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2014 ITAA AWARDS ANNOUNCED

**Susannah Temple
Receives the 2014
Berne Award**



The Eric Berne Memorial Award Committee has announced that the 2014 award has been given to Susannah Temple, CTA (education), for her work in developing the functional fluency (FF) model of human social behavior as the basis for behavioral diagnosis of any class of ego state. Among the works cited in support of the award are “Functional Fluency for Educational Transactional Analysts” (1999), “Update on the Functional Fluency Model in Education” (2004), and “Bringing Up the Child” (2008).

In their nomination statement, Diane Salters, Giles Barrow, Jean Illsley Clarke, and Trudi Newton wrote that Susannah deserved the award for her “meticulous and innovative development of the functional fluency model. By establishing the credentials and robust underpinning theory for the model, Susannah provided educational transactional analysts, and the wider community of TA practitioners, with a vivid, highly applicable and accessible language for understanding personal effectiveness.”

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**Vittorio Soana
Honored with the
2014 Capers Award**



The 2014 Hedges Capers Humanitarian Award is being given to Vittorio Soana, a Jesuit priest who began his work with drug addicts in 1975 when he became involved in the first rehabilitation efforts in Italy. After learning transactional analysis, he used this approach in the treatment of addiction, planning interventions and teaching them to staffs at various therapeutic communities in Italy and elsewhere.

From 1973 to 1979, Vittorio studied Rogerian therapy in Leuven, Belgium, at the school started by Raymond Hostie, the founding editor of the French-language TA journal and a pioneer of TA training in Europe. From there, as Vittorio recounts, “When I started to work in the rehabilitation field, I felt the need to give more structure to my training in psychology and therefore started to study TA in Rome with Maria Teresa Romanini.” However, he goes on to add, “The intervention programs for rehabilitation as developed in America were designed to work with people in jail and thus were too confrontational for our

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They went on to say, “The functional fluency model grew out of Susannah’s close observation and doctoral research, which contributed to a health-based framework for approaching human communication that has been powerfully important, especially, but not exclusively, for TA practitioners in nonclinical contexts. A potent resource is lifted from a psychotherapeutic frame of reference, reoriented, and understood in light of a positive psychological vision of the work of the educator. What emerges is a distinct and original theory about the intra- and inter-relational experience.”

The thinking and rationale behind Susannah’s development of functional fluency and its relationship to the integrating Adult model of ego states begins with Berne’s delineation of archeopsyche, exteroopsyche, and neopsyche and goes on to draw from many sources within and outside of transactional analysis. While

focusing on here-and-now behaviors, the model points to deeper patterns of neural networks and the functions they serve in the human psyche, both in terms of development and social engagement. Those neural networks each have their own distinctive way of processing and organizing experience and their own particular function and use of energy. Those emergent functions, integrated by the Adult, can be seen in the FF model as social responsibility, reality assessment, and self-actualization. In this way, Susannah seeks to demonstrate a biological mandate for ego state theory and the functional fluency model, suggesting that this is why the concept of ego states is so meaningful in so many different cultures. As Susannah says, “When organizing and analyzing the data I collected, I found that some of the time TA concepts illuminated the findings, and sometimes the findings illuminated the TA concepts.”

Using the functional fluency model to learn how to respond more and react less illustrates what Berne referred to as gaining *social control*. Putting more energy into the positive modes of behavior on the FF model and less into the negative modes is an important aspect of what is referred to in TA psychotherapy as *decontamination work*.

One of the singular contributions of the model to transactional analysis theory is to demonstrate a way out of the confusion that often arises between the traditional structural and functional models of ego states. It also updates traditional functional model terms that tend to reinforce negative stereotypes about control and adaptation, offering instead more neutral or positive terms. By focusing on the here-and-now behaviors needed for effective human relating and performance and the func-

tions those behavior patterns serve in self-maintenance and transactions with others, Susannah creates a clear space for observation and a possible basis for further research.

