

Thinking Like a Martian

by John Savage

My training group on anxiety, stress, and phobias started at 9:15 on Sunday morning. As I usually do, I left home an hour early to drive around the streets of Wellington. I drive a Porsche 996 C4, one of the finest machines ever built. Indeed, I discovered the meaning of life as I executed a perfect corner one such morning. I was coming out of the apex of the corner in such a way as to experience what I could only describe as a spiritually transcendent moment. Eric Berne might have disagreed as he said it was not possible to be script free or autonomous while driving a car.

"I just kept the communication flowing, allowing him to exhaust the energy he had stored up in his Parent ego state."

Anyway, there was time, and I had just finished driving the streets, so I decided to go for a quick run down the state highway. No sooner had I entered the motorway at Johnsonville than my car said (yes, my car speaks to me, although I'm not sure what ego state it is in), "Laser alert! Laser alert! Laser alert!" and then informed me that I had been targeted by a police laser/radar gun and that jamming procedures had commenced.

Now I must add at this point that my favorite childhood stories were a combination of "Noddy," who loved zooming around in his car and especially liked zooming past Mr. Plod, and Star Trek. Of course, the Starship Enterprise, while not made in Germany, had cloaking devices that made it invisible to Klingon radar. I recalled these stories while watching in my rearview mirror and immediately felt the effects of my thalamus relaying information to my amygdala as implicit memory kicked in and I felt fear. No sooner had this happened than I spotted the police car parked at the side of the road in the distance.

By this time, a quarter of a second had gone by and my foot was automatically going for the brake pedal. Then my hippocampus kicked in and was able to provide me with a "factual response" to the situation. This was, of course, that (1) I'm not speeding, (2) I've done nothing wrong, and (3) the police car is just a police car, not a Klingon—and even if it was a Klingon, my car is cloaked and invisible to lasers. So, while being aware of my aroused state and also noting that my racket system had not kicked in (since I had changed my stroking profile to not include third-degree games with the police), I glided past the police officer.

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Remembering Eric Berne: A Conversation with Terry Berne

To celebrate the release of the 40th anniversary edition of *Games People Play*, Script Editor Bill Cornell talked with Eric Berne's son Terry Berne, who was responsible for getting the new edition published.

BILL: It's a delight to talk with you, Terry. I'd like to start with how the new edition of *Games* came about.

TERRY: Sure. Actually, I'm pretty excited about it, especially since when I first suggested the idea to the publisher, they weren't that interested. In fact, I pursued the project for about a year.

BILL: So the new edition was your idea. Who is the publisher?

TERRY: I proposed the idea to the current publisher, Ballentine. It's a trade paperback. I'm particularly happy that James Allen wrote the prologue, which is really good. It brings people up-to-date on transactional analysis. The other interesting thing about this new edition is that it

includes Kurt Vonnegut's original *Life Magazine* review of the book, which was published in June 1965 and is very positive. Vonnegut was already a well-known novelist at that time, although nowhere near the icon that he is now. So it's great that we were able to get the rights to republish the review. It's kind of humorous and laudatory both.

"My dad's interest in cross-cultural issues was very strong, and he wanted to create a psychotherapy that crossed cultural boundaries."

BILL: That's a terrific combination: Vonnegut placing *Games People Play* in its original social context and Jim placing it in a contemporary



Terry Berne

context. Hearing about Vonnegut reminds me of an essay, not a review exactly, in a recent Sunday *New York Times Book Review* about the republication of Tom Harris's *I'm OK-You're OK*. That wasn't one of my favorite transactional analysis books, but the essay itself is quite positive and interesting because it is a serious commentary on the book and TA. It focused on the complexity of the ideas in *I'm OK-You're OK* in contrast to much of today's self-help literature, which tends to take one idea and generalize it, stretching it out to fill a whole book in a kind of simplistic way. *Games People Play* is even more complex than "*I'm OK, You're OK*," so I hope it gets similar attention in the press.

TERRY: Oh, that's very interesting. I'll look for the review on the Internet. Very few books from

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Binod Rijal and Claudie Ramond in Nepal

by Binod Rijal

Claudie Ramond has taught transactional analysis to educators, teachers, social workers, children, and parents since 1989. She has authored two books on transactional analysis, *Grandir in French and German* and *AT et Education in French*, and published a number of articles. She retired a year ago from active service with the French National Education Ministry and recently spent two weeks in Kathmandu. While she was there, she did a workshop and was interviewed for the *Boss*, a Nepali business journal, by Binod Rijal, the first ITAA member in Nepal. Excerpts from that interview are reprinted here with permission.

THE BOSS: What is the purpose of your visit to Nepal?

CLAUDIE: I am a lover of Buddhist philosophy and have wanted to come to Nepal for a long

time, but it just never worked out. Then I read in a transactional analysis newsletter called *The Script* a letter by Binod Rijal from Nepal. I contacted him and expressed my interest in visiting here and also teaching a few classes on transactional analysis.

THE BOSS: What is transactional analysis?

CLAUDIE: Transactional Analysis is a scientific model of social psychology. It teaches people to monitor their relationships with colleagues, family, and children. Transactional analysis, funda-

"I was surprised at the level of awareness about transactional analysis here. I tried to give the participants the best, as they were extremely forthcoming."

Transactional Analysis Comes to Life in Nepal

mentally, is taught at four different levels. Structural analysis describes how every person is split into three different ego states: Parent, Adult, and Child. Transactional analysis describes how every conversation between two or more people can be analyzed in the form of transactions. Games illustrate that people play certain roles and perform certain social rituals in order to defend their limping ego. Surprisingly, people are found playing games with one another 75% of the time. And scripts are the programs that people run throughout their lives. Transactional analysis theorizes that a person's life is already determined by age four based on the scripts he or she has absorbed. The fairy tales and folklore of childhood determine the person's script throughout his or her life. However, that doesn't mean that a person cannot change.

California psychiatrist Dr. Eric Berne invented transactional analysis. He authored a number of

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An early-morning moment with John Savage (center) and his family: On the left is John's wife Jyoti holding son Anil and on the right son Dilan sits on the lap of foster son Rafat.

Thinking Martian

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To my surprise, he pulled out and started following me. This led to a "considered response" as my amygdala and hippocampal-based systems were busy providing crude feeling responses coupled with information responses. I was still reasonably calm when the officer turned on his lights after following me for a good 5 minutes—a long time in what now felt like hyperspace—indicating he would like me to stop, which I did.

