

Reflections on War and the Origins of Transactional Analysis

by Terry Berne



The following is the text of the speech given by Terry Berne, Eric's son, at the opening of the 14th Spanish Transactional Analysis Congress in Madrid in March 2008. The congress was offered by Complutense University (UCM) as part of a cycle dedicated to communications. The theme of the congress was "Life Script According to Eric Berne: Learning to Change Our Destiny."

Yesterday I saw a very moving film. It was a war movie, or rather an antiwar movie, although it hardly contained any scenes of battle. Almost the entire story takes place in a typical small American town. The movie is called *In the Valley of Elah* (Haggis, 2007), and it is about the psychological wounds suffered by soldiers as a result of fighting in a war far from home and almost completely unrelated to their own lives. These young soldiers suddenly find themselves immersed in a culture wholly unknown to them. Due to the circumstances in which they find themselves, they are

"The problems and psychic responses of soldiers unquestionably marked the evolution of my father's thinking about human psychology."

driven to act in ways utterly remote from the morals and ethics that their education and culture have instilled in them. As a means of psychological survival and to defend themselves against a violent and irrational reality that they cannot assume, these young soldiers turn to dehumanization, cruelty, the anesthetizing of their mental faculties through drugs, and blind adherence to a severely disoriented group ethos. The tragic outcome eventually forces those closest to them—their friends and family, and by extension the very society that taught and compelled them—to question their most deeply held values. In a moment of self-revelation and despair, one of the protagonists indicates in a symbolic way that the wounds suffered by a friend are wounds shared by all of society.

The film is moving not only for the story itself, but because it is a story repeated time and again throughout recent history. Moreover, it is a situation that practically no country can claim to have escaped. In fact, many countries are still in the process of coming to terms with former or current wars whose still unhealed scars reveal themselves with insistent regularity, scarcely buried beneath the most superficial layers of time.

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Questioning a Questioner: Celebrating the Publication of a New Book by Bill Cornell

The latest release from TA Press is *Explorations in Transactional Analysis: The Meech Lake Papers*, which is a collection of articles by Bill Cornell. To celebrate its publication, we asked Charlotte Sills, cowinner of the 2007 Eric Berne Memorial Award and herself the author of several articles and books, to interview Bill about writing the book and his efforts, over many years, to integrate the worlds of transactional analysis, body psychotherapy, and modern-day psychoanalysis. We hope you enjoy their conversation.

CHARLOTTE: It is a pleasure, Bill, to talk about your volume of selected articles, *Explorations in Transactional Analysis: The Meech Lake Papers*. Perhaps we could start this conversation with you describing the process you went through to select the material included in the book.

BILL: I was surprised to find that it was easier than I expected. The papers rather quickly sorted themselves into five thematic areas. Many of the pieces were written when I had some particular concern, usually clinical, on my mind. So it was interesting to find that 20 years of writing actually fell out into rather consistent, ongoing themes.



"With this journey through the book, you invite us away from the purely theoretical and clinical and into the realm of the lively and juicy."

CHARLOTTE: Are all the papers in the book from the *Transactional Analysis Journal*?

BILL: No, although the majority are from the *Journal* and *The Script*. I also chose a few articles published elsewhere because I thought they filled out issues I'd been attempting to address in my *TAJ* papers. Most of the chapters in the section on the body in psychotherapy were published elsewhere, and it's great to have them

pulled together in one place. The body-centered papers complement my more TA-based writing.

CHARLOTTE: These articles span many years of your life. How do you think they reflect changes in your understanding of transactional analysis and your practice of psychotherapy?

BILL: Well, as I write in the introduction to the book, most of my writing is spurred by my dissatisfaction with my work in one way or another. I get supervision, often additional training, and I read. I read a lot, and I correspond with the people whose writing influences me the most. When I first started thinking about the book, I had imagined that I would simply order the articles chronologically, which would have reflected the evolution of my thinking and practice in a certain way. But as it turned out, the organization of the book around clinical and theoretical themes underscores my efforts over the years to challenge the limits of both my formal training in transactional analysis and body-centered therapy as well as my personal style—and comfort zones.

The other change that will be obvious through reading the chapters is my evolution as a writer.

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Transactional Analysis Continues to Flourish in Japan

by Ryoko Shimada

In the July 2003 *Script*, Izumi Kadomoto, Ryuta Kanemaru, and I wrote an article about the history of the development of transactional analysis in Japan. It seems time to update you on activities within the transactional analysis community here over the last few years.

In Japan there are four large regional groups of transactional analysis practitioners: in Sendai, Tokyo, Osaka, and Okinawa. Members from all four regions worked together for the purpose of holding the third Certified Transactional Analysis (CTA) oral examination in Japan in November 2006. Elana Leigh was invited as an exam supervisor and Servaas van Beekum was asked to serve as process facilitator, and they agreed to come all the way from Australia to Tokyo for the event. Six Japanese candidates passed the exam and became new CTAs. Now there are three TSTAs, one TTA, one STA, more than ten PTSTAs, and more CTAs in Japan. Many transactional analysis practitioners work as clinical psychologists, judicial investigators and technical officers, school teachers, business consultants, medical doctors (most of whom are psychosomaticians), nurses, and university and graduate school professors.

Recently, two important transactional analysis books were translated into Japanese and published here. One is *Personality Adaptations* by

Ian Stewart and Vann Joines, translated and published by the group of Chie Shigeta and Sachiko Shirai in September 2007. The other is *Transactional Analysis: A Relational Perspective* by Helena Hargaden and Charlotte Sills, translated and published by the group of Michiko Fukazawa in November 2007.

Since the ideas about personality adaptations were published by Taibi Kahler and Paul Ware, the theory has become popular gradually with the

publication in the *TAJ* of two articles by Vann Joines: "Using Redecision Therapy with Different Personality Adaptations" in 1986 and "Diagnosis and Treatment Planning Using a Transactional Analysis Framework" in 1988. Vann Joines came to Japan a couple of times to give lectures and workshops and was enthusiastically received. Thus, the publication of his book in Japanese had been eagerly awaited for a long time. It will like-

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Participants at the 21st Annual Conference of the Transactional Analysis Association of Japan (TAAJ) Conference on 28-29 June 2008. Rosemary Napper, TSTA (E, O), speaker at the main symposium and the facilitator of a one-day workshop entitled "TA Works," is in the front row, fifth from the left, with conference coordinator Kuniharu Ogawa seated to the left of her.

Sexuality. . . and Other Controversial, Important, and Underdiscussed Topics:

A Call for Your Thoughts in Writing for the *Transactional Analysis Journal* and *The Script*



Carole Shadbolt and I are renewing our call for papers for the upcoming special issue of the *Transactional Analysis Journal* devoted to issues related to sexuality. The submission deadline has been extended to 1 October 2008 (although earlier is always appreciated), and publication is set for April 2009. This issue of the *TAJ* was inspired by a transactional analysis conference on "Sexuality in All Shapes and Forms" held in Brighton, England, 26 June 2007. That conference—perhaps the first in the transactional analysis community focused on the theme of sexuality—generated great excitement as well as the suggestion that a special issue of *TAJ* be centered on the theme of sexuality. This journal will include some of the presentations from the Brighton conference, but we also hope to receive submissions from anyone interested in writing about the topic.

Sexuality—while fundamental to human nature, well-being, and intimacy—is a seriously under-examined topic in the transactional analysis liter-

ature. While the Brighton conference itself was a big success, we have not exactly been flooded with manuscripts for the *TAJ*. In fact, Carole and I have been e-mailing back and forth to each

"Perhaps this special issue of the TAJ offers a particular challenge to our community to address both sexuality in human development and relationships and the lack of attention to sex in the transactional analysis literature."

other, wondering about the lack of submissions. Carole recently wrote, "I wonder if people don't know how or what to write about sexuality. In my own process, writing about sex has uncovered a lot of different emotions: embarrassment, excitement, exploration, shame, doubt, and so on. It has been somewhat similar for me to the process of coming out as a lesbian." Perhaps this special issue of the *TAJ* offers a particular challenge to our community to address both sexuality in human development and relationships and the lack of attention to sex in the transactional analysis literature. We hope this issue will bring

discussions of sexuality into our literature and professional discourse.

