



Gaylon Palmer Honored with James Award

We are pleased to announce that Gaylon Palmer, MSW, TSTA, has been awarded the Muriel James Living Principles Award.

Gaylon has been one of the most active, contributing members of the ITAA over the last 20+ years and an excellent example of the kind of person the award was meant to honor; that is,

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

Gaylon has done it all with a can-do attitude and a large measure of grace, always looking for a way to move forward that is respectful of the needs of others yet facilitates getting the job done."

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.

Gaylon became involved with transactional analysis in the early 1970s in the Sacramento area. She did a TA 101 course with Tom Harris and Larry Mart and found the ideas exciting and easy to apply in the high school where she was working. She soon went back to school to earn her MSW, and during this time continued her transactional analysis training, eventually becoming a Teaching and Supervising Transactional Analyst (psychotherapy). She wrote two books with Larry Mart, including *The Rhythms of Life* (1976), and an article about her currency wheel for the *Transactional Analysis Journal* (1977).

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Brighton Conference on "Sexuality in All Spaces and Forms"

by Carol Faulkner and Heidi Amey

On 23 June 2007, an exciting, thought-provoking, and stimulating one-day conference was held in Brighton, United Kingdom, on the theme of "Sexuality in All Spaces and Forms." We were thrilled as the coorganizers of this event to see the successful culmination of all of our efforts to bring this gathering together.

The idea came from a discussion with Carole Shadbolt at the Institute of Transactional Analysis (ITA) UK National Conference back in 2006. Carole approached us saying that she thought a conference with the theme solely on gay and lesbian issues would be a great idea. She also commented on she herself being "old hat" (not that we agree) and that young blood was needed (we do agree) to take on such a project.

"We decided that the theme should encompass sexuality as a whole, a subject that is rarely covered in transactional analysis training."

We were both very excited about the whole idea and agreed to come up with something. Little did we know how much interest and enthusiasm we would generate along the way.

After a good deal of thought, we both felt strongly that the conference should reach everyone, regardless of the individual's sexual orientation. We thus decided that the theme should encompass sexuality as a whole, a subject that is rarely covered in transactional analysis training. We wanted delegates to experience something new and thought provoking, and we felt our title captured this.

We had many discussions with colleagues about planning the day. Some had already heard the news about the conference and were excited, while others were animated and energized about the whole idea. All that was left to do was to find presenters. One weekend at a training workshop, we meet up with Bill Cornel and Helena Hargaden, who were both interested in presenting workshops. Bill said he would be in the UK in June of 2007, so we worked the conference around his dates. Heather Fowlie and Paul Kellett joined our conversation and then we had four. Next on the list was to plan the venue.

We chose a hotel on the seafront in Brighton; we thought the setting was perfect. Brighton does its best to embrace sexuality in "all its shapes and forms" as it has a large gay and lesbian community. While we knew that we could not guarantee the British weather, we nevertheless wished for a warm sunny day with views over the sea—now that would set an idyllic scene!

As the word spread about the conference, other colleagues came forward and were invited to present, including Charlotte Sills, Carole Shadbolt, Corrie van Holm, and Birgitta Heiller. In wanting to bring something different to the conference, we asked Joy Rosendale, a psychosexual therapist, to present too. Joy is not predominately a

transactional analyst, which we felt would be interesting and exciting. She spoke about "Sex Addiction: High Libido or Drug of Choice?"

We both felt extremely stroked that all these people wanted to present at the conference. As for our keynote speaker, we invited Melanie Lewin, whom we knew would really "kick start" the day.

The night before the conference, we and our trusty team (Annie Sullivan, Linn Lee, and Jackie Peet) and most of the presenters stayed at the hotel. This was a great way for us all to relax over dinner, celebrating the fact that we had "done it" and reveling in the fact that over 90 delegates would be joining us in the morning. It also helped to reduce our anxiety levels.

The following morning, as delegates signed in and found their name badges, each person was given an enamel red ribbon pin. We donated some of the day's profits to the AIDS Trust by way of purchasing the pins. As coordinators we stated that profits from the day would go to charity. Along with the badges we managed to raise £1000.00, which was donated to the Brighton and Hove Lesbian, Gay, Bisexual, and Transgender Switchboard. On the day this news was received, there was much enthusiasm and applause from all present.



Heidi Amey (left) and Carol Faulkner enjoy their success in organizing the Brighton conference on sexuality

The conference promoted transactional analysis by reaching out into the community and encouraging individuals with other theoretical orientations to join us for the day.

Melanie Lewin opened the conference with an excellent keynote speech that really set the tone of the conference. She spoke on "Belonging at the Edge."

Morning presenters and workshops included:

- Paul Kellett: "The Enigma of Desire"
- Birgitta Heiller: "Changing Sexual Identities Over the Life Span"

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Italian Journal on "Supervision"

With this article we continue our series describing the contents of recent transactional analysis journals other than the *Transactional Analysis Journal*. We view this as a way to let readers know about the work colleagues have done that they might otherwise be unaware of and to build connections between authors and researchers in transactional analysis worldwide. To further this project, we urge editors of other transactional analysis journals to send us abstracts (in English) of articles from recent issues along with the full title of the journal in its original language (with an English translation); the theme of the issue (if there is one) in the original language (with an English translation); the volume, number, month, and year; the name of the editor; and the name of the sponsoring organization.

Quaderni di Psicologia: Analisi Transazionale e Scienze Umane [Review of Psychology: Transactional Analysis and Humanistic Science]

No. 42, 2004

"La Supervisione: Scambi di Saperi"

[Supervision: Sharing Knowledge]

Guest Editor: Marco Mazzetti

Contents

"Supervisione Analitico Transazionale o Supervisione Analizzata Transazionale?" [Transactional Analysis Supervision or Supervision Analyzed Transactionally?] by Keith Tudor. A review of the literature on supervision reveals surprisingly few specifically

transactional analysis models of supervision. The author offers an organizing framework for supervision that locates and interrelates transactional analysis philosophy, practice, and theory, in the course of which Berne's (1966) therapeutic operations are applied to supervision as supervisory operations. The article explores the question of whether supervision is a metatheoretical—and, for that matter, a transdisciplinary—activity that may be analyzed in transactional analysis terms (pp. 1-43). (Translated from the *TAJ*, 32(1), January 2002)

"La Supervisione Immateriale" [Immaterial Supervision] by Giampaolo Lai. The author describes three forms of supervision, each suitable for one or another stream of psychoanalysis that has appeared in the last 6 decades: classical psychoanalysis, nonclassical psychoanalysis of object relations, and nonclassical interpersonal psychoanalysis. In relation to the first stream of psychoanalysis, supervision enables the analyst in training to grasp the patient's transference; the second stream requires a form of supervision akin to psychoanalytic treatment in order to allow the analyst in training to get in touch with his or her countertransference; and the third stream of psychoanalysis supervision enables trainees to become expert in behavioral problem solving related to the real interpersonal relationship. The fourth form of supervision that the author eventually presents is peculiar to the immaterial conversation. The trainee is taught to calculate the modal logic figures of the recorded conversations' texts from a syntactic point of view that

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The Unconscious and Sex! Opportunities to Write for the TAJ



Last month's issue of *The Script* carried an account by Massimo Gubinelli, Valentina Terlato, and Monica Riccucci (2007) of a unique and exciting conference this past December in Rome. The theme was "The Relevance of the Unconscious for Transactional Analysis," and the gathering was sponsored by the Italian Society for Transactional Analysis. This month's *Script* carries an account of a conference this past June in Brighton, England, on "Sexuality in All Spaces and Forms." That conference was well attended by members of the transactional analysis community of the UK, even though it had no formal, organizational sponsorship but was the product of the initiative, energy, and guts of Carol Faulkner and Heidi Amey.