As I just mentioned, I was not in a racket feeling by this stage, although the devices in my car could be considered hooks in game theory. The officer walked up to the car. I calmly handed him my driver's license, and he said, "Driver, you have some kind of jamming device operating on your car. This is why I could not get your speed. However, that is not why I am stopping you. I pulled you over because you have a non-regulation front number plate." Being aware of

ticket, and then he walked back to his car to write it.

Well, I thought, I can hardly be intimate with this guy at the side of the road, and I'm staying out of a game, so what can I do? Just as I was thinking this, he came back. As he approached my car he said, "Sounds great, doesn't it." This was said as a statement rather than a question. I quickly realized he had left his car running and was referring to the noise coming from it, which

was not good. As he still appeared to be functioning from Parent, I straightaway started past-timing with him and played "Ain't It Awful." This went on for a few minutes while we talked about funding, how terrible his car was, how would he catch a car like mine if I was speeding and did not stop, and so on (first rule again). I realized this was as intimate as I was going to get and finally asked him what "we" were going to do about my front number plate. At this point he switched ego states and decided to give me a compliance ticket, meaning I had 7 days to fix my number plate and I would not receive the \$200 fine. We had a pleasant Adult-to-Adult conversation about how I would do that, and he was very helpful. We wished each other a good day, and off I went to learn something about transactional analysis.

TA rocks.

John Savage, is a Certified Addictions Counselor and a clinical transactional analyst trainee. He can be reached at 55 Duthie St, Karori WGTN, New Zealand, or by email at jc.savage@paradise.net.nz.

ITAA WEBSITE: www.itaa-net.org

The ITAA website provides comprehensive information about every aspect of the ITAA. Recent additions to the site include links to upcoming international, national, and regional activities as well as membership criteria and an application form.

TA in Nepal

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books, including *Transactional Analysis in Psychotherapy*, *Games People Play*, *What Do You Say After You Say Hello?*, and *A Layman's Guide to Psychiatry and Psychoanalysis*.

THE BOSS: Tell us about the classes you conducted here.

CLAUDIE: Oh, they were fabulous. I was surprised at the level of awareness on the subject already here. I tried to give the participants the best, as they were extremely forthcoming. Most of them were businesspeople, but there were some teachers too.

THE BOSS: Can transactional analysis be used in education and counseling?

CLAUDIE: In fact, this subject is more important to a teacher than to anyone. If schools would only allocate about two weeks of transactional analysis classes per year, it would be really great. We do it in France; the Ministry of Education pays for it. This way students get to know for themselves what is important and what is not.

THE BOSS: How can it be used in business and management?

CLAUDIE: The boss will know how to handle his or her employees by catching on to their ego states. Better still, if an entire institution learns transactional analysis language, when problems arise, workers can converse and analyze immediately what went wrong.

THE BOSS: Do you think transactional analysis can help in politics?

CLAUDIE: You mean in political affairs? Not very much, but it would be a wonderful idea if leaders would sit down over a cup of tea and look into the eyes of their opponent and acknowledge their faults. But this rarely happens. Wars are the living examples of such relationship failures.

Binod Rijal is a freelance writer, a creative writing instructor in English in Nepal, and a student member of the ITAA. He recently qualified for a Diversity Visa to move to the United States,



Binod Rijal and Claudie Ramond (center) with participants of transactional analysis workshop Claudie gave in Kathmandu

where he will be settling in the Dallas area in January 2005. He would like to be in touch with members of the transactional analysis community near Dallas. Readers can contact him at tabinodrijal@yahoo.com both before and after his move.

Claudie Ramond can be reached at 4 bis rue Asseline, Paris, France, or by email at Claudie.Ramond@wanadoo.fr

ITAA The Script

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Upcoming TAJ Theme Issue

"TRANSACTIONAL ANALYSIS & ORGANIZATIONS"

Guest Editor: Sari van Poelje

Deadline for manuscripts:

1 April 2005

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.

Do You Know How to Reach These People?

We are trying to locate the following people, all of whom were ITAA members at one time:

Judy Barr

Barbara Clark

Michael Hoyt

If you have contact information for any of these former members (especially email addresses), please send the information to Helena Hargaden at helenahargaden27@hotmail.com with a cc to robinfryer@aol.com.

Thank you for your help.

Novey Research Shows Effectiveness of Transactional Analysts

As he wrapped up his work as Vice President of Research and Innovation, Claude Steiner interviewed Ted Novey about his research on the effectiveness of transactional analytic psychotherapists.

CS: Ted, to begin, I would like you to talk about how your research regarding the effectiveness of transactional analysts came about.

TN: I knew that new research studies on the efficacy or effectiveness of the transactional analysis approach to psychotherapy would be of crucial importance to its acceptance in the larger psychotherapeutic community, so I kept looking for a way to test the theory and its application. I am a long-term subscriber to *Consumer Reports* (CR), a highly reliable and impartial US organization that for many decades has measured customer satisfaction on a wide range of products, such as cars, refrigerators, and so on, but also insurance, health plans, nursing homes, and the like. In their November 1995 issue they published a study titled, "Mental Health: Does Therapy Help?" This research was carried out by the *Consumer Reports* staff with Martin Seligman, PhD, of the University of Pennsylvania as a consultant. He is a well-known psychologist and researcher and past president of the American Psychological Association.

The basis of the CR research was a questionnaire that they developed to measure the relative satisfaction of clients who had worked with four groups of therapists—psychiatrists, psychologists, social workers, and marriage counselors—plus physicians. They annually send questionnaires to several hundred thousand of their 4 million members requesting ratings on various products. This time the questionnaire included questions about psychotherapy. They found that clients were generally satisfied with therapy, that satisfaction increased with the length of therapy, and that the level of satisfaction was the same for those working with psychologists, psychiatrists, or social workers. Marriage counselors and physicians also provided satisfaction increasing with contact time but at lower levels.

CS: So this was not a study of which therapy resulted in better cures but of clients' satisfaction with their therapists. Is that really a significant measurement?

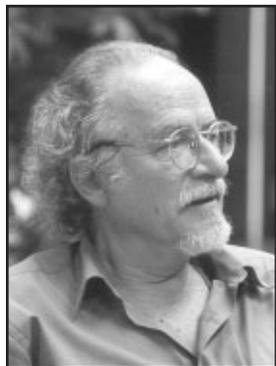
TN: The traditional gold standard for efficacy measurement (i.e., whether a given method works or not) involves rigorous controls and control groups, fixed number of sessions, objective assessment batteries, and so on. Self-reporting has usually been discounted as distorting the results. Professor Seligman (1995), however, had this to say:

My belief has changed about what counts as a gold standard. And it was a study by *Consumer Reports* (1995, November) that single-handedly changed my belief. I came to see that deciding whether one treatment, under highly controlled conditions, works better than another is a different question from deciding what works in the field. I no longer believe that efficacy studies are the only, or even the best, way of finding out what treatments actually work in the field. I have come to believe that the "effectiveness" study of how patients fare under the actual conditions of treatment in the field, can yield useful and credible "empirical validation" of psychotherapy and medication. This is the method that *Consumer Reports* pioneered. (p. 966)

CS: One might argue, however, that clients have reason to deceive themselves about their therapists. The subjective experience of appreciating one's therapist could be the result of their being

nicer people, with good public relations skills or bedside manners.

