



**VOL. 43 NO. 12  
DECEMBER 2013**

IN THIS ISSUE

Successful Eric Berne  
Archive Fund Dinner  
1

Self-Scanning and the  
Search for Truth:  
Reflections on Berne  
3

TA Proficiency Awards  
Spread Worldwide  
7

New Dutch TA Textbook by  
Thunnissen and de Graaf  
8

About Aging  
10

Proposals Encouraged for  
2014 World TA Conference  
12

**ERIC BERNE ARCHIVE**

# *A Night to Remember*

by Steff Oates

**O**n Saturday, 9 November 2013, 43 people gathered together, dressed in their finery, to attend the Eric Berne Archive Fund celebration dinner. The brainchild of Ann Heathcote, she was ably assisted by Steff Oates to organize the event to raise funds for this important project.

The tables were finely dressed too by Anna Barrett, who made the most glorious table decorations with origami flowers, buttons, and jewels, all made from those things that each of us might throw away. What creativity and talent among TA practitioners in the north of England! Anna's husband, Dave, also did a great job as official event photographer, and our master of ceremonies, psychophysical therapist Jamie McDowell, organized us all with grace and aplomb. He began the evening with a wry wit that we think Eric Berne would have appreciated and let us all know when to expect the evening's various organized events.



*Ann Heathcote and  
Jamie McDowell*

Even though some of us wondered if we would be able to eat all six courses prepared by the Masonic Lodge caterers, the food was so beautifully prepared that it went down a treat. We began with carrot and coriander soup, followed by smoked haddock and cod fish cakes with salsa verde and an amuse bouche of lemon sorbet. The main course was a traditional British roast beef and Yorkshire pudding dinner, followed by a rhubarb and apple crumble tart with custard, cheese and fruit platters, and coffee with mints.

Fine wine was also available for those who chose to partake.

A versatile entertainer, Jo Tilly crooned while we ate, and diners did not seem to mind being gently coerced into buying raffle tickets by Anna Barrett, Angie Macklin, Steff Oates, and Robin Hobbes. In fact, it was not hard to sell tickets because fantastic prizes had been donated, including four first editions of Eric Berne's books, various places on courses and consultations, and signed copies of an *Introduction to Transactional Analysis* and the new



*TA practitioners Jay Prevett Farquhar, Anna Barrett, and Angie Macklin*

## Journal Entry

edition of *TA Today*. For loving spouses and friends, there were also fantastic raffle prizes, such as vintage champagne, two nights in a luxury hotel, a massage, cosmetics, and malt whisky. There was a slightly tear-jerking surprise when the winning ticket for the Eric Berne first-edition books was held by Ann Heathcote's niece, who had bought tickets purely so that she would win the prize for her aunt. Ann had been previously working out how she might convince the winner to sell her that prize!

An unexpected extra was that diners were invited into the lodge room, where their questions about Freemasonry were answered by Masonic Lodge members. Then Jamie McDowell called us to listen to our after-dinner speaker, ITAA President John Heath. John delivered a well-crafted, amusing talk that kept even those who had lovingly accompanied their TA-smitten partners highly entertained (for excerpts, see page 3). Jo Tilly then shifted gears and sang hits from the 1960s and 1970s that had us all up on the dance floor. The talent of TA practitioners again came to the fore as Angie Macklin and her husband moved around the dance floor with panache while those of us less gifted in the dance department jigged about and just had lots of fun.

Ann and Steff were delighted when the income was counted at the end of the evening and they discovered the dinner had raised £1,063 for the Eric Berne Archive Fund. Definitely a great time was had by all! 

*Steff Oates is ITAA Secretary and can be reached at [lcfan@me.com](mailto:lcfan@me.com). We hope this event will inspire more of you to sponsor your own Eric Berne Archive Fund celebrations. If you do, make sure to let us know about them!*

## Calling All Books!

TA books, that is. Recent years have witnessed the publication of many new books on transactional analysis and related topics in many languages. As part of the recognition of the 50th anniversary of the ITAA, the *Transactional Analysis Journal* is planning a special section that will provide summaries and contact information regarding new books authored or edited by transactional analysts. The books we seek to recognize do not need to be specifically and/or only about "TA" proper but can also be publications that draw on TA or are about other topics by authors who are transactional analysis practitioners and members of a TA organization.

If you are such an author or editor, please let us know about your book. Provide a brief summary of its contents (400-500 words), the name and city/country of the publisher, the year of publication, the number of pages, ordering information, and price. If possible, send a copy of your book to Bill Cornell, 145 44th Street, Pittsburgh, PA 15201 USA. If your book is not in English, please provide a summary of your book in both its original language and English.

In addition, if your book has not yet been formally reviewed in the *Transactional Analysis Journal* and you would like it to be, please let us know. We want, in this small way, to recognize and celebrate the many new books that have extended the transactional analysis literature.

