

Novellino Receives Berne Award

We are pleased to announce that Michele Novellino of Rome, Italy, has won the 2003 Eric Berne Memorial Award with his paper "Unconscious Communication and Interpretation in Transactional Analysis," which was published in the July 1990 *Transactional Analysis Journal*. He will be traveling to the conference in Oaxaca, Mexico, in August to accept the award and will make a brief presentation at the banquet there (which we hope to publish soon in the *TAJ*).

Michele was born in Rome, where he has worked as a psychotherapist for almost 30 years. He first encountered transactional analysis in 1975 while working at the psychiatric unit of the state university. His participation in Carlo Moiso's TA 101 shaped his professional life. He later founded with Carlo a flourishing Italian transactional analysis institute in the 1980s and spread TA to many centers in Italy.

The transactional analysis psychodynamic approach developed from the research Michele and Carlo did in common. In the 1990s, Michele developed a methodology applicable to individual psychotherapy with transactional analysis that he calls "transactional psychoanalysis."

He lives in Rome with his wife, Maria Teresa, and their sons.

Then We'll Come from the Shadows

by Helena Hargaden

We publish here excerpts from the keynote speech given by Helena Hargaden at the Southeast Transactional Analysis conference in Tunbridge Wells, Kent, England, in June. The conference was organized by Mark Head and supported by Joanna Beazley-Richards and Stephen Richards from Wealdon College. The theme was "Developing Transactional Analysis." Helena's title comes from "The Partisan," a song written by Leonard Cohen.

When asked to deliver this keynote address, I found my thoughts wandering toward Eric Berne and how if he had not existed and used his genius to create transactional analysis, none of us would exist as transactional analysts today. This led me to think about how Berne is our transactional analysis "father," and then I began to wonder who he was and what he was really about. I remembered that he had changed his name from Bernstein to Berne, something I have often vaguely wondered about in terms of its meaning.

I decided that this was the question I wanted to consider today: What impact did changing his name from Bernstein to Berne have on him and subsequently on transactional analysis theory? I think this provides an interesting way to begin to pick apart our transactional analysis script, to understand our TA parent, and to analyze our games, rackets, and so on. This is, after all, what

we do with ourselves and our clients. To understand ourselves better we look at our forebearers and try to understand where we came from and what made us who we are. From this process we often find new, creative parts of ourselves. I would like to see if we can do this with Berne and TA in order to understand our forefather better, unpick our TA script, and find creative parts of ourselves as transactional analysts.

What was Berne really like? Although I have read his works, Ian Stewart's (1992) book on Eric Berne, and the Jorgensens' (1984) biography and have heard things about him over the

"What impact did changing his name from Bernstein to Berne have on Eric and subsequently on transactional analysis theory?"

years, I still, somehow, didn't really have a sense of him or feel any natural empathy toward him. He was just a man with glasses with a dry wit who was very talented and had developed a clever theoretical model. I thought it a shame that I could find no feelings for him. This prompted me to consider what it must have been like for a young Jewish man growing up in Canada in the 1930s and 1940s, to imaginative-



ly put myself in his shoes. I remembered how in 1943, while Berne was living in New York and training to be a psychoanalyst, he changed his name from Bernstein (pronounced "-steen") to Berne. He later wrote, "The choice is whether to keep the name and make it illustrious like the conductor, Leonard Bernstein (steyn) or to change it altogether and turn one's back on the Semitic factor" (Jorgensen & Jorgensen, 1984, p. 34).

Now the background to this is that Jews often changed their names. I learned that there is a Rabbinic principal dating back to 200 BC whereby if you recovered from a serious illness, had done something terrible, or were about to die, you could change your name and symbolically become another person. That is, there is a type of spiritual license to change one's name; it

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Transactional Analysis in Japan

by Ryoko Shimada, Izumi Kadomoto, and Ryuta Kanemaru

We are pleased and proud to have the opportunity to talk about the Japanese transactional analysis community. As you may know, the ITAA has many Japanese members, and the number of people here who are learning and using transactional analysis in their work and lives is increasing. It is certain that our domestic transactional analysis communities have shown to others the attractive ways that TA can be used.

In Japan we have three major transactional analysis organizations: the Transactional Analysis Association of Japan (TAAJ), the Japanese Society of Transactional Analysis (JSTA), and the Japan Transactional Analysis Association (JTAA). In this article we highlight the TAAJ, which has a close relationship with the ITAA. The TAAJ was established in 1988 and now has about 300 members, including psychotherapists, psychiatrists, counselors, nurses, educators, organizational development specialists, law officers, graduate students, and so on. The purpose of the organization is to help people understand and advance the theory, methods, and principles of transactional analysis. Therefore, the main activity of the TAAJ is to provide resources for those who



Ryoko Shimada



Ryuta Kanemaru



Izumi Kadomoto

wish to learn transactional analysis; it does this by organizing TA101 and TA202 courses/seminars, publishing a quarterly newsletter, and holding an annual congress.

The TAAJ has several trainers who have TSTA or PTSTA certification, and it emphasizes the application of transactional analysis in the clinical field. Among the three Japanese organizations, only TAAJ has produced CTA members in the psychotherapy and counseling fields. The TAAJ has invited many leaders of transactional analysis from the United States and Europe to Japan, including Robert Goulding, Mary Goulding, Muriel James, Vann Joines, Steve Karpman, Joe Cassius, George Thomson, Jan Hennig, Charlotte

Daellenbach, and Denton Roberts. We continue to cooperate closely with the ITAA in order to contribute to the growth of transactional analysis in Japan. As one contribution, the first transactional analysis textbook written by young Japanese CTA members will be published by TAAJ in 2003.

For many Japanese people, their first encounter with transactional analysis was through reading Berne's (1964) book, *Games People Play*. It was translated by a Japanese social psychologist, Mr. Hiroshi Minami, PhD, and published in 1967. As a result of this translation, transactional analysis was first introduced into the field of social psychology here.

In 1971, Yujiro Ikemi, MD, PhD, who had established psychosomatic medicine in Japan, acquired knowledge of transactional analysis at the World Congress on Psychosomatic Medicine held in Mexico and began to apply it in the context of psychosomatic treatment. He and his colleagues founded the JSTA in 1976. Thus, transactional analysis became one of the main strategies that constitute the psychotherapeutic approaches to psychosomatics in

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Developing a Research Portfolio

As part of an effort to compile a research portfolio so that transactional analysis can attain credibility in the professional community, we have acquired a \$5000 grant from the Eric Berne Fund to carry out a "corroboration" study.

The assumption was made that there is no research done within transactional analysis to bolster our reputation as a professional organization since none of the research has the rigor and replication required to be taken seriously by outsiders. Only Ted Novey's study on transactional analysis effectiveness has sufficient rigor, but it still lacks the replication needed to impress skeptical professionals.

