

## Volunteers Wanted!

### Call for TA 101 Exam Markers

Occasionally, a person interested in transactional analysis is unable to attend a TA 101 course. In such cases, answers to the questions listed in the *Training Handbook* can be submitted to the ITAA/Training & Certification Council in lieu of taking the course in person. Those exams need to be graded, and we are in need of volunteers to do that. Any PTSTA or TSTA can mark exams. If you are interested in being on the TA101 exam marker list, please contact Janet Chin, the Training and Certification Coordinator, at [tc.admin@itaa-net.org](mailto:tc.admin@itaa-net.org).

### Help Needed to Answer Inquiries about Transactional Analysis

People from all over the world and from all walks of professional and everyday life continue to be interested in transactional analysis. We know because we frequently hear from them when they contact the ITAA office or staff via the Web site, e-mail, fax, letter, or phone. In addition to requests for information about transactional analysts in their area, becoming an ITAA member, or purchasing ITAA books and videos, we also receive specific questions related to transactional analysis theory and practice. For example:

"I am a teacher trainer at the university level and would like to obtain information about transactional analysis and teacher training."

"Could you suggest someone who is using transactional analysis with teens who are aggressive and have abuse histories?"

"I am writing a paper on transactional analysis and the treatment of bulimia nervosa and would like to know where I can find information on TA and eating disorders."

"I am writing my dissertation on narrative therapy and would like to contact someone who has combined this with transactional analysis."

"I am working on an assignment on transactional analysis in organizations for my graduate program. Do you know of someone who has expertise in this area?"

"I am doing a paper on transactional analysis and I need quantitative data to support the theory. Any information would be helpful."

As you can see, many of these inquiries come from students or authors, both groups we need to reach out to as a way of raising awareness that transactional analysis is a viable theory and practice that has significant benefits to offer clinicians, educators, and organizational specialists today.

However, because our office staff is now so small, it is difficult and sometimes impossible for us to give these inquiries the attention they deserve. We are, therefore,

*continued on page 3*

# Thinking about Suicide: Learning from Clients

by Bill Cornell

While I have learned much over the years about suicide from reading and discussions (often arguments) with colleagues, it has been from my clients that I have learned, and continue to learn, the most.

I was delighted last year to receive Bob Drye's (2006) article entitled "The No-Suicide Decision: Then and Now." It was a wonderfully rich and informative piece, read and discussed by many and reprinted in the United Kingdom's *ITA News*. I was personally pleased with Bob's piece because his 1974 article on stroking the rebellious Child was a pivotal one for me in my transactional analysis training. It was the concept I used as the basis for the teaching portion of my Teaching Member exam (which I did entirely in the voice of Grover from Sesame Street). In his recent *Script* article, Bob reminded us of the history of the concept, its diagnostic function, and that the intervention represented an invitation for a decision rather than the establishment of a contract. Bob's article led to further reflection for me, as I have often questioned the ways in which the "no-suicide contract" has come to be used in transactional analysis training and practice.

Suicidal risk is an inevitable element in our human relations work. Few in our fields of practice escape confrontations with clients' loss of will to live or active desire to die. These issues force us to face the limits of our influence on others, our responsibilities in the face of such feelings and

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intentions in our clients, our own personal ideologies and values, and countertransference reactions, not to mention ethical and legal requirements. It is a topic that must remain open to study, reflection, and discussion. I have thought back over my work with suicidal clients during the past few years as I prepared to write this piece for *The Script*, and two recent clients have read earlier versions of this article and contributed their own thoughts.

In their introduction to *Essential Papers on Suicide* (1996)—part of the wonderful New York University Press series of "Essential Papers" compilations—the editors, John Maltsberger and Mark Goldblatt, wrote:

Trainees are taught to tick off items in the *DSM IV* checklist for the major depressive syndromes, but they are not taught how to assess depressive anguish. Indeed, anguish is not even listed among the criteria for diagnosing depression in the standard nomenclature (American Psychiatric Association, 1994, p. 327). There we find "depressed mood" and

"diminished interest or pleasure" mentioned, but nothing explicit to direct attention to the howling wind of depressive agony. (p. 1)

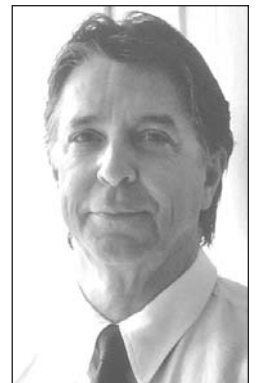
With the no-suicide intervention developed by Bob Drye with Bob and Mary Goulding (1973) and as redescribed by Bob Drye (2006), we have an invaluable tool for immediate risk assessment and emergency intervention. It is a technique that has come to be widely used across psychiatric and mental health disciplines. Here I wish to expand on modes of thinking and intervention that speak to the meaning of suicidal thoughts and intentions that offer clients alternatives to suicidal actions.

Edwin Shneidman (1996, 2001) has devoted his career to research about and treatment of suicide; he writes with clinical clarity and compas-

sion, never pathologizing suicidal drives. I originally learned of his work from a client who was trying to understand her suicidal feelings. Shneidman (1996, p. 25) lists clusters of frustrated psychological needs that often underlie suicidal ideation. He emphasizes five categories:

- Thwarted love, acceptance, and belonging related to frustrated needs for succorance and affiliation
- Fractured control, predictability, and arrangement related to frustrated needs for achievement, autonomy, order, and understanding

*continued on page 2*



Participants at the November 2006 Multilevel Training in Shoranur, Kerala, India

## Multilevel Training: Expanding Boundaries

by Sashi Chandran and Uma Priya

The transactional analysis community in South India eagerly awaits the multilevel training (MLT) every year as a time when transactional analysis trainees and trainers come together to learn, unlearn, construct, deconstruct, move, and take breaks to reflect on their transactional analysis journeys.

A gift of Charlotte Daellenbach, TSTA (psychotherapy), and Elana Leigh, TSTA (psychotherapy), to the transactional analysis community here, the first MLT was held in January 2002 in Chennai. The following MLTs took place during the Pongal holidays in January every year in Bangalore, Coimbatore, Chennai, and Shoranur, respectively. Since the venue in Shoranur—the River Resort—seemed idyllic and perfect for the MLT, some of the participants opted for a repeat there in November 2006. Eventually, the event

was changed from January to November because Pongal—the harvest festival in South India—is an important time to bid good-bye to the old and to welcome spring and spend time with family.

Charlotte and Elana made their yearly pilgrimage (except one year when Elana did not come) to India in January for 5 years for the MLTs. At the January 2006 MLT, they announced that it was their last MLT, which resulted in intense emotional reactions among the trainers: "It's so sudden," "How will we do it without you?" and so on. Charlotte and Elana stood their ground and stated their conviction that P. K. Saru and Sashi Chandran as TSTAs were well equipped to lead future MLTs. With mixed feelings and some apprehension, the trainers agreed to move forward without the architects of the MLT. Thus, the sixth MLT was held in Shoranur from 24-26 November 2006, with Saru and Sashi at the helm.

*continued on page 7*

- Assaulted self-image and the avoidance of shame, defeat, humiliation, and disgrace related to frustrated needs for affiliation, dependence, and shame-avoidance
- Ruptured key relationships and the attendant grief and bereftness related to frustrated needs for affiliation and nurturance
- Excessive anger, rage, and hostility related to frustrated needs for dominance, aggression, and counteraction

It is interesting that in the midst of Shneidman's extensive reviews of the literature on suicide, I could find no reference to the use of no-suicide decisions, although I found his thinking very consistent with our values and practice in transactional analysis. He vividly describes the dark, self-reinforcing spiral of the suicidal mind, in which virtually all experience leads to the same conclusion: Death is the only or best alternative to an unendurable life. It is the closing off of the suicidal mind that Shneidman addresses with theoretical and technical clarity. He writes:

One of the first tasks of any aspiring helper or therapist with a highly suicidal person is to address the constriction [of thinking], to "widen the blinders," to let some light in so that the person can see new angles. And, as we will see, the therapist must gently disagree with the death-laden premises of the suicidal person. The suicidal person's thinking pattern has constricted; often it is dichotomous with only two possibilities: yes or no, life as I want it or death, my way or nothing. (Shneidman, 1996, pp. 60-61)

Shneidman goes on to illustrate how he creates a "lousy list" (called lousy because when a client is actively suicidal, it is a bit grandiose to expect him or her to feel enthusiastic about much of anything; the therapist needs to accept and tolerate the despair). The "lousy list" is a list—drawn up by the client and therapist together—of possible options in the face of the despair, and suicide remains one of the options on the "lousy list."

