

# TA Today

Vann Joines, Ph.D.,  
TSTA (Psychotherapy)



## Letter for the JTAA Newsletter from Vann Joines, Ph.D., TSTA

To my Japanese colleagues,

I am delighted to have been invited to present a series of three on-line workshops for JTAA and look forward to meeting with you.

I would like to begin by telling you a little about myself for those of you who may not know me. I am a Clinical Psychologist and a Teaching and Supervising Transactional Analyst. I live and work in Chapel Hill, NC, USA, and have directed the Southeast Institute for Group and Family Therapy in Chapel Hill for about 50 years. I am also a Fellow and Approved Supervisor in the American Association of Marriage and Family Therapy, a Certified Group Psychotherapist, and a Life Fellow of the American Group Psychotherapy Association. I have developed two unique approaches to psychotherapy, Personality Focused Treatment (PFT)<sup>®</sup> and Trauma Resolution Energy Therapy (TRET)<sup>®</sup>. I am co-author of TA Today and Personality Adaptations and author of the Joines Personality Adaptation Questionnaire and the JPAQ Administration, Scoring and Interpretive Manual. I have just published a new book, *Insight Out: The 6 Personality Types That Hold the Key to Success in Your Life and Relationships*. In 1994, I received the Eric Berne Memorial Award for my Work in Integrating Personality Adaptations with TA and Other Approaches. I have taught and trained individuals in TA in over 30 countries including about 14 times in Japan. I have really enjoyed getting to know so many wonderful Japanese colleagues.

Several people have asked Ian Stewart and I why we decided to revise the first edition of TA Today and what was the essence of the revision. TA Today was originally written to follow the topics in the TA 101 Course. This course was revised by ITAA in 2008, so we wanted to also revise TA Today in accordance with the revisions to the TA 101 Course. Since the revisions to the TA 101 Course were not many, we assumed that there would not be many revisions to TA Today as well. However, when we began to undertake the process we found that almost every section had information we wanted to change or update in some way as well as add new theory that had been developed since the book was first written in 1987. For example, we added a new section on Personality Adaptations.

The first workshop I will be presenting on September 9, 2023, is on “TA Tools for Helping Clients Take Charge of their Lives.” We will look at Ego-State Structures, How They Develop, How They Function Intra-psychically and Interpersonally, Ego-State Relational Units, and Life-Script Awareness and Change. I will also work with participants to demonstrate how to use these tools to help clients change.

The second workshop will be on November 25, 2023, and will focus on “The Power of Redecision Therapy: Combining TA Theory with Gestalt Experiential Techniques.” This workshop will examine Working with the Emotional Brain for Lasting Change, The 7 Major Components of Redecision Therapy, The 14 Steps in the Redecision Therapy Process, Keys to Facilitating Redecisions, and Building an Internal Support System. Again, I will demonstrate these different aspects by working with participants in the workshop.

The third workshop will be on February 17, 2024, and is on “Personality Adaptations: The Strategies We Develop in Childhood to Take care of Ourselves and How to Update Them in Adult Life.” The specific focus will be on understanding: How We Become the Way We Are, The Value of Each Strategy, Their Potential Pitfalls, The “Doors” to Each Adaptation, How to Use Them to Put Our Best Self Forward, and How to Develop the Relationships We Ultimately Desire. I will also demonstrate how to work with the adaptations in helping people change.

I look forward to sharing these workshops with you, working with you, and getting to know you.

Warm regards,

●協会HPに博士から送られた動画に掲載しています。