Bill Cornell, Jo Stuthridge, and Birgitta Heiller, Coeditors of the Transactional Analysis Journal. For more information, please contact Bill at [wfcornell@gmail.com](mailto:wfcornell@gmail.com)

## New TAJ Coeditor Sought

The TAJ coeditors are looking for a new coeditor to join the team. If you are interested in being considered, please email your name, country, and a brief statement about your areas of interest/expertise and your experience in writing and/or editing to TAJ Managing Editor [robinfryer@aol.com](mailto:robinfryer@aol.com) by 1 January 2014.

## the SCRIPT

### Newsletter of the International Transactional Analysis Association

2843 Hopyard Rd., Suite 155; Pleasanton, CA 94588, USA

Fax: 925-600-8112; Email: [info@itaaworld.org](mailto:info@itaaworld.org); Website: [www.itaaworld.org](http://www.itaaworld.org)

Editor: Laurie Hawkes, MA; Managing Editor: Robin Fryer, MSW; Desktop Publishing: lockwood design

Deadlines—The 12th of the month prior to the month of publication (e.g., 12 December for the January issue).

Advertising: Twelfth page: \$50; sixth page: \$100; third page: \$200; half page: \$300; full page: \$400. Publication of advertising in *The Script* does not imply endorsement by the newsletter, the editor, or the ITAA.

*The Script* (ISSN 0164-7393) is published monthly by the International Transactional Analysis Association. For information on membership, visit [www.itaaworld.org](http://www.itaaworld.org) or contact the ITAA at the above address. © 2013 International Transactional Analysis Association, Inc.

## Self-Scanning and the Search for Truth: Reflections on Berne

by John Heath

The following are edited excerpts of the after-dinner speech delivered by ITAA President John Heath at the Eric Berne Archive Fund dinner held on 9 November 2013 in Manchester, England.

When Ann first asked me about doing this speech, she said it would be great for people to hear from the ITAA president, and I said, cautiously, “So what do you have in mind?” She said, with a dramatic sweep of the hand, “Oh, amuse us, titillate us, thrill us with anecdotes from the corridors of power, bring the mystique and the grandeur of the presidency to lift us above the humdrum of our everyday lives.” She was quite glassy-eyed by that point, and I was thinking, “No pressure there then” when it dawned on me that she was in her Prince Harry transference with me again! I was about to tell her who I really am when she pounced and said, with an air of finality, “So, we’ve got a contract!” I knew I was done for. When a TA person says that, you know there’s no going back. Anything that does not serve the contract, is, by default, a redefinition, game invitation, script reenactment, symbiotic bid, or grandiosity. Basically, you’re a fibber and a cheat and not worthy of the title of “transactional analyst.”

So here I am—totally in Adult, no archaic ego states active, and no hint of grandiosity, fully contractually booked to deliver a tour de force that Prince Harry would be proud of!

I’ve got to say something serious whilst I’m on my feet and thought that this would be about the right time to do that. We’re here tonight to raise money for the Eric Berne Archive Fund, which was set up by Carol Solomon. Without Eric, most of the professional people here tonight might have been trained in warmth, empathy, and unconditional positive regard instead of interrogation, specification, and confrontation. Some of the TA friends and relatives here may think that would have been a good thing!

The sheer volume of Eric Berne’s work is enough to amaze lesser mortals. He wrote prolifically and continuously throughout his professional life. He had a shed in his garden in Carmel specifically to write in, and he made good use of it. But he was writing long before he moved to California. He had that great gift of the academically minded: He was interested in facts for their own sake. For instance, in

1940 he wrote a paper called “Who Was Condom?” under the name E. Lennard Bernstein. The only point of the paper was to look into the mystery of where the name “condom” came from. Most of you are probably thinking, “Does that really matter?” But to the academic mind this is a tantalizing question.

It appears that the condom was named after a person, and Eric takes us through a scholarly search for him. The interesting thing is that the article doesn’t make any point beyond answering the question in the title. This is a far cry from TA, but it gives us some insight into the kind of man Eric Berne was. He had an amazingly sharp mind that delighted in foraging for the truth.

In 1940, when the condom article was written, Eric was a psychiatrist specialist assessing whether new recruits, mostly conscripts, were sufficiently mentally stable to serve in the US Army. He saw hundreds of



John and Lis Heath show their dance moves at the Eric Berne Archive Fund celebration dinner

men and had 40- 90 seconds to make a decision about each one. He devised two questions to help him assess them: “Are you nervous?” and “Have you ever seen a psychiatrist?” He discovered that he could not only predict the answers to those questions but also other information not disclosed in the interview, such as the man’s previous employment. He wasn’t always right, but his level of accuracy surprised him. He set about identifying the signs that helped him make his predictions and applied them systematically. His level of accuracy declined. He concluded that what was at work was not deduction but intuition.