This idea raises the question of how to "gently disagree" with a client's suicidal ideation without becoming overly parental and controlling and while promoting thinking and exploration of new possibilities.

Script-level change can create periods of severe stress, guilt, and anxiety both intrapsychically and interpersonally. It is not uncommon for people in the midst of significant script change to find themselves with suicidal fantasies. I recall one woman, very bright and competent, who was on the verge of making immense life changes that went against the patterns of her past, familiar ways of doing what others expected. She faced the dismay and disapproval of her family and was suicidal. I said to her, "You are experiencing what a dear friend of mine once called 'deep psychic doodoo'" (which transactional analysis therapists are more likely to call script change). She greeted this with curiosity and humor, asking if it was a category in the *DSM IV*. It's not, although perhaps it should be.

**"Suicidal risk is an inevitable element in our human relations work. Few in our fields of practice escape confrontations with clients' loss of will to live or active desire to die."**

I assured her that I was looking forward to learning more about this struggle in her. I told her that I had learned something important from a book by James Hillman (1976) called *Suicide and the Soul* (which was given to me years ago by another suicidal client), in which he suggested that suicidal fantasies often represent the urgent need to kill off one's life as one has been living it rather than ending life itself. Key to Hillman's perspective is the willingness (necessity, he would suggest) to experience the client's suffering together and out of that suffering and anguish to find meaning. The whole book is a reflection on the darker aspects of human experience. I assured her that both her anguish and her autonomy would be taken seriously in our work, even as she suffered the judgments of friends and family.

Another client, a man, had to drive across a bridge over a major river to get to my office. For several sessions he reported that as he drove over the bridge, he had the fantasy of stopping his car and jumping off the bridge. Initially, I responded by wondering if the confusion, guilt, and hope he experienced in coming to see me felt like too much as he got close to the office, so the bridge would be an end to his internal conflicts and confusion. We would take some of this up, usually briefly, in each session.

One day I responded—with rather obvious humor and affection—"Well, if you do decide to jump off the bridge, take a minute to call me on your cell phone so I won't think you're just stuck in traffic and I can make use of the time rather than sitting around waiting." "Don't they give you empathy classes in grad school?" he replied. "Yeah, but I skipped empathy and statistics—always thought they were overrated," I said. I would rather argue with him than empathize, I explained, just as he needed to stand up for himself in the picture rather than take himself out of the picture. My comment, as one might expect, moved our conversation into other directions, that is, into his fantasies (and mine) about how those around him would respond should he actually jump off the bridge. Would anyone care all that long? Would most people think he deserved to take his life?

At a subsequent session he told me that this time his fantasy was of driving the car off the bridge rather than just jumping. "What do you make of that?" he asked. I responded, "Maybe you're looking for a way to make a bigger splash," this being related to his fear that should he actually commit suicide, it would not have that much impact on his family. I told him my wise-ass comeback was a comment on his rather bizarre idea that somehow driving his car off a bridge might make a bigger impression on those around him than the life he has led and what he could do in the future.

Another man spoke frequently of his sense that it was "ethical" to commit suicide when he had made decisions and taken actions that caused others pain or harm. Once he asked me for my opinion about what he was saying. I clarified that he was asking me for my personal opinion and values and then told him, "No matter what the rationale, I think suicide is profoundly unethical and fundamentally selfish. If one causes pain or harm to others—and we all do at one time or another, unintentionally or intentionally—one has the responsibility to deal with the pain. I have worked with many people over the years who have had parents, spouses, or other loved ones commit suicide, and the consequences for the living are horrendous." My client had never considered this possibility, having always imagined his death as a relief to himself and others and never considering that it might, in fact, be viewed as hostile and/or tragic by those left behind.

One client told me that during 20 years of previous psychotherapies—not one of which had changed his suicidal ideation—he was always told, "Don't do it," which he translated into "Don't even think about it." He had not done it, obviously, but the feelings and fantasies persisted with disturbing regularity. He asked me to agree that no matter what else we spoke of in a given session, we would always take some time to talk about suicide. I agreed. Given the intensity of our focus, we also worked out a contract for between-session phone contact (something I rarely do) when he needed to touch base. He is one of the clients I asked to review my first draft of this column. He wrote back, "Many therapists are afraid to discuss an individual's desire to end his or her life, but those discussions make suicide less frightening and more objectionable."

A female client spoke frequently of her suicidal fantasies, insisting on her right to end her own life if she so chose. She was unmarried, had no children, and felt her life was her own with no obligations to anyone. I saw her life as more subtly suicidal, filled with self-destructive and self-inhibiting patterns of life. We discussed all of this openly, vigorously, sometimes contentiously. One day she asked why it was that with all of our conversations about suicide, I had never once made any reference to hospitalization. I explained that if I had her hospitalized, she would be held briefly, medicated, and sent

**"How do we 'gently disagree' with a client's suicidal ideation without becoming overly parental and controlling and while promoting thinking and exploration of new possibilities?"**

home. I would have covered my ass, but I imagined she would feel even more defective, ashamed, and even more like committing suicide. I said bluntly, "You are an intelligent woman. You use that intelligence in some areas of your life, but certainly not all. I expect you to bring your intelligence to the issues that cause you to feel suicidal and to figuring out how to live the life you want to live." I perhaps failed to "gently" disagree with her suicidal ideation, as Shneidman recommends, but disagree I did. We are now actively engaged in challenging her constricted thinking, working together to understand both its childhood roots and its current life consequences.

Shneidman draws on Karl Menninger's classic *Man Against Himself* (1938), emphasizing the need for therapists to attend not only to direct, lethal acts of suicide but also to what he calls patterns of "subintentional" death (p. 63). He elaborates Menninger's categories of "chronic

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suicide" (asceticism, martyrdom, neurotic inviolism, alcoholism, smoking, etc.), "focal suicide" (self-mutilation, psychologically laden accidents, etc.), and "organic suicide" (exacerbation of psychological factors that promote organic disease).

Shneidman's books are rich in clinical understanding and techniques. I hope many of you will follow up on my comments by reading the books listed at the end. There is much more I could summarize here from *The Suicidal Mind*, but considering space limitations, I want to finish with a fascinating commentary Shneidman offers toward the end of the book. He is reflecting on the mass suicide among the Nazis (after their slaughter of millions) in contrast to the way the Japanese emperor chose to handle defeat. On 14 August 1945, in a rare radio broadcast (Shneidman mentions that most Japanese had never heard the voice of their emperor), Emperor Hirohito told his people, "It is according to the dictates of time and fate that we have resolved to pave the way for a good peace for all generations to come by enduring the unendurable and suffering what is unsufferable" (as cited in Shneidman, 1996, p. 161). Shneidman comments, "He ordered his people to live. Sometimes the most difficult thing in the world is to choose to endure life" (p. 161).

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## ITAA The Script

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If we do not or you are not absolutely sure, please send your current contact information to us at [itaa@itaa-net.org](mailto:itaa@itaa-net.org).

Do it now so that you don't miss out on any important communications!

## Lessons from Transactional Analysis (Hint: TA Isn't Just for Clinicians)

by Angela Berquist

Most transactional analysis people I have met are practicing therapists or have some sort of prior connection to clinical psychology or to business (two professions that depend heavily on establishing constructive Adult relationships with others). My situation is somewhat different: My background is in abstract philosophy and in discovering, and working with, varying forms of expression in my creative writing. In short, I spend a great deal of time with my Child.

So, the pressing question is what have I learned from Eric Berne, someone whom I might find distant from my experience. Ah, but there's the rub: By integrating Berne's ideas into my life and work, I am able to give stronger "legs" to what I do. His work presents a practical model that gives me room to experiment while keeping me centered.

It is not that I'm a perpetual Child, but it has been helpful to bolster the voice of my comforting Parent when frustrated by those creative and influential people who seem unable to emerge from the "selfish child" figure who occasionally comes out in publishers, agents, critics, and in some other writers—primarily due to readers who seek only unchallenging entertainment (i.e., most readers). It can be quite a "cutthroat" business writing for publication for the general public, particularly when making a profit is of

concern. Few care to challenge readers, let alone stimulate growth.