TN: Yes, I suppose one could postulate that the results of the CR study were due to clients distorting differently for social workers, psychologists, psychiatrists, marriage counselors, and physicians, and yet again for 12-step groups, which received the highest scores overall. But that doesn't seem to be a likely explanation. On average, I think clients are good judges of their

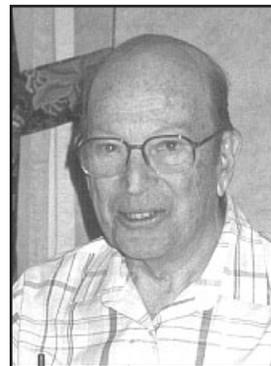


Claude Steiner

CS: How do you explain the significantly higher level of client satisfaction or effectiveness that transactional analytic therapists demonstrate?

TN: The two choices seem to be either that transactional analysis theory gives therapists a better approach to therapy

or that the high-quality training and examination process used internationally by transactional analysis organizations produces better trained and more effective therapists.



Ted Novey

progress or cure in therapy. If a client says that he or she feels much better, is not depressed any more, and is experiencing better family relationships, I do not often presume to argue. When 1,000 people make that assessment, I see no way of arguing.

CS: So, from the point of view of methodology, the comparative measurements of satisfaction are actually quite rigorous?

TN: Yes, and they are widely used in psychotherapy research.

CS: So, if research shows that a large number of clients of Method A appraise their therapists as very good and another large group of clients of Method B appraise their therapists as so so, we can reasonably conclude that Method A is superior to Method B?

TN: Yes. I was excited about the CR research because it offered a relatively simple approach for measuring the effectiveness of transactional analysts as compared to the five groups considered by CR. The *Consumer Reports* staff was cooperative and shared with me the questionnaire and their method of evaluating the results, so I had a way to obtain a relatively simple yet accurate measurement of the effectiveness of certified transactional analysis therapists as compared to the other five professional groups.

CS: How did you proceed?

TN: I first did a pilot project in 1996 to obtain some initial data and to test how best to ensure an unbiased response. Five transactional analysts in the United States and Canada sent out a letter to every client they had seen in the preceding 5 years requesting that they fill out the questionnaire. About half responded, which resulted in 250 completed questionnaires. These were returned anonymously to me, and I scored them according to the *Consumer Reports* procedure. Surprisingly, the measures of satisfaction not only equaled but exceeded the effectiveness levels for psychologists, psychiatrists, and social workers that Seligman reported for the *Consumer Reports* project. I knew that these results, which were significant statistically, would be challenged on the basis of questions of biased sampling, culture bias, or other systematic errors.

The *Consumer Reports* study and Seligman's papers had already received much criticism.

CS: What sort of criticism?

TN: Mostly questions concerning random sampling. All of these objections are discussed in detail in my papers (Novey, 1999, 2002); however, those who objected never presented any actual data and no calculations were ever offered to support these claims of bias. In contrast, both

that are defined by a specific method. The other five are professions. Did your study break down transactional analytic therapists by profession?

TN: No.

CS: So, to reiterate, you found a relatively high level of client satisfaction with the work of transactional analytic psychotherapists. That seems good news for transactional analysis. What has been the response to your findings within the transactional analysis community?

TN: I have not heard a lot of comments. Not many therapists are well versed in research and statistical analysis of this kind.

CS: And many have a bias against research, believing that it can prove very little.

TN: I would say that it is more a question of lack of experience and understanding with regard to the research process.

CS: How do you explain the significantly higher level of client satisfaction or effectiveness that transactional analytic therapists demonstrate?

TN: As I stated in my *TAJ* article (Novey, 2002), the two choices seem to be either that transactional analysis theory gives therapists a better approach to therapy or that the high-quality training and examination process used internationally by transactional analysis organizations produces better trained and more effective therapists.

CS: Or both. I believe that transactional analysis gives therapists a great method, and if they are then well trained and conscientiously certified, that it is a winning combination.

TN: These studies do provide evidence that all therapists do not work the same, and I was naturally pleased with the results.

CS: Well, as past VP of Research and Innovation, I commend you. This is without a doubt the most thorough and persuasive piece of scientific research done about transactional analysis. Everyone who is involved with transactional analysis needs to read and evaluate the study for himself or herself.

TN: Thank you, Claude, for your interest in my research and for doing this interview. It was exciting to be able to collect real data to evaluate the work of transactional analysts around the world.

Ted Novey, PhD, is a former editor of the Transactional Analysis Journal. He can be reached at 815 Indian Rd., Glenview, IL 60025-3313, USA, or by email at Tnovey@compuserve.com.

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

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Last Call on Training Files

The ITAA is in the process of digitizing old training files. If you want your files returned to you, please contact Lisa Rosenstreich at the ITAA office no later than 1 January 2005 (lisa@itaa-net.org). After that time, old files will be thrown away.

Introducing Members of the ITAA Board of Trustees

Fanita English, MSW Trustee for the United States Region

I recently came upon my Certified Member certificate, which was dated 23 August 1968—signed by Eric Berne and David Kupfer. It brought back a lot of memories. I was a practicing “psychoanalytic” psychotherapist in Chicago with degrees in psychology and social work and frustrated with my practice, until I happened to read *Transactional Analysis in Psychotherapy*. I proceeded to train with David Kupfer, and then Berne himself cured me of a writing phobia in 1969. Eventually I became a Teaching Member, and I enthusiastically did groups in Chicago and then Philadelphia beginning in 1970. After doing many workshops in the United States and Europe, I ended up working exclusively in Europe after 1981. I worked in

France, Switzerland, Austria, and Italy, but gradually mostly in Germany, where I helped found an institute and published four books.

In 1993 I moved to California and was shocked to find that transactional analysis training on the West Coast was and still is nonexistent. Sadly, the reputation of transactional analysis here is not very good, maybe because it is thought of as “that old thing from the 1960s” or because of the Schiff episodes.