Since first publication, there have been a series of updates and extension of the original model. Among these is the Temple Index of Functional Fluency (TIFF), which provides a tool for profiling individuals’ behaviors, tendencies, and habits. This, in addition to the increasing range of documentation for using functional fluency, has had significant implications for practitioners interested in developing greater integration and personal effectiveness. Despite being a stand-alone model, FF can be usefully and accurately mapped onto the structural model (see Temple, 2004) and potentially provides common ground between those TA theorists who prefer one model to another or who differ in their descriptions and understanding of the various ego state models. In this respect, it is useful and applicable to all fields.

To offer your congratulations to Susannah, please email her at susannahtemple@googlemail.com

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Vittorio Soana

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context. They needed to be adapted to people who came from a different cultural environment.”

Over the next 5 years, Vittorio completely revised the intervention techniques: “I added the diagnostic content that if a dimension of substance dependence exists, it represents the need to replace a dependency born historically, in the early stages of attachment. This was neither recognized nor accepted at that time in Italy. The drug addict was considered nothing but a person who wanted to get high and have fun.”

From 1985 to 1998, Vittorio supervised the activities of about 20 communities across Italy and in places like Bilbao, Lima, Mauritius, and Bangkok. He planned a training course based on TA for all social workers, educators, and volunteers who worked in different regions of Italy in the field of addiction. He spent 20 years of his life working on this project and met more than 1500 people, treating many directly or through supervision in hospitality and rehabilitation centers in different regions of Italy. It can truly be said that Vittorio saved many lives through this work and through the personal relationships he developed with young people.

After many years of working with people with addiction and HIV problems, Vittorio realized that many people who were suffering could not get help in public institutions or from private professionals because they were not poor enough for the first and not rich enough for the second. So he organized a service in Genoa in which people could receive help for free from a group of profes-



Vittorio Soana celebrating 15 years of service with volunteers at the counseling center in Genoa, Italy

sional counselors trained by him and to whom he provided free supervision. The service began 15 years ago and is currently directed by Milly De Micheli. Every year more than 100 people receive services there; it is a safe place where they can obtain counseling and help during difficult times in their lives. Another important humanitarian contribution that Vittorio has made is to motivate other professionals to volunteer some of their time so that more people can access qualified help.

Even though Vittorio is a Catholic priest, the service is open to everyone, regardless of their religion or social and economic background. This is deeply in line with both evangelical principles and transactional analysis philosophy. This is particularly important in Italy today because there are so many immigrants coming to find work. They have lost their roots and need help, especially since jobs are so hard to find and they have no money to pay for services.

Vittorio explains, “In counseling today, what we have to do is to educate people about human relationships. A healthy human relationship can exist both at a clinical level and in a more simple counseling situation conducted by various professionals, including lawyers, doctors, trainers in the organizational field, teachers in the educational field, and especially workers in the social field. In all of these contexts, there is the need to recover the hope for a healthy human relationship. This dimension is clearly humanitarian, in the true sense of the word, but it must be done with the knowledge and expertise necessary to be effective.”

If you wish to offer congratulations to Vittorio Soana, he can be reached at soanasj@gmail.com or www.vittoriosoana.it. Our thanks to Milly De Micheli, TSTA (E), for her help with this article. She can be reached at demicheli.milly@gmail.com.

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

TA NOW!
a game changer

6-9 August ❖ San Francisco

San Francisco Airport Marriot Waterfront

CTA/TSTA Exams: 5-6 August

Don't Miss This One: The San Francisco Conference Will Be a Treat!

by Lucy Freedman

Original, "fascinating," and "significant" describe the presentation proposals that came in for the San Francisco conference. People who submitted proposals are the nourishment of our transactional analysis community, and they showed the breadth and depth of TA applications in their submissions. There were so many of such high quality that, with regret, we had to ask a number of people to shorten their presentations and had to decline others. However, as a result of this careful combing, you who attend will be treated to a dazzling array of workshops from both well-known and new presenters and in a variety of formats, from discussions and papers to roundtables, experiential workshops, formal keynotes, and panels. Whatever your learning preferences, there is something for you! Those of us who have had the pleasure of traveling to different parts of the world to meet up with both our close TA friends and those who become new friends, experience that we are coming home when we attend a transactional analysis conference in any part of the world. The San Francisco Bay Area is home to TA historically; we invite you to come to the conference and feel that you are at home here.



