

Book Reviews

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Cornell W.F., de Graaf A., Newton T., Thunniessen M. (2016). *Into TA: A comprehensive textbook on Transactional Analysis*. London: Karnac.

Recently published, *Into TA* is a rich, interesting work which is the result of a fruitful collaboration of four transactional analyst editors. These are William Cornell (whose interesting, exclusive interview with *Performat* appeared in a former issue of our journal along with a review, written by Anna Massi, of his latest book); Anne de Graaf, Dutch teacher and supervisor, expert in the area of organization; Trudy Newton, teacher in the area of education and Moniek Thunnissen, psychiatrist, teacher and supervisor in the clinical area. The text also includes contributions from different transactional analysts from around the world - all experts in different fields of TA application.

Over sixty years have passed since the initial development of Bernian theory, ever representative of an effective methodological model both for psychotherapy and for many other 'helping relationships' professions. Of course, from its origins right up to the present, TA has experienced the integration, development and critical revision of several concepts which, in that early enthusiasm and leading up to the premature

death of Eric Berne, has either remained incomplete or else showed theoretical incongruities. With the passing of the years, many authors have developed and integrated those original TA concepts even if their contributions, at times difficult to find, had lacked the organization of organic, theoretical synthesis.

Indeed, in light of the evolution of past years and to integrate all with the latest research in different applicative fields, the idea of the editors was precisely to reorganize these core TA concepts, thereby producing a comprehensive contemporary TA textbook usable for readers with different levels of competence and experience in transactional analysis. In its first part, the book focuses on theory. The second treats of methodology; the theory section follows an easy, linear framework, understandable to less expert readers as well. Here we find ten chapters, all devoted to basic theoretical TA elements (ego states, strokes, transactions, etc.); each is structured as a path starting from the basic concept (following the 101-course example), then going on to integrate and critically discuss it and finally to explore connections to, and integrations with, other psychological theories.

The second part brings us to the methodological core of the book. It displays interesting areas of TA development: twenty transactional analysts from all around the world with specific experiences in different areas of application (psychotherapy, counselling & coaching, management & organizational development, learning and personal development). Each presents its fresh contributions, showing the current value and potential of contemporary TA in different helping relationship contexts.

Though written in English, the text proves easily understandable, also to less expert English-readers - the result of a strategic editorial choice oriented to clarity, linearity and simplicity.

In anticipation of the text's upcoming publication in Italian, I strongly recommend it to you all.