As a writer who seeks to promote growth, I refuse to give in to frustration. Instead, I prefer to establish as healthy a relationship to others as possible—even when the others are not always kind. For example, I find it difficult to accept rough criticism that is not accompanied by constructive suggestions about how to improve my work, especially since many observations actually have potential merit. From a transactional analysis perspective, I realize improvement is not always

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*"As an author, I want a free voice that invites new experience and is not bound by certain scripts that repeatedly define my work. I want to be myself, but I also want to discover how much more of myself I can be."*

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easy, since ego sometimes raises its childish head. Using transactional analysis, I recognize this is what is happening and can stop it before it becomes a problem! In this case, transactional analysis helps me to transform possible irritation by supplying me with alternative views with which to transform what others have said into something useful. In short, I learn to make the best out of

what I hear. I am able to talk to myself so that I understand and acknowledge differences in opinion and move on without dragging along negative residue from my interactions. There is no reason to carry extra baggage.

All this is certainly important, but there are some subtler aspects that should not be overlooked, namely, that as an artist, I wish to develop a complex, multifaceted "voice" that successfully interweaves the best (and occasionally the worst) of human experience into my personal expression while standing outside and observing this experience. Positive integration is everything. The ability to work convincingly using different perspectives is highly desirable, especially when I learn that there are different aspects of a single personality and that, while being part of one person, these parts express themselves differently. They even speak a different language!

Perhaps the greatest danger is to replay scripts again and again that are reflected in my work. For example, it is not unusual for an author to have, say, an unresolved issue with his or her parents that appears repeatedly in the person's work. In effect, the author is trapped in this issue and all of his or her work involves writing and rewriting about the same theme. The author has taken on a particular script, which means there is no freedom. As an author, I want a free voice that invites new experience and is not bound by certain scripts that repeatedly define my work. I want to be myself, but I also want to discover



how much more of myself I can be. For this, transactional analysis is a wonderful tool for unfolding elements of myself that I never knew existed. It gives me a sense of control in self-knowledge that allows me to embrace new risks.

I draw great comfort from transactional analysis and from all the TA people around me. You are special. I wish the world understood more of TA!

Angela Berquist has a PhD in consciousness studies and is an author of both fiction and non-fiction. She is editor of the USATAA newsletter, The NET. She thanks Fanita English for introducing her to transactional analysis and chuckles that the introduction worked because "we are so much alike that being together is like speaking with myself." Angela can be reached at 1940 Greenwood Ave., San Carlos, CA 94070, USA; e-mail: zadekim@comcast.net.

## French Journal Focuses on "Dreams"

With this article we continue our series on the contents of recent transactional analysis journals other than the Transactional Analysis Journal. We view this as a way to let readers know about the work colleagues have done that they might otherwise be unaware of and to build connections between authors and researchers in transactional analysis worldwide. To further this project, we urge editors of other transactional analysis journals to send us abstracts (in English) of articles from recent issues along with the full title of the journal in its original language (with an English translation); the theme of the issue (if there is one) in the original language (with an English translation); the volume, number, month, and year; the name of the editor; and the name of the sponsoring organization.

**Actualités en Analyse Transactionnelle [Current Events in Transactional Analysis]**

Number 115, July 2005  
"Dreams"

Edited by Elyane Alleyson

### Articles in This Issue

**"Le r ve, miroir de l'inconscient" [The dream as a mirror of the unconscious]** by Helene Ghiringhelli (pp. 1-16) presents an overview of the history of the interpretation of dreams by Freud, Jung, in Gestalt therapy, and by the Senoi tribe. From the point of view of transactional analysis, the author examines the relationship between dreams and contract goals and groupwork. She also discusses the use of dreams in working with other transactional anal-

ysis concepts, such as ego states, life positions, rackets, messages and injunctions, scripts, the parallel process, and impasses. The use of dreamwork in redecision work, as taught by George Thompson, and Alain Crespelle's concepts of the "seven steps of the dream" are explained. In the conclusion, the converging elements of the different approaches are brought out and future possibilities are proposed for using transactional analysis concepts as a system linking dreams to the unconscious in groups or in transference.

**"Quand le transfert se r ve" [When transference is in the dream]** by France Brecard (pp. 17-26) suggests that often the transference is obvious in a dream when the therapist appears in person or slightly disguised. However, this is not always easily evident. Objects, or extremely unrelated people, may also appear. The author gives several definitions of transference and then presents two case studies of work with patients' dreams. In the work, she shows how these dreams offered the possibility of discovering some of the unknown aspects of the transference and through this the patient's perception of his or her parents. Then, since therapists also have countertransference dreams, the illustration given shows the possible use of the therapist's dream in supervision.

**"Une analyse des r ves pour traiter les questions d'identité" [Dream analysis in the treatment of identity issues]** by Helene Cadot (pp. 27-37) presents a way of working with dreams linked to identity issues. To begin, the therapist listens attentively to the different elements in the patient's telling of the dream, and after asking if anything stands out,

he or she begins a search for the particular sense of this dream. The author describes Carlo Moiso's model of identity and the classification of dreams by Aeppi: dreams of identification, dreams of compensation, great dreams, and dreams of death. The work is centered on the passage from the social "mask" or pseudopositive position to the potential identity that will reveal the true self. The article gives several examples and an outline of the different stages. Dream elements are also linked to the relational needs of Erskine and Trautmann. To conclude, there is a philosophical reflection on the unconscious dreaming activity of the human condition inspired by Foucault and Binswanger.

**"R ve éveillé: Illustration d'une pratique" [Guided fantasy: A practical illustration]**

by Michele Benoit (pp. 38-47) offers a case study using guided fantasy based on the work of Simonton and Desoille. Work with a young anorexic patient shows the application of these methods with examples of their use in discovering and treating injunctions. The client is offered the possibility of exploring a certain depth of the unconscious and integrating what she has discovered. The use of drawings, collages, and modeling clay are featured. This approach favors an interaction that is rich, playful, and often astonishingly efficient.

**"Plongée dans l'abîme du r ve" [Voyage in the depths of dreams]** by Anne-Marie Guicquero (pp. 48-54) describes how for the author there is no magic or symbolic key that allows us to give meaning to dream elements but that dreamwork is the discovery by the dreamer of his or her own imagination. This is

something that he or she alone can explore and discover. Using gestalt techniques, the author invites the person "to be" the different elements in the dream he or she has created. This is done, not in terms of reality, but as an imaginary creation. Using another approach, the person may be asked to continue the dream in fantasy. Work on unacknowledged aggressive impulses may lead to the dramatic issues of script. Dreams are shown to offer unending possibilities for exploration of script; this work can dedramatize traumas and allow them to be handled creatively by avoiding confrontation that might be overwhelming. This work is helpful with all types of personalities except those who have difficulty separating reality and fantasy. To meet and know our "demons," the separation between what is reality and what is not is an essential protection.

## Volunteers Wanted

continued from page 1

putting together a group of members who are willing to answer such requests. We are interested in adding to this group people with expertise in clinical, educational, and organizational transactional analysis theory and practice as well as those who are versed in research in transactional analysis.

If you are willing to join this illustrious group, please send an e-mail message indicating your area of expertise to Script Managing Editor Robin Fryer at robinfryer@aol.com. You will then be added to a list of individuals to whom the ITAA office may forward inquiries on a revolving basis.

Announcing a Major New TA publication! **IMPACT**

## Mind, Body, Soul and Spirit in Transactional Analysis: An Integral Approach to Relationships

"It lifts transactional analysis to a whole new level. Best of all, Law does all this in a clearly practical way."

—James Allen, MD

"Brings powerful spiritual practices into everyday use and makes available significant aspects of the advantages of these to people using TA."

—Ken Mellor, TSTA

Relationships may be understood as the contact that emerges from observable social roles underpinned by interpersonal attitudes.

Using transactional analysis and other approaches, this book presents a series of models based on an analysis of the relationships that are created when contact between people links imagoes and roles to confirm existential life positions.

Because the models provide a meta-level framework for understanding and influencing any sequence of interaction, irrespective of setting or TA specialization, they give ample scope for practitioners to exercise widely differing preferences, techniques and strategies for interacting with clients in ways that encompass a transpersonal or "spiritual" view of relationships.

This book is a treasure trove for behavioural professionals, researchers and practitioners alike. In the best tradition of transactional analysis, Law's Existential Role Imago Contact Analysis (ERICA) is theoretically rich and immediately applicable. Its orientation to the positive and functional aspects of human behaviour makes ERICA just as useful in the contemporary psychotherapist's consulting room as it is in executive coaching, education and organizational consulting. Law's thorough mix of theoretical depth, comprehensive referencing and attention to detail, abundant creativity and compelling examples go a long way to helping us understand the roles we take and are given in our personal and professional lives.