San Francisco Conference Presentations

The following list does not include symposia or postconference workshops. Those were highlighted in earlier Scripts.

"Ending the Game of War With the Help of Transactional Analysis" – Leonard Campos

"Using TA to Get Your Neighbor's Dog to Stop Barking and Other Scary Subjects" – Joan Kling

"TA: A Systemic Approach to Diagnosis and Treatment Planning" – Diane Salters

"Beyond the Drawing Room: Therapeutic Applications of Literature as 'Equipment for Living'" – Janice Dowson

"The Power of Being in Relating With Yourself and Others" – Felipe Garcia

"Script Updating: Staying in the Now Using Circles of the Heart" – Lucie King

"Ego State Structures, Relational Units, and the Split Psyche" – Vann Joines

"TA and Drama Therapy: Rehearsal for Life" – Armand Volkas

"Rapid Redecisions Using Logosynthesis" – Jonathan Weiss and Laurie Weiss

"Working Styles: An Express Method of Selection, Assessment, and Development of Employees" – Dmitry Kasyanov and Svetlana Knyaziuk

"The Da Vinci Life Script: The Gift and Curse of ADHD" – Cheryl Leong

For more information and to register:
www.2014worldtaconference.org
or contact Conference Chair Lucy Freedman at
2014worldtaconference@usatata.org

- “Naming the Game and the Psychodynamics of Autonomy” – *Karen Minikin and Keith Chinnock*
- “Closing the Escape Hatches: What About the Child?” – *Donna Marie Perry*
- “Lost in Space: Technology, Emotions, Organizations” – *Mandy Lacy*
- “Navigating the Fault Lines Between Hope and Despair” – *Kathy Laverty*
- “PTSD: Treatment of Moral Injuries” – *Vern Masse*
- “Stories: Therapeutic Process of Teaching and Learning” – *Taranjit Nair*
- “Counseling Process in Action: Trilateral Vision of Counseling Process Based on the Interconnection Between the Counselor’s Interventions and the Client’s Intrapsychic Process and Outcomes” – *Milly De Micheli and Vittorio Soana*
- “Game Busters: Helping Clients Stay Out of the Games People Play” – *Ray Quiett*
- “From the Squiggle to the Metaphor: A Synthesis of TA, Hypnosis, Psychoanalysis, and Neuroscience Theoretical Perspectives” – *Giuseppina Pastore, Antonella Fornaro, and Manuela Iasenzaniro*
- “Don’t Panic! A Hitchhiker’s Guide to Panic Attacks” – *Aleksandra Buberá*
- “Still Radical After all These Years: The Politics of Transactional Analysis” – *Claude Steiner and Keith Tudor*
- “Short-Term Counseling and Transactional Analysis” – *Jan Grant*
- “Impact of Games Couples Play in the Distinct Phases of Loving Dynamics” – *Antonio Pedreira de Oliveira*
- “East Meets West” – *Anna Chandy*
- “Understanding and Working with Impasses: The Game Changer” – *Chitra Ravi*
- “Equity Versus Equality: What Can We Do to Level the Playing Field?” – *Sue Burdett Robinson*
- “Codependency: A Rescuer Game” – *Gloria Noriega*
- “How Eric Berne Practiced Psychotherapy and ‘The Eric Berne Archive’ ” – *Carol Solomon*
- “Creating Healthy Autonomy in Hierarchical Organizations” – *Alex van Oostveen*
- “The Mutually Beneficial Process of Research and Practical Work” – *Roland Johnsson*
- “Games, Play, and Intimacy” – *William Cornell*
- “Going First: Games, Enactment, and Countertransference” – *Jo Stuthridge and Charlotte Sills*
- “The Embodiment of Transactional Analysis: Lessons for TA from Neuroscience, Genetics, and Evolutionary Biology” – *Gordon Hewitt*
- “Reconciliation/Reunification of Broken Families From a Transactional Analysis Perspective” – *Gaylon Palmer*
- “Playing ‘Games’ Is Part of Life: Can ‘Games’ Be Development ‘Changers?’” – *Karen Christine Cesarano, Rachele Di Vezza, Barbara Revello, Désirée Boschetti, and Maria Assunta Giusti*
- “Organizational TA Now!” – *C. Suriyaprakash*
- “Transactional Imago Now” – *Mohanraj I A*
- “From Shadow to Transformation” – *Adrienne Lee*
- “You Say Tomato, I Say TomAto! Exploring Contemporary Views in TA” – *Sue Eusden and Alessandra Pierini*
- “Finally . . . A Happiness Formula!” – *Stephen Karpman*
- “Education and Parenting: Opportunities for Developing Empowering Aspects of Script Through Enabling Positive Emotional Development and Emotional Literacy” – *Vineeta Sood*
- “Team Agility” – *Sari van Poelje*
- “The ‘Third Move’: A Psychological Game Preventer. A Constructionist Invitation to an Effective Communication” – *Olivier Montadat*
- “Strokes for Active Artisan Students!” – *Susan Francis*
- “Psychotherapy of the Parent Ego State: No Games Here” – *Anthony Jannetti*
- “From Life Script to Personal Script” – *Zoran Milivojevic,*
- “Ego States Come Alive! A Reconceptualization” – *Alastair Moodie*
- “The Development of Script (in DSM-5 Terms: Personality Disorders) Illustrated with Film Fragments” – *Moniek Thunnissen*
- “Cocreative Transactional Analysis” – *Graeme Summers, Marco Mazzetti, Laurie Hawkes, and Gregor Žvelc*
- “No-Suicide Contract/No-Suicide Decision Revisited” – *Judith Lange*
- “My Whole Life Is Plan B” – *Valerie Lankford*

