

**VOL. 44 NO. 2
FEBRUARY 2014**

IN THIS ISSUE

TA, Other Theories, and
Making New Friends While
Holding on to the Old
1

All-Day Symposium on
Psychotherapy and
Counseling
4

How Transactional Analysis
Woke Me Up
6

Judy Morris Recognized
8

FTAA Meeting in Osaka
9

In Memoriam: Mavis Klein,
Virginia Hilliker,
Pat Crossman
10

2014 WORLD TA CONFERENCE CLINICAL SYMPOSIUM

TA, Other Theories, and Making New Friends While Holding on to the Old

A Conversation Between Richard Erskine and Emily Keller

Our thanks to Emily for interviewing Richard about the psychotherapy/counseling symposium, one of three day-long symposia on Friday 8 August that will highlight the 2014 World TA Conference in San Francisco. For more details about the workshops that will be offered by presenters from this symposium, see page 4 of this Script. And then watch future issues for more information about the educational and organizational symposia.

Emily Keller: Hi, Richard. I'm calling you from San Antonio, Texas, where I live with my husband and four young boys. Where are you located?

Richard Erskine: I live in Vancouver, Canada. After more than 45 years of working as a psychologist in a variety of settings in the United States, I am semi-retired, although I still conduct regular supervision and training in several European countries.

EK: I am at a different place in my career. I've studied transactional analysis while growing my family and am newer in my journey as a therapist using the theory. In fact, San Francisco will be my first World TA conference,

and I am excited about attending the psychotherapy/counseling symposium. Tell me a little about what I can look forward to.

RE: The theme of the day-long symposium is "Therapeutic Methods in TA: Current Perspectives and Emerging Developments." My goal is to create a



quality conversation among symposium presenters about the methods of transactional analysis that they use most often and the effectiveness of those methods. The symposium will begin on Friday morning with a series of short speeches by symposium presenters followed by a roundtable discussion. This symposium will be stimulating, informative, and perhaps controversial. The morning will conclude

with a group activity designed to explore the methods of transactional analysis that are most effective with today's clients.

For the roundtable discussion, I posed the following questions to each presenter:

- Are you using the same methods that Eric Berne describes in his writings?
- Do you use the methods that were popular in the 1970s when TA was gaining popularity? For example, are you drawing diagrams of ego states, transactions, or game triangles frequently in your sessions?
- Do you use the innovations in TA practice that were developed in the 1980s and 1990s, such as the integration of various other schools of psychotherapy (NLP, constructivism, body-oriented work, contemporary psychoanalysis, etc.)? How have the current trends in relational therapy, neuro-

"I'd like transactional analysis counselors and therapists to have an idea of the core tenets of TA that are central to the various methods. I want them to leave feeling excited about the many ways they can expand and enhance their own use of transactional analysis methods."

biological research, developmental research, constructivism, and/or bodywork affected your practice of transactional analysis?

- Have you changed the way you practice TA, or are you practicing the same way you did when you took your clinical examination?
- Is it possible to use both a relational perspective on transactional analysis and also do expressive therapy with the same client?
- If you have changed the way you practice, what has influenced that change?
- There have been many TA methods written about in the *Transactional Analysis Journal* since 1971. In your opinion, what constitutes a TA method?

In the end, I'd like transactional analysis counselors and therapists to have an idea of the core tenets of TA that are central to the various methods. I want them to leave feeling excited about the many ways they can expand and enhance their own use of transactional analysis methods. And they won't have to wait long to begin that journey, because each of the seven symposium presenter will conduct their own 2.5-hour workshop during the afternoon. These workshops may include case presentations, live therapy demonstrations, and relevant discussion of transactional analysis methods. All of the workshops will offer in-depth explorations of the morning's presentations.

EK: What about conference attendees who are new to transactional analysis or haven't studied it at all? What would you like for them to walk away with?

RE: I hope they will get a sense of the richness of what the theory and methods of transactional analysis have to offer, such as the simplicity and utility of the ego state model or the power of a well-done piece of rededication therapy or the reparative and transformative power of therapy that includes supported regression. I also want them to have an idea of how transactional analysis has played a role in shaping what they have already learned of other theories. For instance, in the 1970s, when Muriel James and Claude Steiner were writing about contracts, it was a new concept. Today, contracting, which is central to TA practice, is a widely accepted method in various theories of psychotherapy.

