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## Some Things Remain, Others Will Change: The TAJ Transition to SAGE

By Bill Cornell, Ann Heathcote, Birgitta Heiller, and Jo Stuthridge

**A**s we move forward with the transition to having the *Transactional Analysis Journal (TAJ)* published by SAGE Publications, it seems like a good time to update you on a few things that will be changing as well as some that will remain the same.

### **Design and Content**

The various levels of change begin with the *TAJ* itself. For example, while the cover of the *Journal* will look much as it always has (with the color changing yearly), there will be some differences in the layout of the inside pages. In terms of the content, that will remain the same in terms of style and quality. The *TAJ* is dedicated to providing a high level of support to its authors, especially those writing for the first time and/or whose native language is not English. In addition, our articles use a fair amount of TA-specific language and symbols. All of this makes the copyediting of *TAJ* manuscripts particularly important, and we are happy to report that the ITAA Board of Trustees has chosen to maintain Robin Fryer’s position as *TAJ* managing editor to ensure the quality and accuracy of the *Journal*’s

content. She will continue doing all the copyediting and working with authors until the manuscript is ready for final formatting by SAGE. Likewise, the

attention of our coeditorial team will continue to focus on the quality of reviews and working with authors to help them develop and present their ideas as clearly as possible.

### **Permissions**

In terms of permissions, an important area in our international TA community, non-English-language transactional analysis journals will still be able to translate and republish *TAJ*

articles by direct agreement with the ITAA, much as has been done in the past. Individuals and groups outside the field of transactional analysis will now contact SAGE to obtain permissions.

### **Member Online Access and Costs**

The *TAJ* will continue to be a primary benefit of ITAA membership, and one of the most exciting changes to come is the fact that it will now be available both in hard copy and online to all classes of ITAA members as well as to individual and institutional subscribers. And as the digitizing of back issues is



accomplished by SAGE, the entire archive of past *TAJs* will also be available online, with access determined by membership or subscription level. This important new offering is being accompanied by a change in ITAA membership categories and dues, as you will all have read in a communication from the ITAA Board of Trustees sent last month. Briefly, there will be two membership levels, each with different benefits:

**Level I** includes Regular, Certified, and Teaching Members (\$160/year), Student Members (\$110/year), Retired Members (\$99/year), and TAlent Members (fees calculated on a pro-rata basis). Members in all of these categories will receive the *TAJ* in hard copy and digital formats plus access to the *Journal* back catalogue through to 1971 as it becomes available this year; *The Script* newsletter, available as a members-only benefit for 2 months after pub-

*“We think most of the changes will be of enormous benefit to the ITAA and its members as well as to TAJ authors and readers. The contract with SAGE will offer TAJ authors far broader distribution of their work, not only to other transactional analysts worldwide but to other professional groups as well as libraries and universities.”*

lication once the members-only section of the website is up and running; conference discounts; listing in the ITAA online directory (in the appropriate category); and voting rights.

**Level II** includes Associate Members (\$110/year), who will receive *The Script*, a hard copy of the *TAJ*, and digital access to the *TAJ* for the current year and one year prior.

**Nonmember subscribers** may purchase individual subscriptions directly from SAGE (\$130/year), which will include a hard copy of the *TAJ* plus online access for the current year and one year prior for the duration of the subscription (for details, contact [journals@sagepub.com](mailto:journals@sagepub.com)).

### Copyright and Author Rights

Another area in which there will be both some continuity and some change is that of copyrights and author rights. As the *TAJ* enters the digital age in its partnership with SAGE, these areas inevitably become more complicated. However, we are pleased to say that copyrights for all *TAJ* articles will continue to be held by the ITAA, as they have been since 1993. The ITAA will license SAGE to publish the *TAJ*, and authors will sign a new author contract that outlines the copyright situation as well as the rights and limitations authors will have under the agreement with SAGE.