Both of these conferences were greeted with enthusiasm and filled with intense and excited discussions. Both focused on themes that are seriously underconsidered at our conferences and in the transactional analysis literature. And both have resulted in plans for special theme editions of the *Transactional Analysis Journal*. Thus, in this column I wear both of my editorial hats: the first as editor of *The Script* to applaud the organizers of these unique and important conferences, and the second as a coeditor of the *TAJ* to solicit contributions to these two theme issues.

As I heard from verbal reports after the Rome conference and one can see in the *Script* article's description of it, the question raised in the theme—"The Relevance of the Unconscious for

Transactional Analysis"—was well served by the presenters, with a fascinating array of topics and presentations given by representatives of the entire Italian transactional analysis community. The response to the conference underscores the relevance and importance of this subject for contemporary transactional analysts.

"These conferences have enriched transactional analysis theory and practice and, with the upcoming theme issues of the Transactional Analysis Journal, will make permanent contributions to our theory and methodology."

I had been invited to present at the conference but was unable to attend due to previous commitments. I did, however, write a paper that the Italian TA Society generously translated and read in my place. For that paper, I contacted all the members I could of the original San Francisco Seminars and invited their memories and thoughts on Eric Berne's turning away from the terms and concepts of the unconscious in his later writings. The responses were varied (as I'd expected) and fascinating. I summarized these in my paper and then went on—as did many of the presenters in Rome—to explore understandings of unconscious organization based on current research and psychoanalytic theory, which are very different from the notions available during Berne's professional lifetime. In my paper for the Rome conference, I argued:

These days TA folks often refer to stuff in the head that is "out of awareness," which I think is a kind of theoretical gymnastics to avoid the "bad" word, unconscious. I do not think that "preconscious" or "out of awareness" captures the depth and compelling force of unconscious psychological organization. I want to emphasize in the strongest possible terms that because something is unconscious, it is not necessarily primitive, regressive, or pathological. Unconscious processes are foundational, fundamental, and unworried in our internal experience, an inherent and compelling means by which we "know" ourselves

in the world of others. . . . This is the realm of experience, of affective and somatic organization, that Berne explored in his concepts of intuition and protocol.

In their *Script* article Massimo, Valentina, and Monica wrote, "One of the main benefits of the conference was to put the various Italian transactional analysis realities together along with the richness, variety, openness, and availability of both participants and speakers" (p. 5). This is the atmosphere and attitude that Maria Teresa Tosi and I, as coeditors of the *TAJ* theme issue on "The Relevance of the Unconscious for Transactional Analysis" will bring to the pages of our journal. While we hope that many of the presenters from the Rome conference will submit their papers for this issue, the call for papers is open to the international community. There is a rich, and sometimes controversial, tapestry of ideas on this topic in the international transactional analysis world, and we invite all perspectives. The deadline is 1 October 2007, which is tight, but we urge you to make the effort to contribute to what should be an important and exciting issue of the *TAJ*.

In their article beginning on page 1 of this *Script*, Carol Faulkner and Heidi Amey also convey the excitement of the Brighton conference on "Sexuality in All Spaces and Forms." While organized in large part by lesbian and gay members of the English transactional analysis community, the conference addressed broad themes related to the nature and experience of sexuality in intimacy, health, and trauma. I think it was no accident that the inspiration for this conference came from within the lesbian and gay community, since—while there is growing acceptance of variations in sexual orientations and gender presentations—it is those outside of the mainstream of sanctioned sexuality who cannot take sexuality for granted and who see the necessity of addressing sexual issues in public and professional forums. The only issue of the *TAJ* to date to address sexuality was one coedited by Terry Simerly and me on working with gay and lesbian clients.

I was able to attend the Brighton conference and experienced the excitement and the quality of the presentations firsthand. Complex, and often sensitive topics, were addressed with care and respect, the discussions among the workshop participants being open, personal, and challenging.

As with the Rome conference, participants in Brighton quickly recognized the importance of what was happening at the meeting and realized how horribly impoverished is any attention to sexuality in transactional analysis theory, training, or practice. As a result, I was approached by several participants about having a theme issue of the *TAJ* devoted to sexuality. Carole Shadbolt offered to coedit the issue with me, and on my return home, my *TAJ* coeditors Jan Morrison and Ann Heathcote enthusiastically endorsed the idea. Again, it is our hope that many of the presenters from the Brighton conference will submit their papers to the *TAJ*, but the call for papers is to everyone, with a deadline of 1 July 2008. This is an important opportunity to address a drastically underdeveloped aspect of TA theory in the pages of our journal.

In closing, I want to express my personal appreciation to the organizers of these two conferences. They had the foresight and courage to focus entire conferences on topics that have been underserved and largely unexamined in our community. These conferences have enriched transactional analysis theory and practice and, with the upcoming theme issues of the *Transactional Analysis Journal*, will make permanent contributions to our theory and methodology.

Bill Cornell can be reached by email at bcornell@nauticom.net.

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ITAA The Script

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Gaylon Palmer

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Gaylon has played many important roles in the ITAA over the last 2 decades. She was on the *TAJ* editorial board from 1982-1985, served as conference committee chair from 1996-1999, was vice president of operations from 1998-2001, and then became vice president of development in 2004, a position she still holds. As VP of operations, Gaylon played an important role in keeping the organization running during some difficult transition years, including the move from San Francisco to Oakland in 1999, and has always been a steady, supportive presence for ITAA staff. As VP of development, she has been instrumental in the creation of several important products, including videos/DVDs, books, and the products catalog.

In all of these positions, Gaylon has always done much more than her fair share of work and has not hesitated to take on the most difficult tasks. And she has done it all with a can-do attitude and a large measure of grace, always looking for a way to move forward that is respectful of the needs of others yet facilitates getting the job done. She speaks her mind forthrightly but is

open to compromise, she offers good ideas and encourages others to do the same, she is caring toward persons yet committed to achieving goals. It is a winning combination and one from which the ITAA has benefitted tremendously.

