

International Journal for Transactional Analysis Research
An Overview
Issued 20 July 2009

The aim of the *International Journal for Transactional Analysis Research* is to expand the scientific evidence base of transactional analysis. EATA hopes a solid transactional analysis research base will:

- help TA-practitioners develop and improve their work;
- open dialogues with other psychological orientations;
- enhance TA credibility in academic and to government bodies;
- facilitate national and international decisions about formal accreditation for TA professionals and communities.

The journal publishes high-quality empirical research using any scientific paradigm across the full range of TA applications. It also promotes research comparing TA and other models and non-TA research that has significant implications for TA theory or practice.

A wide variety of research is welcomed, including but not limited to:

- Pure as well as applied research. Research that tests existing theoretical models within TA and research that tests the effectiveness of specific interventions and programs are both of interest;
- Outcome- as well as process-oriented research. Randomised, control group research designs and real life process research are both seen as relevant;
- Quantitative and qualitative research methods are both encouraged.

The journal has an international and multidisciplinary editorial board and uses blind peer-review as a method of selecting articles. The journal publishes a yearly list of reviewers on its website. The reviewers are experts in their fields and come from different cultures, countries and have different theoretical and methodological outlooks.

IJTAR reflects the diversity of people using and practicing TA all over the world. It adheres to ethical principles of equality, inclusion and respect for diversity. Articles from different cultural contexts are encouraged.

The research published in *IJTAR* needs to be in line with legal and ethical requirements: Identities of subjects must be protected, informed consent for participation must be obtained, and confidentiality of the individual data must be assured. Copyright conventions must be respected.

Articles are published in English with Abstracts in a range of languages (to be determined by end 2009)

International Journal for Transactional Analysis Research
The Editorial Board
Issued 20 July 2009

Julie Hay – EDITOR – UK

Teaching and Supervising Transactional Analyst (Organisational and Educational), Licensed NLP Trainer, Fellow Chartered Institute of Personnel and Development, MPhil for research into management competencies, Postgraduate Diploma in Management Studies

Chief Executive of Psychological Intelligence Ltd, A D International and Sherwood Publishing. Past president of the European and International Transactional Analysis Associations (EATA and ITAA). Founder and President 2006-8 of the European Mentoring & Coaching Council. Founding Director of the International Centre for Developmental TA and the International Centre for Developmental Super-Vision. Over 40 year's organisational experience as employee, manager, trade unionist, trainer, consultant, entrepreneur. 25 years experience teaching TA in many areas of the world. Author of numerous articles, books and packs on TA, NLP, management competences and assessment, action learning, group dynamics, coach/mentoring, and corporate culture change

Susanna Cesarini – Italy

Provisional Teaching and Supervising Transactional Analyst (Organisational) Sociologist

Counselling degree; counsellor trainer and supervisor for CNCP (Italian National Federation of counsellors). Specialized in qualitative research and psychology of organisations; independent researcher for Public and Private Organisations. Management background, having worked with multinationals and international marketing strategy agencies; works as trainer for HR in various organizations doing coaching and supervising managers and work teams; is a trainer for HR at Coni (National Olympic Italian Committee) Management School.

Since 2001, has private practice in Rome as consultant for career orientation and education planning, but with individuals and groups. Works for several TA and integrated approach schools; also works for several on-line magazines.

Maria Luisa De Luca – Italy

PhD; Professor of Psychopathology at the Salesian University of Rome, Psychology Faculty.

Teaching and Supervising Transactional Analyst (Psychotherapy), Psychotherapist, Works as psychotherapist, as trainer in TA oriented psychotherapy schools in Italy. Has been collaborating for many years on several research projects on psychotherapy outcome and process, especially on the therapeutic alliance. Now is in LARSI (Laboratorio di Ricerca su Sé e sull'Identità (Research Laboratory on the Self and Identity) that is working to research project on Ego States, attachment profiles and Injunctions and Counterinjunctions. Has published several articles on theoretical themes relative to research in psychotherapy and a book *Psychotherapy and Research*, LARS, Rome 2009.

