

ITALIAN ASSOCIATIONS OF TRANSACTIONAL ANALYSIS

AIAT-AUXIMON-CPAT-IANTI-IAT-INPERFORMAT-IRPIR-SIMPAT

WHEN WAR URGES US TO SEEK PEACE AND SOLIDARITY

As Presidents of the Italian Associations of Transactional Analysis, we are deeply shocked and troubled by the war that is currently raging in Europe. We realize how the “banality of evil” which Hannah Arendt spoke of is still so relevant and present in the fragile geopolitical balances which have been built over the last 70 years.

We are witnessing the devastating effects of a lack of any civil form of dialogue and respect for life, and our hearts go out to those who are suffering from these callous acts of aggression. Knowing well that war leaves behind wounds and trauma, and that this war will increase the instability we had hoped to mend in the wake of the pandemic, we are now asking ourselves how we can be a part of promoting processes of peace.

As transactional analysts who live by the values that unite us, we continue to believe in life as Physis and in the importance of committing to promote health and well-being. We believe that every human being has the ability and responsibility to lead their own lives in respect and appreciation of themselves, of others and of the environment in which we all live.

We know that the management of any scale of conflict, if based on the abuse of power, generates pain and suffering among the parties involved and triggers destructive mechanisms. This is why we believe it necessary to foster and encourage, in the hearts of each person in each country, democratic processes of respect, communication and exchange instead of violence and restriction of personal freedom.

As Italian Associations of Transactional Analysis, we recognize and support the actions and initiatives promoted by the EATA (European Association for Transactional Analysis) and ITAA (International Transactional Analysis Association):

-demonstrating sympathy and solidarity for those involved in this war and who are suffering due to the loss of their homes, family bonds, and stability;

-creating active dialogue with colleagues from different European countries, especially Ukraine and Russia, in order to understand their needs and provide opportunities for reflection and discussion;

-building a support network (consultation, supervision, tools for affected populations) through which to share skills and experiences;

-supporting adults, children, families and refugees in difficulty through specific projects.

We recognize that this situation will likely continue into the future and will certainly have long-term effects. It is thus of utmost importance that we find ways to keep our energies high so as to provide the necessary support over time.

Presidents of the Italian Associations of Transactional Analysis

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