional cultures, and social contexts enrich both theory and practice. If EATA systematically incorporates this diversity, it can deepen its substantive work and improve its relevance across different fields of practice.

This makes the organisation intellectually more robust. An association that thinks only from within a limited cultural horizon risks overlooking important developments; one with a broader geographical base gains in critical capacity and reflection.

Taken together, there are compelling reasons why EATA should in future give greater consideration to smaller countries, especially those in Eastern and South-Eastern Europe.

The issues at stake are legitimacy, reach, resilience, the development of new talent, and the credibility of a genuinely European TA community. What matters most is the balance: high examination standards on the one hand, and conscious relationship- and structure-building on the other.

By thinking these together, EATA strengthens not only individual countries or regions, but the future viability of the association as a whole.

Christoph Seidenfus,
COC Chairperson

The Ukrainian exam team

at the briefings with 8 CTA- and 3 TSTA-candidates:

LES CTA: **Serhii Mordiusenko**

Translator: **Oleksandra Gudkova**

Military services: **Wolodymir**

LES TSTA: **Hanna Yavorska**



Building the future of TA, together!

EATA Research Conference 2026 – Rome

Toward Evidence-Based Transactional Analysis: Past, Present, Future

From 11 to 13 December 2026, Rome will host the EATA Research Conference 2026, dedicated to the theme “Toward Evidence-Based Transactional Analysis: Past, Present, Future.”

The conference will take place at the Pontifical Salesian University, in a city where history, culture and international exchange meet. This provides a meaningful setting for an event focused on one of the central questions for TA: how to strengthen the dialogue between research, theory, practice and training, while remaining grounded in its relational and humanistic foundations.

The conference is being developed through close collaboration between EATA and the Italian national TA associations. This shared organisational process reflects the spirit of the event itself: dialogue across differences,

collaboration between institutions, and the creation of a common project that honours diversity.

The response to the Call for Contributions has been highly encouraging. More than **80 selected contributions** from national and international presenters will shape a rich three-day programme of papers, workshops, presentations and spaces for dialogue.

Participants can expect a programme focused on the development of evidence-based Transactional Analysis across its fields of application. The conference offers opportunities to explore how research can support practice in clinical, educational, organisational and counselling contexts, and how practitioners and researchers can learn from one another in a spirit of openness and curiosity.

At the same time, the event is not only about research, but also about community. It will create space for international encounter, networking and connection, strengthening relationships and contributing to the future development of TA in Europe and beyond.

The title “*Past, Present, Future*” invites us to hold together the legacy of Transactional Analysis, the questions that challenge us today, and the responsibility of building a solid and creative future for the discipline.



The early registration phase has now closed with a very warm response. The regular registration phase is open until 9 September 2026, after which the final registration period will begin, subject to availability.

We warmly invite all colleagues to join us in Rome to participate, contribute and support the ongoing development of Transactional Analysis.

All information about participation options, both in person and online, is available at: www.eataconference2026.org

eata
european association
for transactional analysis

EATA RESEARCH CONFERENCE ROME 2026

11 – 13 DECEMBER 2026
PONTIFICAL SALESIAN UNIVERSITY

*Toward Evidence-Based Transactional Analysis:
Past, Present, Future*

80+ SELECTED CONTRIBUTIONS
from national and international presenters
for a rich and unmissable
conference in Rome.

- International community
- Networking and sharing
- Research and practice
- Future of TA

Auximon
Istituto Amaltri Transazionale
A.I.A.T.
I.N.T.I.
inPerFormat

IRPIR
Simpat
CENTRO DI PSICOLOGIA
E ANALISI TRANSAZIONALE

REGISTRATION IS OPEN!
On the official conference website
you can find all participation options,
both in person and online.

ROME
Pontifical Salesian University
#EATA2026

See you in Rome!