Originally, I agreed to be nominated for vice president of development on the board and was glad to support the production of some excellent videotapes done by Gloria Noriega and Carlo Moiso and Isabelle Crespelle. However, since I

do not have the expertise in marketing, the Web, and the Internet required to fill that position effectively, I resigned as vice president after about a year. Subsequently, and fortunately for all of us, Gaylon Palmer took over as vice president of development and Claude Steiner has become vice president of Internet. I, in turn, became a regular trustee representing the US region. As such, I am now active with a newly energized USA Transactional Analysis Association (USATAA), which is planning a conference in Nashville, Tennessee, in October 2005.

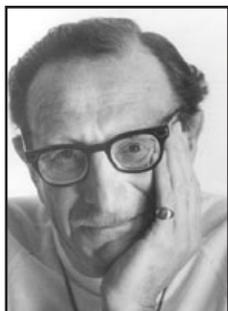
I am eager to hear from members in the US region who have energy and ideas about revitalizing transactional analysis in this part of the world.



Fanita English can be reached at One, Baldwin Ave., #516, San Mateo, CA 94401, USA; email: fanitae@aol.com.

Nominations Sought for ITAA Awards

The **ERIC BERNE MEMORIAL AWARD IN TRANSACTIONAL ANALYSIS (EBMA)** was established to give recognition to individuals who have made major contributions to transactional analysis. Specifically, it is intended to recognize the writing and publication of original and highly significant work that constitutes a major advance in the field of transactional analysis.



To be considered for a nomination, the following information and materials must be submitted to the Eric Berne Memorial Award Committee in care of the ITAA office no later than 1 December 2004:

1. **Name(s) of author(s)** nominated.
2. **Publication citation.** Full reference for journal article, book, or publication in which the contribution being nominated has been published.
3. **A brief title for the contribution.** For example, the name of the theoretical concept, or a descriptive title for the research project, or the label of the specific practice application, or a descriptive title for the comparison or integration of TA that was made with other theories or approaches, or a title for some other relevant area.
4. **A detailed statement supporting the nomination** as an original and highly significant contribution to transactional analysis. The contribution can be in any one or more of the following areas: theory, research, application or integration with other systems. This statement must include discussions of the following:

- The originality and innovation of the contribution within transactional analysis.
- The relationship to previous work in transactional analysis and related theories or fields of application, including research where applicable.
- Explanations for the value and need for the contribution.
- Evidence of the impact the contribution has had on the development of the field of transactional analysis.

- Any other statements about the contribution that need to be considered by the committee.

5. **Individual, group, or organization making the nomination.** Please supply the name, address, and telephone number, fax number, or email address of the person(s) whom the EBMA committee may contact if additional information or material is required to fully consider the nomination.

6. **Copies of the publication(s).** At least one copy of the article or book in which the contribution being nominated appears must accompany this written material. If the article or book was written in a language other than English, then either a translation into English must be included along with a copy of the publication(s) in the original language or a summary or abstract of the major ideas presented in the publication(s) must be submitted in English.

7. **Notification of the nominee.** It is the responsibility of the person(s) making the nomination for the award to notify the author(s) of their intention to do so and to provide him or her with a copy of the written materials submitted to the EBMA committee. Except in those instances where the award would be made posthumously, the nominators are to inform the committee that they have done so either by submitting a copy of their letter to the nominee or by a written statement to that effect. Verification of notification is a requirement for the acceptance of the nomination.

Please send all nomination material to: The EBMA Committee, c/o The ITAA, 436 14th St., Suite 1301, Oakland, CA 94612-2710, USA. **The deadline for Eric Berne Memorial Award nominations is 1 December 2004.**

The **HEDGES CAPERS HUMAN-ITARIAN AWARD** was established to recognize ITAA members who have made significant, enduring contributions to humanity in keeping with the ideals and ethics of the ITAA. These contributions are primarily seen as activities that promote the welfare of humankind, especially through the alleviation or elimination of pain and suffering.

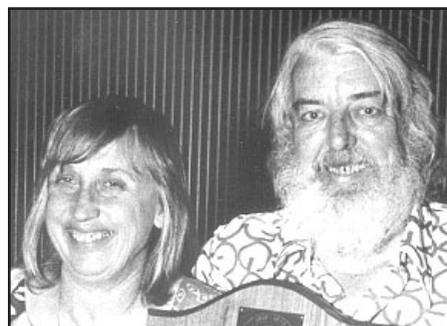


ITAA members who make such contributions often do so at the cost of personal risk and/or sacrifice. The humanitarian activities may form a lifelong pattern or be expressed in a single, widely noted occurrence. **The deadline for the Capers Award is 1 January 2005.**

The **MURIEL JAMES LIVING PRINCIPLES AWARD** honors ITAA members who have advanced the growth of transactional analysis by personal example as well as by contributions of



an exceptional and lasting nature. Personal example involves consistently living the principles of transactional analysis, which includes, but is not limited to, clear Adult thinking, joyful creativity, compassionate ethics, and a lack of gaminess in transactions with others. Such a person models egalitarian relationships and promotes an “I’m OK, You’re OK” atmosphere in both professional and personal arenas. The nominee will have demonstrated commitment, concern, and caring for both individuals and the world community and will be active in the international advancement of the principles of transactional analysis either professionally or personally. **The deadline for the James Award is 1 January 2005.**



The **ROBERT AND MARY GOULDING SOCIAL JUSTICE AWARD** was established by the ITAA Board of Trustees to honor the contributions of Bob and Mary Goulding and other ITAA members who have contributed to others in the world through the application and advancement of rededication theory, therapy, and principles.

The **Goulding Social Justice Award** is designed to recognize individuals whose focus has been the advancement of humankind through utilizing the core principles of rededication theory in their personal and professional lives. These core principles include: self-determination, personal responsibility, direct action, and affirming relationships.

Nominees will have contributed, in their own way, by any or many of the following activities: disclosing unfairness, challenging injustice, confronting perpetrators, questioning values that support injustice, enabling understanding and respect, encouraging equalitarian values, and facilitating awareness of institutionalized injustice. **The deadline for the Goulding Social Justice Award is 1 January 2005.**

Any ITAA member may suggest another member for the Capers, James, or Goulding award by submitting in writing a detailed nomination addressed to the vice president of operations. Please submit the nominee’s name along with a narrative account of the reasons the individual deserves recognition, attaching all relevant documentation. Please submit nominations for any of these awards to the ITAA office, 436 14th St., Suite 1301, Oakland, CA 94612-2710, USA.

Make Sure Your Payment to ITAA is Properly Credited!