A Conversation with Keynote Speaker Dr. Jeffrey Zeig

by Catherine O'Brien

The following interview with Jeffrey Zeig, one of the keynote speakers for the 2014 World TA Conference in San Francisco in August, was conducted by Catherine O'Brien, general coordinator of the USA TA Association.

Catherine O'Brien: Thank you for taking the time to talk with me, Jeff. As the director of The Milton H. Erickson Foundation and the founder and organizer of the Evolution of Psychotherapy Conferences, you have a wealth of knowledge about and experience with many of the leading figures in the world of psychotherapy. I think that makes you a terrific choice to serve as one of the keynote speakers for the 2014 World TA Conference in San Francisco.

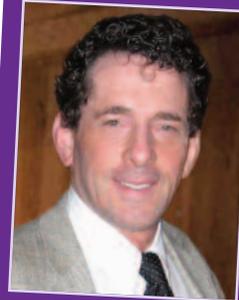
Jeffrey Zeig: Thank you, and yes, it is very gratifying to have been asked. In fact, my early training is in transactional analysis, and I earned a Clinical Membership under Bob and Mary Goulding.

CO: How did you find out about transactional analysis?

JZ: Ellyn Bader has been a friend of mine for ages. We both went to Michigan State University and then worked at a community-based hospital in California in the psychiatric department. Ellyn segued into graduate school and eventually I went to San Francisco State, where I

earned my master's degree. In 1973, Ellyn learned about Bob and Mary Goulding and went to Watsonville to start training. She suggested that I attend a courtesy session, and when I did, I was mesmerized by what Bob and Mary were doing. I signed up for a year of training. At that time, I was getting paid \$12,000 a year as a counselor at a treatment center in San Jose. (Ellyn was the other counselor.) The training with Bob and Mary was \$1,000 a year, which means I was paying one-twelfth of my salary to attend. But I was so enthusiastic about what they were doing that it didn't matter. Part of the training was learning TA and family therapy with Ruth McClendon. There's really not a day that goes by in my therapy practice that I am not using something I learned from Bob, Mary, and Ruth or from my reading of transactional analysis. Years later I was incredibly honored when, for a conference in Mary's honor to promote redecision therapy, out of all the people she could have chosen to be her cotherapist, she invited me. Unfortunately, she passed away before that could happen, but I was completely touched and honored.

CO: Thank you for the background. How do you see today's counselors,



Dr. Jeffrey Zeig



Catherine O'Brien

psychotherapists, educators, and consultants utilizing transactional analysis?