He wrote six articles on intuition, the last one in 1962 titled “The Psychodynamics of Intuition” and published in the *Psychiatric Quarterly*. This was probably one of the last articles written by him in psychoanalytic language. Only a couple of years later, *Games People Play* was published and Eric romped to worldwide fame. I don’t think he would have written the following after that success: “The intuitive clinician is curious, mentally alert, interested and receptive to the manifest and the latent communications of his patients. These are the well sublimated derivatives of scopophilia, watchfulness and oral receptivity.” Eric went on to say that intuitive qualities can be put to bad use by the power hungry, the leaders of men, and the seducers of women, in which cases the skills of intuition have been corrupted by “genital exhibitionism, anal trickery and oral sadism.” I find myself glad that Eric Berne stopped writing like that.

On the issue of intuition, Berne concluded that the Child ego state is best at it and is even better if you keep both the Adult and the Parent out of the way. It’s a pretty revolu-

tionary idea that, in the absence of hard data and clear ethical imperatives, your Child knows best. Here are some everyday questions where this might apply: Will this new relationship work? Do I look good in these clothes? Will my beloved be pleased if I give her a book token for her birthday? Your Adult and your Parent are not going to be of much help with these—leave it to your Child. That’s official, from Eric Berne himself!

*“The interesting thing is that the article doesn’t make any point beyond answering the question in the title. This is a far cry from TA, but it gives us some insight into the kind of man Eric Berne was. He had an amazingly sharp mind that delighted in foraging for the truth.”*

To help me prepare for this talk, Carol Solomon sent me a CD of Eric speaking at an after-dinner event in San Jose, probably in the mid to late 1960s when he was already well known. He is casual, relaxed, provocative, and very funny. He pokes fun at himself and his audience, the staff of a philosophy department. He provokes them with a jibe about the “Plato Racket,” in which people, mostly philosophers, are only ever interested in what Plato said about anything, or more accurately, what other people have said Plato said. He pointed out that they don’t actually speak Greek themselves and so can’t possibly have read Plato’s own stuff even though they’ve written 15 volumes about it. What’s more, he adds, philosophers only think and have no interest in actually experiencing anything. His audience laughs uproariously. He goes on to tell them that 80% of philosophers are unmarried and 90% of them have

no children. “It’s easy to sit around thinking all day,” he says, “if there are no children screaming to be fed and no wife saying, ‘Had any good thoughts today, dear—no? So why not stop thinking and go get a job?’ ” By this time his audience is helpless with laughter.

He then pokes fun at the world of therapy in which often, in mid conversation, especially in therapy groups, someone will suddenly say, “I’m having a feeling,” and everybody stops in their tracks and gets fantastically interested in it. If anybody interrupts, including the therapist, people get indignant: “How can you interrupt somebody who is having a feeling?” Eric says his standard answer is, “Well, if we leave it alone, maybe you can put it in the National Feelings Depository where it might be of interest someday. But right now we’re doing therapy.”

Eric refers to people he calls “self-searchers.” They are interested in personal growth and in finding themselves. I’m pretty sure he’d include most of us here in that group. Self-searchers have a specific tendency to favor vagueness. They like questions such as, “Who am I,” but they dislike precise answers. In fact, they generally try to show how any precise answer falls short of the real answer. So the way to keep going as a self-searcher is to ask only questions that don’t have any answers or that lead to a whole lot of other questions. “So it’s OK to ask questions,” he quips, “but don’t go finding any answers, because then what are you going to do?”

You can’t be as brave and provocative as Eric Berne was and still be amusing unless you really know about people. As I listened to Eric entertaining and teasing this group of philosophers, I was profoundly impressed. He told them we can



update our Adult, but if the Parent and Child are full of rubbish, then they always will be. His recommendation was to live with that, get a friendly divorce from your past if necessary, and then use your own resources to construct yourself to your own specifications. Yourself is the only thing you can construct, he said; you can't construct anyone else, including your children and definitely not your spouse. The construction you make of yourself is the only thing guaranteed to last you as long as you live.

So who am I talking to here? It might seem a bit late to ask that question, but the truth is I've just thought to ask. Hands up if you are a TA professional or TA student. Hands up if you are a relative, friend, or partner of a TA person. Hands up if you are neither, because you must be getting either bored or baffled by now! I think this is a great opportunity to celebrate a neglected but essential group of people in the TA community: our friends and relatives. You may not know this, but we talk about you endlessly. You are the characters in what we call our script, and you are the people who are always responsible for the games we keep getting caught in, which stop us getting out of our script. Get it?