—Gianpiero Petriglieri, MD, Psychiatrist, Visiting Professor and CBS Executive, Copenhagen Business School

Based on unflagging curiosity, persistent investigation, wide-ranging study and innovative thinking, the author gives us "ERICA", a new model for understanding and working with interpersonal relationships, applicable in every field. Beyond that, he makes bridges for understanding between TA and important ideas of recent leading thinkers in other disciplines, as well as dimensions of spiritual experience.

The author shows us how some of the very strengths of the way Eric Berne wrote, together with the way in which we who practice TA have neglected research, have unwittingly contributed to the "divides" that have been developing within TA and between TA and other theories and methods in psychology. He proposes ways to overcome these difficulties.

Whether you choose to focus on the ERICA model and its applications or to explore the wide-ranging diversity of topics considered in this book, you'll find it an important resource. It may inspire you to further investigations of your own, an outcome that will especially delight the author.

Theory, practical methods, case reports, exercises for self-supervision, a superb bibliography, author index, and subject index—this book is rich in material to enhance your understandings and your expertise.

—Nancy Porter-Steele, Ph., TSTA, RMFTC, past editor, Transactional Analysis Journal, Halifax, Nova Scotia, Canada

Gordon Law, Med, Teaching and Supervising Transactional Analyst, UKCP-registered transactional analysis psychotherapist. He has extensive social work experience, is a founder member of the ITA in the UK, has served on both ITA and EATA Councils, and represented the ITA at the United Kingdom Council for Psychotherapy. He has maintained a small psychotherapy practice since 1972 and has an interest in integrating TA, gestalt, Ericksonian hypnotherapy and meditation. He currently serves on the editorial board of the TAJ and is a director at IMPACT in Birmingham, UK.



This is a genuinely innovative contribution to the TA literature. Law's concentration on the analysis of relationships and his working out of models and templates by which this might be done is tempered with a good deal of human compassion, personal insight and immersion in a spiritual perspective. All in all, the word "integral" strikes me as particularly apt to summarise the overall approach. I think the volume will be invaluable to students and experienced practitioners alike. A fine, sensitive and challenging piece of writing!

—Andrew Samuels, Professor of Analytical Psychology, University of Essex

This is a very thorough scholarly examination of transactional analysis from a number of angles, including some important original thoughts. Unlike the vast majority of TA texts, it includes reference to and integration with the transpersonal—and this is the mainstream version of people like Walsh, Vaughan, Wilber and so forth—rather than the more mundane references to Physis found in other TA writings. It would be of most interest to trainers or the expert practitioner.

—John Rowan, BACP Accredited Counsellor, UKCP-registered psychotherapist & author

Go to <http://books.google.co.uk/> to preview selected pages. See too, the upcoming review by Mary Goodman in the TAJ

Published by [www.impact-uk.org](http://www.impact-uk.org)



ISBN 978-0-9552287-0-4

Paperback, 396 pages

Forewords by James Allen, MD, Ken Mellor, TSTA

ITA/EATA/ITAA members offer: £20 / €30 / \$40 PLUS P&P per copy @ £2.50 for UK, €10 for Europe, \$18 elsewhere. Checks must be drawn on a United Kingdom bank payable to Gordon Law at 5 Bawdsey Avenue, Malvern WR14 2EW United Kingdom

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ITA Conference, York, UK (April '07)  ITAA Conference, San Francisco, CA (August '07)

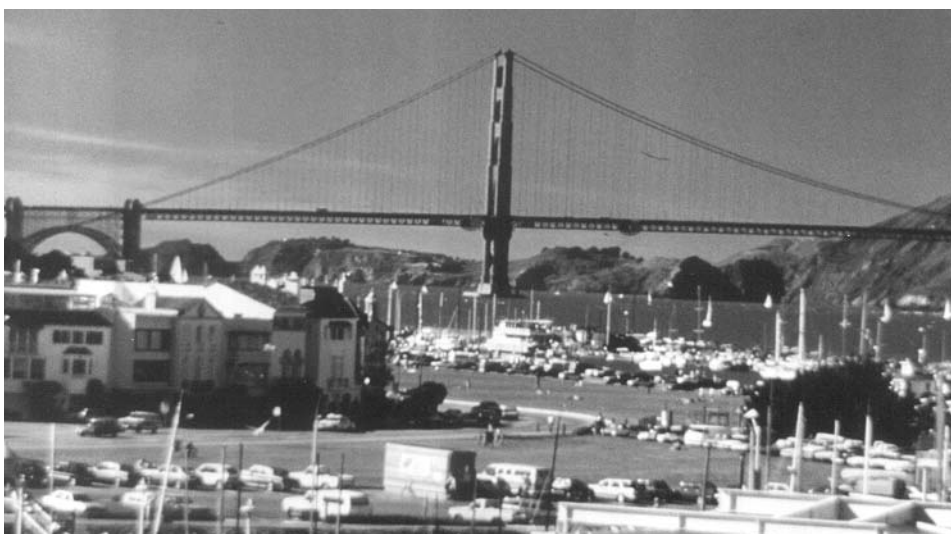
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# CONFERENCE UPDATE

## “Cooperation and Power: Relationships, Choices, and Change”

San Francisco  
8-12 August 2007  
Westin Hotel  
San Francisco Airport



Sponsored by  
the ITAA and the  
USA TA Association

**Earn CEUs • Network with Colleagues • Learn State-of-the-Art Transactional Analysis**

## SPECIAL EVENTS

### Special Workshops

In addition to a full scientific program, we are happy to announce preliminary details of two all-day events. On Thursday, Elyn Bader and Pete Pearson will present an all-day workshop on couples: In the morning Pete will present on “Breakthrough Strategies for High-Conflict Couples,” and in the afternoon Elyn will present on “Is It Symbiosis or Is It Intimacy?” Then on Friday Richard Erskine will present an all-day workshop in two parts on “The Psychotherapy of Obsessing, Habitual Worrying, and Repetitive Fantasizing” (it will be possible to attend either or both parts). Watch upcoming *Scripts* for more information on these special events as well as the larger schedule of workshops, panels, and papers.

### Presidents' Meeting & Luncheon

ITAA President Gianpiero Petriglieri will be inviting the presidents of all transactional analysis associations to join him for an informal morning meeting on Wednesday 8 August to be followed by a luncheon. This will be a time for the presidents to meet their counterparts from around the world, to share their hopes and concerns, and to increase their network of contacts and resources.

### Wednesday Welcome & Party

Join us for the conference opening on Wednesday night. There will be remarks by ITAA President Gianpiero Petriglieri, by the new USATAA Coordinator (as yet unknown), and the opening keynote speech by former ITAA president and Berne colleague Jack Dusay. Following the speeches, we will warm up to each other over good food and end the evening with dancing to the sounds of the band Round Midnight.

### Thursday Night Gold Rush Picnic

On Thursday evening there will be a Gold Rush picnic featuring local American specialties and a delightful setting at Coyote Point Park along the San Francisco Bay. There will be a great view, wonderful walks, and delicious food (e.g., marinated tri-tip, BBQ chicken, vegetable lasagna, grilled vegetables, tossed salad, fruit salad, garlic bread, etc.). The park includes the Environmental Education Museum ([www.coyoteptmuseum.org](http://www.coyoteptmuseum.org)), which we will be able to visit. For more information and photos of the setting for our Gold Rush picnic, see <http://baytrail.abag.ca.gov/vtour/map2/access/CoyotePt/CoyotePt.htm>.

### Friday Night on the Town in San Francisco

San Francisco is known for its culinary expertise and has some of the finest restaurants in the world. Many of them are booked several months in advance, so we suggest you make reservations at more

popular places by going online soon to [www.opentable.com](http://www.opentable.com). We will be offering bus rides into the City on Friday night (additional cost, see registration form) or you can take the hotel shuttle to catch BART (Bay Area rapid transit) from the airport right into San Francisco. There are several professional theaters; check out the Orpheum Theater, Geary Street Theater, and others at [www.ticketmaster.com](http://www.ticketmaster.com). Also, comedy clubs, jazz clubs, and blues clubs abound; for a list of what's going on that Friday night, check [www.sfgate.com](http://www.sfgate.com). There will be more information at the registration desk during the conference.