In other areas of her life, Gaylon has also demonstrated the qualities that make her an appropriate recipient of the James Award. She served in the Peace Corps in Nyasaland, Malawi, for two years, has been a volunteer for Planned Parenthood, was a board member of the Sacramento County Mental Health Association and the Yolo County Mental Health Association, and has been active in the Methodist Church for several decades. In all of these activities she has worked to better our world and to manifest by personal example the values and ideals promoted by transactional analysis, including "I'm OK, You're OK."

Clearly, Gaylon is a most worthy and deserving recipient of the Muriel James Living Principles Award. For those who wish to offer their congratulations directly, Gaylon can be reached by e-mail at gaylonlcs@aol.com.

Upcoming TAJ/Theme Issues

"The Relevance of the Unconscious for Transactional Analysis"

Coeditors: Bill Cornell and Maria Teresa Tosi

Deadline for Manuscripts:
1 October 2007



"Trauma & Resilience"

Guest Editor: Sharon Massey

Deadline for Manuscripts:
1 January 2008



"Sexuality"

Coeditors: Bill Cornell and Carole Shadbolt

Deadline for Manuscripts:
1 July 2008

Please follow the instructions to authors on the inside front cover of any recent issue of the *TAJ*. Please e-mail manuscripts to *TAJ* Managing Editor Robin Fryer, MSW, at robinfryer@aol.com.

A Nice Synchronicity

by Charlotte Sills

Eric Berne first “spoke” to me through the voice of Petruska Clarkson in 1979. We were both working for a local social services department in London and she periodically offered workshops and training in various things. She was magical—spellbinding, clever, penetrating—and brought me ideas that helped me make sense of the world. The introduction she gave me to transactional analysis was probably the richest set of tools I had ever come across. Presented in Petruska’s way, it emerged as a truly relational, empathic, in-depth way of understanding how human beings exist together.

For nearly 30 years now, I have used transactional analysis as a counselor and psychotherapist, supervisor and trainer and am still struck over and over again by its versatility—its ability to make sense of the intrapsychic and also the interpersonal and the link between them; its speed and its subtlety; its powerful simplicity as a brief, behavior-based intervention; and its availability as an in-depth vehicle for characterological change.

Back in 1979, however, my clients took a back seat. It was what transactional analysis could do for me that was in the forefront of my mind. I was captivated by understanding myself through ego states, by recognizing games, by realizing that my racket feelings *just might not be true!* And perhaps, especially, I was captivated by the philosophy—the idea that people can take charge of their lives, be intimate with each other, be responsible for their feelings, and all within a framework of “I’m OK, You’re OK.” The fact that Berne wanted his clients to have knowledge and to empower themselves moved me greatly. I was also impressed that transactional analysis was imbued with some of the best of the US mind-set—the “can do” attitude that was and is such a refreshing change from the English “it’s going to be difficult, it’s never been done before, it’s more than my job’s worth . . . !” It was all rather intoxicating.

It was some time before I sat down and read Berne’s writings. They came as something of a shock in several ways—and they continue to. The first shock was that Berne’s language was so much more glib and even superior than I expected. I was a bit taken aback at his clinical, rather one-up way of describing the most tender and painful of human experiences. The values he described show an extraordinary commitment to being of benefit to humankind, but the tone with which he discussed his fellow human beings did not seem to display concern.

An example of misleading glibness is the core notion of “I’m OK, You’re OK” (further “glibbed” as I+U+). Berne related it to the Kleinian idea of positions, and in postulating a natural positive thrust within the unconscious, he was revolutionary. However, his glibness turned a profound and aspirational idea into a sort of jingle. I+U+ contains two elements that encompass much of what is most challenging and also wonderful about living in the world with others. The first is the notion of “I am and You are.” This is truly existential; it is saying something about being human. I am a complete, independent human being, with all my feelings and desires, thoughts and responses—and you are also a complete human being, with all your experiences and feelings and desires and responses. You are just as real to yourself as I am to myself and vice versa. We are completely separate and also unutterably connected via our embodied humanity. What an awesome thought! And what a developmental challenge to face that truth with all its implications for relatedness. No

wonder we develop patterns of relating to others that make human contact more predictable with our racketeering, games, and life positions.

And then, if that weren’t enough to cope with, we have the concept of OKness. This is not a human given, not existential at all. It is the expression of an aspiration, a commitment to trust in ourselves and our fellow humans, a way of relating that, in my opinion, can only be achieved if we have a core sense of OK self-other, and even then it needs effort to overcome some of our more primitive urges and fears.

“I like to think that, just as Berne wanted his clients to empower themselves with his theory, so he wanted that for us. He deliberately gave us a set of tools that we could make our own and use flexibly with our clients. I wonder if he predicted that we would argue over it!”

Another example of Berne’s glib style is the way he wrote about his “operations” (Berne, 1966). His is a relational theory, yet there is no relational feel in the way he described interrogation and specification, interpretation, crystallization, and the rest. (That is why Helena Hargaden and I re-visioned the operations and empathic interchanges in our book published in 2002.) Read Berne closely and one can find his carefully thought-out caveats about protection for the Child when delivering the operations, but even that sounds more like a smug outwitting of the Parent than empathy for the Child.

So yes, there was brilliance, but also something unattractive for me about Berne’s writing. Yet I was also amused and seduced. He was telling me that it was OK to “know” these things, to predict outcomes, to confront games. Even OK to be a smart-arse. There was something liberating about it even though it didn’t have a lot of empathy. I realized later that he was writing at the same time that John Nash was developing his game theory (for which he won the Nobel Prize in 1971), which also took a rather cynical, deterministic view of human behavior.

Happily, there was something to balance this attitude. I saw the same lack of sentimentality and challenging clarity in the work of Bob and Mary Goulding, Claude Steiner, Muriel James, Fanita English, and other early pioneers of transactional analysis but was glad to find more humanity in their work. From their writing but also personally through their workshops, I could see them embodying a spirit of I+U+ that felt much more real.

I would like to add a quote here. It comes from Pam Levin, another of the founding mothers and fathers of our approach. In response to a draft of this article, she wrote the following: “Part of what I loved about Eric was not just his brilliance and inventiveness but also that one could see that here was a flawed human being who nonetheless was giving total dedication to making things better for everybody. That his flaws would come through in his writing style is certainly no surprise. He gave me the biggest gift of all the ones he gave, I think, by demonstrating every day that one could still make major contributions, even while shouldering one’s own imperfections.” I think that Pam’s comments summarize beautifully the paradox that I am struggling with. We hope to find “the truth” or “the perfect answer” (or Santa Claus?), and Berne himself challenges that myth for us.

