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I'm a Teaching and Supervising Transactional Analyst (psychotherapy), certified by the European Association for Transactional Analysis, and director of the PerFormat Psychotherapy Specializing School in Pisa, Albenga, and Catania, Italy.

I work as psychotherapist in private practice with individuals, couples, and groups.

I founded PerFormat Salute, a professional network for the promotion of psychophysical health involving over 100 professionals, including counselors, psychologists, psychotherapists, and psychiatrists representing over 30 specialty practices around Italy, all of whom share the same TA ethical code and methodology.

I am the author of Psychodynamic Psychotherapy with Transactional Analysis: Theory and Narration of a Living Experience (Karnac Books, 2015) and of several articles published in specialized journals, including Group Imago and Dreamwork in Group Therapy (2015), and (co-authored with Anna Massi), Contemporary Perspective on Transactional Analysis Group Therapy (2018), both published in the Transactional Analysis Journal.

Profile on <https://www.researchgate.net/profile/Anna-Tangolo>