JZ: I think that transactional analysis, the brilliance of Eric Berne, and the people who have followed him should form the core of modern practice for people doing therapy, coaching, and business consulting. It has been so valuable to me that I recommend to friends and colleagues that they get some background in TA. It is an incredible theory and a wonderful tool, and while I am sorry transactional analysis is not used as much in the United States today, I know internationally it continues to be strong. I hope those influences might even return transactional analysis to wider use again in the United States.

CO: From your perspective, do you see anything we can do as a community to lift the profile of transactional analysis?

JZ: One thing Francine Shapiro has done for eye-movement desensitiza-

“I will talk about casting the psychological level of communication in a more positive light and about ways to orient the transactional analysis community to use methods that are based more in the arts to power their command of TA.”

tion and reprocessing (EMDR) is to establish a solid research base so that protocols developed by academicians using EMDR can be used not only for trauma but for other purposes. One thing that might be useful for TA would be having university professors researching transactional analysis and bringing those concepts into graduate school classrooms. At this point, graduate school psychology education, at least in the United States, is essentially cognitive behavioral therapy (CBT). In addition, we see that affective neurobiology, which is also based in research, is becoming another major approach to psychotherapy. I am also reminded of how good Milton Erickson was at creating intellectual heirs who had an understanding of his work, and they often then developed their own approaches to psychotherapy. So those two things—having a research base and a charismatic central character who can spread the corpus of the theory and practice—might help bring TA back to the main stage of contemporary psychotherapy.

CO: I remain optimistic.

Catherine O'Brien, MA (counseling psychology), is a licensed marriage and family therapist and a TA Practitioner Instructor. She can be reached at catherinesealbeach@gmail.com.

JZ: I hope you're right because we both agree that transactional analysis has a lot to offer.

CO: Moving on, would you give us a preview of what you will share in your keynote address in San Francisco?

JZ: Sure. One of the aspects we have learned about in contemporary social psychology is the power of innuendo. Contemporary social psychology involves studies on topics such as attribution, priming, and social mimicry. These are effects that happen on the psychological level and involve research on implicit social effects. (Those who want to know more can Google those concepts.) Berne said that the outcome of communication is determined at the psychological level, but as I recall, he found psychological transactions a bit suspect. He called them *ulterior transactions*, which is a pejorative term. What we know is that we are influenced not only by the informative level of communication but also by the evocative level. Every communication has an informative and an evocative aspect or, according to Berne, a social level and a psychological level.

Milton Erickson said that we use psychological-level communication to empower emotional impact. Metaphor works because of its ambiguity and evocative nature, not because it is essentially informative. If you think more deeply about art, it works by virtue of implicit impact. Movies, for example, are a “show-don't-tell” medium. Feature films are not based on offering information to the viewer; they are based on eliciting it, as are musical compositions, paintings, architecture, poetry, and fiction writing. In our personal evolution, there is a wealth of understanding that human emotion is driven at the evocative level of com-

munication and not by the formal or cognitive level of communication.

In my keynote address, I will talk about casting the psychological level of communication in a more positive light and about ways to orient the transactional analysis community to use methods that are based more in the arts to power their command of TA. Transactional analysis represents a level of excellence. Can we take excellence and improve on it? One of the ways we can do that is by using methods that have a more implicit than explicit impact.

CO: That all sounds really interesting, and I look forward to your keynote. Meanwhile, I keep looking for ways to reenergize the message of TA. It is such a wonderful asset.

JZ: I know what you mean. I admire Eric Berne's genius understanding of structural analysis and the process that happens, the sequences of behaviors that occur such as the redundancy of games and scripts. I'm sorry that I never got to meet him, though I almost did. Keynoting in San Francisco will be a personal high for me. In the 1970s I went to a TA conference and was in awe of Jack Dusay, Steve Karpman, and Claude Steiner. So to be able to come back and be on that stage is meaningful to me because transactional analysis continues to be so useful and instrumental in my understanding of life.

CO: Thanks for telling us a bit about your history with TA and about some of the things you will be talking about at the conference. I look forward to meeting you in San Francisco.

JZ: I look forward to meeting you as well along with many others who share our appreciation for transactional analysis. 