EK: How did the fact that this is a World TA Conference influence your selection of presenters?

RE: In addition to looking for presenters who use a diverse array of methods, I selected people who represent various geographical locations so as to capture the essence of transactional analysis around the world. Over the past 50 years, TA methods have evolved to include a number of other approaches and techniques. In some instances, people learned about other theories, mapped them onto TA, and then applied them in sessions. In other instances, people adapted TA as well as what they had learned of other theories to the needs of the clients with whom they were working. Their techniques were born out of the process of their therapeutic work and in response to their clients' emerging needs. I wanted to highlight this latter, more organic process. The presenters—from

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
Website: www.itaaworld.org

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

Deadlines—12th of the month prior to the month of publication (e.g., 12 February for the March 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 or contact the ITAA at the above address. © 2014 International Transactional Analysis Association, Inc.

Australia, Spain, England, Italy, Scotland, and the United States—share a variety of these approaches, bringing unique perspectives on TA theory and applications to the conference based on their specific clinical focus and the cultures in which they work.

For instance, Tony White (Australia) has written about using TA with people who use drugs and also individuals who are suicidal. Amaia Mauriz-Extabe (Spain) will present on TA and child development models and will provide an in-depth exploration of processes to deconfuse the Child ego state and resolve early trauma. Resi Tosi (Italy) may talk about a unique Italian perspective on TA, Ray Little (Scotland) is more psychoanalytic in his application of TA, and Charlotte Sills may emphasize a relational TA perspective. Through these different presentations, I hope we will find both what is consistent about how TA is practiced worldwide and also what is germane to the application of TA to different populations and cultures. And the differences just might, I hope, inspire people who are unidirectional in their approach to integrate new methods into their practices and training programs.

EK: I'd like to hear more about the strength of diversity in learning and applying transactional analysis.

RE: Having more tools as a therapist means we can reach more peo-

Emily Keller is a Transactional Analysis Practitioner, communications coordinator for the USA TA Association, and can be reached at emilyrkeller@yahoo.com. Richard Erskine is a Teaching and Supervising Transactional Analyst (psychotherapy) and can be reached at integpsych@earthlink.net.

ple, because not everything is going to work with every client. The best, most exciting year of my education was the one I spent in a one-room schoolhouse. Students from first grade to eighth grade learned in the same room with one teacher. At nine, I could read and write at my age level and do math with the eighth graders, giving me the opportunity to be challenged at my level no matter what subject we were learning. Maybe this symposium is like that schoolhouse. Whether you are new to TA or an advanced clinician and trainer, something will speak to you. It will challenge you wherever you are in terms of your training and experience. It will ask,

“How have we changed?” “What has changed?” and “Which of the old methods are effective with today’s clients?”

EK: I wonder how you see transactional analysis changing in the future.

RE: When I was young, I learned a song that went like this: “Make new friends, but keep the old. One is silver and the other gold.” That’s how we will change: Embracing what is new while holding on to what is true.

EK: I know that song! And I too look forward to learning new things and making new friends in San Francisco, including meeting you in person. 📍

Connecting TAJ Donations to Interested Parties

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 located to Vinita Singh at vinvis3102@gmail.com with a cc to 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 Vinita will do her best to make the necessary connections!



Reviewers Wanted for TAJ on “Loss, Death, & Dying”

Papers are coming in for the TAJ theme issue on “Loss, Death, and Dying” guest edited by Ann Heathcote and Steff Oates. We are looking for individuals with experience and expertise in this area who would be willing to act as resource reviewers for these submissions. If you can help, please send a short statement about your experience to robinfryer@aol.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

All-Day Symposium on Psychotherapy and Counseling

Friday 8 August

The following are descriptions of the 2.5-hour afternoon workshops offered by symposium presenters after the morning's introductory remarks and roundtable. For details about the conference and to register, please visit www.2014worldTAconference.org.

RICHARD ERSKINE (MODERATOR):

“Integrating Expressive Methods in a Relational Psychotherapy.” This workshop will illustrate the relational methods of inquiry and attunement in working within a therapeutic relationship. Through case presentation, discussion, and a live therapy demonstration we will explore when it is effective to use expressive methods such as two-chair work, redecision therapy, or a body-oriented approach and when it may be more effective to work within the present moment of the transference/countertransference dynamics in relationally oriented transactional analysis. *Richard G. Erskine, PhD, is a clinical psychologist who has practiced transactional analysis in psychotherapy since 1969. He has written numerous articles on psychotherapy theory and methods, many of them published in the Transactional Analysis Journal and in Theories and Methods of an Integrative*

Transactional Analysis (available from the ITAA).