In terms of rights, *TAJ* authors will continue to have those they now have under the ITAA author contract: to use their articles in classroom teaching, to post on their own websites or in their own digital publications, and to include in other books or compilations of which the author is the author or editor. Specifically, under SAGE, authors may at any time without further permission:

- Distribute on a nonprofit, individual basis print and electronic copies of the article for teaching purposes or to colleagues
- Circulate or post on any repository or website the version of the article submitted to the *TAJ* (i.e., the version before peer review and editing) or an abstract of the article
- No sooner than 12 months after initial publication, post on any noncommercial repository or website the version of the article that was accepted for publication (SAGE has said that if approached for permission earlier, they usually grant it)
- No sooner than 12 months after initial publication, republish the whole or any part of the article in a work written, edited, or compiled by the author provided that citation is provided for the original publication by ITAA and SAGE. This must not simply be a

**the SCRIPT**

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**Call for Examiners**

**Osaka, Japan**  
**13-14 August 2013**

If you can help with exams in Osaka, please see the April 2013 *Script* for details and/or contact Thorsten Geck, Cochair, ITAA Board of Certification at [thorsten.geck@gmail.com](mailto:thorsten.geck@gmail.com).

replication of the article in its complete or abridged form in another journal or other serial publication or database.

Other forms of republication will need to be vetted by the permissions department at SAGE, which is available to authors through a dedicated website. These permissions may involve a fee paid to SAGE.

The restrictions on authors' distribution of articles published in the *TAJ* are standard among academic and scholarly publishers and include:

- The SAGE-created PDF of the published article may not be posted at any time. These PDFs are the versions made available on the SAGE website and to institutional (library and university) subscribers.
- Each use of the article, or any part of it, must include the copyright notice that appears on the issue of the *TAJ* in which it is first published and a full bibliographic citation to the *Journal* as published by SAGE.
- Copies of the article, or any part of it, shall not be sold, distributed, or reproduced for commercial purposes.
- The article, or any part of it, shall not be used for any systematic external distribution by a third party (e.g., an electronic mailing list or a database connected to a public access server). This ensures that access to articles is only through ITAA membership,

*Bill Cornell, Ann Heathcote, Birgitta Heiller, and Jo Stuthridge are the coeditors of the Transactional Analysis Journal. Comments or questions about this article may be sent to them via Bill at [wcornell@gmail.com](mailto:wcornell@gmail.com).*

the SAGE website, and institutional subscriptions through SAGE.

There are a handful of authors who have published in the *TAJ* but were unwilling to assign copyright to the ITAA. They will be contacted directly by SAGE to see if they are willing to grant permission for their articles to be included in the digital archive of *TAJs* from 1971-2012. In the future, all authors will be required to sign the SAGE author contract if their article is going to be published in the *TAJ*. This is a necessary requirement from SAGE to ensure the online distribution of the *Journal* to institutional subscribers and allow sales of individual articles through the SAGE website. (For additional details, see <http://www.sagepub.com/authors/journal/permissions.sp>.)

*“The TAJ will continue to be a primary benefit of ITAA membership, and one of the most exciting changes to come is the fact that it will now be available both in hard copy and online to all classes of ITAA members as well as to individual and institutional subscribers.”*

These details are part of the final agreement with SAGE, which resulted from detailed discussions and negotiations over the past 2 years. These included communications and negotiations between the *TAJ* working group and various external publishers as well as consultations with other associations that publish through academic and scholarly publishing houses. Considerable time and effort were devoted to comparing copyright and authors' rights arrangements with various publishing houses, and SAGE's permission structure was found to be

both consistent with others and also more “author friendly” in terms of supporting the widest possible distribution of an author's work. In fact, a big factor in choosing SAGE over any other publisher was that they were willing to adjust some of their standard systems to accommodate certain aspects of how the ITAA and the *TAJ* function so that we could retain some things that are important to the *Journal* and the worldwide TA community.

So, while many things about the *TAJ* will remain the same with the move to SAGE, there will also be some changes. We think most of these will be of enormous benefit to the ITAA and its members as well as to *TAJ* authors and readers. The contract with SAGE will offer *TAJ* authors far broader distribution of their work, not only to other transactional analysts worldwide but to other professional groups as well as libraries and universities. We hope you will enjoy these added benefits as ITAA members and *TAJ* readers and that they will encourage you to think about writing up your ideas and/or work for the *Journal*. ☺

### Not Receiving the Monthly Email Announcing the Next Issue of *The Script*?

- Check your email address in the database on the ITAA website at [www.itaaworld.org](http://www.itaaworld.org) (we have found some typos and non-existent addresses)
- Check your email settings for your email server (e.g., some people have blocked Constant Contact emails, which is how *The Script* teaser is sent)

If you have questions or need help, please contact Janet Chin at [janet@itaaworld.org](mailto:janet@itaaworld.org).