### Saturday Night Gala Dinner & Dance

You will not want to miss this fantastic evening, a tradition of transactional analysis conferences. After an exceptional dinner prepared as only the Westin can, you will have the chance to dance the night away to the sounds of Soul, an eight-piece group that blends the classic

with the current to create a hip new flavor of funk, rock, and soul. After several days of sitting for workshops and speeches, come and enjoy the energy and joy of a TA dance party!

### Watch the Blog

To promote the joint USATAA/ITAA conference, we will be offering vintage transactional analysis material that people can download online between now and next August. We are doing this so that people will stay on the mailing list and get frequent reminders about what is coming up. The materials will be placed on the conference Web site as PDF files accessible only through links sent to people on the mailing list. If you want to be included, go to [www.usataaconference.org](http://www.usataaconference.org) and write to [conference@usataa.org](mailto:conference@usataa.org) asking that your name be added to the list.

### About USATAA

The United States of America Transactional Analysis Association (USATAA) is an association of professionals who use transactional analysis in whatever field they are involved in. Our focus is on providing quality educational experiences for our membership (hence this conference) as well as the revitalization of the transactional analysis community in the United States. We are currently involved in an education project to disseminate transactional analysis training in several professional venues. The training program is modeled after the training modules we deployed in Jamaica and Ottawa, Canada. For more information about us and our activities, please visit our Web site at [www.usataa.org](http://www.usataa.org).

### Principles of Transactional Analysis Course (TA 101)

The principles of transactional analysis course is a contemporary equivalent of the basic TA 101 course. In a format that will include lecture, experiential exercises, and group interaction, presenters from around the world will teach the unique perspective of their country of origin, and participants will thus learn cultural aspects of transactional analysis as well as fundamental concepts. This class will also include discussions of recent innovations in theory and practice. Faculty will include Gloria Noriega (Mexico), Anne de Graaf (Netherlands), Jan Grant (Australia), Fanita English (USA), Fatma Torun Reid (Turkey), Claude Steiner (USA), Taibi Kahler (USA), and Steve Karpman (USA). A DVD will be produced of this class, and participants will receive a free copy for their attendance. For more information, contact Gaylon Palmer, MSW, vice president of development at [gaylonlcsw@aol.com](mailto:gaylonlcsw@aol.com). Continuing education units will be available for this course.



Visit the conference  
web site at  
[www.usataaconference.org](http://www.usataaconference.org)



## Clarifying TAJ Copyrights

by Bill Cornell, Jan Morrison, and Ann Heathcote

Periodically, questions, as well as misinformation, arise about the copyright policies of the *Transactional Analysis Journal* and the ownership rights of authors who publish in the *TAJ*.

During 2004 and 2005, the ITAA worked closely with a copyright attorney while doing the large project designed to obtain assignment of copyrights for *TAJ* articles published from 1971-1993. This project was undertaken in response to several requests to republish large amounts of *TAJ* material, including on the CD-ROM (now known as the TAJDisk) assembled by Graeme Summers in his effort to provide computer-based accessibility for most *TAJ* articles from 1971-2000.

This copyright project required an enormous commitment of time and work by ITAA staff and others. The effort was deemed worthy, however, because it promised to make the *TAJ* literature available worldwide to a new generation of transactional analysis practitioners with much more ease of accessibility than tracking down old, often hard to find issues of the *Journal*. It was a complex process that involved attempting to contact all authors of *TAJ* articles published between 1971 and 1993 (after which time authors signed a standard copyright contract). This was necessary because for articles published before 1993, the authors retained copyright and permission had to be obtained for any later translation and/or republication.

Unfortunately, but not surprisingly, although multiple attempts were made to find authors from 1971-1993, many had died, could not be found, or did not respond. Nevertheless, going through all these efforts paid off. Most authors we were able to contact were generous in signing over their copyrights to the ITAA, so we can now efficiently and quickly respond to translation/republication requests. Along with our current

author contract, this means that *TAJ* articles old and new can now be disseminated to a wider audience around the world.

However, we want to clarify that even though many *TAJ* authors have assigned copyright to the ITAA, they retain full rights to use their work



*"For 36 years the ITAA has funded the publication of the TAJ and the dissemination of transactional analysis theory throughout the world. Now, when our staff and resources are so limited, to continue responding to requests to disseminate that body of literature, we need to be able to do so efficiently and legally."*

in books, teaching, and electronic media such as Web sites. Not all professional journals are so generous and considerate of their authors. It is standard procedure among professional journals that the journal holds copyright, although permission is readily granted to authors for the

reprinting of articles in other contexts, so long as the source of the original publication is noted.

Some authors choose to amend our standard contract; we accept most of these amendments and then work within those parameters when we receive reprint requests for that article. Other authors are not willing to assign their copyright to the ITAA, in which case they stipulate that on their contract; then, when a reprint request comes in, Robin Fryer (as managing editor of the *TAJ*) either refers the inquiry to the author directly or contacts the author to obtain permission before

giving it to a third party. (It is no small feat keeping track of these kinds of amendments and exceptions!) In no instance have we refused permission to an author to use his/her own work subsequent to publication in the *TAJ*.

The point of having copyright for *TAJ* articles assigned to the ITAA via the author contract is so that (1) it does not take a substantial amount of administrative time/money to address large permission requests in the future (such as the TAJdisk, the translation of EBMA articles into Spanish and Taiwanese, etc.) and (2) so that we have clear copyright ownership for articles when we no longer can easily contact the authors due to death, moving address, dropping membership, and so on.

Our goal is not to make money off *TAJ* articles or to keep authors from having full access to and use of their material. We, and almost all our authors, understand this as a fully cooperative venture, with ITAA serving as a central clearing house so that authors' materials are more widely circulated throughout the world.

For 36 years the ITAA has funded the publication of the *TAJ* and the dissemination of transactional analysis theory throughout the world. Now, when our staff and resources are so limited, to continue responding to requests to disseminate that body of literature, we need to be able to do so efficiently and legally. Almost 1,000 authors have contributed to the ITAA over the last 36 years, with more joining that group all the time. With today's fluid societies and changing media, responding to reprint/translation permission requests quickly becomes a nightmare if not impossible without most of our authors assigning copyright to the ITAA.

The ITAA does not profit from the work of our authors. Quite to the contrary, it is the expenditure of ITAA funds that ensures the publication of our members' work and ideas and the continuing evolution of transactional analysis theory and technique. Many authors would not see the publication and dissemination of their ideas were it not for the financial investment of the ITAA, the work of Robin Fryer, and the hundreds of hours volunteered every year by the coeditors and our editorial board of reviewers.

*Bill Cornell, Jan Morrison, and Ann Heathcote are the coeditors of the Transactional Analysis Journal.*

## Nominations Sought for ITAA Board

The ITAA is seeking nominations for the following elected positions:

**Officers** (nominations allowed from any region and elected at large by all ITAA voting members)  
**Vice President of Internet** (2008-2010)

**Regional Trustee** (only voting members from a given region may be nominated and only voting members from a given region will vote for the trustee to represent that region)

**I from Europe** (2008-2010)

Nominations require the name and consent signature of the nominee (it may be yourself), the name of the person making the nomination, and the name of the person seconding the nomination. To be eligible for nomination, trustees may not have already served two consecutive terms of office in any position on the board. Position statements (charters) that describe the function and selection criteria for each of the officer positions are available from the ITAA office. Nominees are encouraged to read and understand these before accepting nomination.

There is also one vacancy on the board that can be filled by board appointment for the remainder of the term of office: Treasurer (2007-2009). If you are interested or wish to suggest someone else to fill this vacancy, please contact the ITAA office.

Send nominations to the ITAA Secretary and Nominations Committee Chair Lorna Johnston at thechangeinstitute@shaw.ca or fax to her at 1-403-243-4209. **The deadline for nominations is 31 May 2007.**

**Election Procedures:** As per the ITAA bylaws (revised 1996), if there is no more than one candidate per position, there will be no ballot, and the results of the election will be announced in *The Script* newsletter. If there is more than one nominee for a position, a ballot will be mailed to all voting members within 60 days of the close of nominations. The deadline for return of ballots is 60 days from the date of mailing. The results of the election will be announced to the candidates within 30 days after the election results are determined and to the voting membership as soon as practical thereafter.