It was, therefore, proposed that we search the general, rigorous, replicated, accepted research to find studies that, although not specifically about transactional analysis concepts, can be seen to corroborate our general point of view. After we have a solid base of such corroboration, we can add the several impressive projects by transactional analysis insiders, which do, in fact, exist.

I have hired a professional research librarian, Roxanne Ansolabehere, and have been making some preliminary forays into the research jungle with her. She has come up with some good raw data, especially about strokes and some about contracts. But what has mostly developed is that there are areas of research that

roughly parallel clusters of core concepts developed by the core concepts task force.

The five independent, conceptual clusters/modules/factors that we have been able to tease out of the general mass of transactional analysis ideas are: (1) strokes, (2) ego states and transactions, (3) games and scripts versus autonomy, (4) OK human nature, and (5) transactional theory of change.

"It was proposed that we search the general, rigorous, replicated, accepted research to find studies that can be seen to corroborate our general point of view."

1. THE STROKE CLUSTER. Strokes are signs of recognition and are essential for physical and psychological health and survival. Procurement of strokes is the motivation for interpersonal behavior. Positive strokes are limited by the stroke economy. People who are stroke hungry play games to procure strokes. People can learn to acquire strokes directly.

Studies that parallel this cluster: Studies on the prognosis for disease and recovery based on attachments and social connections; studies on the likelihood of adult emotional disturbance based on early relationships/attachments.

2. THE EGO STATES AND TRANSACTIONS CLUSTER. People relate to each other via social transactions. Transactions occur between ego states. Every transaction, whatever its purpose, is also a sign of recognition or a stroke. Three ego states have been constructed that have proven extremely useful to explain transactional behavior: Parent, Adult, and Child, with the Parent divided into Nurturing Parent and Critical Parent and the Child divided into Adapted Child and Natural Child.

Studies that parallel this cluster: Egos states as brain modules, neural networks with specific functions that are independently activated.

3. THE GAMES AND SCRIPTS VERSUS AUTONOMY CLUSTER. Games are habitual, learned methods of obtaining strokes. They are based on roles that are interchangeably played by all participants, such as Rescuer, Victim, and Persecutor. Scripts are lifelong, nonautonomous, negative narratives constructed on repeated games. Games and the roles they depend on can be given up allowing the scripts they support to be replaced by autonomous behavior and life plans.

Studies that parallel this cluster: Adult Attachment Inventory (AAI) studies and narrative studies; studies on narrative psychotherapy; studies on "schema; studies on conflict resolution.

4. THE OK CLUSTER. People are born OK. People have an inborn tendency toward health. Everyone has equal rights to satisfy their needs. Cooperation—no power plays.

Studies that parallel this cluster: Studies in positive psychology, ultimate functioning,

5. THE TRANSACTIONAL THEORY OF CHANGE CLUSTER. Making contracts; changing behavior and thinking; giving up games by finding a more direct way of procuring strokes, thereby abandoning the script; strengthening the Adult and Nurturing Parent; deconfusing the Child; weakening the Critical Parent.

Studies that parallel this cluster: There are many studies on the effectiveness of contractual, behavioral, cognitive brief psychotherapy versus psychodynamic approaches, including Ted Novey's research.

Feedback is solicited from ITAA members and others interested in transactional analysis.

Claude Steiner can be reached at 2901 Piedmont Ave., Berkeley, CA 94705, USA or by email at csteiner@igc.org



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436 14th St., Suite 1301
Oakland, CA 94612-2710, USA
Phone: 510-625-7720
Fax: 510-625-7725
Email: itaa@itaa-net.org
Website: <http://www.itaa-net.org>

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Resources for TA Training Available

A two-volume (500 pages) set of lecture notes has been written by Linda Gregory, TSTA, and PTSTAs in Australia covering 12 modules of transactional analysis curriculum. Modules covered include: structural analysis, transactional analysis proper, game analysis, racket analysis, script analysis, treatment considerations, transactional analysis history and literature, personality adaptations, developmental stages, self-reparenting, abnormal psychology, and rededication. These notes are an excellent help to trainers and can also be used as a study guide for trainees.

Each module section of lecture notes is approximately 25 pages. The notes are based on the many authors of transactional analysis theory who have written in each area. Modules are clearly referenced to the authors, and each has a substantial reference list of suggested readings for trainees, listing both *TAJ* articles and relevant books. The volumes are bound in loose-leaf hard cover files to allow each trainer to add personal teaching notes and references.

Kerry Towers has also compiled two volumes of *TAJ* articles of references that are suggested readings in the lecture notes and a one-volume file of Eric Berne Memorial Award winners up to 1998. Again, the loose-leaf files allow for additional articles to be added as they are written.

Training Manuals Order Form

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Counseling in the Fourth Dimension

by David Midgley

No one who knew of Eric Berne's enthusiasm for poker would have suspected him of being religious. But it may be that he was, perhaps secretly, "spiritual." Certainly, he recognized a fourth dimension in human personality that psychotherapists should take into account, and this also holds true for counselors of distressed clients who are mentally healthy. In his early book, *A Layman's Guide to Psychiatry and Psychoanalysis*, Berne (1947/1971) introduced the concept of Parent, Adult, and Child ego states but observed that "there is something beyond all this—some force which drives people to grow, progress and do better" (p. 98). He found an answer to this in the work of Oxford Greek Scholar Gilbert Murray, who referred to the philosopher Zeno's notion of *Physis*, "the growth force of nature which eternally strives to make things grow and to make growing things more perfect" (p. 98).

Practitioners all have in mind the physical, personal, and social dimensions of human experience, but many are now taking more account of the spiritual dimension. Religion is probably the most commonly recognized spiritually related experience, but for many people, supernatural phenomena and the capacity for extrasensory perception, for example, also have spiritual significance. I find, however, that the spiritual concept most referred to by counselors is the notion of a core self or center that provides an integrating focus for the manifold experiences of being human. This seems compatible with Berne's concept of *Physis* and possibly with the mystical understanding of "God within."

But such experience is of little significance unless it is seen as a resource for personal growth and change. Austrian Jewish psychiatrist Viktor Frankl (1946/1984) wrote of this in his book *Man's Search for Meaning*, in which he gave a moving account of his experiences in a Nazi concentration camp. He said, "In the final analysis it becomes clear that the sort of person a prisoner became was not the result of camp influences alone....Any man can, even under such circumstances, decide what shall become of him, mentally and spiritually....It is this freedom...which makes life meaningful and purposeful" (p. 87).

One of the most successful and enduring therapeutic group movements is Alcoholics Anonymous, whose principles include belief in "a power greater than ourselves." Members interpret this "spirit" in whatever way is right for them, so that some will think in terms of "God" and others will think of the powerful therapeu-

tic effect of their relationship with other addicts. Here the word "spirit" refers to a group attitude, as in team spirit or party spirit, which can also manifest in a therapy group—even of only two—whose members share a common purpose. It is in such a context that we can often find answers to such profound existential questions as, "Who am I?" and "What am I here for?"