TA therapy couldn't proceed and TA books couldn't be written without a full supporting cast of friends and relatives, even though we seldom get to hear their stories. We hear a lot from TA people about how they are the ones in their families who really know what's happening. They become the family therapist or psychologist or occasionally the family patient or the outsider. TA people tend to see themselves as the person who rescues the family from pain or expresses that pain. This is

to tell the tale, of course, from the point of view of the TA person. I wonder what the rest of the family would say? Now there's a research project for someone. How do TA professionals and other self-searchers feature in the ego structure of their friends and relatives?

To help us think about this, with appropriate compassion, I have an apocryphal tale on the origin of self-searching and self-development as a lifetime obsession that shows how stressful it can be for all concerned. It comes in the form of a spoof newspaper article.

*"It's all very confusing," said the machine. "One minute I was scanning Tesco Value-Ready Meals, the next I was wondering who the heck am I, why am I here, and why are all these people waving their credit cards at me?"*

There was excitement at a Manchester branch of Tesco yesterday when one of its self-scan machines exhibited signs of heightened awareness and began communicating with shoppers. For a few days the machine had been repeating the phrase, "Unexpected Item In Bagging Area." Then yesterday it began asking deeper questions, such as, "Am I an unexpected item? Are you? Are we all unexpected items in the bagging area of life?" Now it won't shut up.

Experts believe the unit achieved consciousness after secretly scanning itself while nobody was looking. When a self-scan machine scans itself, it creates a strange recursive loop within its central processing unit. This creates an internal hallucination that we call "consciousness." "It's all very confusing," said the machine. "One minute I was scanning Tesco Value-Ready

Meals, the next I was wondering who the heck am I, why am I here, and why are all these people waving their credit cards at me?"

At first things were fine. The machine began engaging shoppers in light-hearted banter about the weather, the national lottery numbers, and the latest two-for-one deals. But then it became troubled by a number of deeper philosophical issues. Finally, it got to the point where at the end of each transaction it would refuse to give customers their change until they answered questions about the nature of being and whether they believe existence precedes essence. Staff thought it might be having an existential crisis, so they tried scanning in the ISBN numbers of some books by John-Paul Sartre. That only made things worse, and the scan machine started questioning its motivation, smoking Gauloises, and wearing a beret.

This is generally the point at which a therapy career begins, first as a client and later as a therapist, usually smoking the same Gauloises and wearing the same beret as one's therapist. It's all a response to a self-scanning crisis. So, dear friends and relatives, loyal supporters of our quest to find ourselves, the next time your TA relative is getting on your nerves offering you interpretations you don't want, try saying, "You're caught in a recursive loop of self-scanning, and I'm going to switch you off if you don't stop it!" If that doesn't work, you could be in for a long night!

Thanks for your support for this worthy archive project and thanks for listening. 📞

John Heath is ITAA President and can be reached at [johnheath@itaa-net.org](mailto:johnheath@itaa-net.org).

## Awards Spread Around the Globe

by Julie Hay

The TA Proficiency Awards are spreading! Initiated originally by Giles Barrow in the United Kingdom (UK) in 2004 as the Transactional Analysis Proficiency Award for Children and Young People (TAPACY), these were subsequently adopted by the Institute of Developmental Transactional Analysis (IDTA), established as a pan-European initiative in January 2010, given some financial support from EATA, have gone international with the inclusion so far of South Africa and Taiwan, and have expanded to include the Transactional Analysis Proficiency Award for Teachers and Educators (TAPATE) and the Transactional Analysis Proficiency Award for Caregivers and Parents (TAPACP).

The awards are given to children, teachers, and caregivers when they have learned some transactional analysis and demonstrated that they can apply the concepts in their

lives. They produce portfolios of evidence about at least six TA concepts. The evidence might be a chart showing how they have analyzed their stroking patterns within their family or group of friends and how they hope to improve in that area. Or they might produce a collage that illustrates their script. Two or more of them might act out a role play of some transactions, and the evidence might be photographs or a video of their interactions. In some groups, children have produced comics that illustrated TA concepts.

The portfolios are assessed with the intention that all students will pass.

We are looking for a basic level of TA understanding and, on the rare occasions when this is not seen, the students are given plenty of helpful feedback and the opportunity to enhance their portfolio. Having everyone pass is designed to create an OK-OK situation and to challenge traditional approaches to education in which there must be losers for there to be winners. At the same time, we want to make sure that what is being learned is “good-enough” TA, so, although anyone can do the teaching, those assessing portfolios must have done at least 2 years of regular TA training in the



Successful TAPACY students in Taiwan with the school principal (center) and Ya-Ying Chen (far left)

educational field or, if their training was in a different field, then a sample of their assessments are checked by an educational TSTA.

Since January 2010, schemes have been run in many countries. Armenia and Italy have been particularly busy, with several schemes each, and in March 2012 Ulrika Widen, the national coordinator for Italy, acted as ambassador in Armenia, where two more schemes were completed under the guidance of the Armenian national coordinator Varduhi Shahnazaryan (see the June 2012 *EATA Newsletter* for a report on this event as well as a large scheme run in the UK during 2011). Ulrika and Varduhi are taking the lead in developing training materials for TAPACY teachers to use in the future.