## Putting Heart into “Home”

By Pastor Leslie Poulin

**I**t is never dull at The Urban. Community members wander in looking for leftovers to take home or a cup of coffee and a cribbage board. They come from work, from the street, from the shelters and rooming houses. They gather to visit, get a hug, share their pain, gripe about the unfairness of life—whatever is important to them in the moment. Many are indigenous peoples, many are addicts, most have deep scars from abusive childhoods. The majority go through each day living with some form of mental illness. They come to The Urban because it is Home.

Lutheran Urban Ministry (The Urban) is a nonprofit organization made up of a small staff and many volunteers who donate their time and skills to help individuals and families in the inner city of Winnipeg, Manitoba, Canada, to rise above circumstances into a world of hope. The Urban is governed by a board of directors that takes an active part in the life of the community.

The Urban serves two suppers a week to approximately 80 people. On Sundays there is a worship service with communion followed by a lunch. Meal teams from various congregations in and around Winnipeg provide the meals out of their own



*The Urban Boomwhackers. Choir members are holding Boomwhackers®, which are plastic tubes of different lengths and colors, one for each note in the chromatic scale. (For fun, Google “Boomwhackers Eye of the Tiger” to see how they sound.)*

funds. We also hand out emergency food kits on Sundays. Hygiene kits are available at any time.

At The Urban we strive to teach personal accountability; respect for self, others, and property; helpful choices; anticipation of consequences; life skills; and a relationship with God. We also deal with the realities of life: HIV, STDs, abuse, suicide, gangs, sexuality . . . and on it goes.

I am the spiritual care counselor at The Urban. I have been a Lutheran pastor for over 20 years. Ministry at The Urban feeds my soul. I use transactional analysis whenever I can with the community members. In my sermons I try to relate the scripture texts to real life. So, one Sunday I handed out copies of the drama triangle to help explain a Bible story and to connect it to the life situ-

ation of some of our members. I noticed that many kept the paper.

Jean Illsley Clarke’s affirmation ovals are another tool I use frequently. The healing they inspire for some of our community members has been nothing short of miraculous!

The beauty of working at The Urban is the wonderful relationships that are built by “being there.” Through active listening, The Urban hears the needs of the people and provides programming to fill those needs. For example, many of our people live in rooming houses with a shared kitchen and bathroom. Quite often a person’s food is stolen, eaten, or used by one of the other tenants. After hearing several stories of this nature, The Urban held a crockpot cooking course. Ten 4-liter crock pots



The crock pots lined up ready for the home cooking demonstration



A meal team preparing supper in the kitchen at The Urban

Over the course of my ministry at The Urban, I have witnessed the emotional, spiritual, and psychological growth of many community members. There is more respect, greater patience, deeper questions, and growing awareness that, in the words of Hildegard of Bingen, “God has created all things in relation to everything else.”

were donated, and three women volunteered to teach two recipes each. The leader of the group also purchased “portable kitchens” so that at the end of the course, the participants had everything they needed to prepare meals in their rooms. It was a huge success!

Currently, we are running what we call “a girls’ circle.” This program assists youth by promoting a positive self-image. Girls between the ages of 9 and 14 are invited to join, with parental consent. Each meeting starts with a check in when the girls say how their day went. There is a topic for each week and yet flexibility to discuss whatever is really important to the girls. After check-in, they help prepare a snack and then are responsible for cleaning up afterward. The number one rule of the

gathering is that what is said in the circle stays in the circle. This helps to promote trust and develop bonds between and among the girls. Frequent topics include bullying, gossip, suicide, and sexuality. The meetings also provide an opportunity to speak with girls about the spiritual impact of becoming sexually active.

Over the summer I will offer a youth program, “Kids in the Kitchen,” which teaches basic cooking skills to 8-12 year olds. We have several boys in the community who love to cook! This coming fall I want to begin RAG Time (Recreation and God Time), an after-school program that teaches Biblical literacy through music, art, prayer, and, of course, food!