Adina Dumitru – Spain, Romania

MA Political Psychology

Assistant Professor of Psychology at the West University of Timisoara and currently pursuing a PhD in Psychology at the University of Corunna, Spain, where she also collaborates with the Person-Environment Research Group. She has an MA in Political Psychology from Washington State University, where she has been a Junior Fulbright Fellow, and extensive research experience in social and environmental psychology. She has participated in many international research projects, in countries like Mexico, Spain, Romania and the United States. She has also presented her research at many international conferences. She has been a Visiting Professor at the University of Corunna. Her experience with journal editing includes being the Assistant Editor of *French Politics* and a member of the Editorial Board of the *Romanian Journal of Applied Psychology*.

Adina is also in TA Training as a transactional analyst (psychotherapy) in Lugo, Spain.

She is passionate about research and therapy and her main research interests are reconciliation after political abuse and forgiveness and healing after trauma. She is also interested in developing research in TA and in theorizing on the connections between TA and social psychology. Another area of interest in her research has been environmental psychology and the promotion of sustainable behaviour.

Elizabeth Khalil – UK

BSc Psychology (Hons), University of York

MSc Rehabilitation Psychology, University of Nottingham

PhD (cand) Health Studies, University of Nottingham

Liz is a health psychologist and currently works as a Research Fellow in the Postgraduate School of Nursing, University of Nottingham, on a variety of externally funded projects concerning mental health. Liz is currently developing a programme of research and development activities comprising a range of projects concerning the relationship between health behaviours and mental wellbeing, for example, the beneficial effect of physical activity on mental health status, and psychological and social wellbeing.

In 2008 Liz conducted a review of the existing evidence base for TA outcomes, funded by EATA, in collaboration with The Berne Institute. This work has identified a need for empirical research evidence in TA.

Liz's research interests include:

Health behaviour and mental wellbeing research, the benefits of healthy lifestyles for maintaining/improving mental health.

Meeting the needs of women with mental health problems, particularly depression.

Development of an empirical research evidence base in TA.

Günther Mohr – Germany

Teaching and Supervising Transactional Analyst (Organisational), Diplom-

Psychologist, Diplom-Economist, Senior Coach DBVC, Supervisor BDP

Degree in Behavioural Psychotherapy

Certification as government licensed Psychological Psychotherapist in Germany

- Studies in Mathematics, Economics and Psychology
- Research in motivation theory and intelligence development.

- Training in psychoanalytic group work
- 2001-2007 Member of the Board of Trustees of the International Transactional Analysis Association
- 1984-2009 Member of the German TA Association, several years serving as Board member of the organizational field group
- Currently leading the department of coaching and consulting in a company with 2000 employees in Frankfurt
- Founder and Leader of the Institute for Coaching, Training and Consulting, Hofheim
- Author of *Lebendige Unternehmen führen* (Leading vital companies) FAZ 2000; *Systemische Organisationsanalyse* (Systemic organisational analysis) EHP 2006; *Growth and Change for Organizations* ed ITAA 2006; *Coaching und Selbstcoaching mit TA* (Coaching and Self-Coaching with TA) EHP 2008; *Wirtschaftskrise und neue Orientierung* (Economic crisis and new orientation) Business Publisher Pro 2009.

Working focuses: Management development, integration of economic and psychological aspect in companies, organisational and personnel development, coaching.