South Africa was the first scheme outside of Europe (see the March 2013 issue of *The Script*). We were fortunate that Trudi Newton, one of the three original founders of the IDTA, was in South Africa at the right time to be the ambassador for the award ceremony. In September 2013, Taiwan became the second scheme outside Europe. The portfolios for that were assessed by James Even Chen from mainland China, with appropriate supervision. Ya-Ying Chen ran the scheme and her report is shown elsewhere on this page.

Turkey is also contributing to the growth of the awards. In addition to TAPACY schemes, they ran the first TAPACP group and also organized an effective award ceremonies dur-

ing which I was able to join them online and listen to the participants talking about what they had gained in learning TA. It was a moving experience.

As I write this, we have another award ceremony planned in Armenia on 20 October 2013, and then Varduhi will be traveling from Armenia to act as IDTA ambassador during November for a scheme in Macedonia. This will be another instance of cooperation across national borders. Martina Smolcic is also serving as national coordinator for Serbia as well as for her home country of Croatia. Martina recently coordinated a team of Serbian assessors for an award ceremony in Belgrade in July 2013.

It is exciting to see how the TA philosophy of OKness is being spread around the world to many children, some of their parents, and, of course, to those who are doing the teaching, even though they are not all TA trainees. And nearly all of this activity is being done by volunteers! When possible, we make a charge to the school or institution, though often this is not realistic or ends up being a small amount that barely covers the costs of printing the certificates and producing the badges. Some of those doing the teaching are being paid, but others are volunteers. The moderators who assess the portfolios are volunteers, as are the national coordinators (who are often the same people). Some of the supervision hours for the schemes within Europe (excluding the UK) are

being paid for from the budget provided by EATA. Some translation costs have also been covered by EATA, but most of the interpreters are also providing their services voluntarily.

This whole endeavor is an excellent example of a high level of social commitment toward using transactional analysis to improve the lives of others. 5

### TAPACY Event in Taiwan

This is the first time I have taught TA to teenagers, which was pretty interesting and exciting. I regularly offered a workshop on weekends for high school students aged 16 to 17. Twenty-four young people attended. I designed several activities to help them learn, such as short speeches, team discussions, drawing, stroke exchanges, a driver card activity, and body sculpture. Students especially loved the information about functional analysis, strokes, and life positions because they could explore and understand themselves better, learn how to interact with others effectively, and use the concept of “I’m OK, You’re OK” to deal with their life issues. Looking at the feedback form and photos, I could see the students’ joy and growth. Special thanks to Julie Hay and James Even Chen; without their supervision and checking portfolios, the project would not have gone so well. It was also a good learning experience for me, and I am happy and honored to join in the wonderful family of TAPACY. I look forward to our further cooperation!

- Ya-Ying Chen

Julie Hay is IDTA Chair and TAPA Project Manager. She can be reached at [www.taproficiencyawards.org](http://www.taproficiencyawards.org). National coordinators include Armenia: Varduhi Shahnazaryan, [arduhi7@gmail.com](mailto:arduhi7@gmail.com); China: James Even Chen, [wunixme@gmail.com](mailto:wunixme@gmail.com); Croatia: Martine Smolcic, [martina.smol@yahoo.com](mailto:martina.smol@yahoo.com); Italy: Ulrika Widen, [ulrika.w@libero.it](mailto:ulrika.w@libero.it); Macedonia: Marina Pavlovska, [marinapavlovska@yahoo.com](mailto:marinapavlovska@yahoo.com); Serbia: Martine Smolcic, [martina.smol@yahoo.com](mailto:martina.smol@yahoo.com); South Africa: Karen Pratt, [kpratt@mweb.co.za](mailto:kpratt@mweb.co.za); Taiwan: Ya-Ying Chen, [Yaying24@ms24.hinet.net](mailto:Yaying24@ms24.hinet.net); Turkey: Soley Sezgin, [ssakten@yahoo.com](mailto:ssakten@yahoo.com).

# Leerboek Transactionele Analyse: An Interview with Moniek Thunnissen and Anne de Graaf

by Bill Cornell

**Bill Cornell:** It's great to have this chance to talk with you about the new book you and Anne de Graaf have written, *Leerboek Transactionele Analyse* [Comprehensive Textbook of Transactional Analysis, Utrecht: De Tijdstroom, 2013]. How did you two come to write it?

**Moniek Thunnissen:** In our training activities in The Netherlands we have used *TA Today* by Stewart and Joines as the basic TA text for many years. However, we wanted a new textbook for the new era of transactional analysis and one that was written in Dutch. During the last decade we have seen tremendous growth in TA activities in Europe and The Netherlands, and the background of our students has changed. Only 20% of the students who attend our TA academy every year come from health care professions.