Emmy van Deurzen (2002), in *Existential*

"The aim of counseling in the spiritual dimension is gently to help the client uncover and make explicit ideals, beliefs, and values that have been overlaid by years of adaptation to social pressures."

Counseling & Psychotherapy Practice, declares that "When people rediscover their inner connectedness to something greater than themselves...a new motivation flows inside of them, which can carry them through difficulties with unerring purposefulness" (p. 87). The aim of counseling in the spiritual dimension is gently to help the client uncover and make explicit ideals, beliefs, and values that have been overlaid by years of adaptation to social pressures. I believe that human beings are born with a natural awareness of this "power greater than ourselves," however we might define it. Our spiritual vision is so heavily overlaid by education and a deterministic cause-and-effect view of the world, however, that we soon lose touch with it. But it is always there, and transactional analysis—with its commitment to releasing the creative Child within us—is well equipped to enable our clients to recover their spiritual vision and that sense of meaning and purpose that is distinctively human.

V. S. Ramachandran, neuroscientist and agnostic, was asked at the end of the last of his 2003 BBC Reith Lectures entitled "The Emerging Mind," "What is it that makes us human?" He answered, "The need to be *more* than human.... Everything you hear from science and neurology says that you are just a hairless ape that happens to be a bit more clever than other apes....But you don't feel like that....You crave immortality and transcendence, trying to escape from this body. This is the essential human predicament."

The counselor has the awesome responsibility of helping distressed and often alienated clients recover their spiritual vision, their *Physis*, "so

that," as Berne (1947/1971) said, "each has an urge to grow and to behave 'better'—that is in accordance with principles which take the happiness of others into consideration" (p. 142).

What could be a worthier goal than that?

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David Midgley has been a professional case-worker, counselor, and psychotherapist for 35 years and qualified as a Certified Transactional Analyst in 1987. A lifelong Methodist with a special interest in the spiritual dimension of counseling, he is the author of *New Directions in Transactional Analysis Counseling: An Explorer's Handbook* (reviewed in the July 2000 TAJ), which has recently been pub-



lished in Italian as *Counselling ed Transazionale Analisi: Nuovo Strategie* by Centro Scientifico Editore in Turin. He can be reached at 13, Barker Road, Linthorpe, Middlesbrough, TS5 5EW, United Kingdom or by email at david@newdirections.fsbusiness.co.uk.

BOOKS AVAILABLE FROM THE ITAA

Perspectives in Transactional Analysis by Muriel James: Includes 20 essays covering a wide range of topics, including basic transactional analysis principles/techniques, fascinating accounts of Muriel's own life and her relationship with Eric Berne, the drama of cultural scripts, techniques for personality structural change, spirituality and the human spirit, and special applications of transactional analysis in clinical and organizational settings. Cost: \$25 US plus shipping.

Theories and Methods of an Integrative Transactional Analysis by Richard G. Erskine: This 264-page volume contains 28 articles published between 1976 and 1997 that demonstrate the evolution of Erskine's ideas. The result of this theoretical and clinical synthesis is a powerful psychotherapeutic theory and method—contact-based and developmentally oriented—that is the hallmark of an integrative transactional analysis. Cost: \$25 US plus shipping.

Volume of Selected Articles from the Transactional Analysis Journal, 1981-1990: This 333-page volume contains 45 TAJ articles, many of them out of print, plus person/author and subject indexes. Cost: \$25 US, plus shipping.

Volume of Selected Articles from the Transactional Analysis Journal, 1971-1980: This 384-page volume contains 63 articles from the first decade of the journal, including several published immediately following Eric Berne's death. Also includes an author/subject index. Cost: \$19 plus surface shipping/handling.

Transactional Analysis in Organizations: The First Volume of Selected Articles from 1974-1994 edited by Sari van Poelje and Thomas Steinert. Contains articles by an outstanding group of international practitioners and theorists in the organizational field. Cost: \$29 plus shipping.

To purchase any of these books and to find out the cost of shipping, email the ITAA office at itaa@itaa-net.org or contact us by phone at 510-625-7720, by fax at 510-625-7725, or by post at 436 14th St., Suite 1301, Oakland, CA 94612-2710, USA.



David Midgley (back row, second from left) with a weekend seminar group on "A Christian Introduction to the Psychology of Human Relationships"

Transactional Analysts and Integrative Therapists Gather to Consider "Therapeutic Excellence"

by Alexis DiVincenti

"Integrating Psychotherapy Theories and Clinical Experience: A Quest for Therapeutic Excellence," the first international conference of the International Integrative Psychotherapy Association (IIPA), was held in New York City 24-26 April 2003. It was designed specifically to provide practitioners with a forum for exploring and enhancing their therapeutic experiences and theoretical formulations through sharing and dialoguing about their individual professional and personal journeys. To facilitate that process, keynote speakers, clinical forum and workshop participants, and registrants were provided with three questions to consider in preparation for the conference: How has clinical experience changed your theoretical orientation? How has learning new theory changed your therapeutic methods? How does your integration of personal history, theory, and clinical experience affect the therapy you do today?



Amaia Mauriz Extabe of Spain and Elena Guarrella of Italy, both of whom have centers or training programs for people in transactional analysis and integrative psychotherapy

The work of the conference was divided into three distinct parts: keynote presentations; clinical forums and workshops; and a closing program.

Following welcoming remarks by Richard Erskine, the association's president, Rebecca Trautmann and ITAA President-Elect James Allen set the tone and context for the conference through their opening keynote presentations.

For Trautmann, the search for therapeutic excellence begins with the person of the thera-

pist. The title of her presentation, "If Necessary Use Words," was taken from a quote attributed to Saint Francis of Assisi: "Preach the gospel at all times; if necessary use words." Among the themes she explored was the role of spirituality in human development and psychology and thus the place of spirituality in psychotherapy and the therapeutic relationship. Trautmann took her audience along for part of her journey to the "wholeness, or holiness" that is essential to life, and she shared part of her perspective on working with clients: "We see in our clients all of the potential of who they can be, while respecting and acknowledging who they are today....We risk involving our whole self with their whole self, willing to engage in the mystery of the next unknown moment that full being allows us to do. We offer a presence that nurtures, sustains, sometimes confronts, encourages, and always invites to fullness. If necessary, we use words."

Allen, whose participation in the conference was cosponsored by the Eastern Regional Transactional Analysis Association (ERTAA) and the IIPA, used a series of vignettes to explore four themes: making meaning of experience; the importance of people and the presence and absence of people in our lives; positive psychology, with its focus on health and positive feelings and attributes; and neurological integration. Later that afternoon, in his workshop entitled "Emerging from the

"The conference was designed to provide practitioners with a forum for exploring and enhancing their therapeutic experiences and theoretical formulations through sharing and dialoguing about their individual professional and personal journeys."