RAY LITTLE: “The New Emerges Out of the Old: A Relational TA Perspective on Working Within the Transference-Countertransference Matrix.” We will consider how new ways the client and therapist relate emerge out of the old ways the client related to others. We will examine how the therapy outcome is related to elaborating and reeval-

uating patterns of relating that become accessible through analyzing the transference-countertransference. Case material will be used to explore the nature of the therapeutic action that might be transformative. *Ray Little, CTA, works as a psychotherapist and supervisor in Edinburgh, Scotland, and has been working as a therapist for 30 years. He is a visiting tutor on several training courses in the UK and Europe and is a founding*



Richard Erskine



Charlotte Sills



Tony White



Maria Teresa Tosi



Amaia
Mauriz-Extabe



John McNeel



Ray Little

member of the International Association of Relational Transactional Analysis. Ray is interested in incorporating psychodynamic concepts into a relational approach and is the author of several TAJ articles.

JOHN MCNEEL: “Diagnosing and Resolving Injunctive Messages in Process Redecision Therapy.” The workshop will focus on the accurate diagnosis of injunctive messages (injunctions) and how to tailor the appropriate treatment strategy for each. Additions to knowledge about rededecision therapy will be presented. There are two distinct, specific decisions to each injunctive message, one a despairing decision and the other defiant. The response to the latter results in an identifiable coping behavior, which is the key to accurate diagnosis. Material on how to chart each injunctive message from impact to resolution will be shared. The teaching will be both didactic and through live demonstration. *John McNeel, PhD, is a psychologist practicing in Palo Alto, CA. He is a past ITAA board member and a past editor of the Transactional Analysis Journal. Trained by Bob and Mary Goulding, he was an early faculty member of the Western Institute for Group and Family Therapy and has taught transactional analysis and rededecision therapy for more than 40 years. John has published many articles and is currently writing a book on injunctive messages.*

AMAIA MAURIZ-EXTABE: “Working Through the Confusion: Therapeutic Relationship and Developmental Encounters with Child Ego States.” This workshop will describe and explore Eric Berne’s use of transactional analysis methods in the deconfusion of Child ego states. Considering research and a variety of child developmental theories, we will focus on relational and inter-

subjective methods for the psychotherapeutic resolution of early childhood cumulative neglect and relational traumas. This workshop will include a formal presentation of the theory of in-depth methods of TA, a live therapy demonstration, and active group discussion. *Amaia Mauriz-Extabe is a licensed clinical psychologist and the training director of the Institute Bios Psicologos, in Bilbao, Spain. She has been practicing transactional analysis for more than 30 years and is accredited as a European psychologist and psychotherapist.*

CHARLOTTE SILLS: “From Operations to Empathic Transactions: Berne’s Therapeutic Operations Through a Relational Lens.” This workshop will review the therapeutic operations as described by Berne in *Principles of Group Treatment* and consider how they can be an essential part of relational transactional analysis psychotherapy. The empathic transactions offered by Hargaden and Sills will be introduced as well as recent developments, and we will explore how these can be integrated with some of the creative methods of TA. Participants will be invited to play and experiment with the ideas in triads and in a whole-group demonstration. *Charlotte Sills is a psychotherapist, supervisor, and trainer in London and a member of the faculty at Metanoia Institute and Ashridge Business School in the United Kingdom. She is a visiting professor at Middlesex University and is widely published, including Transactional Analysis: A Relational Perspective (2002, with Helena Hargaden) and Relational Transactional Analysis: Principles in Practice (2010, coedited with Heather Fowlie).*

RESI TOSI: “The Ingredients of a Transactional Analysis Psychotherapy: A Metalevel Perspective on