It was a special conference in Rome on the relevance of the unconscious in contemporary transactional analysis—also a crucial, controversial, and underexamined topic in our literature—that inspired the special April 2008 issue of the *TAJ*. The call for papers for that journal resulted in the most manuscripts ever submitted for a single issue of the *Journal*, and we hope that the topic of sexuality will generate another vigorous response.

Ann, Birgitta, and I, as coeditors of the *TAJ*, want to remind you that while theme issues of the *Journal* are very popular and serve to focus articles on important topics in a concentrated way, every other issue is open to articles on any subject that you might be interested in. All papers are subject to blind review and subsequent editing and polishing, but the editorial board and managing editor Robin Fryer work very hard and closely with authors to produce high-quality articles—and we always encourage first-time authors.

On another note, in this issue of *The Script*, Ann Heathcote has written a commentary on the status of senior practitioners in transactional analysis. She raises crucial questions and concerns, ones that I hear mirrored all over the world in the context of my travels and training activities. We will be devoting an issue of *The Script* to an extended discussion of the questions Ann raises.

Please write to us with your thoughts, opinions, and suggestions. These concerns may also be addressed in articles for the upcoming issue of *TAJ* on training, coedited by Trudi Newton and Rosemary Napper.

We are also proposing a special issue of *The Script* on discussions of "Recognition and Regulation." Many transactional analysis associations around the globe are embroiled in efforts to gain professional, governmental, and/or insurance-based recognition. These efforts are inevitably linked with regulatory requirements, many of which are dictated by governing bodies that are motivated by concerns that do not necessarily guarantee quality of care and may be quite inconsistent with the fundamental principles of transactional analysis. Many transactional analysts are struggling with these issues—professionally, financially, ethically—and we want to open the discussion of these concerns to our whole membership. These are among the topics that may also be raised in the special issue of the *TAJ* on ethics, coedited by Sue Eusden and me.

And remember, brief, more personal perspectives on these important topics are also welcomed for *The Script*. These, in turn, may inspire further thought and elaboration for articles in the *TAJ*. So start writing!

Bill Cornell can be reached by e-mail at bcornell@nauticom.net.

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Senior TA Practitioner: The Road Less Traveled

by Ann Heathcote

I remember feeling shocked when I had just given birth to my first child and was asked numerous times, while still in the maternity ward, when was I going to have my second! It seemed obvious to me that there was an expected route: engagement, marriage, first child, second child. Similarly, since becoming a Certified Transactional Analyst (CTA) (psychotherapy) in 2006, I have been asked many times when I plan to become a trainer and supervisor. Within the transactional analysis community, there is also an expected route: CTA, TEW, PTSTA, TSTA. Moreover, this expected route is the only formal path within transactional analysis on offer to post-CTA practitioners who want to advance their TA skills and learning. And just like when a couple says that they do not wish to have a second child, I have found it is also somewhat of a conversation stopper to say I am not planning to go down the training and supervising path.

So, what is happening to those practitioners who, for whatever reason, do not choose to take the expected route? Bill Cornell (personal communication, 3 July 2008) suggests that, in his experience, these practitioners are being lost to the transactional analysis community.

The current Teaching and Supervising Transactional Analyst (TSTA) route conveys a status, within the TA community, that is lost to those who choose not to take that path. For example, CTA practitioners are excluded from certain important clinical discussions. An example of this

is that, at a recent EATA trainers' meeting, I believe that one of the subjects discussed was unconscious/unconscious processes. This is clearly a clinical topic and not a subject limited to the advancement of training.

"I have found it is also somewhat of a conversation stopper to say I am not planning to go down the training and supervising path."



The main point I want to make here is that there is no clear route/forum within transactional analysis for the advancement of TA theory and application. Therefore, such clinical theory discussion becomes included within the auspices of, for example, trainers' meetings, or maybe does not take place at all. What is the loss caused by this situation for the advancement of transactional analysis as a contemporary theoretical model of therapy? And what is the loss for CTA practitioners who wish to improve their clinical knowledge and expertise and are not privy to such discussions?

Advanced practitioners have a lot to offer. Workshops run by non-PTSTA/TSTAs cannot currently be counted by transactional analysis trainees as part of their TA training hours. This is clearly ludicrous when we consider that this would

also apply to transactional analysis master practitioners, such as Ray Little here in the United Kingdom, who is an excellent theoretician and practitioner.

The CTA exam aims to certify competent "beginner" practitioners. This, in itself, suggests that the path to mastery for newly qualified practitioners has only just begun when they receive their CTA. And yet there is no obvious or formal route within TA for theoretical or clinical advancement.

I am committed to continuing my development as a clinician and, if possible, as a transactional analyst. I keep up-to-date with transactional analysis publications and conferences, and I attend advanced TA workshops whenever I can. However, these are limited in number, and I have therefore chosen to go outside transactional analysis to pursue body psychotherapy training as a way of providing a focus for my continuing professional development (CPD). I have no intention of becoming a body psychotherapist, I just want to keep improving and honing my clinical skills and knowledge. However, I would prefer to obtain the broadening and depth I am looking for both from within as well as from outside of transactional analysis.

I suggest we have a need within the transactional analysis community for a senior practitioner route/forum for the advancement of TA theory and therapeutic skills. I, myself, would prefer a less hierarchical structure for this than that provided by the current TSTA route. If there is support for formalizing a senior practitioner route/

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My First Meeting with Eric Berne

by Sharon Kalinko

My first introduction to Eric Berne was in 1976 when I trained as a lay counselor for the Johannesburg Marriage Guidance Society. The trainers for that workshop were Maria Gilbert and Petruska Clarkson, and both they and the material made a huge impact on my life.

I was 28 years old and had just given birth to my second child. I was in an unhappy marriage but very involved in being a mother. I had never been really happy and knew that I had serious issues with my mother, but I did not understand what they were or what I could do about them. I discovered at the workshop that I had a life script that had been programmed in childhood and that I had made certain decisions about my life that I had the power to change. This was mind blowing for me as my previous brief therapy experiences were not very satisfying and certainly not productive. I had felt helpless to change anything in my life and suddenly there was hope!

I had also been unaware up to that point that I was playing some really awful games with people and that doing so was sabotaging my life. The "Why Don't You—Yes, But . . ." game especially spoke to me. I was a very angry person with nowhere to put that anger, and I definitely did not want to put it onto my children.

My discovery that I had three ego states and that each one contained different aspects of myself was a revelation. It helped me to understand that I had a number of different facets, each of which had value and gave me clues about my experience as a child (of which I had very little memory). I also came to understand more about my parents and what parts of them I had introjected and why. I came to understand why I had made the script decision I had made, which was to persevere regardless as a result of my script belief "where there is a will there is a way." This has stood me in good stead and given me the energy to keep going even against great odds.

On the other hand, my negative belief that there was something wrong with me and that I did not belong anywhere has been a great obstacle to me in my life. But understanding what it is and where it comes from has helped me to overcome it to a large extent and to accept that I am not like anyone else and that is OK. I have ceased trying to

belong anywhere and instead created my own environment with people who enjoy being with me. This has come after a long journey with transactional analysis and Eric Berne as my guides.

After I did the TA101, I immediately did a 202, which was a marathon group experience with Maria and Petruska. It was a gestalt therapy weekend in which many of my script beliefs were challenged. I was totally hooked. At this point, I decided that I wanted to be a psychotherapist, and the following year I applied to do a master's degree in counseling psychology at the University of South Africa. I was the only student in my year

"It is thanks to Eric Berne that I elected to go into this profession and for that I am forever indebted. Transactional analysis has also been a wonderful source of contact with colleagues around the world."

who did a dissertation using transactional analysis theory, much to the disgust of the university. I had great difficulty finding a thesis supervisor and was under threat all through my degree of being dropped from the course because my ideas were so different from what they wanted me to learn. The training was very systems oriented with an emphasis on strategic psychotherapy, which was totally foreign to me. I did, however, persevere as I so badly wanted my registration so that I could practice what I believed in, that is, transactional analysis.

It was through my transactional analysis training and therapy that I was able to get out of my marriage and find my way in the world alone with my two children, who have been a great source of pleasure and comfort to me. It took me a long time to find my life partner, with whom I am now happy.