'Therapist as Expert' to 'Therapist-in-Relatedness,' "Allen explored in more depth the biological underpinnings of human functioning and psychology.

Other keynote speakers included Richard Erskine, Wayne Carpenter, Janet Moursund, and Shirley Spitz, each of whom addressed issues related to the conference theme.

Clinical forums were designed to provide opportunities for learning through the sharing of experiences and dialogue on topics relevant to theoretical and clinical work being conducted today. Convened by moderators who organized the time and facilitated the flow of discussion among the 5-7 panel members, the 3-hour forums were comprised of a short presentation followed by a roundtable discussion; a piece of live therapy followed by the therapist offering an explanation and self-critique of the work; panelists addressing the question, "What would you have done differently?"; and a closing discussion that included panelists and audience members.

The 14 topics explored through clinical forums included "Cumulative Trauma" with Joan Lourie and Carol Merle-Fishman; "Child Development Perspectives" with Lise Small and Ray Little; "The Use of EMDR, Mind-Body, and Affective Techniques" with John Hallett and David Conlin; "Ego and Self, Ego States, and Self States: A Challenge from the Concept of 'Contact-in-Relationship'" with Damon Wadsworth and Alexis DiVincenti; "The Place of Spirituality in Integrative Psychotherapy" with Martha Walrath and Tom McElfresh; "Contact in Psychotherapy: Intrapsychic or



The conference closing panel, "What Is the Future of Integrative Psychotherapy?" included (from left) John Hallett (Canada), Mary O'Reilly-Knapp (USA), Burkhard Hofmann (Germany), Richard Erskine (USA), Amaia Mauriz Extabe (Spain), and Elena Guarrella (Italy).

Interpersonal?" with Conchita de Diego and Mitch Rouzie; and "Remembering, Reliving, and Reexperiencing in the Treatment of Trauma" with Marye O'Reilly-Knapp.

Saturday afternoon's closing program began with the entire body breaking into small groups to process the conference experience and to

are in the works for our next international conference to be held in Spain, dates and location to be announced in the near future.

As this conference was about the quest for excellence and the varied journeys therapists take on that quest, I end with the following from Rebecca Trautmann's keynote: "Our goal with integration is that we live our lives with integrity, recognizing and respecting the integrity of the other person....It is...our integrity as therapists, which includes all of our experiences, all of our theories, all of our methods, our meaning and purpose in life, our reason for getting up in the morning to look at this person sitting across from us....It's through the integration and living of all of those things that we achieve excellence."

Alexis DiVincenti is a psychotherapist practicing in New York City. She is a member of the editorial board of the *Transactional Analysis Journal* and the executive director of the *International Integrative Psychotherapy Association*. She can be reached at 252 East 51st Street, #3B, New York, New York 10022, USA; email: divincenti@aol.com.

look to the future, followed by a period of report-backs in which a representative from each group provided a synthesis of his or her group's discussion and conclusions.

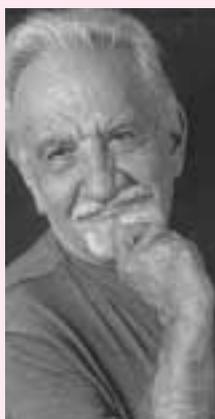
The closing panel, "Learning from Our Clients: What Is the Future of Integrative Psychotherapy?" included Richard Erskine, Elena Guarrella, Amaia Mauriz Extabe, Paul Guistolise, John Hallett, Burkhard Hofmann, Mary O'Reilly-Knapp, and Kathryn Van der Heiden, each of whom addressed the questions: "What have you learned from your clients?" and "What is the future of integrative psychotherapy?"

Among the highlights of the conference social schedule was an opening night reception. As the conference day came to a close and the sun prepared to set, people gathered amidst the strains of classic guitar and cello for a champagne reception and book signing. The conference center's 33rd floor location and unobstructed views provided a panorama of New York City with the East River, Brooklyn, and Queens to the east, the Hudson River and New Jersey to the west, and lower Manhattan and the space where the twin towers of the World Trade Center once rose to the south.

There were times during the organizing of this conference that it seemed we might have to cancel or postpone to a later date. Deteriorating world economies; the US war in Iraq; dire warnings of possible terrorist attacks, particularly against New York and other US cities; and SARS all served to varying degrees to impact conference registration. Despite all these and other difficulties, 123 people made their way from 15 countries to be present for the first international conference of the International Integrative Psychotherapy Association. Their commitment to attending and doing the work of the conference made it a great success. Plans

In Memoriam

Bernardo Aguilera-Ballesteros of Venezuela passed away on 13 June in Caracas. Dr. Aguilera was a Teaching and Supervising Transactional Analysis and past president of the Latin American TA Association (ALAT) and the Venezuela TA Association (AVTA). Former ITAA President Gloria Noriega writes, "We keep very warm memories of Bernardo, especially from the ITAA conference in Venezuela, which he organized in 1997."



TAJ Article Reaches APA Audience

Terry Simerly writes that a colleague in Division 44 (Society for the Psychological Study of Lesbian, Gay, and Bisexual Issues) of the American Psychological Association told members of that association about Terry's article, "Coming Out in an Uncertain World," published in the January 2003 special issue of the TAJ "For Our Clients." As a result, Terry has received about 30 requests for reprints of his article. Well done, Terry! That is just the kind of exposure to other professional groups that we have been seeking.

MASTER THERAPISTS AT WORK EDUCATIONAL VIDEO SERIES

FOUR VIDEOTAPES FEATURING PIONEERING TRANSACTIONAL ANALYSTS IN ACTION



CONTRACTS WITH MURIEL JAMES

This program demonstrates the making of contracts, specific agreements for growth and change between therapist and client. These are the beginning stage of many transactional analysis groups. Muriel James creates an atmosphere of safety to interact with group members. She helps them clarify what they need to do to get what they want. In formulating self-contracts, they review events in their past, recognize the elements of the present they need to change, and plan

how to act in order to achieve more successful futures.

Transactional analysis pioneer Muriel James has been a lecturer and consultant in human relations around the world. Dr. James is author or coauthor of 19 nonfiction books, including the classic best seller Born to Win: Transactional Analysis with Gestalt Experiments, translated into 22 languages. She is widely acknowledged for her proven effective work in self-reparenting.

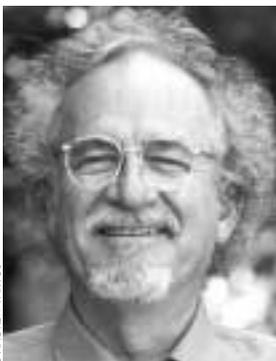


REDECISIONS WITH MARY GOULDING

This program illustrates transactional analysis-rededecision therapy to help clients change thoughts, emotions, or behaviors in order to free them from the restraints of old decisions. Therapist Mary Goulding also facilitates closure for group participants. Touching Jean releases her grief and her hives disappear. Lois creates a more effective inner Parent for her Child. Rick discovers his parents' injunction Don't Be Excited! and rededecides to express his natural exuberance. To

conclude, Mary responds to questions from the audience about the work they have seen.