The second way Berne’s writing surprised me was in realizing how enormously well-read he must have been. As the years have passed and I have read around the subject, I am constantly recognizing that Berne had been there before; he must have read this or that author, studied this or that approach. He drew thoughts and ideas from a wide variety of places—from Eastern thought to Greek mythology, from Carl Jung to Hans Christian Anderson.

The third surprise is how prescient he was. His writing contains ideas and assumptions that were before his time. An obvious example is the importance of contracts, subsequently identified by a mass of outcome research to be an essential element in successful psychotherapy (Asay & Lambert, 1999; Wampold, 2001).

I often wonder what Berne would have made of the debates of the last couple of decades about the direction that transactional analysis should go in. What he gave us was a rich body of theory that can be developed in a variety of ways. He culled the best of psychoanalytic ideas from



drive theory and ego psychology, of course, but also from object relations theories; he drew on the insights and successes of the cognitive behavioral therapy that was developing at the time; he included social psychology as well as the humanistic culture of the day. It is no wonder, therefore, that his theories can be developed and used in many ways—as a cognitive-behavioral approach, a psychoanalytic approach, a systems approach, a constructivist approach, and so on. But did he intend this? I like to think that, just as he wanted his clients to empower themselves with his theory, so he wanted that for us. He deliberately gave us a set of tools that we could make our own and use flexibly with our clients. I wonder if he predicted that we would argue over it!

There is a nice synchronicity about being invited to write something for this column at this point in my life. After 16 years, I am retiring as head of the transactional analysis department at Metanoia in London, and yesterday evening was my leaving party with many of the transactional analysis trainers who have helped to build and shape our programs. It was wonderful to sit and reminisce about the old days—how we discovered transactional analysis and Metanoia, and how the world of TA training has changed over the years. In the psychotherapy field in the UK, it has gone from ad hoc workshops with visiting trainers to a well-established and respected comprehensive training that takes its place among other psychological therapies. Transactional analysis is recognized in the UK by the national registering body for psychotherapists, validated by universities as bachelor’s and master’s degree courses, the subject of doctoral studies, of national research—the list goes on. Fanita English (2007) in the last issue of *The Script*, suggests that Berne’s episcrypt legacy to the organization was to be on the outside, rebellious and arrogant. In Britain, perhaps it has taken those of us who also like to belong and even conform (I knew that script would come in handy one day!) to help it to become included and recognized. I like to think that Berne would have been very proud.

Charlotte Sills can be reached at charlotte@csills.fsnet.co.uk.

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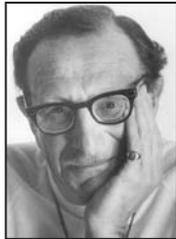
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- 1. Name(s) of author(s)** nominated
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- 3. Area of contribution:** Specify one of the following categories as the area in which you think the most significant contribution has been made: (a) theory, (b) research, (c) applications, or (d) other areas not covered by these.
- 4. A brief title for the contribution:** For example, the concept in theory, a descriptive title for the research project, the specific practice application, or a title for some other relevant area
- 5. A nominators' statement** (1500 words maximum) supporting the nomination as an original and highly significant contribution to transactional analysis in the designated area. This statement must include discussions of the following:
 - The originality and innovation of the contribution within transactional analysis

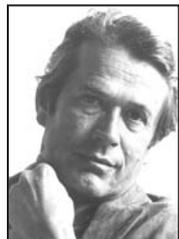
- The relationship to previous work in transactional analysis and related theories or fields of application, including research where applicable
- Evidence of the impact the contribution has had on the development of the field of transactional analysis
- Any other statements about the contribution that need to be considered by the committee in the opinion of the person(s) making the nomination

Each nomination needs to be supported by a single nominators' statement. If more than one individual is making the nomination, the nominating group will prepare a common statement and select a nominators' representative.

- 6. Individual, group, or organization making the nomination:** Please supply the name, address, telephone numbers, fax numbers, and e-mail address of the nominator (or nominators' representative) the EBMA committee may contact if additional information or material is required to consider the nomination fully.
- 7. Copies of the publication(s):** One electronic copy of the article(s) or book chapter(s) in which the contribution being nominated appears must accompany the nomination. If the article or book chapter was written in a language other than English, then an English translation must be included, along with the publication(s) in the original language. No more than three articles and/or book chapters can be submitted.
- 8. Notification of the nominee:** It is the responsibility of the person(s) making the nomination for the award to notify the author(s) of his or her intention to do so and to provide him or her with a copy of the written materials submitted to the EBMA Committee. The nominator is to verify to the committee that he or she has done so either by submitting a copy of the letter to the nominee or a statement to that effect. Without this verification, the nomination will not be accepted, except in those instances in which the award would be made posthumously.
- 9. Unpublished material and work published after December 2004** are not eligible for nomination at this point.

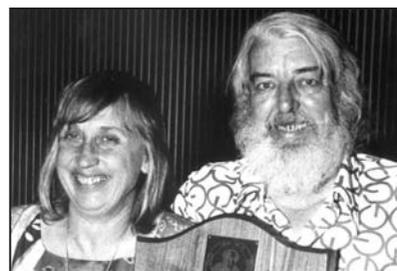
The deadline for Eric Berne Memorial Award nominations is 1 December 2007.

The **Hedges Capers Humanitarian 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 2008.

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 2008.*



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 redecision 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 redecision 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 2008.*

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.

For these awards to be meaningful, we need you to consider who within the ITAA is deserving of the association's highest honors and to let us know. Please submit nominations for any of these awards to the ITAA office. We look forward to hearing from you.

NEW MEMBERS MEMBERSHIP SPONSOR

NEW MEMBERS	MEMBERSHIP SPONSOR
June 2007	
Shirin Akther, India	—
Canan Muter, Turkey	—
Judith Legault, USA	—
Alan Wilson, UK	—
Jennifer Castor-Thomas, USA	—
Josephine Devotta, India	—
Divya Venu Gopal, India	—
Kelley Sanders, USA	—
Kong Seet Mui, Singapore	—
Carlita Elmont, The Netherlands	—
Christine Walker, UK	—
Mary Kownacki, USA	—
Jeff Walker, USA	—

Transactional Analysis Publications

In response to our call for information about transactional analysis publications, especially textbooks or chapters in textbooks on transactional analysis, we received the following information. If you know of a textbook or chapter—or have information about other books, articles, and chapters about transactional analysis (especially those published in nontransactional analysis journals or books)—please send us the book title/subtitle, the chapter title and inclusive page numbers if relevant, name(s) of author(s), year of publication, and name and city of publisher. E-mail the details to robinfryer@aol.com.

Buchicchio, Robert J. (2006). *Taking Space: How to Use Separation to Explore the Future of Your Relationship*. Montpelier, VT: Charler Publishing. There are references to transactional analysis throughout the book but specifically Step 2: Communicating with Yourself and Your Partner (pp. 33-58) refers to TA positions and there are PAC charts as they apply to both individuals and couples.