From then until 2000, I was in training as a transactional analyst. This involved bringing trainers to South Africa as we were sadly lacking in those as a result of emigration due to the political situation in South Africa. Locally, I was supervised by Diana Shmukler until she left South Africa.

I know the situation I describe is true in the United Kingdom, and I have been told it also applies within the wider transactional analysis community. Also, I speak as a TA psychotherapist, but I imagine that much of what I have written could apply to all four fields of transactional analysis application.

So, where do we go from here? I know I am posing more suggestions/questions than providing answers. However, maybe there is someone, or a group of clinicians within TA, who would be prepared to do the necessary groundwork to get a senior practitioner route/forum off first base. One thing I am sure of is that the current single route approach post-CTA is poorly serving an increasing number of qualified transactional analysis practitioners who do not wish to pursue the training and supervision route.

Ann Heathcote, CTA (psychotherapy), is the director of the Worsley Centre for Psychotherapy and Counselling in greater Manchester, England. She is also one of the coeditors of the Transactional Analysis Journal. She can be reached at annheathcote@theworsleycentre.co.uk.

Richard Erskine and Rebecca Trautmann came to South Africa a number of times during the 1980s and 1990s to do workshops, and Mary Cox spent time with me to prepare me for my TTA exam in 2000. To this day, I still do not have sufficient supervision hours to do my supervision exam as there is no one to supervise me. However, I now have grandchildren in the United Kingdom, whom I visit in place of going for supervision as I used to.

Transactional analysis has been a lifesaver for me. I have trained hundreds of people in TA 101s and 202s, and I have two ongoing advanced training groups that meet monthly to study new material from the TAJ and other sources. The majority of these trainees are laypeople, not psychotherapists.

I have created my own transactional analysis community in Johannesburg, and our common interest in TA and self-development has held us together for the past 18 years. I did my Training Endorsement Workshop in Brussels in 1990 and started offering TA 101s and 202s from then on. I have only had one student do a Level 1 exam, and I hope that there will be more takers in the future. I started a psychotherapy training institute with a partner 3 years ago, which is currently offering training in integrative psychotherapy and transactional analysis. We are hoping that in time we will be able to offer other courses and use a number of different presenters and trainers who have expertise in different modalities to give our students a broader perspective and finer training.

I am passionate about my work and have been since my registration as a counseling psychologist in 1980. It is through my ongoing contact



with the international transactional analysis community that I am able to sustain my interest in my work as there is not much professional stimulation in South Africa that is of interest to me.

My greatest contribution to transactional analysis and Eric Berne is my ongoing commitment to introduce TA to as many people as possible, because I believe that it has great potential to improve the lives of those who know and understand it. This was my motivation for organizing and hosting the 2008 World Transactional Analysis Conference in South Africa, the country so dear to my heart. I hope that we can produce something that will make all transactional analysts around the world proud to be associated with us.

I am registered with the BPS and UKCP in the United Kingdom and with the American Group Psychotherapy Association, the International Integrative Association, the ITAA, and the Heart Centred Hypnotherapy Association in the United States.

It is thanks to Eric Berne that I elected to go into this profession and for that I am forever indebted. Transactional analysis has also been a wonderful source of contact with colleagues around the world and has allowed me to continue my professional training in other countries and to attend international conferences, which would otherwise have been impossible for me. Thank you, Eric!!

Sharon Kalinko lives and works in Johannesburg, South Africa, and is the chairperson of the 2008 World TA Conference occurring there this month. She can be reached by e-mail at skalinko@global.co.za.

Upcoming TA/Theme Issues

"Sexuality"

Coeditors:

Bill Cornell and Carole Shadbolt
Deadline for Manuscripts: 1 Oct 2008



"Transactional Analysis Training"

Coeditors:

Trudi Newton and Rosemary Napper
Deadline for Manuscripts:
1 January 2009



"Redecision Transactional Analysis"

Coeditors:

Les Kadis and Peter Pearson
Deadline for Manuscripts:
1 July 2009



"Ethics"

Coeditors:

Bill Cornell and Sue Eusden
Deadline for Manuscripts: 1 July 2010

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TA CONFERENCES WORLDWIDE

7-10 AUGUST 2008: Johannesburg, South Africa. TA World Conference sponsored by ITAA/EATA/WPATA/SATAA. Contact: www.TA2008conference.org.

30 OCTOBER - 2 NOVEMBER 2008: Australasian TA Conference. Rotorua, New Zealand. Contact: Mandy Lacy at starpotential@xtra.co.nz.

5-8 NOVEMBER 2008: Maracaibo, Venezuela. Asociación Latinoamericana de Análisis Transaccional (ALAT) 28th CONGLAT, 15th Venezuela TA Congress, and the 1st Venezuelan Congress of Psychology. For information, see: www.avat.com.ve/ and www.uru.edu/congresopsicologia and subsequent links.

8 NOVEMBER 2008: York, United Kingdom. Second North East TA Regional Conference. Contact: Barbara Clarkson, 33 Knightsway, Leeds, LS15 7BP, UK; e-mail: bclarkson@talktalk.net.

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forum, I hope that as a community we can find an alternative way to administer and manage this that will be less structured (allowing freedom for practitioners to pursue particular areas of interest) and also more cost effective. For example, for those wishing to become senior transactional analysis practitioners, there could be an annual requirement for a certain level of attendance at advanced TA workshops/training, which could be linked to current CPD requirements. This would hopefully also encourage experienced master practitioners within transactional analysis to offer more (post-CTA) advanced training. As a point of interest, within the current UK CPD policy for TA psychotherapists, there is no absolute requirement for attendance at advanced transactional analysis training; it is merely one of the possible options!

“Hataraku” and “Genki”: Traveling and Training in Japan

by Rosemary Napper

The Japanese word “hataraku,” which means “to work,” served as the theme for the 21st Annual Transactional Analysis Association of Japan (TAAJ) conference held 28-29 June 2006 at the Children’s Castle in the Aoyama area of Tokyo. The theme was designed to appeal to as many participants as possible since TAAJ members come from all walks of life—not just psychotherapists and consultants, but also monks and nuns, photographers and housewives (among others).

As we all know, words have many meanings, and in particular, Japanese words also have collective “feeling senses” in addition to providing platforms for personal constructs, as words do in English. One of these feeling meanings for the word “hataraku,” a meaning that arose in the Edo period (sixteenth to eighteenth centuries), is “to ease others and their circumstances in order to help others and improve the world.” A glimpse into this meaning provides some understanding how many Japanese come to work long hours and how the word “karoshi” has evolved, meaning “death through overwork.”

I was privileged to be invited to Japan, for a second time, to offer a learning day about Berne’s ideas on culture in order to investigate how individuals come to do the work they do and their attitudes to their working lives. My understand is that I am invited because I love Japan, am passionate about how transactional analysis can illuminate the everyday, and because I favor an experiential approach to learning that meshes well with the wonderful Japanese capacity to be playful (after the formalities are appreciated).

My contention is that culture and context constantly shape each of us enormously—family culture, local cultures, interest groups, religious cultures, and organizational cultures—and we live in a cocreative way within our contexts, interacting and mutually coconstructing individuals and culture. Berne’s (1963) writing in *The Structures and Dynamics of Organizations and Groups* is extremely rich and at the same time lacks clarity. I suspect that if he had lived longer, he might have clarified his thinking about how systemic structures generate group dynamics and, at the same time, how the dynamics between individuals shape structures, resulting in culture. He might then have developed further the idea of the relationship between individual and context and so embraced the constructivist strand within transac-

tional analysis as written about by Allen and Allen (1997) and Summers and Tudor (2000).

Thus, when I planned my conference presentation to have people talk in pairs about where they work and describe their work in pragmatic terms (to illustrate Berne’s ideas about “Technics”), I did so out of my experience of training the British, who are usually quite willing to talk about such aspects of their lives (even though they are much less willing to talk in more personal terms). I was, therefore, surprised when the Japanese conference team let me know that the exercise caused embarrassment for participants. Later, I created a time line of the past 120 years and asked participants to mark key Japanese and global events. Then I had participants walk through their own lifetimes, then their mother’s, then their maternal grandmother’s, and then to talk about how their realizations about this introjected cultural history impacted their current work choices. Once again I was in for a surprise as people paired and talked of their personal experience at a depth and with an energy that rarely occurs in an English setting among strangers.