Mary and Bob Goulding ran the Western Institute for Group and Family Therapy in Watsonville, California, where they taught rededecision therapy to licensed practitioners from all over the world. The Gouldings also conducted workshops in Europe, North and South America, and the Far East. They wrote The Power Is in the Patient and Changing Lives through Rededecision Therapy.



STROKES WITH CLAUDE STEINER

This program focuses on the significance of strokes, the positive recognition or love that people need for their well-being. Therapist Claude Steiner shows group members how to resist their Critical Parent's negative messages by giving each other and themselves strokes. Phil reaffirms his grasp of earlier work alleviating his despair. When Terri realizes she has felt undeserving to be alive, she asks for and receives wanted strokes. Lois gets support in overcoming her

embarrassment to declare that she is indeed important. By disclaiming responsibility for bad things that happen around her, Sally confronts parental injunctions. Jeanne believes she has broken out in hives as a result of opening to her feelings of grief.

An early disciple of Eric Berne, Claude Steiner became his colleague, collaborator, and friend. Claude originated the Radical Psychiatry movement, developed the theories of the stroke economy and the script matrix, and leads emotional literacy trainings. His eight books include Scripts People Live and the children's fable The Warm Fuzzy Tale.



PERMISSIONS WITH FANITA ENGLISH

This program demonstrates permissions, the forging of therapeutic alliances. Fanita English confronts racketeering transactions and supports self-possession and creative expression. Fanita challenges Phil's Child to stand up for himself and identifies Lois's racketeering pattern, "Gee, Aren't You Wonderful, Professor." Terri affirms her right to exist, while Sally realizes one way to cope with a significant change in her life situation. Jeanne surrenders to her grief over her hus-

band's recent death.

An intuitive and innovative transactional analyst, Fanita English trains therapists and organizational consultants. She has authored many publications in English, plus books in German, French, and Italian. Fanita is well known for developing racket and episcript theories and balanced energy therapy as adjuncts to transactional analysis.

These tapes were recorded during an all-day group led successively by four well-known transactional analysts who belong to the first generation of therapists who learned directly from Eric Berne. Grounded in a lifetime of successful practice, these master therapists employ a persistent clarity that helps people solve their problems. Clients rapidly come to recognize their life patterns and feel the potential empowerment of operating from a better position. These videos demonstrate an effective brief therapy.

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Mary Goulding on Redecisions (49 mins.) _____ tapes @ \$ _____ each

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from the Shadows

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is meant to be a transformational process. But the principle has also become perverted so that people change names to belong with the perceived “winners” of society. Was Berne’s change a transformational process or a perverted one? I think it was both. It seems clear that he did it to move away from being seen as a Victim, that he gave up his Semitism so that he could make it (although he never did) and control how people saw him. However, in giving up his Semitism he never had to directly confront his victimhood and thus attempted to move away from the shameful feelings attached to being a victim.

There is no doubt that changing his name made Berne less vulnerable. When he did it in 1943, 3000 people a day were being exterminated in the gas chambers of Nazi Germany. And in Vichy France, many French Jews who had previously considered themselves French citizens had been betrayed by that government and handed over to the Nazis to perish in the camps. Jews worldwide were learning that no matter how well they had done or how much they thought they belonged and had integrated themselves into the countries of their birth, that they were, first and foremost, Jews—people who were despised, hated, and hunted. So as Berne was seeking US citizenship, he must have felt lucky to be alive and unsure as to how welcome he would be as a Jew. In fact, many people in the world were shocked to realize the extent of the Holocaust and the extermination camps, and maybe part of their shock was over what we as human beings are capable of. Putting Berne into the socioeconomic and historical context of his life allows us to understand him as a vulnerable, insecure, even fearful person. In leaving the “stein” behind, he clearly sought to make himself less vulnerable.

As a child in Montreal, Berne had experienced racial hatred from anti-Semitic children who spat on him on his way to school. Such exclusion breeds self-hatred. In addition, Berne was regularly beaten as a child by his father. Berne hated his hair and its tight curls because he thought it made him look too Jewish. There is certainly ample evidence in the Jorgensens’ biography of the subtle and less subtle anti-Semitism to which Berne was exposed. This is most graphically demonstrated through the eyes of his first wife. A pretty, blonde, American gentle called Elinor, who, according to the Jorgensens (1984), represented to Berne a means of emancipation from his constricted past. She was “everything he wanted to escape from the stigma of being a Jew, everything he wanted in a wife” (p. 28). Some time after Berne’s death, Elinor said, “Now I grieve for him. This was a kid who became convinced early in life that no one was ever going to love him. But he was going to dominate others through sheer brains and will, as if he were saying: ‘I’ll show them who has power!’” (p. 29).

Clearly, our TA father felt too vulnerable and too conscious of his mortality to show his full self, and perhaps this contributed to why Berne’s analysis was deemed incomplete and why he was never granted membership in his psychoanalytic institute. Although he often claimed that he was kicked out of the institute because of his unorthodox ideas, the Jorgensens (1984) quoted a Dr. H. as saying, “Somebody put out a story that Berne was kicked out of the Institute because of his unorthodox ideas. I don’t know who could have put out such a story if it weren’t Berne himself. But it wasn’t true. I don’t think Berne was kicked out because of non-adherence to dogma, unorthodoxy, or not sticking to the party-line. My feeling is that it was because of the severity of Berne’s personal problems” (p. 154). Maybe Berne could just not trust enough to enter fully into the analytic process, and maybe his therapy was incomplete. It is also possible that the establishment did not welcome his democratization of the process of analysis.

Berne was, indeed, a deeply wounded man, but if he had not been, perhaps he would not have created transactional analysis.

So, to return to my original question, what is the significance of the loss of “stein” for Berne? Could it be symbolic of the most vulnerable part of Berne, the hated, hunted and despised part? We can understand this in script terms as Don’t Feel, Don’t Be You, and Don’t Trust. From his father he had the messages to look after his mother and sisters, to please and take care of others, and to be strong. The cultural script is clear as well: Don’t Be You—It’s too frightening; Don’t Exist as you. If we take this unconscious script to its logical conclusion, could it be: Be strong—It’s not safe to be who you are—You could be exterminated because you are vulnerable, you are other, you are despised, hunted, hated, not wanted. In changing his name, was Berne unconsciously seeking to deny, to get rid of his vulnerability?