We have recently received several bank transfers without any identifying information that would allow us to credit them to the correct person for the correct reason. When making bank transfers into the ITAA bank account, please make sure to include your full name, the ITAA account number (obtain from Ken Fogelman at the ITAA office), and what the payment is for (membership dues, books or videos, etc.). In addition, please email or fax the ITAA office with the same information (your full name, the amount you transferred, account number, reason for payment) in case it is not included with the information forwarded to us from the bank. Send questions to Ken Fogelman at ken@itaa-net.org.

MEMBERS' FORUM

Group Versus Individual Treatment Procedures

Dear Editor:

In my initial transactional analysis training, there was a brief discussion of the group treatment experience of Bion, who, as a psychoanalyst, analyzed the illogical and unconscious beliefs shared by the group. At that time, I questioned the relevance of including the experiences of a psychoanalyst in transactional analysis training.

Later I became acquainted with Yokelson and Samenow's (1976) work with offender groups. In such groups, even more than in others, analyzing an individual's deeply personal and unique unconscious material would leave him quite exposed and vulnerable to his peers. Therefore, Yokelson and Samenow confined their investigations to criminal patterns of thinking shared by the group.

Recently, Petriglieri and Wood (2003) provided a remarkable consideration of group shared unconscious. They suggested that the therapist is pressured to collude with the group in maintaining group secrets; this collusion requires that the therapist either participate or facilitate the enactment of the group's pastimes, games, and scripts. However one refers to the intervention, recognizing and interpreting the group's as well as the therapist's participation in the group's enactment of pastimes, games, and scripts is the stuff an effective group treatment is made of.

Bill Cornell reminded me that

Berne's theories of group canon, imago, subgroup identifications, and so on all reflected his understanding of unconscious collusions within groups. I'm pretty sure he was familiar with Bion, who was having quite an impact in southern California at the time. Berne dealt with this, as I understand it, by placing the therapist at the center of the group—as the primary object of transactions—then used the patient's behavior in group to analyze games and script. He seemed to deal little with the group unconscious communications and collusions, as Bion suggested and as Petriglieri and Wood describe in their article. (W. F. Cornell, personal communication, 2004)

Petriglieri and Wood remind us that the group inevitably participates in unconscious (secret) beliefs. Pressures in the form of duplex transactions within the group (Woods, 2002) communicate the group's need to collude and maintain the secret. The group's unconscious beliefs or secrets are shared by group members, and the transferential pressure is between the therapist and the group.

In individual treatment, the transferential pressure is between the therapist and the individual. Hence, techniques that are effective in groups can have a very different impact in individual treatment and vice versa.

Some individuals prefer group treatment in order to maintain or contain a secret; others seek individual treatment because they are having difficulty containing a secret they may not even know they have, even though they need to tell someone (but not a group). I think it is crucial that our transactional analysis approach to treatment take this difference into account.

My own training as a transactional analyst was in a theory that evolved out of the group treatment process, and I soon found that while my training gave me with the basics to treat the group, it left me unprepared to treat the individual. Did I sometimes achieve some success in treating individuals with a theory and approach that evolved out of group treatment? Yes, of course I did. After all, individual treatment is

dyadic, or a group of two. However, I also learned that theory used for group treatment often did not translate well to individual treatment. For instance, in group treatment, analyzing the gains from games was usually welcomed, whereas in individual treatment such analysis was often experienced as a confrontation. Likewise, in individual treatment, analyzing the defensive function and unconscious communications contained within a game was often received gratefully, whereas in a group such interpretations left the individual feeling exposed and the other group members fearful that I might expose them as well.

In my search for other ways to address issues in individual treatment, I turned, for a time, to gestalt two-chair work, but this did not work for me. I again turned my attention to psychoanalytic theory and found that Robert Langs's (1985) work was a great help in understanding the transferential relationship. In fact, my own contribution (Woods, 2002) to the theory of the transferential relationship is couched in language related to the analysis of the unconscious communications or duplex transactions contained within the manifest content of a game or pastime. Unfortunately, Langs seems to have evolved a separate language for defining fundamental psychoanalytic concepts, and thus, although I have found his formulations useful, they have not received the attention they deserve within the psychoanalytic community. Recently, I have found in the work of Paul Gray (1994) a clearer exposition of the evolution of a transferential relationship.

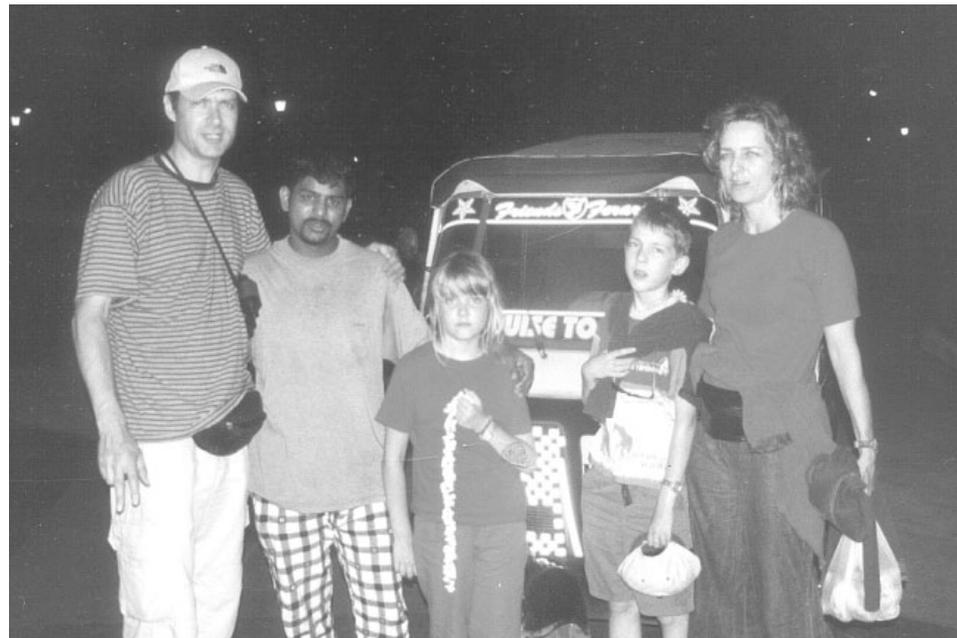
It seems to me that those of us who were trained in transactional analysis during the late 1960s and early 1970s were shortchanged. Even though we passed our certification boards with flying colors, we were left to discover for ourselves that we did not possess the tools we needed to address effectively the transferential relationship in individual treatment. Even today there is a tendency to critique a therapist's examination of his or her transferential/countertransferential relationships from individual treatment by referring to the treatment approach that evolved out of working with groups.