“I was privileged to be invited to Japan, for a second time, to offer a learning day about Berne’s ideas on culture in order to investigate how individuals come to do the work they do and their attitudes to their working lives.”

My delight in being in Japan stems from many aspects of the culture and people: the aesthetic of the temples and the honoring of particular flowers when in season (hydrangeas, then bell-flowers, then irises while I was there); the capacity to keep many traditions alive alongside the new and the international (women in kimonos out shopping); and the superb food presented beautifully. However, more than anything else, it was the people I met and moved among who impacted me the most, the small yet vibrant transactional analysis community of colleagues who are qualified either as CTAs or PTSTAs (now numbering over 20).

One significant cultural difference I experienced was the way I was responded to after spraining my foot and ankle on the way into a seminar and being wheelchair bound for most of my stay. My wheelchair experience in Britain was of being



(From left) Setsuko Kidachi, Tameron Chappell, Ryoko Shimada, and Nobuyuki Shinozaki enjoy Izumi Kadomoto’s workshop, which was held on the second day of the conference. (Photo by Kasumi Saito)

stereotyped as needy and consequently either being “marshmallowed” or rejected. In Okinawa and Tokyo, perhaps because of the spirit of hataraku, my experience was of ease: elevators, lowered pavements, and direct eye contact were normal, and my transactional analysis colleagues who pushed me around interacted with the exact same warmth and humor as they had previously!

The first day of the conference included a panel about how transactional analysis had impacted the panelists working lives. After listening intently (with continuous simultaneous translation in my ear), my role was to provide a synthesizing commentary. I noticed the word “genki” kept cropping up during the panel. Its exact meaning was difficult to pin down, although it referred to what all the panelists felt had been the contribution of transactional analysis in their lives. The feeling sense that was conveyed to me was of an “enlivenedness,” an energy for responding to what others and situations have to offer. This seemed to me a wonderful way of talking about autonomy, without the detracting associations of independence and the misunderstandings that the words “spontaneity” and “intimacy” can create when teaching the goals of TA. (In my experience, the meanings of these words in English have evolved since Berne’s time, with spontaneity often thought of as reacting and intimacy as closely associated with sexual encounters.)

“Genki” sums up how I feel in response to Japan and the transactional analysis communities there (there are several transactional analysis associa-

tions). It describes the quality of how I am changed by my experience of being in Japan. Genki was manifested by transactional analysis practitioners through 2 days of supervision about supervision, through two excellent workshops provided by local transactional analysis trainers, and in the dream that perhaps Japan will host an ITAA conference in the not-too-distant future. What a pleasure for us all—hataraku and genki!

Rosemary Napper is a Teaching and Supervising Transactional Analyst (organizational and educational) living and working in Oxford, England. She is the director of TAworks, which provides training at different levels in psychotherapy, counseling, organizational, and educational applications plus PTSTA development and supervision. With Trudi Newton, she is the coauthor of TACTICS (how TA informs the learning process) and is writing several other transactional analysis books (coaching, organizational consultancy, supervision). She can be reached at rosemary.napper@tamatters.com.

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A celebratory dinner after the TAAJ conference. From top on left side: Chie Shigeta, STA (P); Keiko Hanaoka, and Fumie Mori. From top on right side: Hiroko Ishii, CTA (P); Rosemary Napper, TSTA (E, O); Izumi Kadomoto, PTSTA (P), secretary-general of the TAAJ; Ayano Makiya, who was invited from Okinawa and served as translator; and Kuniharu Ogawa, PTSTA (P), chair of the organizing committee for the 21st TAAJ conference



Rosemary Napper (left) and Izumi Kadomoto (center) hold a Union Jack tea pot that Rosemary brought for TAAJ conference coordinator Kuniharu Ogawa (right) to keep for a year and then pass on to the next conference coordinator.

The Northern College for Body Psychotherapy Hosts Inaugural Conference

by Steff Oates, Jamie McDowell,
Lis Heath, and John Heath

The Northern College for Body Psychotherapy was established in 2004 with the aim of offering training and the opportunity for cross-modality dialogue among experienced practitioners working in the field of psychotherapy and body-oriented therapy. The four of us—John and Lis Heath and Steff Oates, all Teaching and Supervising Transactional Analysts, and Jamie McDowell, an Alexander Technique teacher with substantial training in transactional analysis—founded the group, and over the past 4 years, we and other participants have benefited from this cross-modality training through study with nine different body-psychotherapy trainers.

Each of these presenters has dialogued with the group about how the concepts they present interweave with other psychotherapeutic approaches. In this process, almost all the practitioners and participants from other modalities have made reference to well-known transactional analysis concepts as well as being interested in how the same concepts have been referred to and understood differently within various modalities. Participants have reported how their practices have expanded such that the body is now able to take its rightful place in the therapeutic encounter.

The theme of the inaugural conference this past June in Lancaster, England, was “Emerging Alliances in Body Psychotherapy: A European—American Discourse.” The subtitle was “The Role of the Body in Contemporary Psychotherapy.” Presenters included Angela Klopstech, Bill Cornell, and Sean Doherty, all of whom generously gave their time to this exciting venture.

The day began with Angela Klopstech. She was billed as representing the United States, although since her roots are in Berlin, she could well have been the transatlantic bridge. Angela trained with Alexander Lowen, the grandfather of bioenergetic theory, and her paper was titled, “Which Body Is It?” Referring to the convergence efforts between different schools of psychotherapy and pointing to the role that the body plays in this endeavor, she asked, “Should there be a coherent conceptualization of the body in contemporary psychotherapy?” With reference to Antonio Damasio, Angela spoke about another convergence process between psychotherapy and neuroscience. “The brain is dependent on the body for knowledge,” but which body is it? In addition to talking about it, what should we do (if anything) with the body? The audience resonated as Angela spoke of a common fear among therapists: “I want to know something, but I shy away from bringing the tangible, emerging, fully-fleshed body into the consulting room.”

Angela then talked about symbolization, sensation, and the functionality of gestures (e.g., pushing, holding, grasping etc.). She spoke to a variety of bodies: the body in movement, the body in emotion, the body in space, the psychosomatic body, the body in touch, the seen body. She spoke of how often gestural expression below the face is seen as primitive and regressive and the importance of the therapist being curious and informed rather than judgmental and rejecting. Angela went on to speak of the relational body, the intersubjective body, and the interactional body. We were asked to consider the body as a vehicle for reception and expression and as a repository of personal history as well as how our view of the body theoretically affects our treatment decisions.

Angela spoke of Freud and how in classical psychoanalysis, language came to be privileged and the body viewed as a source of a primitive acting out, which in her view reflected a separation between spirit and flesh. With reference to Reich,



Presenters at Northern College for Body Psychotherapy Conference (from left): Bill Cornell, Angela Klopstech, and Sean Doherty

Lowen, Kelly, and Ferenczi, Angela spoke of the antiposition—“the body doesn’t lie”—which idealized the body at the expense of languaged experience. (This became a rich source of debate between the panelists later in the day.)

Referring to the “postmodern body”—a multiplicity of bodies—Angela suggested that the “objective” physical body needs to be viewed side by side with subjective experience and that all the bodies need room to take up residence within the therapeutic process. This means that as practitioners we need to ask ourselves and our clients which specific body needs to be brought into the foreground. Practitioners and clients will have explicit preferences and implicit predilections, and we need to be able to juggle multiple body perspectives.

“As practitioners we need to ask ourselves and our clients which specific body needs to be brought into the foreground.”

Bill followed Angela’s presentation with a case vignette entitled “Whose Body Is It?” He described a case in which he consulted on a colleague’s work with a client at the point of a third-degree impasse. Bill provided a body-centered session with the client with the therapist observing and then all three discussed the work. The interventions were not cognitive or behavioral but, rather, centered on somatic experience wherein the client was encouraged to sense and feel the verbal therapeutic interchange in her body. Bill spoke to a level of learning and experience that may not involve the cognitive, in which the experience was unlanguaged rather than preverbal. Different levels of meaning were put to the sub-symbolic, and there was a pure experience of body organization and body learning. There needed to be a shift from the sensate and somatic experience to the verbal and symbolic, and on the way to this the client needed to bring her body physically to her therapist and her primary relationship.