My ministry at The Urban is summed up beautifully by Robert Fulghum’s “The Storyteller’s Creed”:

I believe that imagination is stronger than knowledge.  
That myth is more potent than history.  
That dreams are more powerful than facts.  
That hope always triumphs over experience.  
That laughter is the only cure for grief.  
And I believe that love is stronger than death. 5

Leslie was called to ministry at the age of 4. Following that call has taken her from Ottawa through most of Canada, parts of the United States, and has now settled her in Morris, Manitoba, Canada. There she serves half time as a parish pastor and half time as the spiritual care counselor at The Urban. Leslie was introduced to transactional analysis as she traveled her own healing journey and has used it in her ministry ever since. She can be reached at [leslie.poulin@gmail.com](mailto:leslie.poulin@gmail.com). Check out The Urban at [www.theurban.ca](http://www.theurban.ca).



Rhonda Gates, the administrative assistant at The Urban, with her fairy wings

# Beazley Richards Offers Trauma and Recovery Training in South Africa

by Diane Salters

**I**n February 2013, Joanna Beazley Richards, accompanied by her husband, John Baxendale, visited South Africa and offered several workshops on trauma and recovery. Joanna, a specialist in this field, shared with participants her own way of working with trauma and her understanding of it in transactional analysis terms.

South Africa has a history of violence and still lives with high levels of child abuse, rape, domestic violence, and robbery-related violence. Not only professionals, but also lay counselors and development workers, have to deal with trauma on a daily basis. Joanna was generous, in the best tradition of transactional analysis training, and offered several workshops to nongovernmental organizations as well as for some professionals.

In Johannesburg, Lifeline counselors benefitted from two sessions with Joanna and, as a result, have changed their whole approach to trauma counseling. Sharon Kalinko's transactional analysis group found their time with Joanna very fruitful, and Sharon herself reports that she is now offering specific trauma counseling for the first time and with good results.



*Mothers Unite with Joanna Beazley Richards and John Baxendale (second and third from right, standing) and Diane Salters (fourth from left, standing in back)*

In Cape Town, Joanna ran a workshop on the basics of trauma for community workers. This was hosted by a wonderful band of women called Mothers Unite, all of whom are volunteers who live and work in one of the most deprived and traumatized areas of the city. She also did a two-day continuing education training for psychologists, social workers, and therapists. This was generously hosted by the Family Association of South Africa, which provided their training facilities, sent members of their staff, and involved their network.

Joanna was well received wherever she went and said of her experiences in South Africa, "I felt humbled and enriched by hearing about the wide range of traumatic experiences people reported in South Africa and the creative ways that the different communities were helping themselves and others."

Joanna's emphasis, at all times, was on working in a way that would avoid retraumatizing the traumatized person and reduce secondary traumatization of the person offer-



Trauma Centre group with Joanna Beazley Richards (far right) and Diane Salters (third from left in back)

ing help. She provided excellent information about what trauma is, how it affects us, and the process of recovery. Participants also had the opportunity to practice how they could manage and resource traumatized people in ways that would create safety and set them on the road to recovery.

The South African Transactional Analysis Association is most grateful to Joanna and John for their contribution to building TA in South Africa and helping us to address the huge need here for healing trauma. We look forward to having them back in 2015. 📍

Diane Salters is ITAA Vice President of Research and Innovation and lives and works in South Africa, where she has a private practice and a small training group and has introduced TA to a number of NGOs working in the fields of health and/or community development. She can be reached at [dsalters@africa.com](mailto:dsalters@africa.com).

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## TA Conferences

**8-12 May 2013:** Thrissur, Kerala, India. National Conference on Transactional Analysis (ICTA, KOCHI). Contact: [www.nctaindia.org.in](http://www.nctaindia.org.in) or [ncta2013@gmail.com](mailto:ncta2013@gmail.com).

**4-6 July 2013:** Oslo, Norway. European Association for Transactional Analysis Conference. Contact: [www.taoslo.com/](http://www.taoslo.com/)

**14-17 August 2013:** Osaka, Japan. International ITAA Conference. Contact: <http://2013itaa.com>

**3-5 October 2013:** Long Beach, California, USA. USATAA Conference. Contact: [www.usataaconference.org/](http://www.usataaconference.org/)

## Things in the UK Are Changing

by Leilani Mitchell



The Institute of Transactional Analysis (ITA) in the United Kingdom has voted overwhelmingly (94%) for a new name. From 1 June 2013 we will be known as the United Kingdom Association for Transactional Analysis (UKATA).