Healing Trauma With Transactional Analysis

by Edward Novak

Our thanks to Edward Novak for his contribution to this column, which is titled after the 2014 World TA Conference theme, “TA: A Game Changer.” We would love to hear how transactional analysis has had an impact on your life personally and/or professionally, so please send your story to robinfryer@aol.com.

I have been involved with transactional analysis for over 20 years, but my personal game changer occurred 5 years ago, one Monday afternoon, as I lay in bed and tried hard not to kill myself. This experience, and the events that contributed to it, gave me a new perspective on how valuable transactional analysis is in the treatment of trauma, dissociation, and psychosis.

My brush with suicide occurred even after I had logged many years of training in transactional analysis, psychotherapy, and body psychotherapy. I had also begun to pursue

the study of psychoanalysis. So, given that I was no neophyte to therapy, the almost unavoidable pull to kill myself was a surreal moment. I remember that, from my Adult ego state, I felt as if the chronic suffering coming from within my Child ego state was too much to bear. Months and years of emotional and somatic flashbacks of child abuse were not going away, and there was no end in sight. I was certain I did not want to die, yet I was positive I could not suffer any longer. As lay there, I thought about escape hatches and no-suicide contracts and how these transactional analytic concepts were no match for these early childhood flashbacks.

So, what is a seasoned therapist to do when it seems as if his own suffering is beyond what his training and education have taught him? How this could happen, and how contemporary transactional analysis provided ways to treat this level of trauma, is the story of my own personal game changer.

When I began my training in counseling, I also started my own psychotherapy with a therapist in the transactional analytic community.

Transactional analysis provided me—a new therapist working with adults and teens in the legal system—a solid theoretical base for working with and containing behaviors that would either hurt them or others: first-, second-, and third-degree games. My mantra at that time was Berne’s (1972) slogan, “Get better first and analyze it later” (p. 303).

Frankly, most of the clients I was seeing were probably not too interested in the “analyze it later” part. They were just looking to get off probation and out of my office. However, we often had moments of connectedness that felt important. Frequently, emotions would surface around the client’s disclosure of his or her traumatic childhood.

These brief encounters made me curious to learn more about how to move deeper into these types of experiences with my clients. I sought out consultation with a therapist who seemed to be working in these ways with his clients. I began to understand the changes occurring within transactional analysis and how to work both structurally and relationally using transactional analysis. I discovered

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the use of both ways of working to be especially important with trauma, dissociation, and psychosis. I learned most of this the hard way when I entered into my own classical psychoanalysis.

“What is a seasoned therapist to do when it seems as if his own suffering is beyond what his training and education have taught him? How this could happen, and how contemporary transactional analysis provided ways to treat this level of trauma, is the story of my own personal game changer.”

During the honeymoon stage of analysis, my favorite quote from Berne (1972) changed to another of his well-known statements:

All men and women have their secret gardens, whose gates they guard against the profane invasion of the vulgar crowd. These are visual pictures of what they would do if they could do as they pleased. The lucky ones find the right time, place and person, and get to do it, while the rest must wander wistfully outside their own walls. (p. 130)

Unfortunately, I was one of the unlucky ones because the psychoanalyst I had hired to tend to my own secret garden was the wrong person. I discovered quickly what contemporary transactional analytic authors were addressing: that these gardens often contain a lot more than pretty flowers, that they may contain dark places in the form of trauma, dissociation, and psychosis. For me, these issues had been buried deep in protocol and only began to surface in analysis. My analyst had no idea how to work with my childhood trauma and dis-

sociation, and, although I was not psychotic when I entered analysis, I was by the time it ended.

This traumatic analysis led to my near-death experience. The absence of both containment of the dissociated states that were surfacing and a much needed relational approach left me alone and abandoned in my own trauma. Fortunately, my own transactional analytic training enabled me to recognize that the somatic sensations and unbearable emotions were Child ego state flashbacks. With this understanding, I was able to find ways of containing the Child’s wish for all these bad feelings to just be over, even if it meant death.