Following Angela’s and Bill’s presentations, there were questions from and discussion with the audience that led to a dialogue about objectivism and the postmodern perspective. Bill and Angela agreed that there is a place for objectivism and that sometimes therapists need to be clear that there can be an objective reality and yet also maintain flexibility so as to acknowledge the importance of different subjective experiences.

In the early part of the afternoon, Sean Doherty discussed the challenges involved in the assertion

“It’s My Body, Isn’t it?” cross-referencing these challenges with processes within the “the body politic.” He gave a brief history of nineteenth-century models of process and their limitations, which he likened to a steam engine. Freud’s early ideas about libido became Reich’s orgone theory, each a type of primal drive theory. Sean argued for a broader-based conceptual schema, especially for children, stating that “sexuality” was an inappropriate term to put in the same phrase as “infant.” As he said, “Let’s talk about infantile curiosity and somatic, sensory, and sensual exploration, not infant sexuality.” Sean spoke of sharing Bill’s interest in bringing sexuality back into the therapy room but not at the expense of ignoring an individual’s need for attachment and bonding. Sean quoted Moberg’s (2003) work summarized in her book *The Oxytocin Factor*. He stressed the importance of oxytocin as a powerful hormone involved in bonding, sex, and childbirth as well as in relaxation and feelings of calm. He was keen to emphasize its importance for men as well as women and quoted research showing that low levels of oxytocin were equated with disturbed, disruptive behaviors.

Sean kept the audience engaged with his passion for this subject, especially with reference to his upbringing in Northern Ireland and his belief that functional bonding can make an important contribution to cooperation and peace. He also spoke compassionately about unwanted teen pregnancies in the United Kingdom and Europe and how he considers these statistics to be an indication of the general level of care in a society. The rate of teen pregnancy in the United Kingdom is almost double that in Holland, where schools provide an enlightened program of classes that focus on both sex-education and relationship processes. Sean proposed that adolescents may engage in sexual relationships as a sublimation for other needs—particularly opportunities for bonding and attachment through touch—because they lack oxytocin. (Bill’s very different ideas became particularly apparent at this point). Sean’s presentation was moving to many participants, especially those who work with children and are involved in dialogue about the prohibition of touch in schools and with looked-after children and with those who are involved in sexual relationship education (SRE) in schools.

Throughout the day, participants engaged in small group discussions focusing on how the material might stimulate new thinking about their practice: Which body is being presented? Whose body are we working with? Where does the body politic come in? In addition, there was a lively debate between the presenters about the importance of attachment and bonding and how there may have been too much “smothering” emphasis

on such dynamics. Audience members also pointed out that the literature on attachment is almost always heteronormative. Bill and Angela argued that it is the hallmark of an adult to relate through passion and sexuality, whereas Sean suggested that is only the case when there is a strong foundation of attachment and bonding. All agreed on the long-term economic and social value of our work.

It was clear by the end of the conference that those who attended had enjoyed a stimulating “roller coaster” of a day, with the room full of palpable excitement and vitality. We want to thank the presenters and participants for bringing the body to contemporary psychotherapy in a way that was full of “vital transgressions” and questions about current social norms.

Steff Oates, TSTA(P), has an enduring passion for working to understand that which may not be easily described cognitively and verbally. She has been in body-therapy training for 9 years. She can be reached at steff@xxist.com.

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Jamie McDowell, MSTAT, is a teacher of the Alexander Technique and director of training at the Fellside Alexander Centre in Kendal, UK. He has been a transactional analysis enthusiast for more than 15 years and out of this has sprung an interest in psychophysical therapies. He can be reached at jamie@fellside.f9.co.uk.

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TADATA 5.0

This database includes about 15,000 keywords covering the *Transactional Analysis Bulletin* (1962-1970), the *Transactional Analysis Journal* (1971-2006), essentially all books (not pamphlets) on transactional analysis in English from 1947-2006 (123 books), and 490 journal articles from the APA PsychINFO database covering abstracts from some 1300 journals worldwide (1967-2006), including 304 research article references to transactional analysis and 152 research dissertations. The system includes three search programs, the results of which can be output to monitor, printer, or file storage. TADATA 5.0 is provided on a CD disk in IBM-compatible format. There are no articles or book excerpts on this CD. Two megabytes free hard disk space are required. Standard price: \$60 for ITAA members, \$70 nonmembers, which entitles the purchaser to register as a user and to obtain updates for \$15. ITAA members whose dues are set using the TAlent system may have the price of this product prorated on the same basis as their dues. For further information, see www.itaanet.org or contact the ITAA, 2186 Rheem Dr., #B-1, Pleasanton, CA 94588-2775, USA; phone: 925-600-8110; fax: 925-600-8112; e-mail: itaanet@itaanet.org. Copyright © 1995, 1997, 1999, 2003, 2007 Theodore B. Novey, PhD

My early papers were very idea centered, usually written as theoretical critiques. There was no personal voice. My more recent writing is much more personal and draws on many case illustrations to bring the theoretical issues alive.

CHARLOTTE: That brings two questions to mind. First, what do you see as the greatest change over the years in your work as a therapist? The second question relates to something that struck me immediately, which is how much of yourself you put into these papers. Does it feel courageous to you or simply natural to be so personal?

BILL: Your first question is the easier to answer. My original graduate-school education was in phenomenology, which was a great foundation for psychotherapy but offered little training in actual clinical techniques. Before graduate school I had been reading Berne and Reich, both of whom I found tremendously exciting. So I sought training in transactional analysis and neo-Reichian body therapy. Both were invaluable and rich in technique. But both models tend to view clients from the outside in—script analysis, game analysis, character analysis, and so on. As an inexperienced therapist, these frames of reference were invaluable—and reassuring. They taught me how to observe and diagnose and gave me things to do.

However, over the years, I began to realize that my perspective was overly dominated by Adult, schematic, diagrammed analyses. I had lost my phenomenological perspective and my radical, creative edge. My work was too rational, and the unconscious had disappeared. I found a Jungian supervisor and began reading object relations theory, Winnicott, and Bollas, whose influences are clear in many of my articles. I began to work in a more exploratory fashion with my clients and to attend to the transference/countertransference matrix. In contemporary psychoanalysis, I found many writers who seemed closer to the original spirit of Berne than did most of my transactional analysis colleagues. I think that as transactional analysis has become so deeply embedded in the training, examination, and certification processes, Berne's radical and inquisitive spirit has been lost to dogma. I found nondogmatic thinking outside of transactional analysis and have tried to bring that back to the TA community through my writing and teaching.

As for your second question, the more personal voice doesn't feel courageous, but it certainly isn't natural either. If you look at the earlier papers in the book, you will probably notice that they are very theoretical. I imagine it is clear to the reader of my earlier work that ideas mattered to me, but my voice wasn't very personal. But my writing style has changed. I was very influenced by the psychoanalytic writings on countertransference in which authors were more open about themselves, especially people such as Jim McLaughlin, Muriel Dimen, and Mike Eigen. They write in deeply personal voices, which had a powerful impact on me. As I struggled to articulate more effectively about working at a body level, I knew I had write more directly from my own bodily and emotional experience.

My own psychotherapy has also had a direct influence on my willingness to truly put myself as a person into my writing. The icing on the cake, however, was an observation Jim McLaughlin made to me after meeting me for the first time when he was a discussant to a paper I read to the Pittsburgh Psychoanalytic Institute. He basically said, "While I don't really know you, I have the distinct impression that the closer something is to your heart, the quieter you become. You need to write from your heart. Let's have lunch and talk about it some more." I worked closely with Jim on my writing, and as a result I began to write in a much more personal voice.

CHARLOTTE: I have noticed that you often mention Jim with great appreciation—and I have also enjoyed reading the book of his writings that

you helped to bring about (*The Healer's Bent*). What was it about him that you found so inspiring, and do we see his influence in any of the papers in this book?

BILL: You certainly do. Jim's writing influenced me in two specific ways long before I met him. The first was the way he posed his observations and interpretations in his clinical practice. He used tentative, exploratory language, which invited the imagination and exploration of his patients in response to his comments. He gave me a way of speaking to my clients that was different from the defining, diagramming style of intervention typical in transactional analysis.