This rebranding is more than just a name change. It also marks a new era for the organization, with renewed purpose and focus. In addition to supporting our members and providing benefits for them, we wish to reach out to the wider public and promote transactional analysis nationwide.

We have restructured our committees to be more outward focused, and more members than ever are directly contributing to the work of the association. We now have 12 committees, most full with volunteers who are passionate about their purpose. Financially we are stable and building up our reserves, much of this work having been done by the new finance committee. We now have a community development committee focused on both providing benefits for members and using the web and social media to generate interest in transactional analysis for people not currently using it. We have launched a new website and are now working on the content to make it relevant and clear. We have also recently created a wider publications committee that is specifically tasked with getting articles published in journals and magazines that are not directly connected with transactional analysis.

In the next year we plan to offer interim qualifications and to build on the work we have already started. It really feels like there is new vibrancy in the organization, and the council, the members of which have been in place for a year, have received extremely positive feedback about the work they are doing. 📍

Leilani Mitchell is the chair of the UK organization and can be reached at [chair@ita.org.uk](mailto:chair@ita.org.uk).

MAY 2013

THE SCRIPT

## Using TA to Think About Writing

by Sashi Chandran

To retain the flavor and images it conveys, I choose to retain the word *writing* in these reflections, despite the fact that today doing so usually involves mostly keying words in on a computer. Writing is about communicating concepts, ideas, thoughts, feelings, and experiences. Forms of writing vary, but its purpose is to disseminate, connect, and get in touch with one's inner and outer worlds. This article describes my encounter with words, considers blocks to writing using transactional analysis concepts such as psychic energy and drivers, and culminates with reflections on overcoming the blocks with permissions and the integrating Adult.

My writing began during my college years. Words tumbled out of me in the form of a poem for a college magazine and I was in awe! "Is this really me?" I wondered. I like the feeling of connecting with and expressing my inner world through writing. It is a release of built-up energy, a meaning making of *imperiances* (inner landscape) (Yati, 2009, p. 72) and experiences with the world outside.

Despite anxiety and fear of exams, I enjoy responding to questions in a written exam. Transactional analy-

sis training and certification processes drew out my experiences and knowledge in words and writing. Despite the struggle (quite intense at times), I cherish the joy and relief that writing brings.

My first guide in transactional analysis, Ms. Lekha Jothi, a member of the Transactional Analysis Society of India, advised me to record my experiences with clients, which I have done for nearly 3 decades now. Even a mundane activity like writing training reports brings clarity and coherence. Fr. George Kandathil, my Level I transactional analysis trainer, encouraged us to write: "Write something—put it down," he used to say. I did my CTA counseling written exams in 2011, and the guidance and prompting of my supervisor, Utah Hohl, TSTA (counseling), helped me give meaning and shape to my experiences as a transactional analysis counselor. This process gave me the urge to write.

Preparation and publishing my *Transactional Analysis Journal* article "Supervision in the Indian Context" (Chandran, 2007) gave me a glimpse into the process of professional writing. Now I write not only to express and connect but also to make meaning and disseminate experiences and knowledge to train



transactional analysts in people work.

For most people, with the exception of writers and academicians, writing may not be a priority. And those who do write often face writing blocks, as I did for years: the stuck point or *impasse* (Goulding & Goulding, 1979) where there is little movement. How and why do we get stuck in a place of stillness and silence, a heavy knotted place, when we attempt to write?