## WELCOME TO NEW MEMBERS

Congratulations to New Members. Our apologies to the September 2006 new members for not publishing their names sooner.

| NEW MEMBERS                               | MEMBERSHIP SPONSOR |
|---|--------------------|
| <b>September 2006</b>                     |                    |
| Helen Mary Asbury, UK                     | —                  |
| Ganesan H., India                         | —                  |
| Andrew Frances Jackson, Australia         | —                  |
| Rafeek S., India                          | —                  |
| Stephen V.V., India                       | —                  |
| Yoon Bok Young, South Korea               | —                  |
| <b>December 2006</b>                      |                    |
| Anita Barnes, USA                         | —                  |
| Victoria Cole, UK                         | —                  |
| N. Michel Landaiche, III, USA             | —                  |
| Subrat Rath, India                        | —                  |
| Keiko Sakamoto, Japan                     | Tomoko Abe         |
| James Smelser, USA                        | —                  |
| <b>January 2007</b>                       |                    |
| Karen Chinnadorai, UK                     | —                  |
| Lucia Gibu, Peru                          | Gloria Noriega     |
| Maria Inez Cunha Vieira Goncalves, Brazil | —                  |
| Deborah Heath, Australia                  | —                  |
| Norihiro Horikawa, Japan                  | —                  |
| Catherine Hutchison, UK                   | —                  |
| Varalakshmi Vijaya Kumar, India           | P.K. Saru          |
| Dawn Lorraine McBride, Canada             | —                  |
| Godwin Onwujigbo, Nigeria                 | —                  |
| Deepak Patil, India                       | —                  |
| Andrea Perrett, UK                        | —                  |
| Esther Peze, Netherlands                  | —                  |
| Jessica Starkman, Canada                  | —                  |
| Francisco Szekely, Mexico                 | —                  |
| Niki Costas Tanto, UK                     | —                  |
| Jim Wrightsman, US                        | —                  |
| Raul Yanez, Peru                          | Gloria Noriega     |

## TAJ Articles Now Available On Disk

The *TAJdisk* is a research tool designed to complement and promote the existing *TAJ* paper journal. It is designed to run on a Windows PC and has the following features:

- Includes most *TAJ* articles from volumes 1-30 (i.e., from 1971-2000 inclusive). (A small number of pre-April 1993 articles will not be included where authors have refused permission to republish.)
- The collection of articles can be searched by title, author, year, or content. A search result will show a list of all articles found.
- Each article can be viewed, searched, or printed for personal use.

The *TAJdisk* is available now for £59 (currently about \$104), which includes worldwide shipping. A percentage of each sale is received by the ITAA, and bulk purchase discounts are available for training organizations.

Full details and purchasing are available at [www.tajdisk.co.uk](http://www.tajdisk.co.uk).

## Upcoming TAJ Theme Issue

### "Trauma and Resilience"

**Guest Editor: Sharon Massey**  
**Deadline for Manuscripts:**  
**1 January 2008**

Please follow the instructions to authors on the inside front cover of any recent issue of the *TAJ*. Please e-mail manuscripts to *TAJ* Managing Editor Robin Fryer, MSW, at [robinfryer@aol.com](mailto:robinfryer@aol.com).

**ITAA WEBSITE:**  
[www.ita-net.org](http://www.ita-net.org)

# Multilevel Training

continued from page 1

The purpose of the MLT is to provide a meeting point and experiences for trainers and trainees that will help them exchange ideas and share experiences about training and related issues and needs. The breadth and depth of learning that occurs during an MLT is awesome. A significant feature of the MLT is the theme chosen by the trainers based on their trainees' needs. With the theme as a focus, trainees (CTA) meet in small groups facilitated by PTSTAs, and TSTAs, in turn, supervise the PTSTAs.

A trainers' process meeting (TPM) precedes the MLT. The TPM provides an opportunity for trainers to attend to their process and to plan the MLT. The process work helps clear the air and create a climate in which trainers can work for the common goal of growth and development of the transactional analysis community. Usually an MLT has a minimum of one CTA and/or TSTA mock exam. Teaching sessions and panel discussions are factored in based on emerging trainee needs. The trainees witness the entire structure and process of training, supervision, and exams with micro and macro perspectives (see Figure 1).

As mentioned earlier, the sixth multilevel training, 24-26 November 2006, was held at The River Retreat in Shoranur, Kerala, India. Mr. Kunhunni, PTSTA (organizational) and founder of Sarani, organized this MLT with his team of trainees. Subtly and gently, Kunhunni and his team catered to participants' needs. For example, when someone wanted to pay for his wife's lunch, Kunhunni spontaneously stated, "How can you? She is part of us!" Unobtrusively, Kunhunni and his team members were everywhere, truly a demonstration of management through care and respect.

| SUBEVENT                                  | DESCRIPTION  | OUTCOME   |
|---|--|---|
| Tai Chi                                   | From 6:30 to 7:30 am conducted by Sashi Chandran   | Flow and flexibility  |
| Plenary                                   | Opening & Closing<br>Large group meeting: contracting, sharing, process  | Plans, strategies, information exchanges, group building, and closure   |
| Small Groups                              | Four groups of trainees met for six sessions: "Written Exams & Supervision," "Core Competencies" (two groups), and "Other Needs." PTSTAs took turn facilitating each group; they were supervised by the TSTAs in the presence of the trainees. | Experience of multilevel transactional analysis training and supervision; doubts clarified  |
| Written Exams                             | Teaching by Sashi Chandran   | <ul style="list-style-type: none"> <li>▼ Written exam demystified</li> <li>▼ Techniques for writing the exam</li> <li>▼ Motivation—to give the best</li> </ul>  |
| Core Competencies                         | Chairperson: Sebastian K A<br>Panelists<br>Counseling: Sashi Chandran<br>Educational: Uma Priya<br>Organizational: Suriyaprakash<br>Psychotherapy: Susan George  | <ul style="list-style-type: none"> <li>▼ Learning about the uniqueness of each field</li> <li>▼ Understanding the boundaries of different fields</li> <li>▼ Deciding field of specialization</li> </ul> |
| TSTA Mock Exams, Teaches, and Supervision | Kunhunni & Uma Priya took their TSTA supervision and teaching mock exams. Saru and Sashi Chandran alternated as chairpersons for the mock exams.   | <ul style="list-style-type: none"> <li>▼ Professional competency</li> <li>▼ Experience of TSTA exams</li> </ul>   |
| Trainers Process                          | At the end of each day   | Process of the day's subevents  |

Amidst the MLT activities, the trainers met during lunch and late evenings to complete the formalities for registering the South Asian Association of Transactional Analysts (SAATA). Susan George, C. Suriyaprakash, and I. A. Mohan Raj kept the process alert and alive with regard to the much needed technicalities. Plans for the first SAATA conference in Coimbatore from 26-30 September 2007 were crystallized.

The MLT is more than a transactional analysis training event. It is about creating an atmosphere

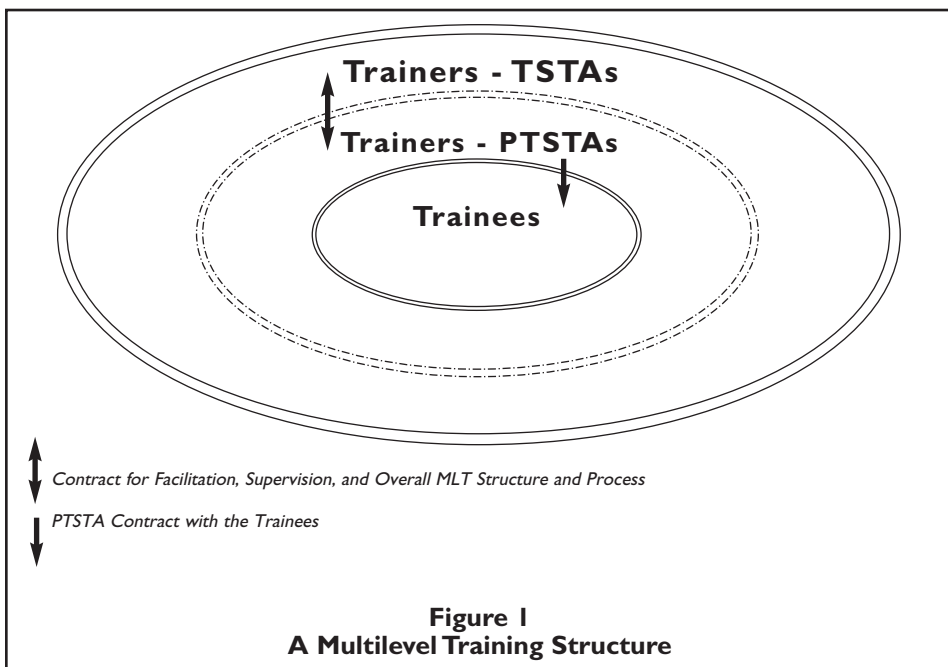


Figure 1  
A Multilevel Training Structure

The River Retreat—formerly one of the Cochin Maharaja's palaces—is located on the banks of the Bharathapuzha River. Also known as Nila, at 209 km it is the second-longest river in Kerala. The banks of the Bharathapuzha, with their rich cultural heritage, provided a scenic setting for the MLT, the theme of which was "Written Exams and Core Competencies." Two PTSTAs took turns as facilitators and process managers for each day.