Berne’s response to his rejection by the psychoanalytic community and his own analysis was to develop a theory that enabled people to take control—at least this was his declared goal as described by Stewart (1992): “The goal of psychotherapy for Berne was not simply ‘insight.’ Instead, psychotherapist and client should move assertively to bring about change and cure: The key to both is ‘knowing how to act’ rather than ‘knowing words.’ This stance represents a bold departure by Berne from the insight-oriented tradition of psychoanalysis” (p. 4). Berne’s emphasis was on taking the most pragmatic route, removing the splinter from the wound, taking action not using words. However, the ulterior message of such goals was to avoid, as much as possible, any vulnerability by working for declared objectives, aims, and control. Berne’s theory reflected his own dilemma; he wanted someone to take the splinter out of his wound so he did not have to feel the pain. The splinter is an archetypal symbol for the hurts and wounds, and Berne wanted a theory that could rid us of those hurts without having to feel the hurt, the pain, the shame, without having to feel one’s humanness. Fanita English observed to Berne, “With dismay I often saw you operate with a rather callow sense of humour and sarcastic invitations for

negative strokes. I now interpret these as substitutes which appeared whenever emotions related to neediness or softness or warmth ‘threatened’ to surface. I see you as the skinny little Jewish kid with thick glasses and a big nose trying to make it in a Canadian grade school where boys were probably encouraged to have a ‘stiff upper lip’ ” (Jorgensen & Jorgensen, 1984).

This is a survival script—often a male script in particular, where softness, vulnerability, sentiment, and warmth (often qualities, however erroneously, associated with femininity) are treated with contempt and hate. We could describe it as a macho script—or at the least a script that overemphasizes the stereotypical masculine qualities of brains and brawn, external achievements, and material success and that requires a denial of qualities such as warmth, neediness, and vulnerability, which are deemed inferior. This script not only applies to the Jews—a subject that has been thoroughly researched—but also, I think, to any group that has suffered exclusion because of race, sexual orientation, religion, and so on. I propose that this enactment in our human drama, which we see and experience daily, reflects an ambivalence about owning a part of our own psyches. It is as if a part of the psyche is continually denied, hated, and despised and must be colonized, taken over, excluded, repressed, and even murdered.

No wonder, then, that Berne tried to leave “stein” behind—not only in his name but in his theory. First and foremost, Berne was angry with the establishment, as well he might be. On some level he must have felt deeply angry about the way he had been treated by his father, his culture, and his adopted country. And this anger he used creatively to develop the theory of transactional analysis. He saw himself as a type of hero of the people, setting out to popularize analysis, debunk the mystique of the professionals, and give power to the people. This was an honorable aim, and in many ways he was successful, but an ulterior motive was to help people avoid misery through the use of contractual psychotherapy. It does not take much of an imaginative leap to realize how emphasizing measurable contracts can lead to denying the existence of the contents of the vulnerable self, and in so doing to make

transactional analysis into a type of happy pill and to promote the insidious lie that it is never too late to have a happy childhood!

I think the ulterior result of this legacy is that transactional analysis—as a theory and maybe as an organization—is often in denial of its shadow. And embedded within this denial of our shadow is a fear of the unconscious. After all, the underlying theme of transactional analytic concepts is to gain Adult control over our injuries and wounds as played out through games, rackets, and so on. However, what this often leads to is an overemphasis on the external world and achieving success in an external sense. What we lose is an understanding of the internal world; we are too hurried, too brusque, too knowing, and while our focus is on the external—on the light—we can too easily lose sight of the existence and significance of the interior world of our clients and of ourselves. In creating his theory, Berne sought to leave the world of “stein” behind, and in doing so became separated from his unconscious and created a lopsided theory that contains within it a fear of what is not readily comprehensible, concrete, tangible, and therefore controllable.

From Berne’s amazing theoretical concepts we may be able to understand how we are heading for a breakdown but we cannot stop it—not always, not entirely. Out of Berne’s genius we find his vulnerability, and isn’t that something to talk about? After all, isn’t that the very essence of who we are, our humanness? At our most vulnerable we may feel not wanted, not loved, desolate, full of loss and fear. Who has not felt these feelings? Why do we have to run away from them? However, if this is the case, then we cannot control what happens, we cannot live our life by contracts, outcomes, and socially controlled constructs. Once we recognize our true vulnerability then we move into a very different land—the land of shadows—a land that Berne was frightened of, the land of “stein,” of uncertainty, of the unknown, of possibility, of monsters and goblins, the land some may describe as the feminine. It is a too-often derided and devalued part of our world, psyche, selves, and culture, a part that we cannot quite grab hold of and control no matter how hard we try, a part of ourselves that comes up and strikes us out of the blue and reveals to us things about ourselves that we are frightened of, that remind us too much of a vulnerability that we would rather control.

Let us look at this feminine side, at this unexplored continent of the psyche symbolized by the moon with its bright and dark sides, at how exciting it is to be not controlled, to be not nurtured out of existence, to be freed to really think our own thoughts and feel our own feelings! The feminine, the relational, the connectedness, the loving, the human, the birthing, the giving, the tenderness—but let us not ignore the dark side, the envy, the controlling, and so on. But now we are faced with a paradox. Just as we berate our parents for getting it wrong, and in some cases much much worse, we would not have a life without them and we can never thank them enough for that. So too with Eric Berne: He gave us life as transactional analysts.

To once again quote Fanita English, “What I feel we should emphasize is that as a result of this man’s influence, important changes took place in individuals and in society. That Eric dared and sometimes dared clumsily and stupidly, and out of his own compulsions (not always necessarily because of Adult decisions). It may be that, thanks to his crazy, compulsive daring, some of us did things and changed situations, systems, people, in a way that couldn’t have been done otherwise. I want you to say this, not only from the perspective of ‘Oh, Eric was so wonderful!’ but also from the perspective of someone like me who occasionally said, ‘Damn the guy!’ Sometimes he was a bastard! He may have irritated people; he irritated me. However, without him hundreds of thousands of people would not have benefitted from what he had to teach” (Jorgensen & Jorgensen, 1984, p. 38).