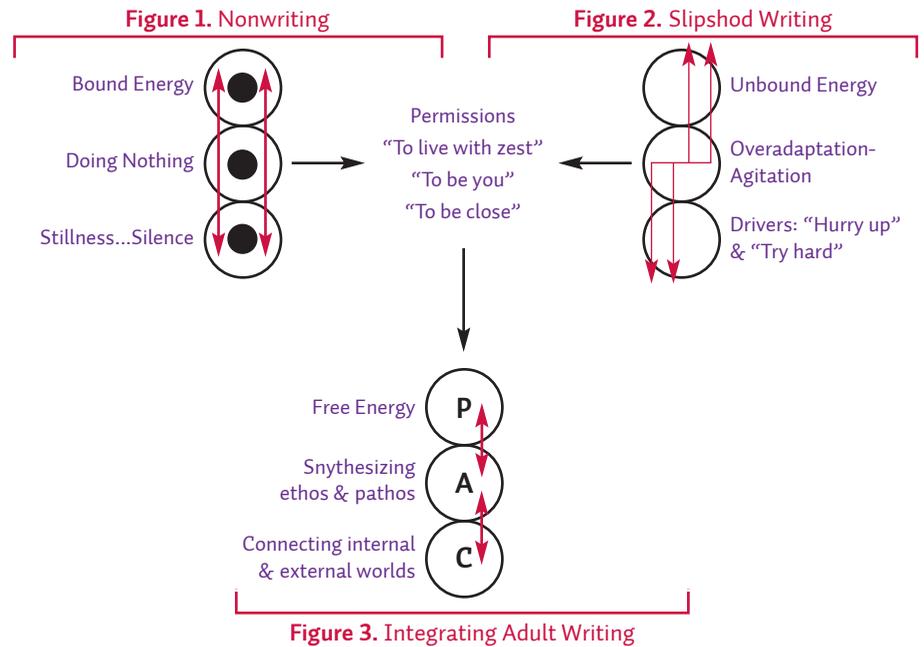
With such a block, I think psychic energy (Berne, 1961) is bound in the Child ego state, which also binds the Parent and Adult ego states. The creative Child expression of Adult information and knowledge and the Parent know how are frozen into inaction and numbness. Passivity (Schiff & Schiff, 1971) in the form of doing nothing reigns, and the writer tries to seek other avenues of connecting with self and the environment (Figure 1). Many reasons—lack of time, the feeling that writing is "not me," a belief that "I can't write"—are used to explain away not writing. These reasons come out in defense of the bound energy in the Child, caused by excessive inner

Parent controls or the belief that “I cannot write.”

I have experienced intense resistance to writing from trainees, especially for the Certified Transactional Analyst written exams. Sometimes responses are not appropriate to the written exam questions or are redefined to suit the trainee’s frame of reference. When I explore with them why this is happening, often we find that slipshod writing is due to the “Hurry up” driver (Kahler, 1974) and the urge to complete the assignment. “Be perfect” and “Try hard” drivers also contribute to bound energy/unbound energy. Nagging questions such as “What is expected?” or “Is there one way to write the exams?” are usually manifestations of drivers propelling the person internally toward perfection or trying (Figure 2).

Permissions (Allen & Allen, 1972; Berne, 1972) to be zestful, to be you, and to be close, such as those I received from trainers and supervisors, help to re-lease bound energy and pave the way for writing. The taste for writing is further spurred by the sense of relief, achievement, and connectedness that writing brings. Unbound energy in the Child can be quite chaotic initially, leading to confusion about what, how, and where to start writing. This can sometimes contribute to energy becoming bound again.

I have found that starting to write, even a paragraph a day, with a clear



contract to write, is a major step toward freeing bound energy. The flow of words and the emergent meaning releases energy further, and the product slowly takes shape. Inner connectedness between thoughts, feelings, and experiences begins, followed by connectedness between self, others, and the environment (Figure 3). This merging discharges life- and growth-sustaining energy and movement. The integrating Adult (Berne, 1961; Erskine & Trautmann, 1996) is operationalized during this process. Pathos and ethos (Berne, 1961) are synergized in the Adult, and the “I” or self is expanded beyond the limitations of time and space. This wisdom center is called the *rathnagarbha* (Yati, 2009) by Guru Nitya, the treasure trove within every human being.