Table 1 depicts the subevents at the 2006 MLT. Two TSTAs, 7 PTSTAs, and 41 trainees attended. A major shift in the geographical arena was reflected by the presence of the Pune trainees of Sr. Candida Kandathil, PTSTA (psychotherapy), and K. A. Sebastian, PTSTA (organizational). Now the MLT is expanding from a regional to a national event.

and building capacities and communities. Differences in ideologies and values surface and are discussed and ironed out; sometimes they continue and are tolerated and/or ignored. It is a case of the larger picture subsuming the minor ones. As Saru exclaimed, "It is not your trainee or mine here."

Sashi Chandran, TSTA (educational), and Uma Priya R., PTSTA (educational), work at Nitya Gurukula ("The Guru Within"), an adult education center for transactional analysis training, supervision, and counseling in Coimbatore, India. The address there is 66/41, 2nd Street, Bharathi Colony Peelamedu, Coimbatore, 641018, India; e-mail: nityaguru66@dataone.in.

## TA CONFERENCES WORLDWIDE

**12-15 APRIL 2007:** University of York, United Kingdom. ITA National Conference. Contact: [www.ita.org.uk](http://www.ita.org.uk).

**8-12 AUGUST 2007:** San Francisco, California, USA. ITAA/USATAA International Conference. Contact: Felipe Garcia at [conference@usataa.org](mailto:conference@usataa.org) or visit [www.usataa.org/conference](http://www.usataa.org/conference)

**26-30 SEPTEMBER 2007:** Coimbatore, India. First South Asian Association of TA Conference. Contact: Uma Priya at [nityaguru66@dataone.in](mailto:nityaguru66@dataone.in) or Sashi Chandran at [sashichandran@hotmail.com](mailto:sashichandran@hotmail.com).

**12-13 OCTOBER 2007:** Singapore 3rd International Conference (organized by the Singapore Transactional Analysis Association and the Berne TA Center of Singapore). Contact: [Berne.Spore@pacific.net.sg](mailto:Berne.Spore@pacific.net.sg); Web site: [www.staa.org.sg](http://www.staa.org.sg)

## Transactional Analysis Publications

In response to our call for information about transactional analysis publications, especially textbooks or chapters in textbooks on transactional analysis, we received the following information. If you know of a textbook or chapter—or have information about other books, articles, and chapters about transactional analysis (especially those published in non-transactional analysis journals or books)—please send us the book title/subtitle, the chapter title and inclusive page numbers if relevant, name(s) of author(s), year of publication, and name and city of publisher. E-mail the details to [robinfryer@aol.com](mailto:robinfryer@aol.com).

James, M. (1968). Pastoral counseling. In E. Berne (Ed.), *A layman's guide to psychiatry and psychoanalysis* (3rd ed. rev.) (pp. 313-315). New York: Simon & Schuster.

James, M. (1995). Transactional analysis. In P. Clarkson (Ed.), *Essential psychotherapies* (pp. 304-342). New York: Guilford Press.

James, M. (2001). Expanding options with reluctant clients. In H. G. Rosenthal (Ed.), *Favorite counseling and therapy homework assignments* (pp. 132-135). Philadelphia: Brunner-Routledge.

## EXAM CALENDAR

| Exam               | Exam Adm.             | Exam Date                      | Location   | App. Deadline |
|--------------------|-----------------------|--------------------------------|--|---------------|
| <b>CTA EXAM</b>    | BOC . . . . .         | 8 Aug. 2007 . . . . .          | San Francisco, USA. . . . .  | 8 May 2007    |
|                    | BOC . . . . .         | 27 Sept. 2007 . . . . .        | Coimbatore, India. . . . .   | 27 June 2007  |
|                    | BOC . . . . .         | 19 Oct. 2007 . . . . .         | Wellington, NZ. . . . .  | 19 July 2007  |
|                    | COC . . . . .         | 16 Nov. 2007 . . . . .         | Neustadt, Germany. . . . .   | 1 Aug. 2007   |
| <b>TSTA EXAM</b>   | BOC . . . . .         | 8 Aug. 2007 . . . . .          | San Francisco, USA. . . . .  | 8 Feb. 2007   |
| <b>CTA Written</b> | All Regions . . . . . | Your choice . . . . .          | Submit to Regional Exam Coordinator after paying \$50 fee to T&C Council | Your choice   |
| <b>TEWs</b>        | BOC . . . . .         | 12-14 Aug. 2007 . . . . .      | San Francisco, USA. . . . .  | 12 April 2007 |
|                    | BOC . . . . .         | 30 Sept.-1 Oct. 2007 . . . . . | Coimbatore, India. . . . .   | 30 May 2007   |

\* COC CTA exam candidates who are doing the COC written case study must submit it no later than six months before the oral exam date. Details/application available from the COC Language Group Coordinators.

**Note: Exams subject to availability of examiners/exam supervisors.** BOC not responsible for expenses incurred when unavailability of examiners/exam supervisors causes exams to be canceled or postponed. To be an examiner for an ITAA/BOC exam, examiners must be at least a CTA for a CTA exam or a TSTA for a TSTA exam.

**To arrange to take a BOC exam,** contact the T&C Council, 2186 Rheem Dr., #B-1, Pleasanton, CA 94588-2775, USA. Note: COC people sitting for BOC exams must forward the equivalent of the EATA fee to the T & C Council office. **To arrange to take a COC exam,** contact your EATA Language Coordinator. Check with the EATA office or the EATA Newsletter for the name of the appropriate Language Group Coordinator. **TSC Training Endorsement Workshop fee:** \$450 ITAA members/\$600 non-ITAA members payable in US dollars to T&C Council, c/o the T & C Council office, 2186 Rheem Dr., #B-1, Pleasanton, CA 94588-2775, USA. **COC Training Endorsement Workshop:** to take a COC TEW, contact the European TEW Coordinator, c/o the EATA office.

# KEEPING IN TOUCH

## All Regions

**Wanted—TA in Brief.** Lenore Bayuk, MN, ARNP, has been in private practice in Friday Harbor, Washington, since 1989. She writes, "I've used *TA in Brief* by Stanley Woollams, Michael Brown, and Kristyn Huige as a guide for clients for many years. I trained with Elaine Childs-Gowell many years ago in Seattle and she introduced me to this booklet. If anyone has information on how to obtain more copies, please contact me by e-mail at bayukllz@rockisland.com or by phone at 360-378-3636. Thanks!"

**Frances Bonds-White,** EdD, TSTA, a Philadelphia psychologist and educator, was recently elected president of the International Association for Group Psychotherapy and Group Processes (IAGP). She took office last summer at the IAGP's conference in São Paulo, Brazil. UNAT (the Brazilian TA Association) was one of the local organizations hosting the IAGP conference. Following the conference, Frances led a two-day workshop for UNAT on "Large and Small Group Leadership." IAGP is an organization comprised of professionals from all over the world who practice and research group psychotherapy. Members include therapists, educators, researchers and consultants. It draws more than 1,000 people to its triennial conferences. During Frances's three-year term, IAGP will hold conferences in Barcelona, Spain; MaTue, Japan; and Rome, Italy. Frances was ITAA's vice president for training and certification (1991-1995), cochair of its training and standards committee (1988-1995), and a member of the *TAJ* editorial board (1984-1988). She is a licensed psychologist and certified group psychotherapist with more than 30 years experience in private practice; she provides individual and group therapy to adults and adolescents. She is also a clinical associate in psychiatry at the University of Pennsylvania School of Medicine, teaches at Drexel University's College of Nursing and Health Professions, Master of Arts Therapy, and consults with business, industry and nonprofit organizations.