Law, Gordon. (2007). *Mind, Body, Soul and Spirit in Transactional Analysis: An Integral Approach to Relationships*. Malvern, UK: IMPACT.

Massey, Robert F., Hewitt, Gordon, & Moiso, Carlo. (2002). *Transactional Analysis*. In R. F. Massey & S. D. Massey (Eds.), *The Comprehensive Handbook of Psychotherapy*. Vol. 3: *Interpersonal/Existential/Humanistic* (F. Kaslow, Series Ed.) (pp. 555-585). New York: Wiley.

Butler-Bowdon, Tom. (2007). *Eric Berne*. In T. Butler-Bowdon, *50 Psychological Classics: Who We Are, How We Think, What We Do: Insight and Inspirations from 50 Key Books* (pp. 26-31). Nicholas Brealey Publishing.

Tudor, Keith. (1999). *I'm OK, You're OK—and They're OK: Therapeutic Relationships in Transactional Analysis*. In E. C. Feltham (Ed.), *Understanding the Counselling Relationship* (pp. 90-119). London: Sage Publications.

TA CONFERENCES WORLDWIDE

8-12 AUGUST 2007: San Francisco, California, USA. ITAA/USATAA International Conference. Contact: Felipe Garcia at conference@usataa.org or visit www.usataa.org/conference

26-30 SEPTEMBER 2007: Coimbatore, India. First South Asian Association of TA Conference. Contact: Uma Priya at nityaguru66@dataone.in or Sashi Chandran at sashichandran@hotmail.com

11-12 OCTOBER 2007: Singapore 3rd International Conference (organized by the Singapore Transactional Analysis Association and the Berne TA Center of Singapore). Contact: Berne.Spore@pacific.net.sg ; Web site: www.staa.org.sg

10-11 November 2007: Lyon, France. French national conference, organized by the Institut Français d'Analyse Transactionnelle (IFAT). Contact: armelle.brunot@wanadoo.fr for general information; lp.congres2007@orange.fr for registration.

14-17 NOVEMBER 2007: Guatemala. Asociación Latinoamericana de Análisis Transaccional (ALAT) Conference. Contact: Edgar Ramirez at earamirez@gmail.com or visit www.conglat.com

ITAA WEBSITE: www.ita-net.org

TA Still Out of Reach?

Dear Colleagues:

Recently, I read Thomas H. Ogden's (2001) case study called "Re-minding the Body" published in the *American Journal of Psychotherapy*. I found this article about early childhood experiences that damaged the development of an integrated sense of being alive quite interesting, and I wish to share some thoughts.

To give a sense of the article, here is the abstract:

The author discusses a fragment of the analysis of a patient who had experienced both neglect and sexual molestation during early childhood. The analysand had developed a defensively hypertrophied form of mindedness in an effort to gain some control over bodily experience, which threatened not only his sanity, but his very sense of being. The focus of the paper is on a series of sessions from a period of regression during which the patient experienced psychotic-level anxiety and a feeling of impending psychic disintegration. The author discusses in detail two interventions that he made during this period of analytic work. The first involved the analyst's finding himself speaking with a parental voice with which he took on the responsibility of protectively "minding" the patient while the patient experienced himself on the edge of disintegration. The second spontaneous intervention involved the analyst's inviting the patient to imagine himself at his present age into a story of molestation (based on the patient's history and the history of the analysis) in which the analyst was a third

presence bearing witness, bearing language, and bearing compassion. These interventions seemed to have been of importance in facilitating the patient's development of a greater sense of being alive in a co-extensive minded body and bodied mind. (Retrieved from www.ajp.org/archives/55-01-2001.html)

My first impression was to say, "Hang on, this sounds too familiar!" Quite obviously, Ogden has incorporated elements of the 3 Ps in his first intervention. When I thought about his second one, Richard Erskine (1974) came to mind with his work quite some time ago on "disconnecting rubberbands" (originally, a way of using fantasy/imagination in treating archaic response in the here-and-now moment created by transactional analysis pioneers Kupfer and Haimowitz [1971]). Ogden's concept of "I-ness" bears a strong resemblance to the concept of ego states. Reading on, when developmental and family matters were addressed, what stood out was a vivid similarity with some well-known transactional analysis fundamentals: counterscript messages/drivers and script messages/injunctions.

Ogden's case study reveals all the excitement of spontaneous insights attained through a flux of imagination and reverie. With all respect to Ogden and his work, what saddens me is the fact that the huge body of transactional analysis knowledge generated in previous decades remains out of reach of the majority in the scientific community and only sparkles from time to time when someone else by chance reinvents them.

Get the *TAJ* on the Web.

Melita Janosev, Zrenjanin, Serbia

REFERENCES

- Kupfer, D. M., & Haimowitz, M. (1971). Therapeutic interventions. Part I: Rubberbands now. *Transactional Analysis Journal*, 1(2), 10-16.
- Erskine, R. G. (1974). Therapeutic intervention: Disconnecting rubberbands. *Transactional Analysis Journal*, 4(1), 7-8.
- Ogden, T. (2001). Re-minding the body. *American Journal of Psychotherapy*, 55(1), 92-104.

The Other Side of the Coffee Break

I am a scientist from Bangalore, India, and while I am not a transactional analyst or an ITAA member, I was introduced to transactional analysis by Carlos and Saroj Welch in 1995. I have read a number of books on TA and personal growth and organizational development, and among other things, they have stimulated some thoughts that I would like to share about an experience that many of us have almost every day.

The well-known coffee break at work and home may be at least as old as work (what one is doing), home, and coffee themselves. We know the experience of stepping back from what we are doing, pausing, and reflecting while we sip a cup of coffee or tea. In many organizations there is a special room for this, often called the coffee room. This may be an individual or group activity, one in which we engage ourselves in conversation or silence. The coffee break is also a time for renewing bonds with our colleagues and friends, individuals who may be in another department or team and whom we see little during our regular work.

Since much of our work involves the Adult and Parent ego states, it may be meaningful to create some space for the Child ego state as well. Along those lines, it has occurred to me that it may be of interest to add more dimensions to the coffee break activity and experience—of taking a break from what one is doing, sipping a drink, and conversing with oneself or with friends and colleagues. Perhaps we could include some opportunities for creative experiences, such as crayons and paper, paints and canvas, and other handicraft items. This would give individuals the opportunity to express themselves in new ways by creating, over time, a collage during their break from work. They can even watch the painting grow over time. This may be extended from painting and sketching to poetry or even musical compositions, which can grow like a collage, a few lines at a time.

This would add more dimensions to taking a break from what one is doing and allow us to express ourselves and to experience each other as unique persons and as persons with shared values. This would create new avenues for creative and personal expression, attachment and bonding, enhance mutual awareness and understanding, and give the coffee break a new meaning altogether.