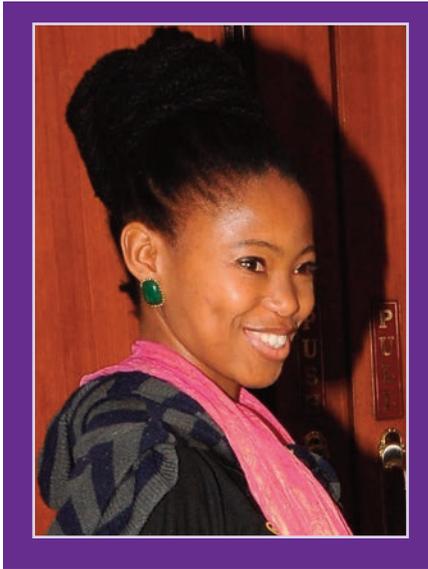
The blocks and release in writing I have described here can be used to explain other areas of human functioning as well, such as difficulty in communication or in trying out new behaviors. Writing this article helped me delve into the causes of writing

blocks using transactional analysis concepts, which I found useful and hope others will as well.

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## New Addition to ITAA Public Relations Team

We are pleased to welcome Mandisa Mbaligontsi to the public relations subcommittee of the ITAA Board of Trustees. For a while now, we have realized that we need to have a vibrant presence across social media to promote the vision and goals of the ITAA. Mandisa has offered her expertise in social media as well as her passion for transactional analysis and writing. What an exciting combination!

We see her work with the PR committee resulting in the following benefits for the ITAA:

- A robust and active presence in the online and social media world
- The opportunity for ITAA members and TA-interested people to communicate via social media
- A leadership role in this initiative and proactively engaging with its online community

- A distinctive ITAA “brand” for our posts and PR material on the web
- Keeping social media alive with updated and relevant topics
- Advertising upcoming events more widely
- Prompting responses to posts, comments, and suggestions to grow an online community
- Bringing attention to the ITAA PR committee of common themes, requests, and discussions to allow the ITAA to be responsive to the online community
- Using social media as a robust communication channel to the online transactional analysis community
- Ensuring that online communications support and promote all other ITAA communications
- ITAA social media presence acting as a hub for events from all regions of the world

Mandisa is a dynamic person who finds a great deal of joy on the dance floor swaying to the beat of salsa, and she extends that passion to people, transactional analysis, and writing. When she is not dancing, she is primarily involved in development work with grassroots groups of woman helping them to unlock and reframe their worldview using transactional analysis.

Mandisa is excited about and looking forward to this wonderful journey of connection with people from different corners of the globe through a shared interest in transactional analysis in the digital world. You can contact her via email at [mandisa.mbaligontsi@gmail.com](mailto:mandisa.mbaligontsi@gmail.com).

And look for us on Facebook and Twitter. Use the official ITAA pres-

ence to link people with your local events and tell us what is going on in your region.

We look forward to connecting together!

*Your PR team: Karen Pratt (trustee for Africa), Mandy Lacy (trustee for Australasia), and Mandisa Mbaligontsi (PR liaison) 📍*

## Call for ITAA Board Nominations

The following position is open for nominations: Regional Trustee (nomination and election only by members of the region) Europe (2014-2016).

**Deadline:** 31 May 2013.

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 in the Guidelines (part of the official documentation) on the ITAA website at [www.taworld.org](http://www.taworld.org). Send nominations to ITAA Nominations Chair Sumithra Sharatkumar at [sumithrask@gmail.com](mailto:sumithrask@gmail.com). If you have not already submitted a Consent to Use of Electronic Transmissions so that you are eligible to vote electronically in the case of a ballot, we urge you to do so right away by [clicking here](#). 📍

## Morris Haimowitz Leaves Legacy in a Book

by Carla Haimowitz

From the orange groves of Florida in the 1930s to decoding messages in the Pacific Islands in World War II to managing race riots while integrating Chicago public schools in the 1950s to leading transactional analysis groups in the basements of community centers and churches to blending weeds picked in his backyard, Morris Haimowitz's almost 95 years on Planet Paradise were dazzling. Can an obituary be a book review? Maybe. *Planet Paradise* is, in part, an autobiography. Before he died on 23 March 2013, I promised my father I would write about his book, and in so doing I am also writing about his story.

Most members of the ITAA today probably don't remember Morris, but he was the one who brought transactional analysis from Pacific Grove, California, to east of the Mississippi—to Chicago, where he was director of human relations for Chicago public schools. He loved transactional analysis, so he and his psychologist wife, Natalie, came and studied with Eric Berne. Then he had Eric come to Chicago to supervise their first group—made up of four couples, all therapists. That group has endured to this day. Eli Krumbein, who lives in Illinois, is the surviving member, making theirs the longest standing TA support and study group.