Thomas Ohlsson – Sweden

PhD (psychology), MSc (psychology), MA (psychotherapy), BA (Chinese)
 Teaching and Supervising Transactional Analyst (Psychotherapist)
 Clinical psychologist and licensed psychotherapist in full time private practice at IFL, Institutet för livsterapi, in Malmö, Sweden since 1975. Co-founder and co-director of IFL. IFL offers psychotherapy, psychotherapy research, supervision, and training for professionals in the health care sector, including a full international program of transactional analysis training. Trained TA at Western Institute for Group and Family Therapy in California in 1975, and took part in forming EATA the same year. Served on the first board of EATA in 1976. CTA-exam in 1977 and TSTA-exam in 1984. Research training at the Psychological Institution of Lund university. Dissertation 2001 on effects of transactional analysis psychotherapy for abusers of heavy drugs. Served on the editorial board of the *Transactional Analysis Journal*. Research interests primarily about psychotherapy effects. Scientific orientation humanistic, existential, and relational Author/editor of four books and several articles. Presenter at several national and international conferences. Interested in cultural psychology and in East-West dimensions in psychotherapy and counseling. Practical experience of transactional analysis training in US, N. Europe, Ukraine and Asia (Malaysia, Taiwan, Mainland China).

Stefan Sandström – Sweden

Licensed psychologist, Teaching and Supervising Transactional Analyst (Psychotherapy)

Currently working as a psychologist and transactional analyst in the psychotherapy field in private practice in Göteborg, Sweden. Main work consists of training, supervision and psychotherapy and runs training groups in transactional analysis in Sweden and Finland.

University education in psychology, sociology, anthropology, history of ideas and pedagogics. Main areas of expertise are in psychotherapy, conflicts, interpersonal violence, ethics, stress and drug abuse.

Dr Biljana van Rijn – UK

Doctorate in Psychotherapy (by Professional Studies)

Teaching and Supervising Transactional Analyst (Psychotherapy)

MSc in Transactional Analysis Psychotherapy

Graduate Psychologist

Biljana is a TA psychotherapist, tutor and supervisor. She is a Head of Clinical Services at Metanoia Institute in London where she is involved in running research projects and supervising doctoral research. Her particular area of expertise is action research and the use of qualitative and mixed methodology.

International Journal for Transactional Analysis Research

Guidelines for Authors

Issued 20 July 2009

Authors are requested to read the description of the aims and general processes of the journal and the guidelines used by reviewers before submitting articles.

Articles should report on original research that has not been published elsewhere. Authors need to confirm that their article is not under consideration for publication elsewhere.

Articles can adopt any theoretical or methodological perspective as long as it is clearly described.

Articles need to give careful consideration to ethical issues, confidentiality and copyright law.

Permission must have been obtained for the use of any materials that have been published elsewhere.

Articles must be submitted in English. Translation assistance may be available from EATA Translations Committee.

Abstracts will be published in English and several other languages (the decision on which languages will be taken by end 2009). Authors are only expected to provide their Abstract in English but may do so in other languages if they wish.

Practicalities

please write in a clear language that can be understood by researchers and practitioners alike, from within and outside of the field of TA.

Use gender-inclusive language; do not use masculine pronouns to refer to people in general

use Word format, 12 point Times Roman font, single spaced throughout including references, quotes, tables, etc), 90 point margins left and right, 75 point margins top and bottom, no footnotes

send articles in the range 3500-5000 words not including tables or bibliography

figures, tables, etc to be provided in final format (to fit within A4 full width or half column) as jpg's in a separate file. Show within the text in italics the name of each figure or table to indicate approximately where it should be placed.

include the title, abstract and keywords within the main file but do not include any identification of the author within this document

send a separate document that contains author name(s), qualifications as they should appear in the journal (including TA), address, telephone number, email address, Skype (if available), and current professional activity

for case studies and similar, send a separate statement that you have obtained the necessary permissions from any client(s) described in the article, and that you indemnify IJTAR in the event of any legal action resulting from the articles' publication

for references please follow the Publication Manual of the American Psychological Association (APA)

email articles and other documents as attachments to the IJTAR Editor on ijtar@adinternational.com.

Structure

Authors are encouraged to follow, roughly, the structure presented below:

1. GENERAL INDICATIONS. The articles should respect international editorial conventions:
 - an informative journal title
 - fully descriptive and clear abstracts
 - keywords
 - complete references
 - full contact information for at least one author for each article.