Transactional Analysis Methodology.” This workshop will define operational, elementary rules descriptive of a TA methodology inspired by social cognitive transactional analysis, a theoretical model that integrates a social cognitive perspective and the principles of relational psychoanalysis within transactional analysis. This workshop aims to involve the participants in dialogue and experimentation. *Maria Teresa (Resi) Tosi is a psychologist and TSTA (P) who lives and works in Rome as a psychotherapist, supervisor, and trainer in private practice. She is also a trainer in the Salesian University’s Upper School for Specialization in Clinical Psychology, the Institute of Training and Research for Educators and Psychotherapists, and the School for Specialization in Transactional Psychotherapy in Latina. She is a former president of the Italian Association for Transactional Analysis and the European Association for Transactional Analysis.*

TONY WHITE: “Psychotherapy with Eros and Thanatos: The Life Instinct and the Death Instinct.” This workshop will provide participants with the opportunity to understand the concepts of eros (the life instinct) and thanatos (the death instinct) as discussed by Berne in *A Layman’s Guide to Psychiatry and Psychoanalysis*. Participants will understand their own thanatos, which leads to self-destructive behavior ranging from damaging relationships by playing games to drug taking and suicidality. Therapy using rededecision and transference approaches will be demonstrated, especially in terms of making relational contact with thanatos in the client. *Tony White is a TSTA, psychologist, and psychotherapist who has practiced for 30 years and who also does supervision and psychotherapy training. Recently he has written two books about using TA with drug users and suicidal individuals. 5*

How Transactional Analysis Woke Me Up

by Alex van Oosteen

We are pleased to introduce a new column to The Script and thank Alex van Oosteen for being our first contributor. Titled after the 2014 World TA Conference theme, “TA: A Game Changer,” we hope it will stimulate your thinking about how various aspects of transactional analysis have had an impact on your life personally and/or professionally. We would love to hear your stories, so please send them to robinfryer@aol.com.

As a youngster at school, I was the victim of bullying. I didn’t actively pursue a bully/victim relationship, but I also didn’t stand up to my persecutors in a way that stopped the dynamic. I did appeal to the head of department to speak to the boys who regularly beat me up, teased me, and made my life a living hell . . . and then I got beaten up for having done so.

The bullying eventually stopped when I gained some confidence after being accepted for pilot training in the Air Force. However, I continued to avoid confrontation as much as possible, and it was only after I took authentic action almost 20 years later that I could put the puzzle pieces together and realize what I had needed to do all along. It was transactional analysis that gave me that understanding, espe-

cially the TA concepts of games and the drama triangle.

Once I was out of school, I was still puzzled by certain interactions with people that left me, and I assume them, feeling manipulated into a confrontation or being angry. I would wonder, “Why on earth would they do/say that?” I noticed in myself, too, the seemingly primal drive to interact with specific people in a way that inevitably produced a predictable interaction that left us both feeling wholly unfulfilled. I believed this was normal and that each person had their set role to play. The patterns of interaction between me and other people, and that I observed playing out between others, seemed to follow a set of predictable moves that almost always reached the same conclusion. I continued to play out these moves until I was introduced to transactional analysis in 2007 at an International Coaching Federation-approved coaching course.

Sometimes, particularly professionally, I noticed that despite having approached a situation with the best of intentions, things seemed to go wrong. For example, a friend and colleague was having a tough time at work with mutual senior colleagues. He frequently cornered me and went on for ages about how bad

things were but did not take responsibility for his circumstances. Not wanting a confrontation, I endured the venting, though internally I felt angry and critical of my friend. Eventually, I realized that I would have to set some boundaries about our roles. Looking at the drama triangle from the perspective of being powerful/setting boundaries, I told my colleague how his ranting made me



“Understanding that there are alternatives to game playing awakened me to an authentic way of being that has brought meaningful control to my life as well as the realization that I have the responsibility, wisdom, and power within me to invite every interaction with others to be mutually fulfilling.”


feel, that I could not continue to listen to him, and that there was not only nothing I could do but nothing that was appropriate for me to do. I invited him to think about the negative spiral he launched himself into with his complaining and what he could do instead to account for his own power in the situation. Not only did this steer the interpersonal dynamic back to a healthy friendship, but my friend found an alternative solution to the challenges he faced.