Before studying transactional analysis, both Morris and Natalie were social scientists. Discussion at the

dinner table was usually about social theories and social movements. They met at the University of Chicago while investigating the effect of Rogerian therapy on racial prejudice (it didn't help much, they concluded). But they admired Carl Rogers (I am named for him), Louis Worth (my sister Louise is named for him), and other psychology pioneers.

Morris wrote *Planet Paradise* to help him cope with Natalie's death due to frontal and temporal lobe dementia, but it is also an explosion of self-expression from a man who usually kept his mouth shut, rarely asking for what he wanted, usually making vague contracts, a diplomat. *Planet Paradise* is a mirror of Morris. It is sweet, tender, simple, huge, politically pedantic at times. He speaks about the corruption of our US democracy interspersed with little poems about compost. That was Morris. He wrote poems for his family, his neighbors, even the dialysis nurses who punctured him, wrapped up his wounds, and tried desperately to keep him alive—until they gave up. Morris would come home from dialysis and talk about the overworked nurses, about tiny wives lifting their much larger husbands into wheelchairs, about young black men in their twenties looking forward to a lifetime of dialysis.

Morris and Natalie wrote college texts: three editions of *Human*



Natalie and Morris Haimowitz circa 1995

*Development*, which were best sellers in the 1960s. They also wrote *Suffering Is Optional* (a title they soon regretted) in the 1970s. That book is a dandy soft-cover explanation of transactional analysis that includes about 50 experiential exercises. The books were written to give to their clients and are very user friendly. I found a few boxes of them in Morris's basement, and if you send a large, self-addressed, stamped envelope to me, Carla Haimowitz, at 5108 Manila Ave., Oakland, CA 94618, I will send you one for free.

*Planet Paradise* is not just autobiographical; it is the history of the United States, a changing economy and ecosystem, and it describes the radical differences between psychotherapy in the 1960s and current approaches to mental health. It will cost you about \$25 on Amazon, I think, or write to me if that doesn't work.

There. I've done it.

Love, Carla 5



## 2013 ITAA International Conference in OSAKA

### “Recovery, Rebirth, New Beginnings”

15-17 August; Osaka, Japan

Osaka International Convention Center

Preconference Institute (TA 101) 13-14 August and  
Postconference Institutes 18 August

**Early-Bird Registration and Talent Rates:** The deadline for the 10% early-bird registration is 15 July. Residents of TAlent countries may register for 50% of the full rates, which we hope will encourage participation from many countries.

**Advertising:** To support the TAlent efforts, please consider advertising in the conference souvenir/program, which will be distributed to all conference participants. Ad rates: Full page \$200, Half page \$100. For details or to reserve an ad, please email [yukakoby@yahoo.co.jp](mailto:yukakoby@yahoo.co.jp)

**Book Garden:** Due to the delay in updating the website, the deadline for receiving books for display at the conference has been extended to 15 May. See <http://2013itaa.com/bookstore.html> for details.

**Program:** We have more than 50 proposals and will publicize the list of presentations shortly.

**Trans-Action!** A new poster represents the open qualities of the Natural Child and has become part of our Osaka Conference website. The poster shows children with different-colored skin but arm in arm and all smiling! Now the website has two different faces: the top page focuses on the ITAA program, and the new page—Trans-Action!—focuses on five topics, including alternate accommodations, travel information, local food, entertainment, and Japanese phrases for overseas visitors. The *yado* or accommodation section lists several unique, reasonable hotel/lodgings, including a Japanese-style inn where you will enjoy exotic experiences. The *tabi* or travel section provides information about the two ITAA official itineraries focusing on the Kansai area (Osaka, Kyoto, and Kobe). The *goraku* or entertainment section offers information about a wide range of Japanese entertainment, such as the “High School Baseball

Summer Tournament,” a well-known event held near the conference site. The *shoku* or food section introduces a series of Kansai foods, such as Takoyaki, which is considered one of Osaka’s soul foods. The *kotoba* or words section illustrates Japanese/Kansai culture through modern, popular keywords. This is only a part of what the Trans-Action! page offers since it is regularly updated by a team of 10 website committee members. Please have a look at <http://2013itaa.com>.

Yuka Hashimoto,  
PR & Registration Committee