I think it is crucial that we now clarify the distinction between group and individual treatment theory and philosophy. Hargaden and Sills (2002) have addressed this need and provided a transactional analysis theory of the transferential relationship that heralds the distinction between group and individual treatment. We need to continue clarifying this distinction and building on their findings. There remains much to be learned about the interface and differences between the dynamics within group and individual treatment and the styles of intervention required by each.

Ken Woods, Belfair, Washington, USA

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Giulia Volken and her family in Fort Cochin, Kerala, India (from left): husband Neil Wymer, motoriksho driver Babu, daughter Claire, son Daniel, and Giulia herself.

No Longer Afraid

Dear Editor:

After returning from the Bangalore conference full of gratitude, I want to express my thanks for the experience. I left for India with my heart full of hope, expectation, and fear. I don't know exactly what I was hoping for or even what my expectations were, but it was easier to recognize the fear. Ever since I read two years ago that the 2004 ITAA conference was going to be in India, I felt a very strong desire to go, which surprised me. After becoming parents a few years ago, my husband and I stopped going on exiting and demanding journeys—the kind where we booked a flight, threw our rucksacks on our backs, and off we went! I wondered if my traveling heart was waking up.

It was especially surprising that I found myself dreaming about India. I have always been frightened of India, frightened of its diversity—so much diversity—frightened of the cultural shock, the poverty, and of death. I, so European on one side, and India so Indian on the other.

In the end I convinced my husband and children (Daniel, age 9, and Claire, age 6) to go with me on the trip to India. Having my children go too made the fear even greater. How would they experience it? Would they fall ill? What impact would India have on their lives? Obviously, I couldn't control all of this and so...I left our passports at home! By doing so, our first start turned out to be a false one. But the following day we got it right, and off we went.

I was so well prepared for the things we would see in India, and I had spoken so much about it to my children, that when we arrived in Mumbai (Bombay) there was hardly any cultural shock at all. Little by little, I opened myself to India—its colors, smells, flavors, people. Above all, I opened myself to the hearts of Indians. At one point we needed a doctor for my son, and never in my life have I felt so looked at (as in truly "seen") and my son so looked at with such acceptance and love by a doctor. As we went through the days and did what we needed to do—eating, sleeping, traveling on buses, trains, foot, and even elephants—I felt listened to and welcomed by Indians, welcomed with all my contradictions and my diversities.

Today I recognize that I was tense when we arrived in India—not prickly but kind of hard—and by the time we left I had become soft and round, a bit like a warm fuzzy. I think that was because India welcomed me into its womb, cud-

dled and protected me. And I think as a result of having these feelings in my heart that India truly taught me how to "celebrate differences."

And then there was the conference itself and its way of "Celebrating Differences." With hindsight, I think that if the transactional analysis community had not been there, my fear of India would have been stronger than the will to go. So I want to thank that wonderful community; because of it I felt at home in India twice. Even my husband and children, who are not TA members, felt as if they belonged to this community. Daniel and Claire participated in the "Open Sesame" children's program, and they were so enthusiastic and proud of being part of the conference. In the morning they wore their identification badges and off they went, ready for their day. Those of you who are parents know how wonderful that is. I felt that my children were welcomed, accepted, and loved by Indians and by this splendid multicultural community because that is what we are when we meet at international transactional analysis conferences.

The conference's beautiful closing ceremony summed up our Indian experience with the final greeting:

"Namaste. Who are you? I am you in another way!" During those magical good-bye moments I had the opportunity to meet faces, sights, and colors that were so different and yet so close, and I felt like I was a "daughter of the world."

Thank you India, and thank you TA community! Only at the end of our journey was I at ease enough that I could feel the culture shock. And it has been a culture shock, indeed. But I am not afraid any more!

Giulia Volken, Como, Italy

WELCOME TO NEW MEMBERS

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September 2004

Jean Gurnett, Canada	—
Rev. K.T. Abraham, USA	—
Maureen Jones, Canada	—
Heather Carol Watt, Scotland	—
M.A. Reinalda, Netherlands	—
Binod Rijal, Nepal	—
Heather Cairnes-Lee, Germany	—
Kathie Hostick, England	—
Ikuko Koutake, Japan	—
Josanne Cowell, UK	—

Remembering Eric

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that era—the 1960s and early 1970s—have lasted as long as *Games*. Another one is Eric Fromm's classic *The Art of Loving*, which I think is still in circulation. So it's pretty exciting that after all these years, *Games People Play* is being reedited and hopefully will find a new public, too.

BILL: How old were you when it came out originally?

TERRY: Well, it came out in 1964, so I was 9 or 10.

BILL: Do you remember what that was like?

"The other interesting thing about this new edition is that it includes Kurt Vonnegut's original Life Magazine review of the book, which was published in 1965 and is very positive."

TERRY: I remember when it started becoming popular. I think it was PBS [Public Broadcasting System] that came to Carmel for 2 days and did a long special on my Dad. They followed him around to various places, quite an elaborate process. We have a tape of the special, but unfortunately, it's too old to be recoverable. Then I remember going to some of the first ITAA conferences in Monterey. I was just a kid, of course, and so I didn't really attend the conference, just hung around the pool. I do remember meeting some of the people, my father's colleagues. I also remember working with my father on the index for one of his books. I think it was *What Do You Say After You Say Hello?* I liked helping him on things like that, but he died when I was 15, so....But I was aware of his fame. I had read *Games People Play*, and I subsequently read *What Do You Say*, which is my favorite of his books.

BILL: Mine, too. It was like he was returning to everything he'd written before and was reconsidering it—but then he died.

TERRY: It's too bad that book is not better known. I think another proof of the durability of transactional analysis has been the organization and the fact that the theory continues to be developed and added to. That's really important.

BILL: Actually, I think transactional analysis is going through an intense growth spurt right now. There's a lot of wonderful and important writing being done these days, more so in Europe, really.

TERRY: That's fantastic. I've been aware of that for a long time. When I go to the States, it's hard to find transactional analysis books in bookstores. I'm lucky to see even *Games People Play*. On the other hand, when I'm in European bookstores, transactional analysis is always there. Even here in Madrid there are entire shelves dedicated to TA books, and many other books by Europeans about transactional analysis, so there's a real difference.

BILL: Have you had direct involvement with transactional analysis yourself?

TERRY: No, but I follow it. I think it's exciting that it is still going strong, despite certain low points and problems, and that there are people all over the world still involved in it.

BILL: I'm curious what it was like growing up with a father so devoted to his writing and what, if anything, that has to do with your becoming a writer.