2. ABSTRACT. Each article must have a clear and fully descriptive abstract, acceptable for inclusion in databases such as (specify, give link). This abstract should help the reader decide easily if the article will help him/her or not. The abstract should have a maximum of 1500-2000 characters and should include:
 - information on study objectives
 - brief descriptions of subjects
 - methodology used
 - results and conclusions or implications derived from it.

3. LITERATURE REVIEW. There must be a section that reviews relevant scientific literature that led to the formulation of the study objectives or hypotheses. This section must reflect a good knowledge about the “state of the art” of research in the field of study. The literature review has to answer the following areas:
 - How the study fits in with existing literature and its potential novelty
 - What the study adds to the existing knowledge in the field

4. STUDY OBJECTIVES / HYPOTHESES. Research question and/or objectives/hypotheses need to flow logically from the literature review.

5. FUNDING SOURCES. Where possible, information about funding sources for the research should be presented.

6. METHODOLOGY. The methodology section needs to give a description of the sample used and of the procedure employed for the research. It also needs to describe and explain the choice of methods, their adequacy for the objectives pursued, the philosophy of research and the researchers’ position in the context of research.

7. PRESENTATION AND ANALYSIS OF RESULTS. This section should present results in verbal and/or graphic forms and include an analysis of their significance. Results should be well analyzed and supported by the data.

8. DISCUSSION AND CONCLUSIONS (these can be one or two separate sections). Authors are expected to discuss the implications of their results in terms of contributions to existing knowledge and recommendations for practice or applications where appropriate. Special attention should be paid to the limitations of research. The connections between theoretical framework, research objectives, methodology, and results and conclusions should be coherent and easily identifiable

Issued 20 July 2009

Articles are submitted to blind reviews by two independent reviewers. If these two reviews differ widely, a third reviewer will be asked to take the lead in preparing a consolidated response to the author. Reviewers are expected to make publication recommendations (see below) and may also make suggestions for article amendment. Reviewers should mention positive aspects of an article as well as formulating suggestions for improvement where necessary.

Short summary of the objectives of research

Reviewers should provide a one paragraph description (2-3 sentences) about the research: what field it fits in, what it intends to do.

Overall evaluation of the article

Reviewers should provide, in their evaluation, an answer to the following questions:

- Is this article original and interesting?
- What is the novelty of this research and how does it contribute to the existing literature?
- Does the article fit the objectives and orientation of the journal?
- Does the article fit the journals' quality standards?
- Is the language used clear?
- Does the article have a clear structure?

Literature review

- Is the literature review relevant to the study?
- Does it leave out any significant body of research?
- Is it up to date?
- Are the concepts well defined and presented?
- Is there a good presentation of existing debates in the literature, points of controversy and consensus, as well as a good analysis of what is missing?

Objectives and methodology

- Is there a clear description of hypotheses/objectives?
- Are methodological choices well described and motivated?
- Is there a clear connection between the literature presented, the objectives or research question and the methodology chosen?
- Is there careful consideration of ethical issues included in the article?
- Is the data gathering phase well-described and consistent with objectives/hypotheses?

Presentation and analysis of results

- Are the results well analyzed and supported by the data?
- Is their graphic presentation helpful and easy?
- Do the results provide strong evidence for the conclusions and does the article present a coherent relationship between theory, methodology and results?
- Is the significance of results well analyzed?

Discussion and conclusions:

- Are the results interpreted adequately?
- Is the discussion useful in terms of showing how this research contributes to existing knowledge in the field?
- Are possible implications and applications of the research well-presented?
- Are the limitations of the research made clear?

Final recommendation

Do you recommend that this article be...:

1. Accepted without revision
2. Accepted with minor revisions
3. Accepted with significant revisions
4. Rejected in its current form (with recommendation for submission to a different journal, if appropriate)