Dr. Jacob E. John, Bangalore, India

Brighton Conference

continued from page 1

- Corrie van Halm: "The Struggle with Difference"
- Helena Hargaden: "Feeling Our Sexuality" (A Case for Fluidity in Sexuality)

Afternoon presenters and workshops included:

- Heather Fowlie: "Sexuality and Childhood Sexual Abuse"
- Joy Rosendale: "Sex Addiction: High Libido or Drug of Choice?"
- Bill Cornell: "Sex at the Margins: What 'Perverse' Sex Teaches Us"

- Carole Shadbolt and Charlotte Sills: "A Very Civil Partnership"

The workshops were outstanding, and we were only disappointed we were unable to attend them all.

Our day was completed by Birgitta Heiller providing us all with an excellent closing plenary entitled "Chimney Sweeping or Is Psychotherapy a Hysterical Enterprise?"

The event was a true success, and our thanks again to all the presenters for their time and energy, to the team of people who helped make the day go smoothly, and to the delegates, without whom the conference would not have been a triumph.

The general feedback was that we should run another conference. So . . . we are thinking about 2009 with the theme once again related to sexuality. If anyone wishes to be e-mailed about future events, please let us know at carol.heidi@btinternet.com.

Carol Faulkner, Dip. Counseling and Supervision, UKCP-registered, BACP accredited, is a CTA working in private practice and as a clinical supervisor of a local hospice. Heidi Amey, Dip. Psychotherapy, is a trainee transactional analyst with a psychotherapy speciality who works in private practice with adults, children, and families. The live and work in Maidstone, Kent, England, and can be reached at carol.heidi@btinternet.com.

"Il Processo Parallelo Tra Supervisione e Terapia: Occasione di Reciprocità"

[Parallel Process between Supervision and Therapy: An Opportunity for Reciprocity] by Evita Cassoni. The author describes the history of parallel process starting from its origins in psychoanalytical theory until today when this idea is commonly shared in different theoretical matrixes of psychotherapeutic disciplines. After defining the notion and describing some recent discoveries in the neurosciences, the author provides some supervision examples both in the clinical and educational fields that support the idea that parallel process connects theory and practice; supervision, teaching, and therapeutic functions; and also different working modalities in psychotherapy (pp. 99-116). (Translated and republished in the *TAJ*, 37(2), April 2007)

"La Supervisione e L'Etica"

[Supervision and Ethics] by Barbara Classen Meier. The author considers the question of how supervisees' awareness about ethical issues can be raised and supported and how ethical actions can be effected. Ethical actions should not be demanded with raised forefinger. An atmosphere of openness, curiosity, transparency, and mutual respect should make it possible for even taboo topics to be brought to supervision (pp. 118-129).

"La Supervisione e Il Sistema di Certificazione EATA"

[Supervision and the EATA Certification System] by Isabelle Crespelle and Marco Mazzetti. This article presents a conversation between the former and current chairpersons of the EATA Commission of Certification (COC) about the role of supervision within the process of transactional analysis certification (pp. 130-139).

For information on subscribing to this journal, please contact Susanna Ligabue, TSTA (psychotherapy), at at.mi@centropsi.it or visit www.centropsi.it.



Gathering in the hotel lobby before the Brighton conference (from right): Helena Hargaden, Heather Fowlie, Carol Faulkner, Paul Kellett, Jackie Peet, Annie Sullivan, Linn Lee, Melanie Rowland (delegate), Wilma Fraser (delegate), Melanie Lewin (hidden), and Birgitta Heiller

Italian Journal

continued from page 1

views as irrelevant the semantic features of psychology and narratology (pp. 45-70).

"Supervisione in Analisi Transazionale: Un Modello Operativo"

[Supervision in Transactional Analysis: An Operational Model] by Marco Mazzetti. This paper presents a model for supervision in transactional analysis based on Petruska Clarkson's checklist. The checklist was modified by identifying seven components: (1) clear and appropriate contracts; (2) key issues identified; (3) effective emotional contact with the trainee; (4) protection of both trainee and patient; (5) increase in developmental directions; (6) awareness and effective use of the parallel process; and (7) equal relationship. The author discusses the characteristics of these seven components as related to trainees' three different stages of development (beginning, intermediate, and advanced) (pp. 73-97). (Translated and republished in the *TAJ*, 37(2), April 2007.)

Transactional Analysis Research Instruments

Compiled by Füsün Akkoyun

We are pleased to present the following list of transactional analysis research instruments. It was compiled by Füsün Akkoyun, PhD, CTA, TA Instructor, and includes a brief description of each instrument. We hope you find this information useful, and if you have any additions to this list, please send them to Füsün at fusun@itaa-net.org. The list will also be posted on the ITAA Web site. Our heartfelt thanks to Füsün for the idea of creating this list and for all her work in pulling it together.

CURE

Gordon, E. (1980). **Assessment of cure: A "cure checklist."** *Transactional Analysis Journal*, 10(2), 107-114. (Based on the Bernean concept of cure and change. To be used from the points of view of both therapist and client. Helpful for focusing on interventions needed for the issue specified. More for clinical use.)

DRAMA TRIANGLE

Pasternack, T. L., & Fain, J. L. (1984). **An empirical test of the drama triangle.** *Transactional Analysis Journal*, 14(2), 145-148. (Findings provide empirical support for the concept of the drama triangle. Study based on reactions to an experiment. No drama triangle instrument is available.)

DRIVERS

Falkowski, W., & Munn, K. (1989). **Interrater agreement on driver questionnaire items.** *Transactional Analysis Journal*, 19(1), 42-44. (Driver questionnaire is in the *Handbook of TA User* by M. Reddy, 1979.)

Hazell, J. W. (1989). **Drivers as mediators of stress response.** *Transactional Analysis Journal*, 19(4), 212-223. (Drivers checklist developed by author is presented. Short, easy score-by-hand instrument; scoring method is given at the end of checklist. To be used in therapy and research.)

EGO STATES

Allen, J. G. (1981). **Assesment of ego states: Problems and prospects.** *Transactional Analysis Journal*, 11(3), 247-251. (Study distinguishes subtle differences between relationship paradigms, affects, ego functioning, and states of consciousness in the classification of ego states. Problems of assessing ego states presented.)

Daley, B. L. (1973). **An instrument to determine basic ego states as defined by transactional analysis.** Doctoral Dissertation: Union Graduate School-West, San Francisco. (Instrument consists of 40 groups with three sentences in each. Two of the sentences in each group were pre-rated as representative of two of five functional ego states. Reliability results good.)

Doelker, R. E., & Griffiths, J. (1984). **Development of an instrument to measure ego state functions and its application to practice.** *Transactional Analysis Journal*, 14(2), 149-152. (The Ego State Energy Inventory provides a profile of an individual's personality for five ego state functions. Primarily used as a self-awareness instrument, also in a variety of settings such as professional education, clinical situations, or training settings.)