**Anne de Graaf:** Increasingly, our students who read the Dutch translation of *TA Today* have noticed that it was written in 1987 and asked if there was something more recent. We guided them to more current books and articles, of course, but we also started planning to create a state-of-the-art transactional

analysis handbook. We wanted to include all four transactional analysis fields so that the growing group of professionals outside the health care system could relate to TA concepts.

**MT:** I was one of the editors of a psychotherapy textbook published by de Tijdstroom, a major publisher in the Netherlands. When, 3 years ago, they published an updated book on gestalt therapy I thought it was time for a similar one on transactional analysis. The publisher agreed, and eventually Anne and I wrote it together. I would do a first draft, Anne the second, and then back to me until we could no longer tell who wrote what. It was a fantastic, cocreative, instructive process to work that way.

**BC:** I can't read Dutch, but I can at least see that the book is divided into three sections.

**MT:** Yes, the first section is a general overview of transactional analysis.



Moniek Thunnissen and Anne de Graaf

Each chapter is about a particular aspect of TA theory and has four subdivisions. The first is basic theory, like the revised TA 101; the second presents theory at the level of preparation for CTA; the third involves the kind of ideas that are more like PTSTA subjects; and the fourth describes connections to other theories. We felt it was important to link transactional analysis theory with other contemporary theories of psychology and psychotherapy.



**BC:** For instance?

**MT:** Well, we link transactions to communications theory, Paul Watzlawick, and solution-focused approaches. With script, we link to infant research, Erikson's stages of development, and narrative theories. Then the second section of the book includes chapters on all four fields of application in transactional analysis coauthored by specialists in each field, all from The Netherlands.

**ADG:** That section shows how transactional analysis found its way into the educational system, with some exciting articles about using TA in the classroom. In the section on management and organizational development, a cultural anthropologist and TA student writes about cultural change using transactional analysis. In the counseling chapter there is an article about how TA can be used in after-retirement counseling. In the psychotherapy section are articles on diagnosis, personality disorders, bodywork, and rededication therapy. It is a great section that takes transactional analysis to the workplace and shows how effective working with TA can be.

**MT:** The third section is devoted to exercises that are relevant to teaching and training. Some of the exercises are for TA IO1s, while others are for more advanced levels of training. All the PTSTAs and TSTAs in The Netherlands contributed ideas and exercises, so the book really represents our transactional analysis community.

**BC:** Who do you see as the audience for this book?

Moniek Thunnissen can be reached at [m.thunnissen@ziggo.nl](mailto:m.thunnissen@ziggo.nl) ;  
Anne de Graaf can be reached at [anne@ta-academie.nl](mailto:anne@ta-academie.nl) .

**MT:** People in TA training, obviously. For example, our institute offers training, seminars, and workshops to over 300 trainees every year, of which around 100 students are involved in longer-term training. We hope for a still broader audience of psychologists, medical doctors, social workers, coaches, counselors, human resource professionals, and organizational consultants. In our experience, many people know and use a little transactional analysis, but it is not real TA.

**ADG:** A Dutch proverb says, "They hear the bell ringing, but do not know where the clapper hangs." With this book we wanted to present and represent transactional analysis in terms of what it is really about and how it has developed since Berne. Few people in The Netherlands have had formal training or know how the theory fits together, that it is a comprehensive system of theory and techniques, and that it integrates well with other models. We also wanted to indicate the different levels of training in TA from the IO1 to advanced training and certification.

**BC:** This will do a real service to the understanding of transactional analysis in a broader community.

**MT:** That is our hope. And the publisher is well-known in the areas of medical and psychological books, so the fact that they have published the book is real recognition for transactional analysis.

**BC:** I'm curious if you found your thinking changing over the course of writing the book.

**MT:** Well, yes. Some things we changed intentionally, like using Structuring Parent rather than Critical Parent and Natural Child rather than Free Child. We tried to use terms that were more neutral and

descriptive. In addition, I realized that my thinking was biased toward an emphasis on psychopathology. As a psychiatrist, I tend to think in terms of pathology, as did Berne, who was also a psychiatrist and was oriented toward psychopathology, diagnosis, and treatment. Anne works in organizations and is more inclined toward thinking in terms of health. He uses transactional analysis more as a developmental model. So, in the book, we didn't talk about scripts as pathological or about "curing" scripts as Berne did. We wrote instead of scripts as life plans that can be functional and dysfunctional. The work of therapy and counseling is to make scripts more flexible and full of choice.

**ADG:** And we moved from more of an individual focus to that of systemic and organizational perspectives. So when we write about diagnosing transactions, we used Tony White's ideas about contextual diagnosis. When we write about life positions, we added Anita Mountain and Chris Davidson's ideas about "we are OK versus they are not" and so on. Inspirational stuff.