CHARLOTTE: Can you give an example of that?

BILL: Sure. I think that transactional analysis jargon can be too easily used to label behavior: "You're in a racket"; "Get out of your 'Try hard' driver"; "That's a Don't Be injunction"; and so on. We may say these things to clients or simply think them to ourselves, and I worry that we then teach clients what to think about themselves rather than how to think (reflect/mentalize, in today's language). So, for example, I might label

a client's interaction as a move into a "Now I've Got You, You Son of a Bitch" (NIGYSOB) game. Or I might say something like, "Something just shifted in the tone between us. Does it seem like that to you? I sense a tense edge between us. It's a bit like you want to shoot my comments down or maybe it's more like needing to get some distance from me. I want to back off a bit myself. I'm not sure what's happening. What do you notice? Does this make some sort of sense to you?"

The second way Jim's work influenced me was his frank writing about his own feelings and experience and how he used his awareness of his countertransference in his work with clients. He was one of the authors who opened up the "relational" style, although he was never considered a relational analyst. In fact, the impetus for pulling together *The Healer's Bent* (which was mine, not Jim's) was my attendance at the first relational psychoanalytic conference. Even though his papers were frequently quoted in conference presentations, Jim hadn't been invited because he was seen as a classically trained analyst. I felt strongly that his papers needed to be gathered into a book, and Lew Aron, as editor of the relational series, agreed to publish it. Jim was classi-

cally trained, but he constantly challenged the limits of that training.

CHARLOTTE: Jim is one of several older men who have been significant influences and mentors in your life. Who are some others? And have there been influential women as well?

BILL: Indeed there have. In fact, most of my early mentors were women. My advisor at Reed College in Portland was Carol Creedon, the only woman (and clinician) among the behavioral psychology faculty. She was one of two women on the faculty in the whole college! Carol was Rogerian and introduced me to the work of Carl Rogers, humanism, and phenomenology. My thesis advisor at the University of Oregon medical school was also a woman, as was my main professor in graduate school, Connie Fischer. My transactional analysis trainer for my CTA and TSTA was Lois Johnson. Most of the coauthors of the papers in this book are female colleagues. As a young man, I was deeply identified with my mother, which, as Lois pointed out, was a much wiser script decision than being identified with my father. It was one of the results of my analysis that I finally began to form meaningful, intimate relationships with men. That change is also reflected in my papers. Many women authors—Muriel Dimen and Ruth Stein being at the top of that list—have been important influences on my thinking in recent years.

But Jim McLaughlin and Mort Johan, who lived here in Pittsburgh, have been very direct and important mentors—long overdue in my development. Mort was my analyst for 11 years. I had the good fortune to work with him as he was challenging his own classical training. As I had already had a lot of therapy, Mort gave himself the opportunity to reflect with me about the work itself as well as do the work with me. This was enhanced by both of us being in consultation groups with Christopher Bollas during the early years of my therapy, so that gave us a lot to talk about as professionals as well as client and analyst. Mort was very interested in transactional analysis and had read Berne, and he discussed many of my papers with me. Mort was also influenced by Jim. They were quite close friends, although Mort didn't tell me that while I was in treatment with him. Bollas, although only slightly older than me, has also been a very important mentor.

CHARLOTTE: If we could back up a bit historically, I'd like to talk about how you became interested in writing and psychotherapy.

BILL: I became intrigued by psychoanalysis (rather than psychotherapy) while in high school when I read Freud and Jung as a way to understand the writings of James Joyce. I could hardly understand any of those guys, but they stirred something in me. I realized there were people who tried to understand peoples' minds—and I wanted to understand mine, not to mention Mom and Dad. I discovered psychology and psychotherapy during high school by doing summer internships with Nicholas Longo, a behavioral psychologist. It was Dr. Longo who took me under his wing and convinced me to go to college and study psychology.

I was socially inept in those years, very isolated. I spent many hours in the library trying to figure out life. I fell in love with writing and knew someday I would write. I've worked very hard at my writing, which allows me both a sense of privacy and isolation while still being involved with people.

CHARLOTTE: If you were to pick one paper from this book to reach the minds of the transactional analysis community, which would it be and why?

BILL: My god. That is a tough question. One paper? I have to cheat here. There are three recent papers that form a kind of whole: "Impasse and Intimacy," "Nonconscious Processes and Self-Development," and "My Body Is Unhappy." These papers—two of which were coauthored with Mick Landaiche—take up Berne's concept of script protocol and link it to bodily experience and nonconscious, relational dynamics. These

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Explorations in Transactional Analysis: The Meech Lake Papers

by William F. Cornell

Explorations in Transactional Analysis brings together many of Bill Cornell's articles on transactional analysis. Written over 20 years, these papers reflect his ongoing exploration of the interfaces among transactional analysis, the body-centered therapies, and contemporary psychoanalysis. Much of Bill's writing exemplifies the potential and enrichment brought to our work in human relations through the use of one theoretical model to challenge and enhance another. An extensive section devoted to working with the body in psychotherapy brings together a selection of papers and book chapters available for the first time in a single volume. Often written to raise questions more than provide answers, many of these papers are written in an unusually personal voice. (TA Press, 2008, ISBN 978-0-89489-007-9)

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"Bill Cornell's collection of writings raises insightful questions and criticisms of transactional analysis theory and practice. He focuses on the centrality of a relational and body-centered psychotherapy while integrating contemporary psychoanalytic concepts. This book is a must-read for all serious psychotherapists."

Richard G. Erskine, Ph.D., Institute for Integrative Psychotherapy, New York

"At last we have some of Cornell's fine writings gathered in one place. Whether the topic is transference/countertransference, emotion, the body, or ethics, his perspective illuminates. Few books on psychotherapy are as original as this one."

George Downing, Ph.D., Psychiatric Teaching Faculty, Salpêtrière Hospital, Paris

Questioning

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three articles provide the best synthesis of my current thinking and how I want to expand transactional analysis theory. I think they reflect the immense creativity of Berne and his appreciation of unconscious experience, which has so often been lost in the current emphasis on the cognitive/behavioral aspects of transactional analysis theory and technique. If I absolutely had to limit myself to one paper, then it would be "Babies, Brains, and Bodies: Somatic Foundations of the Child Ego State"; it, too, takes up Berne's original ideas and reexamines them from a somatic, relational perspective.

CHARLOTTE: I think that we in the transactional analysis community owe you a great debt of gratitude for bringing us back to our bodies and the importance of our bodily knowing, feeling, and relating. Without wishing to be fanciful, I believe that there's a way in which your work of integrating the intellect and the body heals a split that Berne had. With this journey through the book, you invite us away from the purely theoretical and clinical and into the realm of the lively and juicy.

BILL: There's no doubt that attention to the body in psychotherapy—that of both the client and the therapist—brings more juice to the work, as well as a more direct experience of how people actually experience themselves in life. The split between intellect and the body is hardly unique to Berne; it tends to permeate the history of psychotherapy. Berne did, however, have a deep ambivalence toward the body, touch, and emotions in transactional analysis. When I started transactional analysis training in the early 1970s, we were referred to "permission groups" in which it was acceptable to be physically touched, to move, to dance, to "play." It was a poor representation of both the body and the Child ego state. It was a bunch of grown-ups playing at being children playing. It had nothing to do with the understanding of the body that we have now, which is of somatic experience providing the literal infrastructure for emotional and psychological development. Bodily organization is present throughout life in Child, Adult, and Parent ego states.

CHARLOTTE: So, looking again at the book as a whole, it contains five clusters of articles representing themes that have been of ongoing and developing interest to you. One is the body in psychotherapy. Without giving away the plot, will you tell the readers the other four—and perhaps how they speak to each other?

BILL: Hopefully, giving away the plot will help to sell the book! The first section is subtitled "The Experience of Psychotherapy," the second is "Questions of Theory," the third contains the articles on the body, the fourth is "Supervision in

Practice," and the closing section is "Perspectives in Ethics."

I think the first section, which includes detailed case examples, illustrates the integration of the theories and modalities that I explore in the rest of the book. The articles in the second section of the book return repeatedly to Berne's writings and elaborate clinical possibilities that I think have been lost as Berne's ideas have been simplified, routinized, and dogmatized over the years. In the theory section I endeavor to challenge transactional analysis theory with perspectives from other modalities while trying to maintain the interpersonal essence of transactional analysis.