Falkowski, W., Ben-Towim, D., & Bland, J. (1980). **The assessment of the ego-states.** *British Journal of Psychiatry*, 137, 572-573.

Gough, H. G., & Heilbrun, A. B. (1983). **The adjective check list manual.** Palo Alto: Consulting Psychologist Press. (The original instrument used in Williams & Williams work. Consists of 300 adjectives organized into multiple scales.)

Heyer, N. R. (1979). **Development of a questionnaire to measure ego states with some applications to social and comparative psychiatry.** *Transactional Analysis Journal*, 9(1), 9-19. (The Ego State Profile Questionnaire consists of 50 items that measure the energy distribution of the five ego states. Good reliability and validity results are presented.)

Kenney, W. J., & Lyons, B. F. (1979). **Naturally occurring teacher ego state behavior.** *Transactional Analysis Journal*, 9(4), 297-300. (The Ego States Observation Instrument—TAESOI—developed to assess teachers' ego states. The instrument is not sensitive enough to assess subtle differences.)

L'Abate, L. (1978). **An experimental paper-and-pencil test for assessing ego states.** *Transactional Analysis Journal*, 18(3), 262-65. (The studies show sufficient validity to warrant further studies. Test information to be obtained from the author.)

Loffredo, D., Harrington, R., & Okech, A. P. (2002). **Factor analysis of the ego state questionnaire.** *Transactional Analysis Journal*, 32(1), 25-27. (A 40-item instrument to measure five functional ego states. Later, a revisited study promised factor analysis results. See Loffredo, D., Harrington, R., Munoz, M. K., & Knowles, L. R. (2004). The ego state questionnaire—revisited. *Transactional Analysis Journal*, 34(1), 90-95.)

McCarley, D. G. (1975). **Manual for ego state inventory (ESI).** Chicago: Stoelting Com. Cat.#24540. (Consists of 52 cartoon drawings of two or more persons in social situations. Reliability and validity studies show promising results.)

Swede, S. (1978). **Group ego state measure (GEM).** *Transactional Analysis Journal*, 8(2), 163-165. (Used by analyzing the tape recording from a group setting. Results show that ego states and transactions are identifiable phenomena.)

Price, D. A. (1975). **A paper-and-pencil instrument to measure ego states.** *Transactional Analysis Journal*, 5(3), 242-246. (Developed to assess ego states, Likert-type scale, low reliability and validity results reported.)

Thorne, S., & Faro, S. (1980). **The ego state scale: A measure of psychopathology.** *Transactional Analysis Journal*, 10(1), 49-52. (The Adjective Check List [ACL] was used to develop an instrument for measuring 8 ego states based on Kahler's eight functional ego states model. To explore the relationship between ego states and psychopathology. -NP is more highly correlated with pathology than -CP. +AC is not significantly related to a lack of pathology. +CP

appears to play a greater role in a lack of pathology than does +NP.)

Turner, R. J. (1988). **The parent-adult-child projective drawing task: A therapeutic tool in TA.** *Transactional Analysis Journal*, 18(1), 60-67. (Primarily for clinical use.)

Williams, K. B., & Williams, J. E. (1980). **The assesment of transactional analysis ego states via the adjective check list.** *Journal of Personality Assessment*, 2, 120-129. (See www.leaonline.com/doi/abs/10.1207/S15327752_jpa_4402_2?journalCode=jpa). (A reliable instrument to measure functional ego states: CP, NP, A, FC, and AC. Computerized scoring is also available. Further study to test the construct validity of the ACL Ego States Scale. See Williams, J., Watson, J., Walters, P., III., & Williams, J. (1983). **Construct validity of ego states.** *Transactional Analysis Journal*, 13(1), 43-49.)

LIFE POSITIONS

Boholst, F. A. (2002). **A life position scale.** *Transactional Analysis Journal*, 32(1), 28-32 (see www.geocities.com/fredrick_boholst/AlifePositionScale.doc). (A 20-item, Likert-type scale. Promising psychometric studies. Useful in research and clinical settings. Before using the scale in a different culture, own local and cultural norms need to be established. Also, see Boholst et al. [2005]. **Life positions and attachment styles: A canonical analysis.** *Transactional Analysis Journal*, 35(1), 62-67.)

Fine, M., & Poggio, J. (1977). **Behavioral attributes of the life positions.** *Transactional Analysis Journal*, 7(4), 350-356. (Personal orientation scale is developed to determine the existential life positions of teachers. Construct validity and reliability studies have promising results. Also, see Fine, M., & Poggio, J. (1977). **Personal orientation scale.** Field test instrument, University of Kansas.)

Kramer, F. D. (1978). **Transactional analysis life position survey: An instrument for measuring life position.** *Transactional Analysis Journal*, 8(2), 166-168. (A 40-item, Likert-type scale. Good reliability and validity results are reported. To be used in teaching, clinical, and research applications.)

SCRIPT

Berne, E. (1972). *What do you say after you say hello?: The psychology of human destiny.* London: Corgi Books. (**Script checklist**, pp. 426-434; **condensed checklist**, pp. 435-436; **therapy checklist**, pp. 437-438)

Hardy, M. W., & Best, R. H. (1985). **Test-retest reliability of the freehand script maze.** *Transactional Analysis Journal*, 15(2), 173-176. (Results shown not sufficiently reliable to be a good measure of script variables but have some value to establish rapport and to obtain information about present script variables.)

Kouw, W. (1977). **Clinical use of projective techniques in the assessment of scripts.** *Transactional Analysis Journal*, 7(2), 156-159. (The use of the Thematic Apperception Test [TAT] to collect data on script material is illustrated. Clinical use.)

Levin-Landheer, P. (1981). **A developmental script questionnaire.** *Transactional Analysis Journal*, 11(1), 77-80. (Also in Levin's book *Cycles of Power*. Primarily for use in therapy.)

McCormick, P., & Pulleyblank, E. (1979). **A more comprehensive life script questionnaire.** *Transactional Analysis Journal*, 9(4), 234-236. (A comprehensive life script interview and matrix including constructive as well as destructive messages and rewarding as well as self-defeating early decisions. In the matrix, the ego state

halves are spread to allow room for inserting the messages.)

Steiner, C. (1967). **A script checklist.** *Transactional Analysis Bulletin*, 6(22), 38-39. (Provides some guidelines for obtaining information related to script apparatus.)

White, M., & White, J. (1986). **Scripts and marathons.** *Transactional Analysis Journal*, 16(1), 47-49. (A script questionnaire for constructing your own script matrix is presented. Especially for group therapy work.)

