



The English edition of my last book is now available, published by Routledge, Taylor & Francis Group

Giorgio Piccinino: "Revitalization Through Transactional Analysis Group Treatment. Human Nature and Its Deterioration"

This innovative book describes the original essence particular to the human species and details the steps necessary to help re-establish this essence, in cases when it has deteriorated, in a therapeutic group context of solidarity and closeness.

Disappointment in primary relationships particularly triggers the deterioration of self-offering, an initially expansive and trusting disposition to affectivity and love. People suffer when, like any fragile and delicate living being early in life, they fail to evolve according to the nature of their species. Therapeutic work is therefore described as mainly oriented to reactivate in a group, a new welcoming family, the original natural drives with new permissions, new trials and new joyful experiences. The book contains the methods and techniques routinely used by the author and two case studies, faithfully transcribed and commented on, particularly for the reactivation of the affective drive.

Revitalization Through Transactional Analysis Group Treatment is an insightful addition to the literature for transactional analysts in practice and in training, for professionals interested in the theory and practice of transactional analysis. Piccinino writes in a compelling manner allowing for the content to be accessible to anyone seeking to understand human processes and wellbeing.

Giorgio Piccinino is a sociologist, psychologist, consultant for organizations and psychotherapist in individual, couple and group settings. He is a teacher and supervisor at Schools for Counselors and Psychotherapists and since 1983 a member of national and international associations of Transactional Analysis. He has been a speaker at several conferences and has published six books in Italy.

Cover image: "Enea e Anchise in fuga da Troia in fiamme".
Di Pitagora Bonifacio de' (Bonifacio Veronese) sec. XVI".
Collezione privata Fondazione Federico Zeri, Università di Bologna, Italia.

This episode in Virgil's Aeneid has been represented in many ways, but only in this one is the child Ascanius showing the way to his father. This representation well explains one of the profound messages of this book: it is human nature at its birth, with its vital energy and universal drives - the Natural Child in Transactional Analysis - that points the way and demands to make sense of life.

TRANSACTIONAL ANALYSIS

Series Editor: William F. Cornell

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Revitalization Through Transactional Analysis Group Treatment

Giorgio Piccinino

Routledge

INNOVATIONS IN
TRANSACTIONAL ANALYSIS:
THEORY AND PRACTICE



Revitalization Through Transactional Analysis Group Treatment

Human Nature and Its Deterioration

Giorgio Piccinino



Giorgio Piccinino is a sociologist, psychologist, consultant for organizations and psychotherapist in individual, couple and group settings. He is a teacher and supervisor at various Psychotherapy and Counselling Schools and since 1983 a member of Transactional Analysis national and international associations. He has been a speaker at several conference and conventions and author of six books.

DA INSERIRE QUI SITO E LINKEDIN GIORGIO

ENDORSEMENT

This book by Giorgio is a wonderful journey through fundamental emotions and feelings. The book combines readability and depth obtaining both the pleasure of reading and the interest in further deepening the topics covered. Transactional analysis acts as a linguistic framework. The citations are extensive and up-to-date.

Michele Novellino

Psychiatrist, TSTA in psychotherapy and counselling, received the Eric Berne Memorial Award in 2003



This is a book that goes to the heart of transactional analysis: the idea that each of us, human beings, is born healthy and precious in our uniqueness. It is a book that changes perspective: instead of putting the emphasis on pathology, it chooses health and happiness to which we are predisposed from birth.

And it does so with a formidable wealth of cultural and scientific references.

Hence it derives a proposal for group therapy, in some respects original, aimed at revitalizing each person's original predisposition to goodness.

Marco Mazzetti



MD, Psychiatrist, Teaching and Supervising Transactional Analyst, Past-President of the European Association of Transactional Analysis, received the Eric Berne Memorial Award in 2012 and the EATA Gold Medal 2020.

To whom, above all, should I recommend reading this book? To those who harbor the belief that psychotherapy is a kind of reparative medicine, reserved for mental and emotional wounds. From the path of reflection proposed by Giorgio Piccinino they will mature a completely different vision of psychotherapy. They will recognize it as a child of Care, destined to make human beings grow in the fullness of their potential.

Sandro Spinsanti



Moral theologian, psychologist and psychotherapist, professor of ethics and bioethics University of Florence, essayist. Founder of the Janus Institute for Medical Humanities and member of the Italian National Committee for Bioethics.



Preface By William F. Cornell, M.A., TSTA-ITAA
Editor, Innovations in Transactional Analysis book series, Routledge
For Giorgio Piccinino's Revitalization Through Transactional Analysis Group Treatment"

In his latest book Giorgio Piccinino undertakes an extensive reevaluation and vitalization of many of the central concepts in transactional analysis. Here Piccinino writes in a deeply personal and impassioned voice as he articulates a model of TA psychotherapy and counseling that is grounded in a model of personal and interpersonal maturation rather than psychopathology. A sense of the future, of a leaning into the future, of our capacity for becoming more vital human beings pervades this book. There is a moral tone in Piccinino's writing that I, at first as an editor, found disquieting. As I settled into the book and the project Piccinino undertakes here, I realized that this moral perspective is essential to the fabric of the book. Grounding his clinical framework is an interweaving of humanistic, existential, and spiritual perspectives.