However, as time passed, the chronic reliving of my trauma in an analysis with limited containment and no relational connection with my Child ego state had all but depleted my energy to deal with the flashbacks. I was losing any optimism about these traumatized states ever being reduced in intensity

Knowing I could not continue this way, I looked for someone who knew how to work with trauma and dissociation. It would take another 2 years before I found an analyst capable of working in my garden. I also continued my transactional analytic consultations. These helped me to understand and artic-

ulate to my new analyst what I needed in therapy. My analyst became bilingual, speaking both contemporary psychoanalysis and transactional analysis. We discovered that despite different languages, these two theories treat trauma and dissociation in similar ways. It also became clear to both of us how much my work in transactional analysis had helped me survive the previous botched analysis.

From my experience, I am convinced that transactional analysis provides one of the most comprehensive theories, along with informed techniques, of working with trauma. The key is the combined emphasis on Berne’s idea of getting better first and on then analyzing these traumatized Child ego states. What makes transactional analysis unique is the extensive training in identifying and working directly with dissociated ego and self-states that surface in therapy. This helps keep the trauma framed and contained within a there-and-then Child ego state rather than a here-and-now Adult. For me, working with trauma using contemporary transactional analysis has not only been a game changer but a life saver.

Reference

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Photographers & Others Needed for Conference

We are looking for people who are willing to use their photography skills to help take pictures at the 2014 World TA Conference in San Francisco in August. We could also use volunteers to run video cameras, bring power-point projectors, or provide graphic facilitation for sessions. If you can help, please contact us at 2014worldtaconference@usataa.org.

Multilevel Learning Program in Coimbatore

by Elana Leigh and C. Suriyaprakash

Some 14 years ago, Elana Leigh (Australia) joined Charlotte Daellenbach (New Zealand) to offer Provisional Teaching and Supervising Transactional Analyst (PTSTA) training workshops in India. Two years later, in 2002, the multilevel training (MLT) was created so as to include the trainees who were training with the PTSTAs. At that time, there were two TSTAs in South India. Today there are four, along with eight PTSTAs. The community has flourished!

The aim of the 3-day process is to train all levels of transactional analysts simultaneously. Every participant (202 trainees, CTAs, PTSTAs, and TSTAs) creates a contract to establish that his or her training needs are met. The structure consists of small groups run by the PTSTAs, who are then supervised by the PTSTAs/TSTAs. The morning and evening sessions are a large group plenary in which didactic teaching is offered and/or group process and reflection are the focus.

After the MLT in 2006, Charlotte and Elana completed their con-

tract, and the community was thriving with its own competent trainers. In 2014 they joined us again, this time as colleagues to share in this inspiring experience. One of the many changes the community has made since the first training with Elana and Charlotte was to change the name from multilevel training to multilevel learning (MLL) to reflect the philosophy and values we hold about creating learning spaces. The MLL this year, from 4-5 January, was led by five TSTAs and attended by six PTSTAs and 67 CTA trainees.

The 2014 theme was “TA Tools and Techniques”: To do or not to do? When to intervene or not? What constitutes a technique and when and how should it be used? These

questions have been discussion points from the time of Freud and have continued in varying forms since then. Within transactional analysis, tools and techniques have varied within the different approaches, and many lively debates have taken place over the years as to what defines transactional analysis.

Historically, transactional analysis was strongly technique oriented, and one only needs to read through the *Transactional Analysis Journals* to see how many creative and innovative techniques and tools have been created within the field. This has, perhaps, been one of the ways that TA has demonstrated its application of theory to practice.



The debate about technique has permeated the field of transactional analysis, particularly since the development of relational TA when we were introduced to a two-person psychotherapy. It sometimes appears that technique per se is not part of the vernacular of two-person psychotherapy but is equated more with a one-person psychotherapy. This started the age-old dialectic of to do or not. With time, it has become clear that this is likely a false dichotomy.

Binary or polarity thinking seems to be part of being human, and the dynamic of splitting goes hand in hand with human development. It is not easy for us to hold two different thoughts or ideas at the same time. If we track the development of psychotherapy, we notice a pattern of relationships parting ways at the same time that new theories emerge. It seems that to individualize and create new theories and practice, one has to leave home. The question is, what happens to the old when the new emerges?