EXAM CALENDAR

Exam	Exam Adm.	Exam Date	Location	App. Deadline
CTA Oral	COC	July 5, 2003	Malmö, Sweden	April 1, 2003
	BOC	Aug. 6, 2003	Oaxaca, Mexico	May 6, 2003
	COC	Nov. 7, 2003	Lyon, France	Aug. 1, 2003
	COC	Nov. 14, 2003	Kappel, Switzerland	Aug. 1, 2003
	BOC	Nov. 21, 2003	Christchurch, NZ	Aug. 21, 2003
	COC	April 1, 2004	Reading, England	Jan. 1, 2004
	BOC	July 24, 2004	Bangalore, India	April 1, 2004
TSTA Oral	COC	July 5, 2003	Malmö, Sweden	Jan. 1, 2003
	BOC	Aug. 6, 2003	Oaxaca, Mexico	May 6, 2003
	COC	Nov. 14, 2003	Kappel, Switzerland	May 1, 2003
	COC	April 1, 2004	Reading, England	Jan. 1, 2004
	BOC	July 24, 2004	Bangalore, India	April 1, 2004
CTA Written	All Regions	Your choice	Submit to Regional Exam Coordinator after paying \$50 fee to T&C Council	Your choice
TEWs	PTSC	July 6-8, 2003	Malmö, Sweden	Mar. 6, 2003
	TSC	August 2003	Oaxaca, Mexico	April 2003
	PTSC	July 11-13, 2003	Timisoara, Romania	April 11, 2004
	TSC	August 2-4, 2004	Bangalore, India	April 2004

* COC CTA exam candidates who are doing the COC written case study must submit it no later than six months before the oral exam date. Details/application available from the COC Language Group Coordinators.

Note: Exams subject to availability of examiners/exam supervisors. BOC not responsible for expenses incurred when unavailability of examiners/exam supervisors causes exams to be canceled or postponed. To be an examiner for an ITAA/BOC exam, examiners must be at least a CTA for a CTA exam or a TSTA for a TSTA exam.

To arrange to take a BOC exam, contact the T&C Council, 436 14th St., Ste. 1301, Oakland, CA 94612-2710, USA. **Note:** COC people sitting for BOC exams must forward the equivalent of the EATA fee to the T & C Council office. **To arrange to take a COC exam,** contact your EATA Language Coordinator. Check with the EATA office or the EATA Newsletter for the name of the appropriate Language Group Coordinator. **TSC Training Endorsement Workshop fee:** \$450 ITAA members/\$600 non-ITAA members payable in US dollars to T&C Council, c/o the T & C Council office, 436 14th St., Ste. 1301, Oakland, CA 94612-2710, USA. **COC Training Endorsement Workshop:** to take a COC TEW, contact the European TEW Coordinator, c/o the EATA office.

continued on page 7

I think it is time for us to unite, to come from the shadows, to put the "stein" back into transactional analysis, to allow ourselves to learn that, paradoxically, the shadow is our most valued part. I think some of us are looking now to develop a theory that will allow for vulnerability, for acknowledging the despised part of the self, the part that is hunted, the part that will make us vulnerable. After all, one of the reasons why the Jews were slaughtered in Europe was because the Nazis projected their shadow onto them and then tried to rid themselves of it by murdering every last one.

I want to finish with the chorus from Leonard Cohen's song/poem entitled "The Partisan," which was about the French resistance to the Nazis: "Oh the wind the wind is blowing / through the graves the wind is blowing / freedom soon must come / then we shall come from the shadows."

Helena Hargaden, MSc, is a Teaching and Supervising Transactional Analyst in private practice in London. She also teaches in the MSc in transactional analysis program at the Metanoia Institute. She is the coauthor with Charlotte Sills of *Transactional Analysis: A Relational Perspective and coeditor with Sills of Ego States, the first in the "Key Concepts in Transactional Analysis: Contemporary Views" series from Worth Publishing. She can be reached at 43 Brockley Park, London SE23 1PT, England, or by email at helenahargaden27@hotmail.com.*

REFERENCES

Jorgensen, E. W., & Jorgensen, H. I. (1984). *Eric Berne: Master gamesman—A transactional biography*. New York: Grove Press.

Stewart, I. (1992). *Eric Berne*. London: Sage.

TA in Japan

continued from page 1

Japan. The JSTA now has over 1,000 members, a third of whom are physicians, including psychosomaticians.

In the development of transactional analysis in Japan, Ms. Michiko Fukazawa, a professor at Waseda University in Tokyo, played an important role. She is the former president of the TAAJ and was for many years the only TSTA in the clinical field in Japan. Ever since she learned TA-Gestalt therapy from Mary and Robert Goulding at Mt. Madonna in Watsonville, California, she has been using transactional analysis theories and techniques in her psychotherapy and education work. After becoming certified, she taught transactional analysis to a great number of people, including over 2000 people who have taken the TA101 from her. Eight of her trainees passed the CTA exam in 1994 and another seven passed in 2001. It is an honor for Japanese people and proof of her remarkable contributions that she was awarded the Muriel James Living Principles Award last year by the ITAA.

By 1980, transactional analysis had spread not only to the clinical field, but also to the educational and organizational fields. The Japan Industrial Transactional Analysis Association, which later changed its name to the Japan Transactional Analysis Association, was founded in 1976 with the goal of promoting transactional analysis in nonclinical fields.

Even though the transactional analysis community in Japan is making progress day by day, we admit there is some imbalance. For instance, many practitioners who do not know even the outline of transactional analysis still have heard of egograms; this is because there is a popular personality test in Japan called "Egogram" based on John Dusay's egogram theory. In contrast, "games," "life scripts," and

"rackets" are not known well. Unfortunately, transactional analysis has not been adopted in the standard curriculum of the medical, psychological, and educational courses in Japanese universities. So, while transactional analysis has great potential in many fields because of its clarity and efficiency, it will take more time to come into wide use here. For this to happen, more certified supervisors are needed, and the trainers and trainees in the different fields of transactional analysis need to cooperate more closely.

We hope that more people in Japan will learn about and use transactional analysis and in so doing develop autonomy and the "I'm OK, You're OK" philosophy. We also dream of holding an ITAA-sponsored international congress in Japan some day!

Ryoko Shimada is a Certified Transactional Analyst and an assistant professor at University of Human Arts and Sciences in Saitama, Japan. She can be reached at rysh@dt.catv.ne.jp. Izumi Kadomoto is a Certified Transactional Analyst and a clinical psychologist working within the Japanese judicial system. She can be reached as izmmose@dp.u-netsurf.ne.jp. Ryuta Kanemaru is a Certified Transactional Analyst and a lecturer at Ibaraki University in Ibaraki, Japan. He can be reached at kanemaru@neti.com. They can also be reached at the Transactional Analysis Association of Japan (TAAJ), 3-13-4, Nishiogikita, Suginami-ku, Tokyo, Japan, 167-0042.

REFERENCE

Berne, E. (1964). *Games people play: The psychology of human relationships*. New York: Grove Press.