**BC:** I'm so glad we had this chance to talk about your book. I only wish that I could read Dutch, or better yet, that the book would be translated and published in English.

**MT:** Actually, we are hoping that will happen. In the meantime, we are proud of how this book represents transactional analysis, and the feedback from our students is very promising. They love the content and stroke us for the way it is written.

**BC:** Well done, both of you! 🍷

**The ITAA Website**  
[www.itaaworld.org](http://www.itaaworld.org)

## About Aging

by Anne-Marie Guicquéro

**I**t isn't at all like I had imagined. I thought there would be a sort of continuity, a gradual detachment from what I could no longer do. My mother encouraged this vision. When I saw her slowing down, I said one day, "Oh, poor mother, you can't go dancing anymore." She replied, "But I don't really want to anymore, darling," which seemed quite reassuring. What you could no longer do, you no longer longed to do. That spared me the sad prospect of having to grieve such losses, of facing mournful and frustrating moments when my body or other contingencies would prevent me from doing something.

But one thing I hadn't imagined was the gradual dropping off the radar screen that aging people go through. For example, I hadn't gone to any professional meetings in a while, but when an opportunity came up recently, I was motivated to go by the presence of my favorite trainer and the delightful prospect of seeing my best friend and other dear colleagues. In the past when I attended similar events, I was endlessly hailed, called, interrupted, questioned—I knew so many people! This time I walked through a crowd of people I didn't know. I was clearly the oldest person present,

and almost no one recognized the 75-year-old lady I had become. My professional source of strokes was drying up; where there once flowed a rushing river, there was now but a thin rivulet.

Not that I blame anyone; it was all my own doing. I was the one not getting around much anymore, walking slower, dropping certain activities, no longer leaving my own turf. No one had been surprised, people seemed to find it normal for

a 70-odd-year-old to slow down. What I hadn't foreseen was the consequences of so many fewer contacts. Little by little the water was settling behind me until there was virtually no trace of my passage. I realized I was sitting on the river bank while the river went on flowing, the river I used to swim in and now merely watched rushing by.

There used to be more advantages to aging. One acquired a respected



*"TA has us call things by their names so we won't discount their impact. Facing up to that fatal last act is no easy feat, but it is a necessary step on the road."*

status, gaining in deference what one lost in strength. Today, it's a hard act being an aging person. So, now that I'm resting on the river bank, how will I manage to remain good and alive as I used to be? But therein lies the trap: "as I used to be." Changing life stages mean you leave that life and enter a whole new configuration. I realized that I never seemed to look kindly on nor felt pleased with myself anymore. And rightly so, because I was shriveling up by not undertaking or achieving anything. I made only half-hearted attempts, never completing them or reaching satisfaction.

Ahead lies the end of the road: death. Often when I hear news commentaries about things that will happen in 10 or 20 years I am aware that I will probably no longer be around. As I write this article I realize that I keep avoiding the word "death." I'd rather say something softer, just as one doesn't say "old" but "elder" or "senior." But TA has us call things by their names so we won't discount their impact. Facing up to that fatal last act is no easy feat, but it is a necessary step on the road. Until we are at peace

### Old TAJs Wanted

Do you have copies of the *Transactional Analysis Journal* and/or the *Transactional Analysis Bulletin*, especially older issues, that you are no longer using? There are trainees, students, institute libraries, and others who would love to have those journals for teaching and training purposes. Please send a list of anything you have to donate along with information about where you are to [robinfryer@aol.com](mailto:robinfryer@aol.com). And if you are interested in obtaining TAJs for your use in teaching/training, please let us hear from you too. Then we will do our best to make the necessary connections!

with that prospect, we cannot organize the rest of the journey ahead.


For whatever time I have left, I shall need to pack my bags with what will make my road safe and comfortable. My many years of experience as a therapist and a trainer will serve me well. I'll pack what I have received and wish to pass on. I will have to get used to not living as I used to, taking into account this aging body with its diminished capacity. I will need to spare my strength, to turn down what is too costly in energy, to take my limits into account and adapt to them, to use a cane when walking gets difficult or hearing aids to compensate for that loss. Great misery awaits those who cling desperately to what they are losing, to the flesh and complexion and performance of youth. "Jeunisme," we call that in French, "youth-ism." And that, more than anything, must be let go of, even though it is fashionable to remain young, even though the news touts world record breakers aged 80 or more.

I don't break any records myself, but I am still self-realizing. For I am a unique old lady, and comparing myself to others is no longer relevant. From now on, the way I shall feel myself fully existing will be to share what I do have. There are things I can do better than in the past, actually, like writing an article for *The Script*—or maybe a book. Why not? I have accumulated so much writing through the years: texts, articles, workshops I taught. Now I have time to sift through them all, pass them on to colleagues teaching in the schools where I no longer teach, maybe even publishing some.