As trainers, we created a model that included concept, model, tool, and technique (see Figure 1). When thinking about a technique, it is essential to know what concept you

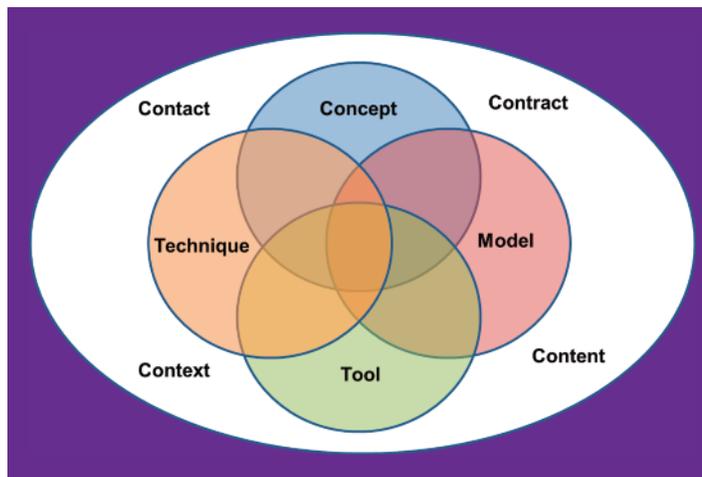


Figure 1. TA Tools and Techniques Framework

are thinking of, what theoretical model you are working with, what tool comes to mind, and what technique is linked to the tool, concept, and model. For instance, we have ego state (concept), structural model (model), egogram (tool), and two-chair work (technique). Alongside this model sits a second model, Gobes's (1993) model of 4Cs for supervision: contact, contract, context, and content. The nature of contact with the client, together with the working contract, context, and current content will inform thinking regarding the technique to choose.

Here is an example. A client comes into a session in an emotionally charged state. Her overall contract is to understand the origin of her anxiety and make new choices in her life. The therapeutic relationship/alliance is strong. As she presents her dilemma, I as the therapist think about conflict and then the theory of ego states. As she talks, I think about the contamination of her Adult by her Parent ego state. I suggest she engage in two-chair work in which her Parent and Child discuss the conflict she is experiencing. She does this, sees the contamination clearly, and moves back into her Adult ego state. We process the

work, and her emotional state dramatically shifts. This therapy is primarily a relational long-term psychotherapy in which techniques like this have not been included. We work moment by moment and mainly with the therapeutic relationship being the mirror for who she is and how she psychologically operates.

At this point you may be thinking, "What's new? We know all this!" This is

true for many, but the context is 2014, perhaps an era in which techniques are no longer taught or included in the curriculum. The other question we are asking is how what we are doing today differs from how we used this technique in, say, 1985. Our answer is that it is different in terms of how we process the material that emerges with the client and how we use our countertransference to guide us in our thinking before, during, and after the therapeutic work.

As trainers at the MLL, our desired outcome was to strengthen both trainees' thinking about what informs them in their work and their ability to articulate their thinking. An added outcome was to be curious about meanings and definitions of concepts and terms. Sometimes we think we are talking the same language, until we begin a dialogue about making meaning. On reflection, most participants at the MLL were highly stimulated and challenged, and it is clear that there is much to learn in this area.

Reference

Gobes, L. (1993). C4P4: A consulting checklist. *Transactional Analysis Journal*, 23, 42-44. 

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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)
- Australasia (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 Sharatku-mar 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.

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](#).

Important IBOC News

New Fee Schedule: The IBOC has announced a revision in the fees for its services. Details are available online at <http://ta-trainingandcertification.net/>. These fees are in line with COC fees and have been approved by the ITAA Board of Trustees.

CTA Exam Deadline Fast Approaching: If you are interested in taking your CTA exam in San Francisco, please apply right away, before the 6 May 2014 deadline.

San Francisco TEW Cancelled: The TEW scheduled for right after the 2014 World TA Conference has been cancelled due to lack of participants.

TAJ Theme Issues

**“Games and Enactments”
Deadline for Manuscripts:
1 September 2014**

**“Conflict:
Intrapsychic, Interpersonal,
and Societal”
Deadline for Manuscripts:
1 January 2015**

Please make sure to follow the submission requirements posted [here](#).
Email manuscripts to TAJ Managing Editor Robin Fryer, MSW, at robinfryer@aol.com

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

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