Celebrating Exam Success

Rome, Italy

January 2026

CTA in the field of
psychotherapy:

Chiara Costa
Daniela Delle Donne
Cinzia Di Giuseppe
Fabrizia Falco
Alessandra Fiatti

Francesca Lai
Camilla Luciani Ranier Gaudiosi
Di Canosa
Marika Mauti
Paola Stafania Ottoveggio
Fabiana Pellegrini
Francesco Pelullo
Benedetta Pucci

Local Exam supervisor: Susanna Bianchini. Exam Coordinator: Silvia Tauriello. Assistant: Roberta Sanseverino. Process Facilitator: Maria Teresa Tosi. EATA Moderator: Christine Chevalier. Translators: Laura Bastianelli, Cristina Caizzi



Nottingham, UK

April 2026

Candidates, examiners and support team during the EATA examinations in Nottingham, April 2026.

Front row:

Nada Oder CTA (P)
Janneke Kierkels CTA (O)
Maja Bonacic CTA (P)
Jayne Wynne CTA (P)
Barbara Nannini TSTA (P)
Translator – Valentina Bonomi
Ayesha Loveridge CTA (P)

Middle row:

Linda O'Hern TSTA (P)
Sheila Beare TSTA (P)
Deborah Matthews CTA (P)
Anna Chamilothonos CTA (P)
Carina Badger CTA (P)
Andrea Marconcini TSTA (P)
Translator – Giulia De Gioia
Simone Puccinelli TSTA (P)
Translator – Adele Iozzelli

Back row:

Jeremy Francis CTA (P)
Zane Sauka CTA (P)
Helen Bailey CTA (P)
Neal Edwards CTA (P)

Local Exam Supervisors were Julia Tolley TSTA (P) for TSTA exams, Bev Gibbons TSTA (P) and Jo Moores PTSTA (P) for CTA exams. We would like to thank all examiners, volunteers, translators and supporters for their participation.

...continued

Nottingham, UK, April 2026



Group photo of examiners, volunteers, translators, Local Exam Supervisors and supporters.

Candidates together with the Local Exam Supervisors.



Lyn Wall supported the CTA exam process as Inclusivity Champion.

Examiners

- Frances Townsend
- Enid Welford
- Karen Minikin
- Harry Gerth
- Adrienne Lee
- Cholena Mountain
- Gemma Mason
- Helen Rowland
- Marion Umney
- Kerri Warner
- Marijke Arendsen Hein
- Geoff Hopping

- Nikki Millard
- Nicoleta Gheorghe
- Cathy McQuaid
- Mo Felton
- Rosalind Sharples
- Rachel Cook
- Nicky Worrall
- Beren Aldridge
- Ganna Golovan
- Wilf Hashimi
- Robin Hobbes
- Suzanne Boyd
- Dave Spenceley

TSTA candidates

- Deborah Blagden (UK)**
- Adena Franses (Spain)**
- Pierre Sebregts (The Netherlands)**
- Daniele Mainardi (Italy)**
- Silvia Palandri (Italy)**



London, UK

May 2026

Successful candidates and examiners during the EATA examinations at the Metanoia Institute, London, May 2026.

Back row (left to right):

Sarah Willey
Suzanne McKenna
Chiyuki Compston
Sheila Broadley

Front row (left to right):

Alice Brooks
Katy Bradbury
Violet Karamagi
Mhohn Bancyr-de-Angeli
Esther Benson
Cat Coleman-Seed
Hannah Veseli

Location: Metanoia Institute, London, UK
 COC Representative: Christoph Seidenfus TSTA
 Local Exam Supervisor: Nikki Millard TSTA
 Candidate support: Robin Robinson PTSTA
 Process Facilitator: Helen Davies PTSTA

We thank all examiners, volunteers and supporters for their contribution.

Examiners

Joan Moore CTA
 Katherine Collado CTA
 Trevor Tall CTA
 Jazz Rehal PTSTA
 Paula Carr CTA
 Delilah Zabaneh PTSTA
 Mike Meleady PTSTA
 Nadia Manganello CTA
 Sam Carbon PTSTA
 Sonja Kormann CTA
 Samia Nelson PTSTA

James King CTA
 Kate Foster CTA
 Kelly Donaldson CTA
 Ronaldo Stroppa CTA
 Suna Guven PTSTA
 Jack Pijl CTA
 Dermot Martin PTSTA
 Barbara Wattiez PTSTA
 Emma Black CTA
 Michael Feat CTA
 Lee Millward CTA
 Sarah Magnus CTA
 Silvia Pellanda CTA