The fourth section, on supervision, is the shortest but again reflects the effort to maintain multiple perspectives in our work. Included is one of my first articles, "Teaching Transactional Analysts to Think Theoretically," which I cowrote with Marilyn Zalcman. Although it was written in the era of transactional analysis when everything had to be accompanied by diagrams and charts—enumerating four of this and six of that—it demonstrates the effort to present transactional analysis as a comprehensive model of human relations work capable of utilizing multiple theoretical perspectives. "Live and in Limbo," also in that section, again presents a lively and detailed case illustration of all of this stuff in actual practice.

The final section is on ethics, and it is perhaps the most personal, with many of the articles coming from columns I wrote for *The Script*. I abhor the current trend toward sanitizing and sanctifying human relations work so as to eliminate autonomy and risk under the banners of regulation and "safety." It is my intent in this section to get people to think, to upset readers at times, to ask that we challenge our assumptions and motivations. I also seek to recognize transactional analysis as a fundamentally social psychology, in keeping with Berne's original vision.

CHARLOTTE: Well, you've certainly piqued my interest, and I look forward a great deal to reading more of the book soon. I understand that it is now available on the ITAA Web site and through the office as well as at various upcoming conferences. I also want to let our readers know that all of the profits from this book are being donated to the ITAA.

BILL: Yes, I am happy to do that. I think the ITAA serves a unique and centrally important function among the transactional analysis associations worldwide, and I am deeply committed to its continuing work.

CHARLOTTE: Thanks for this interesting interview, Bill. And thanks also for this rich and stimulating volume of articles. It is an asset to the transactional analysis literature and will enhance the work of any practitioner!

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Reflections

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One reason the movie struck such a chord is because it occurred to me that many of these conditions are similar or equal to what the world was going through 70 years ago when my father obtained his diploma in medicine and surgery from McGill University in 1935. He began his

"As a consequence of his reflections on the questionnaires meant to measure the emotional capacity of recruits for military service, my father began to take the first steps toward what would become transactional analysis."

professional career in the years leading up to World War II, first as a psychiatric resident and later as clinical assistant of psychiatry at Mt. Zion Hospital in New York. Very soon after that, in 1943, he joined the Army Medical Corps. As a consequence of his reflections on the questionnaires meant to measure the emotional capacity of young (and not so young) recruits for military service, my father began to take the first steps toward what later would become transactional analysis. Many of the soldiers whom he evaluated—he had less than 2 minutes to assess each one—later fought in Europe, Africa, or the Pacific.

Likewise, beginning in 1951, after his discharge from the army and in full theoretical effervescence, he worked as adjunct psychiatrist at the Veterans Administration's Mental Hygiene Clinic in San Francisco.

My dad's theories became popular during the 1960s, when the United States found itself involved in an extremely divisive and protracted war that had repercussions throughout American society. Like all wars, it left serious physical and psychological traces, both in those who actually

TA in Japan

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ly become one of the standard books used by those in Japan who wish to learn about transactional analysis.

In 2005, many Japanese members attended the ITAA Annual Conference in Edinburgh, where some of them met Helena Hargaden for the first time. Izumi Kadomoto told Helena that Michiko's supervision group would translate *Transactional Analysis: A Relational Perspective*, and all of the translators were extremely excited by the news that Helena and Charlotte would win the 2007 Eric Berne Memorial Award. Several of them were in San Francisco for the 2007 conference and thus able to hear Helena and Charlotte's acceptance speech in person. Charlotte and Helena's book attracts not only transactional analysis practitioners but also psychologists and medical doctors who have a psychoanalytic orientation, because the theme of the therapeutic relationship is universally essential for all therapists. It helps us to discuss clearly transference and countertransference in transactional analysis terms. In addition, the two streams of self psychology and object relations theory are dominant in Japanese psychoanalytic circles, and Helena and Charlotte's book bridges transactional analysis and psychoanalysis. In some meetings or circles—for example, a workshop at the 21st Annual Conference of the Transactional Analysis Association of Japan (TAAJ) and a supervisors' study group of the Japanese Society of Transactional Analysis—their book has been used to learn about the relational perspective.

experienced battle and in those "back home" who suffered from the death or mutilation of family members and from the societal conflicts caused by the war itself. Thus, the problems and psychic responses of soldiers—either those who had yet to experience the traumas of war or those returning from battle with various degrees and typologies of mental distress—unquestionably marked the evolution of my father's thinking about human psychology.

Another circumstance, not unrelated to this, was his interest in the incidence, typology, and treatment methods for mental illnesses in cultures beyond a strictly Western purview. Throughout his professional career, and following his visit to Turkey in 1937, he visited numerous clinics and hospitals in diverse countries, where he gathered valuable data and interviewed psychiatrists and other professionals. The information collected on these trips formed the basis for his early scientific articles. In fact, his first professional article was titled "Psychiatry in Syria," published by the *Journal of American Psychiatry* in 1939. He embarked on these two journeys to the Middle East in full awareness of the imminence of war.

One of the implications of *In the Valley of Elah*, is that the majority of people forming our society, so assailed by wars and violence of every kind (religious and civil wars, terrorism, government-sponsored torture, violence against women, etc.) are simply not aware that society itself frequently demands that we act in ways that are inherently harmful, that are in absolute contradiction to our best intentions, aspirations, and beliefs.

It is to be hoped that psychology, by helping individuals, can help society in general, and perhaps it is the task of psychologists to alert society to the dangers that await us if we do not change, and quickly. Maybe that is the real message of the emancipation from destructive scripts about which Eric spoke so passionately.

Terry Berne is a journalist and writer in Madrid, Spain. He can be reached at tberne@orange.es.

REFERENCE

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We Japanese people are always interested in both new and traditional theories of transactional analysis. Rosemary Napper of the United Kingdom was invited to come to Japan in 2006 and again in 2008 (see her article on page 4 of this *Script*). Mary Goulding was also invited several times in order to teach us about authentic rededication therapy (with fantastic translator and cotherapist Michiko Fukazawa). Many other transactional analysis supervisors have visited from the United States and Europe.

It is a remarkable change that over 20 Japanese ITAA members came to both the 2005 and 2007 annual ITAA conferences as compared to 2 decades ago, when Michiko Fukazawa, the late Kozo Rokkaku, and their colleagues founded the TAAJ. It is delightful that many Japanese ITAA members courageously participate in the international conferences and workshops for the sake of developing transactional analysis in Japan and to make connections with the world. Now, the dream of all the Japanese transactional analysis learners, practitioners, and supervisors is to hold the ITAA's annual conference in Japan. We expect the dream will come true in the near future.

Ryoko Shimada, PTSTA (psychotherapy), is a professor at the University of Human Arts and Sciences in Saitama City (near Tokyo) where she teaches transactional analysis and psychoanalysis. In addition, she works as a psychotherapist at a psychosomatic clinic once a week. She wishes to thank Ryuta Kanemaru for his help in preparing this article. Ryoko can be reached at simada@human.ac.jp.

EXAM CALENDAR

Exam	Exam Adm.	Exam Date	Location	App. Deadline
CTA EXAM	BOC	30 Oct. 2008	Rotorua, New Zealand. . .	30 July 2008
	COC	14 Nov. 2008	Neustadt, Germany. . . .	1 Aug. 2008
TSTA EXAM	COC	14 Nov. 2008	Neustadt, Germany	1 May 2008
CTA Written	All Regions	Your choice	Submit to Regional Exam Coordinator after paying \$50 fee to T&C Council	Your choice
TEWs				

* 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.

Metanoia Institute Hosts Conference on Relational Transactional Analysis

by Heather Fowlie and Paul Kellett

On 7 July 2008, Metanoia Institute held its second Relational Transactional Analysis Conference at the National Council of Voluntary Organisations (NCVO) in London. The day went very well and was a great way for me to bring to a close my first year as the new head of the transactional analysis department at Metanoia. The overall focus of the conference was "Exploring Themes of the Relational Unconscious," and 70 participants gathered to discuss, share, and delve deeper into various aspects of that topic. Moving away from the workshop format we had used for the first relational conference 2 years ago, this time we opted for a more traditionally psychoanalytic format, with case presentations and analysis, panel discussions, and small discussion groups.