## European Region

**Annika Björk and Roland Johnsson** were honored with the EATA Gold Medals for 2006. They were given the award in recognition of their outstanding service to EATA, both individually and through their personal and professional partnership. Their involvement in transactional analysis goes back almost to TA's beginnings in Europe. They created their own "traveling curriculum," visiting trainers and therapists of different schools in different countries for intensive training. Annika was a delegate of the Swedish TA Federation, EATA vice president, ethics committee chair, a member of the COC, and a TEW coordinator from 2000-2005. Roland served as an EATA delegate for Sweden, a scientific committee member, chair of PTSC, and EATA president from 2001-2004. Both Annika and Roland played an important role in developing transactional analysis in Sweden and Norway, including helping to found STAF, the Swedish TA Association (of which they served as presidents for some years). With Thomas Ohlsson, Roland founded the Institute for Livstherapy in Malmö, in which Annika has been a partner since 1978. They



have taken transactional analysis training to several other countries, including Norway, Taiwan, Malaysia, Philippines, Ukraine, and Russia. They have also written a number of publications and have helped to organize several conferences. Our congratulations to Annika and Roland! (Our thanks to the *EATA Newsletter* for permission to republish this information.)

**A new discussion group for transactional-analysts-to-be!** Trainees of counseling/psychotherapy who want to discuss transactional analysis and other approaches, share resources, and talk to and support other trainees will be interested to hear about an Internet discussion list set up by Rita Harvey of the United Kingdom. The Yahoo group, which is called "The TA Nursery," is for students at all levels and anyone interested in knowing more about transactional analysis. For more information and to subscribe, send an e-mail to tanursery-subscribe@yahoo.co.uk. Membership is free. (Our thanks to the *ITA News* for permission to republish this information.)

## Pacific Region

**Jan Grant** was awarded the Goulding Award of Excellence at the Western Pacific Association of Transactional Analysis (WPATA) conference in November 2006. She was nominated under two of the award's categories: training in the area of transactional analysis and promotion of transactional analysis for the benefit of the community. Jan was one of the founders and first board members of WPATA and has served three terms on the board and as treasurer, training coordinator, and cochair of the training standards committee. She is also currently serving on the ITAA board of trustees and the *TAJ* editorial board. Jan was instrumental in introducing transactional analysis to the east coast of Australia, and since the 1980s has taught over 150 TA 101 courses. She directed a rich training in the educational field from 1990-1998, offering a range of workshops in parenting, developmental stages, couples, communication, and conflict resolution. In 1998 she joined the Australian Centre for Integrative Studies, where she has taught in the foundation year of the 4-year training program. She has also trained educational transactional analysts, seven of whom have been certified. Jan received her TSTA in education in 1990 and her



TSTA in counseling in 2006. Congratulations, Jan! (Thanks to the WPATA newsletter, the *TA Times*, for permission to republish this information.)

**News from Auckland, New Zealand:** Margaret Bowater reports, "Our senior study group, averaging 9, continues to study articles on relational TA. We welcome a new member from London, Nell Thompson, CTA. The monthly evening Interest Seminars continue to attract a wider audience of practitioners and students. Recently, Margaret Bowater presented a lively seminar on 'Family Scripting,' incorporating new information about genetics and inviting discussion about the balance between heredity and scripting in such interesting family systems as those of Berne himself, Leonardo Da Vinci, Freud, Hitler, and Elisabeth Kübler-Ross. Another provocative session, 'What's in a Relationship?' was led by Evan Sherrard; it linked attachment theory, neuroscience of the brain, and affect regulation within couples. In September, Janet Redmond presented 'An Envious Snake—The Annihilation of Vulnerability.' Our Introduction to TA course, led by the ATATI team, is proving a hit with students in the Bachelor of Health Studies at AUT, drawing 20 students this year and already scheduled for the first semester next year. Janet Redmond will be offering a TA 101 in Whangarei in mid-September, hosted by Anglican Care, and is currently preparing to lead two stages of TA at Manukau Institute of Technology next year. About 16 senior counseling students will gain the HD&TI Certificate in TA (150 hours) at the end of the year." (Our thanks to the New Zealand TA Association newsletter, *TAttler*, for permission to republish this information.)

**News from Perth, Australia:** Jan Coleman writes, "We are more than halfway through our semester here in West Australia working toward assessment time again. Tony White is gearing up for full-time training and practice again next year having had a year working in the prisons as a psychologist in 2006. Of necessity, his training and practice lapsed somewhat. Tony says he learned a lot to bring to his teaching and work—an enriching experience. Linda Gregory is moving from her Fremantle practice to her office in Mandurah, where she now has an extensive practice. Linda will be continuing at full strength in her training in Fremantle as before. I have heard excellent feedback via medical channels that Amber Summerville continues to do various 101s and workshops at one of the major local hospitals here in WA giving people excellent

understanding of the basic tools of transactional analysis and reminding us of the benefit of the 101s to everyone. Cliff Lockley and Mary Ann Stewart will do their TEWs in Sydney prior to the conference and we will welcome two new PTSTAs in Perth. Cliff and Mary Ann have already been teaching in Linda Gregory's group. In 2007 Sally Langsford will begin teaching and looking to do her TEW as she begins her journey toward taking out a PTSTA contract. Congratulations to Jo Stuthridge from New Zealand on her TSTA exam success. Finally, thanks to Jason Brennan for his great work on the *TAttler* and the way he keeps in touch reminding us all of how important our contributions are." (Our thanks to the New Zealand TA Association newsletter, *TAttler*, for permission to republish this information.)

## North American Region

**Ed Zerlin** has written a new book, entitled *Jewish San Francisco: From the Gold Rush to Today* (Arcadia Publishing, 2006). Its 128 pages include over 200 photographs—vintage images from private collectors as well as from the archives of the Western Jewish History Center of the Judah L. Magnes Museum. The book describes how Jews were "pioneers among pioneers" and how the Jewish community in San Francisco grew and flourished to become an important part of the larger Bay Area.

**News from the Midwest USA:** Bobbie Barry writes that the Chicago Transactional Analysis Institute (CTAI) continues to meet every other month on Friday afternoon to hear presentations, discuss designated topics, and watch tapes and DVDs on transactional analysis. They also have sponsored day-long workshops, the last one on "What the Trauma Story Doesn't Tell" by CTAI president Janet Migdow. (Thanks to the USATAA newsletter, *USATAA-NET*, for permission to reprint this information.)

**Barbara Littlehorse** reports that New York State has "grandfathered" her in as a New York State licensed psychoanalyst. Although she attended courses through a New York psychoanalytic institute over the last 3 years, she received her professional certification under the auspices of Vann Joines through the Southeast Institute. As Barbara writes, "This is a nice 'pat on the back' for TA professional recognition." (Thanks to the USATAA newsletter, *USATAA-NET*, for permission to reprint this information.)

## Berne House Visit Fascinating

by Carol Solomon

I was lucky enough to spend a weekend in February in Carmel at the Berne House. My stay there was so much more than I expected. Both the house and Janice McGee (Eric's oldest daughter) and her husband, Bob, are a treasure rich in the history of Carmel, Eric Berne, and his work and life.

The house—originally built in the late 1800s as a one-room cottage—is the first ever built in Carmel and was, in its infancy, surrounded only by sand dunes. By the time Eric bought it in 1947 it was constructed as it is now. The beauty of the craftsmanship and the gardens is amazing. The cottage out back that was Eric's writing study has been left exactly as it was when he died. There is so much of our history in that tiny room. Janice and Bob are adding to that history by creating scrapbooks of pictures of Eric's life and work, which I am looking forward to seeing when I go back.

By the way, does anyone own a big, black old Underwood typewriter from way back then? Eric's typewriter has disappeared, and the Berne family would like one to replace it for the writing study. If you have one you are willing to donate, please contact Janice McGee at McGee3js@comcast.net.

The hospitality of the McGees is exceptional. In staying with them you truly are a guest in their home. The fire is lit, the warmth of friendship is there, wine is offered. And in the morning a wonderful breakfast is served in the kitchen where you sit looking out at the garden.

I encourage all those who want to soak up this priceless history to go spend a weekend at the Berne house. I will be going back soon!

*Carol Solomon, PhD, TSTA, is a psychologist in private practice in the San Francisco Bay Area. She has been involved with the ITAA since 1970 and attended the Eric Berne Seminar in San Francisco for many years. She was the recipient of the 2006 Muriel James Award and currently serves as the ITAA staff liaison.*