Giorgio and I worked on his manuscript as the pandemic was slowly coming to an end. In the midst of the profoundly depersonalizing impact of the lockdowns and lives lived virtually on screens, his call—demand really—for a revitalization of human nature could not have been more timely. At a time when we seem increasingly content (resigned) to virtual realities and mediated human contact, there is a particular urgency to the questions and challenges Giorgio puts forth in this book.

Piccinino bookends *Human Nature and Its Deterioration* with deeply personal, transformative accounts of his relationship with his father. His relationship with his father had never been easy, and Piccinino kept a careful distance from his father for much of his life. Through a conversation with his father's brother, he learned for the first time the story of his father's own history and childhood:

From that moment on I started looking at the world I came from in a different light but, most of all, I started opening my eyes beyond what I could see and understand as a child. From then on, I finally tried to get to know my father. I was 37....

The invitation to fellow therapists, patients, and all who might read this book to open their eyes beyond those of children is the core of this book. In transactional analysis, the concept of "life scripts" as an enduring and compelling psychological plan for life based in early childhood decisions and beliefs is the ground from which we work. To comprehend the world as perceived and understood by a child is fundamental to psychodynamic forms of treatment. Piccinino does not dispute this, but he underscores the limits of a child's vision and comprehension and the potential for it being over-emphasized, even valorized, during psychotherapy. Instead, he argues that an essential aspect of the therapeutic project is to come to see and embrace our parents as real people with hopes and sufferings

voices speaking to both the existential dilemmas of being human and the fundamental creative capacities that make us human. This is a book in which as one reads along, one discovers new authors, repeatedly flipping back to the end to track down the sources of other authors to follow up on. As the editor, I had the rather unusual task of encouraging Giorgio to slow the cascade of voices so that his own voice would be recognized and heard. Through these voices, this book presents a model of psychotherapy that based in the recognition and mobilization of the motivational forces for knowing, self-realization, and belonging.

While it is beyond the purpose of a preface to explore the details of Piccinino's discussion and modifications of TA concepts, I do want to focus briefly on his approach to group treatment, which is central to his work. Eric Berne, wrote two seminal books on group theory and group treatment, at the time of their writing being quite radical. Berne had been in training as a psychoanalyst at a time when psychoanalysis was a profoundly dyadic model, one in which there were very clear demarcations between analyst and patient. Berne's work was controversial; he went so far as to experiment with supervision groups attended by both the therapists and their patients, together discussing the successes and difficulties of the therapy. Berne's advocacy for group treatment was a major factor in his being rejected by the psychoanalytic community of the time. Berne's vision was that of patients being fundamentally competent and self-reflective if given the necessary respect and opportunity. This same attitude echoes through Piccinino's detailed accounts of his case examples of his work in groups. Implicit throughout his approach is the message, a persistent and quiet insistence, of the responsibilities of being human enabled through the reflective, revitalizing opportunities of group treatment. A sense of interpersonal and familial care, responsibility, and responsiveness infuses Piccinino's approach to group treatment. He describes the group as a laboratory for the exploration of one's relational difficulties, as in any laboratory, the group provides a setting for testing and experimenting with new behaviors and understandings. Piccinino offers the touching observation that "we are a wonder of dormant opportunities". The group is a rich and experimental field in which these dormant opportunities may be brought to life.

Piccinino brings the book to a close with his reflections on his father as the man he came to know and love anew:

"So, when I learned to love my father, I discovered another part of my Parent Ego State, an assertive, constant, strong, protective parent that exposes himself and fights. And is demanding, very demanding."

Here is the quality of the demand, an invitation and opportunity, to challenge, extend, and revitalize one's relationship to the intimate others in one's life, one's parents in particular, and one's own self that unfold through the pages of this book.

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chapter 1: In Search of Lost Time

chapter 2: The fundamental law of nature-physis is the relation



SEE ALSO:

<https://www.tandfonline.com/doi/abs/10.1080/03621537.2018.1471293>: “Reflections on Pheisis, Happiness, and Human Motivation.”

An article by Giorgio Piccinino, TAJ Volume 48, 2018 - [Issue 3](#)

The author reflects on the concept of pheisis, which was described by Eric Berne as a form of energy inherent in human beings. Mental health and happiness are interpreted not only as the outcome of good intrapsychic and relational functioning—which derive, according to Berne, from adequate strokes, awareness, OKness, and intimacy—but from the fulfillment, over a lifetime, of the innate universal drives typical of our species. These include survival, belonging, knowledge, and self-fulfillment. The author distinguishes vital energy, described by anthropologists as a cluster of genetic drives inherent in the human race, from the conditions necessary for their fulfillment, which includes the needs for recognition, structure, and stimuli (referred to in transactional analysis as psychological hungers).



Giorgio with Jeffersonn Moraes,
President of Unat-Brasil



after the ws

In 2023 Giorgio Piccinino was invited as the international speaker at the 29th Brazilian Transactional Analysis conference where he held a WS entitled **"REVITALISING THE ESSENCE OF HUMAN NATURE** and a magisterial lecture entitled **"JOY AND SADNESS: OUR FOOD AND IMPULSES FOR LIVING AND GIVING SENSE AND MEANING TO OUR PASSING ON EARTH"**



Ivana Zanini, Coordenadora Geral do 29 CONBRAT;
Mary Melazzo, então Presidente da Unat-Brasil;
Rosa Sant'Anna, da Comissão da Diretoria Científica;
Rosa Krausz e Giorgio Piccinino, palestrantes internacionais convidados.