TERRY: I'm sure he was pretty influential on that one. He was very interested in his kids' education. He spent a lot of time with us on all sorts of educational things—at least with me because

I showed a lot of interest. For example, he was very invested in me learning algebra when I was really young—algebra, chess, and, of course, poker. And actually some of these things weren't so successful, his desire for me to learn certain things very young.

BILL: Poker, by the way, is still going strong in the ITAA. I think there's a tradition of a poker game at every conference.

TERRY: Oh yeah? That's great. I once met a professional poker player in San Francisco, and I mentioned Eric Berne. He immediately knew the name. But some of Dad's strategies for teaching me things just weren't successful. I remember algebra especially. I just couldn't learn it at that age—which was about 10—it was too complex for me. He used to get pretty frustrated. And with chess, too, although I still play chess on and off, just not very well. I never really met his expectations at those things. But I did learn biology, another subject he was interested in. He gave my brothers and me a really good microscope with an oil immersion lens, a serious piece of equipment. We used to work with that a lot, and he had a telescope that we'd take out on the lawn once a month or so. I remember those things really well. He was always involved in scientific pursuits with us. Unfortunately, when I wanted to go into science in college, my math was so bad that I couldn't pursue science. I don't know if that was because of my father or just my poor ability! I was really upset about it because I had a natural ability and curiosity about science. I ended up going into literature and philosophy instead, which I don't regret.

Another thing I remember about my dad—something most TA people probably know—is that he had a huge capacity, a tireless capacity for work. And an equal one for play. Some of my main memories are of going to the beach with my father. He worked a lot too, of course. He had his practice in Carmel and spent 2 days a week up in San Francisco where he had his seminars. So he would come home 4 days a week in Carmel, have dinner, and then go out to his study

and write. Strangely enough, I didn't have the sense that he was never home or that I never saw him, though I think my mother felt that way! I felt like I spent a lot of time with him.

BILL: Your folks broke up...

TERRY: Yeah, around 1962.

BILL:...although from what I've read, I have the impression that they sort of broke up and sort of didn't break up.

TERRY: Yes, they remained close. He actually moved across the street and used to come over a lot. So I think the problem was just that he was a workaholic, and my mother had five kids and he just didn't participate enough, or couldn't. I think she was just frustrated. On top of it all, he traveled a lot. So I guess we could say that as a marriage partner my father was not exactly ideal. But as a father, I have totally positive memories.

Another story I want to tell is about my dad taking me to see the film *2001, A Space Odyssey* when it first came out. I think I was 12. I was completely dazzled by it but didn't understand a thing. He explained it to me so clearly and confidently that I've remembered his explanation ever since; it was the clearest explanation of that movie I've ever heard. So whenever I see it—which is about every 10 years—I remember him and that experience.

Another anecdote is related to his interest in the cultural aspects of psychiatry. On his travels all over the world he always investigated the psychiatric hospitals. Beginning in the 1930s and into the 1960s, he was visiting hospitals in cities and rural areas in Asia, the South Pacific islands, Singapore, Thailand, and Eastern Europe. In fact, I recently found a lot of papers and original correspondence written by the heads of the hospitals and clinics who would send him statistics and information. I donated it all to the Eric Berne archives at UC San Francisco. The envelopes still have their original stamps, some from the 1930s—from places like the Fiji

Islands and India—with letters answering his questions about all sorts of things. I also recently found off-prints of articles he published in psychiatric journals in the 1930s and 1940s on cross-cultural studies of psychiatry and psychiatric hospitals. They've been out of print for a long time.

BILL: How fascinating. I had no idea such material existed. I would love to reprint them in the *TAJ*.

TERRY: That would be wonderful. The next time I'm in California I will send you copies. I've even thought it would be nice to see them published in a small book.

I saw in *The Script* that Pearl Drego from India won the latest Eric Berne Award. My Dad would have really liked that. It would have made him very happy that transactional analysis is written about and taught in India. It was one of the cultures that interested him the most. His interest in cross-cultural issues was very strong, and he wanted to create a psychotherapy that crossed cultural boundaries.

"I think it is exciting that transactional analysis is still going strong, despite certain low points and problems, and that there are people all over the world still involved in it."

BILL: Well, he succeeded. Transactional analysis is taught and practiced throughout the world: in North and Latin America, all through Europe, Eastern Europe, Russia, Turkey, India, Japan, Australia, South Africa. It's amazing really. Very few therapeutic models work cross-culturally successfully. I think what makes the difference is that your dad created a model that is largely descriptive rather than prescriptive or proscriptive, so it can be used in very different cultures.

TERRY: That was really important to him. And you know, an interesting outcome of his travels and international research was that he suffered persecution during the McCarthy era.

BILL: I didn't know that!

TERRY: Among his papers I found a file related to him being investigated by the House of Representatives' Select Committee on Un-American Activities, which began in the late 1940s and were the precursor to the McCarthy investigations. My dad lost his job with the government—he was a psychiatric consultant to the US Army—because he was considered a security risk.

BILL: Wow!

TERRY: Yes, he was interrogated over a period of several years and even had his passport rescinded. He had to justify and give his reasons for traveling to places like Turkey and Russia. It's really amazing.

BILL: Kind of like it is now in the United States.

TERRY: You're right! He also signed a petition circulated by prominent scientists calling for the US government to stop politicizing scientific research. At that time the government was pressuring private research foundations that were financially supporting scientists that the government deemed to be too liberal. Again, just like now. The Central Intelligence Agency (CIA) even requested a list of all the maps in his possession. The ironic thing was that my father was, if anything, anti-Communist. When I was 12 I went with him on a trip to Bulgaria. I loved it and thought it was fantastic and beautiful. I expressed my admiration for the order and cleanliness, and my dad told me to look more closely. He explained to me that Marxist theory looked good on paper but went against every psychological instinct in human beings. He also pointed out that we were being followed everywhere we went! So it was ironic that his travels

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Remembering Eric

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got him into so much trouble. And it's even more interesting that it parallels so closely what is going on in our country right now.

BILL: This is fascinating. There were two people who captured my imagination when I was in college: one was your dad and the other was Wilhelm Reich. The same thing happened to Reich. He had been a Communist and turned vehemently anti-Communist, emigrated to the United States, and was relentlessly persecuted by the American government during the McCarthy era. He eventually ended up in prison, where he died.

TERRY: I didn't know that.

BILL: And I didn't know that had happened to Berne.

TERRY: Absolutely it did. I'm writing a novel right now based somewhat on that. It's a completely different character, but it's about a man who is also persecuted by the US government during the McCarthy era, and I'm using some of the things from my father's file.