Choosing the main speakers for the day—Helena Hargaden and Charlotte Sills—was easy. They were obvious choices, having been the recipients of the 2007 Eric Berne Memorial Award for their work on the domains of transference and having been so centrally involved at Metanoia for so many years (Helena as a primary tutor and more lately as a visiting tutor and Charlotte, until last year, as the head of the transactional analysis department and now a primary tutor). Choosing the other presenters was more problematic simply

because there were so many people who were so well qualified. In the end we invited presenters whom we felt had something particular and different to say on the topic. Many thanks to them all for making the day so enjoyable and enriching. My hope is that those who were not asked to present this time will consider doing so next time. And yes, in response to the many requests we received at the end of the day, there will be a next time! Finally, thanks also to Paul Kellett for providing the following review of the conference.

As Heather has already mentioned, the main presenters at the second Relational Transactional Analysis Conference hosted by Metanoia Institute in London were Helena Hargaden and Charlotte Sills. They were joined by Bill Cornell, Heather Fowlie, Geoff Hopping, Gun Isaksson-Hurst, Ray Little, Rosemary Napper, and Steff Oates in facilitating group discussions and participating in roundtable reflections.

The last conference, held in 2006, was also hosted at the NCVO Centre. It is a light, spacious wharf complex nestled alongside Regents Canal and offering an impressive suite of large conference rooms, smaller workrooms, and a light and sociable entrance hall complete with crocheting receptionist. There is also a large outdoor yard



Bill Cornell, Charlotte Sills, Geoff Hopping, and Gun Isaksson Hurst in animated discussion during break at relational TA conference

alongside the canal, which offered us a fresh and sunny environment for our break-time socializing and excited reflections.

The day offered a creative mix of didactic presentations, including client studies and theoretical reflections as well as experiential exercises and small-group and roundtable discussions. The focus of the morning was a client study presented by Helena Hargaden. The vignette concerned an enactment with a client of 9 years, a case that powerfully illustrated Helena's countertransference response to a relational dynamic that arose around session endings. Helena's reflections drew on a wide range of transactional analysis and psychoanalytic literature to look at how a client's deepest disturbance will manifest at the therapeutic boundaries we put in place and how the client demands that the therapist be impacted by and changed by their mutual encounter. Helena presented her thoughtful paper with great warmth and humor, and I, among the others there, thoroughly enjoyed this insight into her practice.

Ray Little then offered a powerful analysis of Helena's vignette. He highlighted how important it is for the therapeutic frame to be robust (as opposed to rigid or lax) in order for clients to feel safe enough for their unconscious disturbances to emerge. He explored the central theme of loss from a number of perspectives and discussed how working in a transference relationship is a rare, complex, challenging, and powerful aspect of working relationally. His paper was skillful and evocative and, judging from the buzz during the coffee break, it greatly affected us all. This impact was further evident during the following small-group discussions, for which our energy was fueled by caffeine and a delightful selection of naughty biscuits. We then all met in the large group once more before lunch to hear the small-group facilitators discuss the themes that had emerged from our earlier discussions.

Charlotte Sills then offered a presentation concerning the nature of language and its potential relationship to the internal world using a creative mixture of experiential exercises and didactic presentation. We followed the same format as the morning in order to evoke our own reflections and thoughts. This presentation raised many interesting questions regarding issues of language, symbolization, and their unconscious function, questions that connected strongly to the theme of the conference: the relational unconscious. It was somewhat surprising, then, that these questions were engaged with only at that point, as we began to grapple with the question of just what we mean by "relational unconscious." The issue of mirror neurons arose, highlighting the current

trend in some quarters to redefine (if not reduce) the complex notion of unconscious process to biology or hypothesized cognitive information processing models (as evidenced by the April 2008 *TAJ* issue on the unconscious). This was followed by a challenge to account for the original Freudian notion of the unconscious as a realm of repressed and forbidden desire. Both issues were rather summarily dealt with, although they evidently promised to generate heated debate, and it was perhaps for this (unconscious) reason that the conference was brought to a close 5 minutes before time!

I believe that the value of a conference can be fairly judged by the engagement of those who attend it. There was an impressive mix of participants at the Metanoia conference, ranging from colleagues at the start of their training and from a variety of institutions to experienced author-practitioners. While some found aspects of the discussions and presentations a little beyond their currently comfortable learning zone, it seemed to me that all engaged passionately with the material and each other. It is a rare honor and joy to be able to grapple with the kind of crucial and disturbing issues that arose at this conference with interested colleagues of such varied experience and orientation. The vitality and vibrancy of transactional analysis really shone through at this conference, and I very much hope that Metanoia will continue to develop this series so that more of us can continue to engage in such a creative and fruitful project.

Heather Fowlie, MA, MSc, TSTA, UKCP reg., works in private practice in South West London as a full-time psychotherapist, supervisor, and trainer. Before retraining to be a psychotherapist, she had worked extensively with young people both within and outside of the care system, and through her current psychotherapy practice she still maintains this link. Heather is particularly interested in integrating other models of psychotherapy, especially object relations, within a relational approach to transactional analysis. She is head of the transactional analysis department at Metanoia Institute and can be reached at HeatherFowlie123@aol.com.

Paul Kellett, MSc distinction (Psych), Middx., MSc distinction (Psychol), OU, Clinical Diploma (TA Psychotherapy), Metanoia, PTSTA, CTA(P), MBACP (Accred), UKCP reg., runs a private practice in South London, is an assistant tutor at Metanoia, an associate therapist with Ceridian and The Project for Advice, Counseling and Education, and a member of The Directory of The Pink Therapists. He can be contacted through www.paulkellett.net.

CTA EXAM PREPARATION

This is a group for people preparing for their written and/or oral exam, including trainees who are just starting the process and want support from peers as well as those who are actively working towards their oral exam. The days are grouped in series of three or four. Participants normally commit themselves to at least two series of workshops.

The group works on a cooperative basis—on each day the content is negotiated by the members. A typical day may include focus on a particular theme or theory, a discussion of part of the written exam and practice viva sessions.

Facilitator: The days will be facilitated by Carole Shadbolt, TSTA(P)

Dates: 13 September, 11 October, 8 November, 13 December
17 January, 14 February, 14 March, 9 May, 13 June, 11 July

Costs: £360 per series of three workshops

MOCK EXAMINATION INTENSIVES

Dates: Tuesday/Wednesday, 28/29 October
Tuesday/Wednesday 10/11 February 09

Metanoia Institute is reviving its mock examination workshops. These two-day workshops will be facilitated by staff from our highly experienced team, including: Suzanne Boyd, TSTA; Heather Fowlie, TSTA; Jill Hunt, PTSTA; Gun Isaksson-Hurst, PTSTA; John Renwick, TSTA; Carole Shadbolt, TSTA; Suhith Shivanath, PTSTA; Charlotte Sills, TSTA.

The workshop format is highly flexible, with several different activities taking place in sub-groups and are open to anyone who is preparing for their qualifying examinations (counseling, CTA, TSTA) or the TEV. The workshops offer a unique environment in which to practice, hone or to desensitize by observing, all aspects of the examination journey.

Typical activities include mock exams, tape presentations; appraisal and evaluation; theory, organizational questions and discussions, ethical and professional discussions, as well as multi level supervision, and supervision of teaching—all in a cascade format.

In addition to the content of the mock examinations from both contemporary as well as traditional TA perspectives, we will offer participants coaching on managing the exam process itself.

Costs: Metanoia Members: £240 Non-Members: £280

POST QUALIFICATION MSC FOR CTAS

Candidates will apply to have their prior learning recognised and accredited with 120 credits towards the MSc. They then identify their particular areas of interest in relation to their professional development, attending a series of workshops on areas of psychotherapy theory and practice.

Candidates who choose to focus on particular areas—such as groupwork, couples work, brief work or CBT—may combine their study with the attainment of a Metanoia Practitioner's Certificate.

During their studies, candidates will be required to demonstrate through their practice, their reflection and a dissertation (6-8,000 words) the integration of their work into practice.

Candidates who are unable to attend Metanoia in person may apply to achieve the MSc through private study, practice and dissertation.

For further details, contact Heather Fowlie, TSTA, Head of Department.

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