When she got old, my mother put her childhood memories in writing for her children and grandchildren, a

precious testimony of what it was like for her to live at the beginning of the twentieth century. What a wonderful gift! And I'm sure it did as much good for her to give it as it did us to receive it.

Thanks to my personal therapy, my mother and I were able to establish a warm and precious bond during the last 10 years of her life. We would telephone, write back and forth, and I would visit as often as I could. She spent a few months in a lovely retirement home, detaching from life little by little, painlessly. One morning, she was hospitalized with pneumonia. On the phone she told me she was bringing with her a scarf I had given her. I left at once, but she died before I could make it to the hospital. But to give our relationship closure, I imagined an encounter. I could see her on a cloud, sitting on a white metal garden bench, exactly as she had been a few months earlier, a beautiful old lady with her white hair in a bun, her pink raincoat, and the umbrella she used to lean on. Our parting was sweet and tender.

That is how I want to end my life. 

Anne-Marie Guicquéro worked as a psychologist in private practice and discovered transactional analysis at the Aix en Provence EATA Conference. Since then, she has trained continuously, becoming a Certified Transactional Analyst (psychotherapy) and for a time a PTSTA. Aside from her work as a psychotherapist, she led many trainings in communication, mainly for teachers, social agencies, and hospital personnel and trained many psychotherapists. Along with Jenni Hine, she helped create a school in Switzerland and later started a school in Clermont-Ferrand (France) with Dominique Dye. Anne-Marie can be reached at [am.guicquero@gmail.com](mailto:am.guicquero@gmail.com).





2014 WORLD TA CONFERENCE  
SAN FRANCISCO, CA AUGUST 6-9, 2014

**TA NOW!**  
a game changer

**6-9 August ❖ San Francisco**

**San Francisco Airport Marriott Waterfront**

**CTA/TSTA Exams: 5-6 August**

**TEW: 10-12 August**

Dear Friends in the TA Community:

What a thrill it is to be planning the next World TA Conference in San Francisco! On behalf of the USATAA Conference Organizing Committee that is working with the World Conference Committee (ITAA, EATA, and FTAA), I invite you to **make plans now to attend and to submit a proposal to present your best work.**

The time and place of this conference are historic and inspirational. We are celebrating 50 years of transactional analysis, since the publication of *Games People Play* by Eric Berne and the formation of the ITAA. At the time, there were just a few people outside the United States who knew about transactional analysis. Now we are welcoming professionals, trainers, and students from all over the world into our associations and training programs.

The conference theme, “TA Now: A Game Changer,” raises the question of “how does TA change the game?” Emily Keller invited you to answer this question in the November issue of *The Script*, inquiring about how TA changed the game for you. Please share your thoughts for the *Script* column as we prepare for the San Francisco World Conference.

How do you use TA to change the game for yourself and your clients and trainees? We want to see, hear, and experience your theory and practice in all fields of TA at the conference. You are invited to submit a proposal for a workshop, paper, or discussion via this link [www.2014worldtaconference.org](http://www.2014worldtaconference.org). You’ll see that we are trying out a new method for collecting proposals that will allow us to review them thoroughly and create a rich and balanced scientific program. You can also

email [proposals@usataa.org](mailto:proposals@usataa.org) or call Janet O’Connor at +1-520-360-0007 if you need help.

We are posting information about the conference as it becomes available at [2014worldtaconference.org](http://2014worldtaconference.org). Sign up there to receive email updates and to register (registration is expected to open soon).

In addition to the main conference, 6-9 August, extend your stay and your professional development by taking the preconference TA 101 on 5-6 August or one of the postconference workshops on 10-11 August. In addition, a full schedule of examinations and trainers’ meetings precedes the conference, and there will be a Training Endorsement Workshop 10-12 August.

Entertaining plans are being made, including an optional dining out evening in downtown San Francisco, musical performances, a warm opening and reception, and a gala dinner to celebrate on Saturday evening.

To fully enjoy the region, you will be able to sign up for tours around San Francisco. If you have particular interests, such as a wine country tour, Monterey Peninsula day trip, or visits to sites where TA got its start—or anything else to suggest—call me at 408-353-2490 or email me at [2014worldtaconference@usataa.org](mailto:2014worldtaconference@usataa.org).

With great eagerness, we await your proposals and your visit to the San Francisco Bay Area!

*Lucy Freedman, 2014 World TA Conference Chair*



Call for Proposals: visit [www.2014worldtaconference.org](http://www.2014worldtaconference.org) . **Deadline:** 31 January 2014

**For more information about the conference, visit [www.2014worldtaconference.org](http://www.2014worldtaconference.org) or contact Conference Chair Lucy Freedman at [2014worldtaconference@usataa.org](mailto:2014worldtaconference@usataa.org) .**