That brings to mind how transactional analysis can be applied to society and culture as a whole as opposed to just the individual—in the spirit of something like Freud's *Civilization and Its Discontents* or the work of Erich Fromm. The way transactional analysis can be applied to broader societal and political patterns is of particular interest to me. And another thing that I'm glad to see—it's one of the things Jim Allen mentions in his prologue to the new edition of *Games People Play*—is the additional support that transactional analysis and psychotherapy in general are receiving from neuroscience.

BILL: Do you get the *Transactional Analysis Journal*?

TERRY: I just started getting it again.

BILL: Good, because there have been and will be articles applying neuroscientific research to transactional analysis. And the April 2004 issue, which is on gay and lesbian issues, addresses a range of social and cultural issues, as does the October issue, which is devoted to articles from Latin America. It was fascinating to me as one of the editors of the October issue to find that virtually every manuscript submitted had a distinctly social or political focus.

“An interesting outcome of my dad's travels and international research was that he suffered persecution during the McCarthy era.”

TERRY: That's fascinating. It will be very interesting to read. And you know, Spain, just yesterday, became I think the second country in the world to legalize homosexual marriage, along with a bunch of other human rights.

BILL: That reminds me that I wanted to ask what took you to Spain.

TERRY: I was just traveling around when I was younger, and I didn't really have a particular interest in Spain. But when I got here, I just loved it. I kept coming back in subsequent years and eventually settled here. I actually bought an old house in a village on the island of Mallorca when it was still inexpensive. I thought I'd just come back every couple of years, but I stayed and never went back to the States. It's been 24 years or so now.

BILL: As a freelance journalist, do you write about something in particular?

TERRY: Mostly about European cultural affairs. I also write for *Art in America*, which is published in New York. I write about art, films, music, and economic and technological stories related to the arts.

BILL: Well, we'd better wrap this up for now. Thanks so much; this has been really interesting.

TERRY: You're certainly welcome. It's nice to make contact with you and the TA community.

Terry Berne, the youngest of Eric Berne's seven children, is a freelance writer, journalist, and enthusiastic observer of the activities of the ITAA. He has lived in Spain since 1982. He can be reached at his office at C/Divino Valles 26, 2a IZQ, 28045 Madrid, Spain, or by email at alant@arrakis.es.

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October 27-29, 2005: Nashville, Tennessee. USA TA Association Conference. Contact: Suzanne Wilson, 229 Ward Circle, Suite B-21, Brentwood, TN 37027, USA; phone: 615-373-0443; email: psswpc@bellsouth.net

EXAM CALENDAR

Exam	Exam Adm.	Exam Date	Location	App. Deadline
CTA Oral	WPATA	Nov. 1, 2004	Perth, W. Australia.	August 1, 2004
	BOC	Nov. 11, 2004	Wellington, NZ	Aug. 1, 2004
	COC	Nov. 19, 2004	Neustadt, Germany	Aug. 1, 2004
	COC	Dec. 5, 2004	Rome, Italy	Sept. 1, 2004
	COC	July 7, 2005	Edinburgh, Scotland	April 1, 2005
TSTA Oral	COC	Nov. 19, 2004	Neustadt, Germany	May 1, 2004
	COC	Dec. 5, 2004	Rome, Italy	June 1, 2004
	COC	July 7, 2005	Edinburgh, Scotland	Jan. 1, 2005
CTA Written	All Regions	Your choice	Submit to Regional Exam Coordinator after paying \$50 fee to T&C Council	Your choice
TEWs	TSC	Nov. 15-16, 2004	Wellington, NZ	July 15, 2004
	PTSC	Dec. 2-4, 2004	Rome, Italy	Aug. 2, 2004
	PTSC	July 10-12, 2005	Edinburgh, Scotland	March 10, 2005
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Come share your work with other professionals by presenting at the 2005 USATAA Conference. We are looking for:

- Scientific presentations, experiential workshops, and institutes that showcase transactional analysis applications in the fields of counseling, psychotherapy, organizational development, and education
- Proposals that highlight the way transactional analysis complements other modalities, such as object relations, ego psychology, cognitive behavioral therapy, and psychoanalysis
- Proposals that will attract graduate students in psychology, counseling, marriage and family therapy, government, health care, education, and business. Transactional analysis is effective not only with individuals, but also in social, political, educational, business, and health settings, and we want to expose those in institutions of higher education and other professional organizations to current trends in transactional analysis.

Help us reenliven transactional analysis for educators and practitioners of human relations and business in the United States. Send in a proposal and invite your colleagues and friends to join us in Nashville. For details and a submission form, contact Suzanne Wilson at psswlp@bellsouth.net .

Deadline: 15 January 2005.

***The Pilgrimage of Psychotherapy:
The Client-Therapist Relationship***

A professional continuing education conference to explore the client-therapist relationship, the client's personal development, and the therapist's professional and personal development

***30 June thru 3 July 2005
Santiago de Compostela, Spain***

The week prior to the ITAA/EATA/ITA conference in Edinburgh, Scotland

Sponsored by the

International Integrative Psychotherapy Association

Held at the

Hotel Palacio del Carmen

This five-star hotel is the beautifully remodeled former Convent Las Oblatas in the center of Santiago de Compostela, the destination of the legendary Pilgrimage

Simultaneous translation in English, Spanish, Italian, and French

All-Day Institutes on Thursday 30 June 2005

Fundamentals of Integrative Psychotherapy:

Helene Cadot, Wayne Carpenter, Jesus Cuadra, Joan Lourie, Amaia Mauriz Extabe, Lindsay Stewart, Damon Wadsworth, Gregor Zvelc

The Neuro-Psychological Basis of Trauma:
Maggie Senior

Attunement, Involvement, and Attachment Theory:
Marye O'Reilly-Knapp

Relational Group Therapy:
Grover Criswell and Kathryn Van der Heiden

Friday 1 July and Saturday 2 July

Keynote Presentations:

David Conlin, Paul Guistolise, and Maggie Senior
30 Workshops, Clinical Forums, and Supervision Groups

Closing Program on Sunday 3 July

**A Comparative Presentation of
Therapeutic Methods and Perspectives**

Carlo Moiso and Richard Erskine,
with commentary by Mario Salvador

For conference, hotel, and registration information
visit our website at: IntegrativeAssociation.com

Or contact: Alexis DiVincenti, Executive Director, IIPA,
252 East 51st Street, Suite 3B, New York, NY 10022 USA; phone:
212-758-2354; email: IntegrativeAssn@aol.com

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