Understanding that there are alternatives to game playing awakened me to an authentic way of being that has brought meaningful control to my life as well as the realization that I have the responsibility, wisdom, and power within me to invite every interaction with others to be mutually fulfilling. My exposure to transactional analysis models immediately provided me with a structure for understanding the behavior that had been so confusing and hard to interpret. The drama triangle offered not only visual clarity about interactions between people but valuable insight into the way people play games to receive strokes. I eventually understood why games are so stimulating:

They provide quick, superficially energizing, and easily obtainable attention. I could identify the maneuvers I played out in order to invite others to react in the way I thought/felt I needed. I had been blind to the more meaningful, solid interactions I could have with others through authentic “I’m OK, You’re OK” being. Understanding games from the perspectives of the drama triangle and strokes allowed me to be free from the automaton-like behavior that scripty thinking and feeling led to. Becoming mindful of my own and others’ ego states, life positions, and strokes, I was able to catch myself before initiating or reacting to games. Although it took some time before I found intimate and authentic interaction with others came naturally, transactional analysis helped me develop an authenticity that was rewarding because it gave me more genuine control over my relationships and my views of self, others, and the world.

Prior to learning what games involve, how we learn them as little people and carry them forward into our grown-up lives, I had no idea that we employ them microscopically in our day-to-day lives and macroscopically as a life plan. I did not realize that games have such an immense impact on our cultures, interpretations of history, roles and actions in social structures, and even in international relations. I also had no idea I was playing them myself!

Games can have such power in our lives that they trick us into a sense of self that is convincingly real, even though it betrays our true potential to realize our dreams and holds back nations’ authentic power to bring change to a world that needs it more than ever. Games can lead us to believe that we are a Persecu-

tor, Rescuer, or Victim when in reality, we can choose to have authentic power over any situation we encounter. When I feel persecutorial, I set boundaries and strengthen contracts; when I am invited to Rescue, I encourage myself and the other to reflect on roles and responsibilities; when I see myself as the Victim, I give importance to my feelings and self-worth, I let myself consciously be aware of how I am impacted by the circumstances, and I tell the other person how I am feeling. I have been particularly surprised at how much the latter has invited others to account for their actions and to resolve conflict. 

Share Your ITAA News and Photos

Now that *The Script* has gone digital, we hope you will take advantage of the opportunity to easily and quickly share news and photos of transactional analysis activities in your region. Send your submissions electronically to managing editor Robin Fryer at robinfryer@aol.com.

TA Conferences Worldwide

25-27 April 2014:

Blackpool, England. United Kingdom National TA Conference.

Contact:

www.uktaconference.wordpress.com

6-9 August 2014:

San Francisco, California, USA. World TA Conference.

Contact:

www.2014worldtaconference.org

Alex van Oosteen combines transactional analysis with an appreciative inquiry-based approach to empower clients to move forward and create their own life experience and to find their own solutions to personal and professional challenges. He has worked in the South African Air Force as a pilot for the last 18 years and is an A-1 category qualified flying instructor on both airplanes and helicopters. Currently, he is working toward attaining Associate Certified Coach accreditation and is a Certified Transactional Analyst (education) trainee. Alex can be reached at alex@wordofmouthcoach.co.za.

Judy Morris Recognized with Lifetime ATAA Membership

by Brad McLean

Australian practitioner, trainer, and transactional analysis advocate Judy Morris has been awarded the honor of lifetime membership in the Australian Transactional Analysis Association (ATAA) for her commitment to the values and practice of TA in Australia.

Judy has served the Australian TA community for several decades in many roles, including as president of the Western Pacific Transactional Analysis Association (now known as the ATAA) between 1997 and 2001. She continued to serve on the ATAA board as accreditation chair as well as being a member of the Training and Standards Council until her resignation from the board in early 2013. Among Judy's many contributions to the profession, she has represented the interests of transactional analysis therapists and therapists generally on the board of the Western Australian Federation of Psychotherapists, most recently as treasurer. She has also served on the ethics committee of the Psychotherapist and Counsellors Federation of Australia. In 2008 Judy was awarded the Goulding Award for Excellence in TA, so she is also recognized regionally for her work in transactional analysis.

Referring to this latest accolade, ATAA president Mandy Lacy said that to date few Australian transactional analysis practitioners have been honored in this way because the award is a reflection of exceptional commitment to the TA community. "Judy embodies what it is to be a TA practitioner, and she has given tirelessly to the ATAA over the many years of her very active membership," says Mandy.

Judy will wrap up many years of teaching and training in transactional analysis in the coming months, a move she describes as both regretful and a relief, although she will continue with her private practice as a psychotherapist.

