He is co-author of TA Today: A New Introduction to Transactional Analysis, 2nd Edition (2012) and Personality Adaptations: A New Guide to Human Understanding in Psychotherapy and Counseling (2002) and author of the Joines Personality Adaptation Questionnaire and JPAQ Administrative, Scoring, and Interpretive Kit (2002). The four positions based on combinations of I'm OK you're OK were not shallow but were the most useful part of the whole theory. I think the four positions are great shorthand descriptions about real personalities that people are born with. In Jungian terms I'm OK you're OK are Intuitives and expresses the openness of creative non-authoritarian types. I'm not OK you're OK are the Feeling types. Sensitive to keeping peace at all cost with others. Heal your past. Our past has a major impact on the person we become, though often at an unconscious level. Being involved in coaching I tend to help clients focus on the present and future without processing the past too deeply, though the past cannot be disregarded. Many people have a significant level of shame and bitterness toward past events and people, which has a serious impact on their level of contentment in the present. Ruminating on past mistakes and trauma is a major factor in mental illness. We can learn to work through negative baggage by forgiving ourselves and others and letting The authors briefly describe the origins, theory, and development of interpersonal psychotherapy: its roots in clinical outcome research, its spread from major depression to other psychiatric disorders and its increasing dissemination as an empirically validated clinical intervention included in treatment guidelines. They attempt to forecast research, organizational and training issues the growing interpersonal psychotherapy community may face in the future. Copyright (C) 2012 John Wiley & Sons, Ltd. Discover the world's research.