TRANSACTIONAL ANALYSIS CONFERENCES WORLDWIDE

August 3-5, 2003: Oaxaca, Mexico. Redecision Conference. Contact: Janet Lee O'Connor, 2012 South Augusta Place, Tucson, Arizona 85710, USA; phone: 520-360-0007 or 520-886-0176; email: southwesttraining@yahoo.com

August 6-10, 2003: Oaxaca, Mexico. International Transactional Analysis Conference (designated ITAA conference). Contact: Instituto Mexicano de Analisis Transaccional, Agrarismo 21, Col. Escandón, México, D.F. C.P. 11800; fax: (5255)52-71-52-04; email: information@taconference.com

July 30-August 1, 2004: Bangalore, India. International Transactional Analysis Conference (designated ITAA conference). Contact: C. Suriyaprakash, email: iitac2004@hotmail.com or child_asha@hotmail.com

November 8-9, 2003: Lyon, France. Annual conference of IFAT (French Association for TA). Contact: IFAT, 1, rue de metz, F-75010 Paris, France; phone: 33-1-47-70-22-62; fax: 33-1-47-70-22-64; email: ifat@club-internet.fr

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Please follow the Instructions to Authors on the inside front cover of any recent issue of the TAJ. Email manuscripts to TAJ Managing Editor, Robin Fryer, MSW, at robinfryer@aol.com or send to her at 1700 Ganges Avenue, El Cerrito, CA 94530-1938, USA.

January '03 TAJ Written for You and Your Clients

What do you expect from your *Transactional Analysis Journal*? This time you might be surprised! The January 2003 issue of our journal is written for a new audience: It is for you and your clients! Look it over carefully and see if you don't agree that the articles about psychotherapy, sexuality, spirituality, relationship endings, dreamwork, money, transactional analysis, education, and more would be useful to your clients, trainees, workshop participants, and even colleagues who might be interested in learning more about how transactional analysis can be useful to them and those with whom they live and work.

To order extra copies to give or sell to clients, trainees, workshop participants, or colleagues, please contact the ITAA office or visit our website at www.itaa-net.org. The cost is \$10 each or \$8 each for 10 or more copies (postage included). We hope you will find this special issue of the TAJ to be a valuable tool and would love to hear how you used it!

April '03 TAJ on "Core Concepts"

The special theme issue of the *Journal* on "Core Concepts," which was coedited by Tony Tilney and Claude Steiner, has been delayed due to its length and the complicated nature of its subject matter. However, we think you will find it was worth the wait when it is released in early August. Until then, we ask for your patience.

ITAA/USATAA/IMAT Conference
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Charlotte Sills, MA, MSc Psychotherapy, TSTA (P), is a psychotherapist and supervisor in private practice in London, England. She is also head of the Transactional Analysis Department at Metanoia Institute, London, which offers both a BA (Hons)/Diploma in Transactional Analysis Counseling and an MSc/Diploma in Transactional Analysis Psychotherapy validated by Middlesex University. Charlotte is the author or coauthor of a number of publications in the field of counseling and psychotherapy, including *Transactional Analysis Counselling* (Lapworth, Sills, & Fish, 1993, Winslow Press: Oxon), *Transactional Analysis: A Relational Perspective* (Hargaden & Sills, 2002, Routledge: London), and *Ego States*, the first in the Key Concepts in Transactional Analysis-Contemporary Views series (Sills & Hargaden [Eds.], 2003, Worth Publishing: London).



Julie Hay, FCIPD, FRSA, MIM, TSTA(O/E), TNLP, is chief executive of training consultancy AD International and Sherwood Publishing and runs the International DTA Centre based in Watford, UK. She is past president of both EATA and the ITAA and coordinates INTAND, an international network for people interested in developmental transactional analysis and neurolinguistic programming (NLP). Julie has 40 years experience as an "ordinary" employee, supervisor, trade union representative, safety representative, manager, trainer, and consultant within industry, government, and the public sector. She was the first UK trainer to obtain advanced transactional analysis certification specifically in nontherapy applications. She is also an NLP trainer and the prolific author of books, tapes, and articles, including *Transactional Analysis for Trainers*, *Transformational Mentoring*, *The Gower Assessment and Development Centre*, and audiotape sets of the TA 101 introductory course, an NLP practitioner training program, and *Dealing with Difficult People*. Julie has been providing developmental transactional analysis training worldwide since 1986 and has current and former students who offer transactional analysis in Western and Eastern Europe, India, Canada, Australia, and South Africa.



Dr. H. R. Nagendra is president of Vivekananda Kendra in Bangalore, India. He began his career as a faculty member at the Indian Institute of Science and has been engaged in pioneering research at the University of British Columbia, the US National Air and Space Administration (NASA), Harvard University, and Imperial College of Science and Technology, London. Since 1975 he has been actively involved in the Service Mission of Vivekananda Kendra. He has published nearly 30 books on yoga, authored and coauthored 50 research papers, guided nearly 150 dissertations, and presented nearly 60 papers relating to yoga therapy at leading conferences worldwide. In 1997 Dr. Nagendra won the Yoga Shree award in the field of yoga from the Ministry of Health and Family Welfare in New Delhi. In addition, he is a member of the working group of experts for the planning commission under the Ministry of Health. Nominated by the American Biographical Association for the Distinguished Leadership Award for his service to humanity, Dr. Nagendra is the mastermind behind the magnificent Prashanti Kutiram, the International Headquarters of Vivekananda Yoga Anusandhana Sansthaana. Prashanti Kutiram is a translation of his vision into reality. An individual of utmost simplicity, despite his immense knowledge, through the twin ideals of Tyaga and Seva (renunciation and service), he has been rendering service to others for the uplifting of humanity.

DATES

Preconference Institutes:

28-29 July (Wednesday-Thursday)

BOC Exams (CTA and TSTA):

29 July (Tuesday)

Conference:

30 July-1 August (Friday-Sunday)

Training Endorsement Workshop (TEW):

2-4 August (Monday-Wednesday)

CALL FOR PROPOSALS

The scientific program committee invites proposals for workshops, research papers, or posters from transactional analysts and other professionals and practitioners. Please design your presentations in keeping with the conference theme of "Celebrating Differences." Proposals in all fields of application (e.g., psychotherapy, counseling, organizations, and education) are welcome and should be no more than 200 words. Please enclose a resume of no more than 100 words describing the presenter(s). Presenters who are selected will be required to send a detailed paper/article on their presentation at a later date to be included in the conference proceedings.

Please furnish the following details on the cover page of your proposal:

1. Name of presenter
2. Name of copresenter(s), if any
3. Credentials of all presenter(s) (TA certification and other)
4. Title of the presentation
5. Nature of presentation (workshop/paper/poster)
6. Duration: workshop (1.5 hours/3 hours/6 hours); papers (40 minutes)
7. Seating arrangement (circle/theater/other)
8. Audiovisual aids needed (board/flip chart/OHP/LCD projector)
9. Group size limitations, if any
10. Any special care/protection needed for participants.
If so, how will that be taken care of?

Deadline for submitting proposals: 31 October 2003

Send proposals and any conference questions/correspondence to the Conference Secretariat, c/o Asha Counseling and Training Services, 29, 2nd Floor, C R Sundaram Layout, Ramanathapuram 641045, India; phone/fax: 91-422-2310520; email: asha_child@vsnl.net; web: www.taconference2004.in

Watch future *Scripts* for details and updates on venue, registration, accommodations, tours, and the program