"Teaching is an enormous responsibility," she tells me by phone from Western Australia. "One needs to commit to a trainee for five years, and that is not a thing to do lightly."

Fellow ATAA member Linda Gregory met Judy when they began training in TA around 25 years ago, and through the process they became great friends. "Judy is so deserving of this honor because she has put in so many hours over decades voluntarily working on accreditation, writing,



and putting courses together," says Linda. Among Judy's many qualities, Linda describes her as a skilled, intelligent, responsible, and ethical professional as well as a loyal, loving, fun friend. "She is a person who does it all quietly. She doesn't have a huge ego or even seek recognition, and she always just gets on with what she does," Linda adds.

Judy's first contact with transactional analysis began when she was a high school English teacher in Western Australia during the 1970s. It was there that she attended an education session conducted by a nun called Sister Patrice Cook that drew heavily on TA concepts. "It was basi-

cally a TA 101, and I was very impacted by it personally and professionally,” she says. Judy quickly integrated TA into her work, which at the time involved coordinating a personal and vocational education program in which she taught life skills to high school students. “I found teens were impressed with the TA idea of options and exploring different ways of approaching things. I also found that with counseling parents, the PAC model really worked because at that time a lot of parents I would counsel had lost their belief in their parenting skills.”

Judy’s personal philosophy is embodied in the idea that we learn from the past, live for the present, and plan for the future, an approach she adapted from the words of Albert Einstein. This and her teaching have led to a lifelong approach to learning. “Having trained people now for 20 years, I find that I am always learning myself and that is the beauty of TA in that you go on learning,” she says.

In tune with her personal philosophy, asked about the future of TA, Judy was clear about the importance of not sacrificing the past for the future: “I would like to see continued growth in TA in the ‘I’m OK, You’re OK’ philosophy and that we always come back to fundamentals like strokes and discounting is very important to me. I think TA has grown rather than changed, and the basic philosophy has stayed the same. If Berne was here today he would relish the developments.”

Brad McLean is a relational psychotherapist and coach based in Sydney, Australia, where he practices privately treating individuals and couples. He can be reached at mactenn@me.com.

FTAA Meeting in Osaka

by Rhae Hooper

In Osaka, Japan, last August, there was a Federation of Transactional Analysis Associations (FTAA) meeting attended by Rhae Hooper, Mandy Lacy, Jan Grant, C. Suriyaprakash, and ITAA President John Heath. Izumi Kadamoto was able to join the group toward the end of the meeting. It was a small gathering because some of the would-be participants were engaged in other meetings and workshops. That said, there was exceptionally good rapport between those present, with the focus on growing the existing regional body of FTAA to include interested associations and institutes in India, Japan, and Singapore. The intention is for these associations to share conferences, regional training activities, newsletters, and activities that will further strengthen mutual support at a local level.

The FTAA regional body structure and membership process emulates that of the European Association for Transactional Analysis (EATA) whereby affiliated member organizations become members, and individuals belong to their own country/institute organization. At the meeting, it was agreed that FTAA would go forward as a regional body (for Australia, New Zealand, the southern Pacific, south Asia, Japan, etc.) to focus on offering institutes, organi-

zations, trainers, trainees, and interested others within the region with local TA opportunities. The FTAA intends to work closely with the ITAA and EATA to uphold training and certification standards and support initiatives that give individual and organization members the best possible value and connection to global, regional, and local information, memberships, systems, and structures. It will strengthen the bonds between associations and members and with the three partners in the TA World Council of Standards (TAWCS) as well as for world conference organization, which augers well for cooperation, training standards, and sharing.

FTAA has indicated to the ITAA that it will be willing to organize the 2016 conference within the region, which has already been communicated to the New Zealand TA Association so that a bid process can be conducted for the host city/country.

Jan Grant is acting as the liaison person for contact from India and Singapore. Rhae Hooper is in the process of contacting the interested associations and countries so that more formal agreements may be developed. On receipt of such agreements, those countries will be invited to bid on the 2016 conference as well if they wish.

For more information, see www.federationtaassociations.com/

Mavis Klein: A Pioneer of TA in the UK

by Diane Salters

On 1 January 2014 Mavis Klein died. She will be missed, and remembered by many in the TA world for her keen intellect, her books, her often controversial views (on TA and everything else), her great food (especially the cheesecake), her humor, her vibrancy, her crazy hats, her spot-on intuition, her love for her grandchildren, and above, her compassion, not only for individuals who came to her seeking help but for all of us humans caught in the existential predicament we call Life.

Mavis's original degree (in Melbourne, Australia) was in psychology and philosophy, and she remained a philosopher all her life. She was concerned with the big questions of life and death and how we embrace one while remaining aware of the inevitability of the other. This brought depth and power to her work.

Along with Michael Reddy, Margaret Turpin, and others, Mavis was one of the pioneers of transactional analysis in the United Kingdom in the early 1970s and a founder member of the Institute of Transactional

Analysis. Margaret Turpin writes of that time: "1972 to 1975 were the founding years, first a trickle of news about transactional analysis, *Games People Play*, Eric Berne. Then Michael Reddy came from a Goulding training workshop in the United States, then other Californians came to teach us. It was a most stimulating time. We were all searching for a way to understand and practice the TA model, and Mavis joined in with enthusiasm."

This enthusiasm continued throughout Mavis's life. She contributed to theory, developing her own model of

"It is rare to meet someone who changes your life. It is even more rare to meet someone who saves it. Both these things are true of Mavis."

drivers and personality. Her determination to make TA accessible and useful to people is evident in all her writing. She ran TA groups in the old classical style but with her own inimitable touches. Many will remember the rather startling black, white, and red décor of her living room, which doubled as her therapy room and echoed her own bright red lipstick and penchant for black clothes. She was a generous therapist, sharing her spot-on intuitions, skills, and humor, all with a down-to-earth realism that moved therapy along fairly rapidly. Keith Ravenscroft



writes, "To be in one of Mavis's ongoing groups was revelatory. In addition to her razor-sharp intellect, Mavis had a rare ability to empathize, to tap into the wellsprings of personal meaning that were lurking beneath obvious behaviors, and to walk with us through the traumas—although when necessary, she took no prisoners and allowed no hiding places!"

When I first went to see Mavis in 1975 it was because I was facing an acute crisis in my life and my marriage. I was traumatized by my experiences in South Africa, depressed and suicidal. Fortunately, a neighbor gave me a copy of *I'm OK, You're OK* to read and a recommendation to see Mavis. Berne's theory made immediate sense, and Mavis swiftly overcame my fears of entering therapy. She was eccentric and unusual but clearly astute and practical. I still have the script matrix that she drew and gave to me at our first session. It was only years later that I

Diane Salters is ITAA vice president of research and innovation. She writes that Mavis's two most recent books are *Live Issues*, in which Mavis wrote about her views on a range of topics, and *Talk Talk*, a useful short introduction to transactional analysis. Diane can be reached at dsalters@iafrica.com.

fully understood it, but it gave me something to hold on to in my floundering state, something to make sense of the chaos. I also remember her saying, “There are difficult injunctions here, but I seldom see someone with so many good permissions in their script.”

Over the next few years I clung to that permission to notice the good in my life and myself. Mavis was a therapist and a teacher, a support and a challenge. She offered insight and support but no easy answers, knowing the “heroic path” to be more gratifying. Remembering her has often helped me to be a more potent, compassionate, and wiser therapist. In Mavis’s (2013) own words from her latest book:

The heroic path is not the easy choice; it wouldn’t be heroic if it were. There are dragons to be slain and the confrontations with our own personal dragons are frighteningly fraught with the possibility of danger and pain. Most people prefer to live myopically, disdaining and discounting the dragons and heroes and heroines of our own Child as childish. But the heroic path is the one that gives optimum satisfaction in this little interval in eternity we call life. (p. 140)

Eventually, I remember saying to her, “Mavis, I need you more as a friend now than as a therapist,” and we drew our therapeutic relationship to a close. A respectful and stimulating friendship followed, and when Mavis found her other passion, astrology, I learned a great deal from her and occasionally consulted her when facing a major transition in my life (such as my need to return to South Africa). She always shared her considerable skill in this field with generosity and enthusiasm.

Recently, a fellow South African exile and returnee confided to me that her TA therapist in London had “saved her life.” I said, “Mine too!” It turned out that Mavis had been that significant person to us both. Keith Ravenscroft also writes, “It is rare to meet someone who changes your life. It is even more rare to meet someone who saves it. Both these things are true of Mavis.” I have no doubt there are others who would say the same.

Mavis expressed her existential approach as follows: “Psychologically, life is sophistry, and the principal trick we are bound to deploy is to live life as if it matters, despite the mockery that death makes of our concerns.” This was a challenge that Mavis embraced wholeheartedly. Her living mattered to many people, and their lives mattered to her, and on top of that, she lived life with such style!

As we say in South Africa, “Hamba kahle (go well), Mavis. You leave us with many riches.”

References

Klein, M. (2013a). *Live issues: Reflections on the human condition*. New Alresford, England: Psyche Books.

Klein, M. (2013b). *Talk talk: Effective communication in everyday life*. New Alresford, England: Psyche Books. ⑤

Virginia Hilliker

Virginia Hilliker passed away on 11 April 2013 at the age of 98. Virginia was the “secretary” of the ITAA back



in the days when the office was in Ken Everts’s building in Berkeley on College Avenue. Trained by Eric Berne, she became a Clinical Member and ran a private practice in Berkeley and Oakland before moving to Boulder, Colorado, to help develop the Buddhist community there. She was involved in the beginning of Naropa Institute, where she taught transactional analysis and Buddhism and brought transactional analysis to that community. Eventually she moved to Nova Scotia and continued her work there. ⑤

Pat Crossman

Pat Crossman died on 29 August 2013 in Berkeley, California. She was best known in the transactional analysis community for conceptualizing the “3 Ps” (permission, protection, and potency) in her July 1966 *Transactional Analysis Bulletin* article entitled “Permission and Protection.” She received the Eric Berne Memorial Scientific Award in 1976 for her work in this area but later returned the award because she felt the ideas were being misused. A Licensed Clinical Social Worker, she was a pioneer in the practice of group therapy and attended Eric Berne’s San Francisco seminars from 1965-1969. ⑤



The ITAA Website
www.itaaworld.org

The Application Deadline for San Francisco TSTA Exams Is 5 February 2014: Please note that this is a correction of what was published in the exam calendar in the last *Script*. The 6 May deadline is for CTA exams in San Francisco. Our apologies for the mix up. For more information or to apply for either exam, please contact Janet Chin at iboc@itaaworld.com.

Call for ITAA Board Nominations

The following positions are open for nominations. **Deadline:** 31 May 2014.

Officers (nominations allowed from any region and elected at large by all ITAA voting members)

- President-Elect (2015)
- Secretary (2015-2017)
- Vice President Development (2015-2017)

Regional Trustee (nomination and election only by members of the region)

- India/Asia (2015-2017)

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.itaaworld.org. Nominees are encouraged to read and understand these before accepting nomination.

Send nominations to ITAA Nominations Chair Sumithra Sharatkumar at sumithrask@gmail.com.

Those who accept nomination to the above positions must email a written statement and digital photo to the nominations chair as soon as possible and no later than the 31 May deadline. Statements should be a maximum of 250 words.

Election Procedures: As per the ITAA bylaws (revised 1996), if there is no more than one candidate per position, there will be no ballot, and the results of the election will be announced in *The Script* newsletter. Unopposed candidates will take up their positions following the annual general meeting (AGM) in August 2014. If there is more than one nominee for a position, a ballot will be sent to all voting members within 60 days of the close of nominations. The deadline for return of ballots is 60 days from the date of mailing. The

results of the election will be announced to the candidates within 30 days after the election results are determined and to the voting membership as soon as practical thereafter. The winning candidate(s) will take up his or her (their) position(s) on 1 January 2015.

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](#).

Contacting the ITAA

2843 Hopyard Rd., Suite 155
Pleasanton, CA 94588
Email: info@itaaworld.org
Fax: 925-600-8112
Skype address: [ken.fogleman](#)

EXAM CALENDAR

Exam	Exam Adm.	Exam Date	Location	App. Deadline
CTA Exams	IBOC	6 Aug 2014	San Francisco, USA	6 May 2014
	IBOC	14 Nov 2014	Wellington, NZ	14 Aug 2014
TSTA	IBOC	5-6 Aug 2014	San Francisco, USA	5 Feb 2014
CTA Written	All Regions (Non-Europe)	Your choice	See contact information below	Your choice
TEW	IBOC	10-12 Aug 2014	San Francisco, USA	10 Apr 2014

Write to the IBOC at iboc@itaaworld.org closer to the exam dates for further details. Also see ta-trainingandcertification.net for more information.