Wahking, H. (1979). **The script decoder.** *Transactional Analysis Journal*, 9(4), 237-240. (The grid with 18 general script descriptions is used to develop a brief descriptive name, three script styles described by Steiner, and six script types by Berne.)

Woollams, S. J. (1979). **Decision scale.** *Transactional Analysis Journal*, 9(3), 209-212. (A decision scale with a 0-10 range is proposed as a tool for understanding and illustrating script information. Depicts the severity of decisions, the favored drivers, and the client's strengths on a single scale. Provides an easy way to follow changes during treatment.)

THERAPY

Knippel, G. P. (1980). **The survivor's checklist.** *Transactional Analysis Journal*, 10(2), 61-67. (Checklist helps in the quick identification of survival issues and what is needed to resolve them.)

Mackey, M. S. (1977). **TA in vocational rehabilitation: The rehabilitation checklist.** In M. James & Contributors, *Techniques in Transactional Analysis for Psychotherapists and Counselors*. Reading, MA: Addison-Wesley (pp. 462-465). (Four questions for determining A₂ awareness of the disability, 6 questions of P₂, and 7 questions for C₂.)

Zerin, E., & Zerin, M. (2004). **The Q model and the Q model checklist.** *Transactional Analysis Journal*, 34(1), 75-89. (A diagnostic, treatment, teaching, and evaluative instrument for individual and couple therapy.)

TRANSACTIONS

Brennan, T., & McClenaghan, J. C. (1978). **The transactional behavior questionnaire.** *Transactional Analysis Journal*, 8(1), 52-55. (Provides quantitative measures of fundamental transactional analysis theoretical concepts: existential options, ego states, stroking behaviors, and intimacy.)

San Francisco Area Consultation/ Support Group with Fanita English

For therapists, counselors, and educators, using transactional analysis, cognitive, psychodynamic, group, and other modalities. Will meet bimonthly starting 15 September with Fanita English in San Mateo.

Reduced fee for
USATAA members.

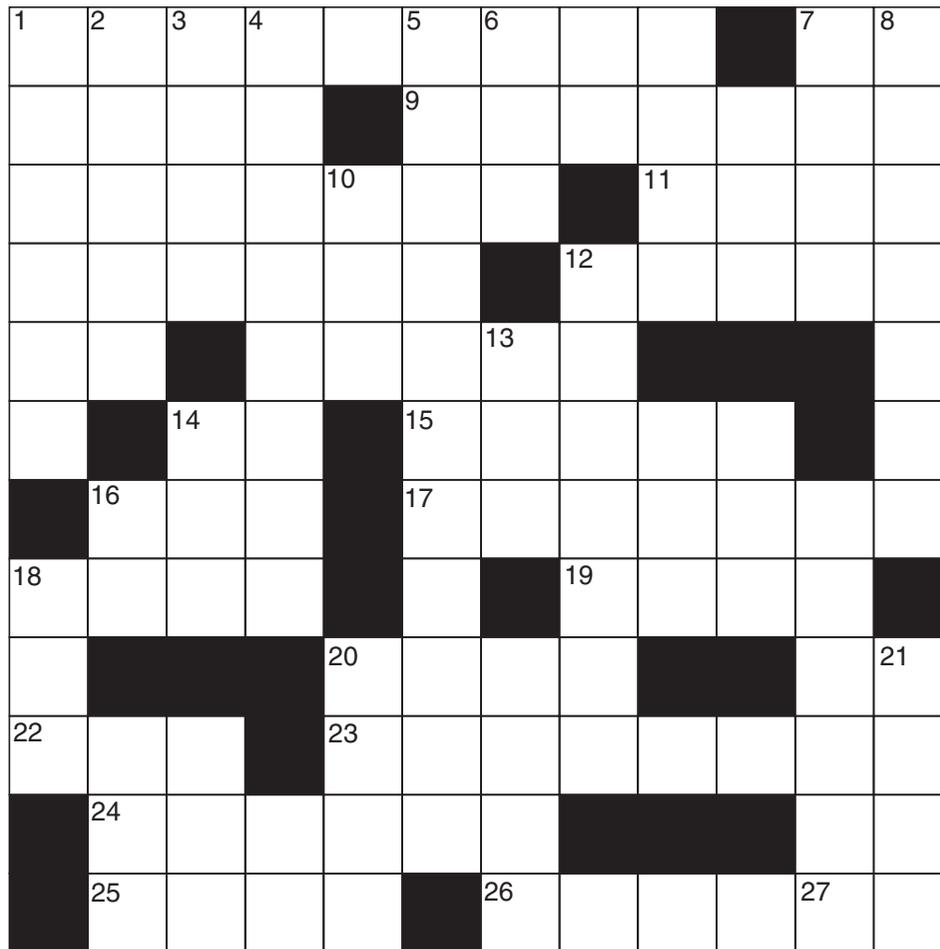
Fanita@aol.com or
650-685-8418.

Transactional Analysis Crossword

by R. Krishnamurthi

ACROSS

- 1 Individual personality (9)
- 7 The analysis of what people do and say to one another is (2)
- 9 A person who gives help becomes helped (7)
- 11 Abbreviation of an organization for promoting TA (4)
- 12 People making collections of archaic feelings & later trading them for psychological prize is a _____ (5)
- 14 Goleman popularized this (2)
- 15 If all the world is a stage, life is a jumbled _____ (5)
- 16 These states are three in each person (3)
- 17 A type of transaction that is twisted (7)
- 18 A child game that tells of helpless me (4)
- 19 _____ me in the ass is a game (4)
- 20 The belief that I'm OK and You're OK gives meaning to one's _____ (4)
- 22 A game of hide and seek but only seeker is present (3)
- 23 The most dreaded confinement is mixed up (8)



- 24 The attitudes and behavior incorporated from external sources is in this (6)
- 25 Utterior transactions lead to a payoff (4)
- 26 Someone who qualifies for a job, but is denied because of... becomes a _____ (6)

DOWN

- 1 Life drama that a person compulsorily plays out (6)
- 2 A logical ego state upwards (5)
- 3 A rebellious child expresses this often (4)
- 4 A message that is disguised under a socially acceptable transaction is _____ (8)
- 5 What people do and say to one another (11)
- 6 Most of the clues are not direct (3)

- 7 All the ego states must act as a _____ for a balanced life (4)
- 8 Experiences and parental training influence this child (7)
- 10 It is a game that is always followed by an arrest conjunction (3)
- 12 These can be positive and negative (7)
- 13 Inadequate understanding of games people play will damage. Find a substitute to damage (3)
- 14 First part of an instrument that measures one's application of states (3)
- 18 Standard abbreviation for ego states (3)
- 21 Second part of an instrument that measures one's application of states (4)
- 27 Imbining or another word will make you look upwards (6)



Mind, Body, Soul and Spirit in Transactional Analysis: An Integrated Approach to Relationships

by Gordon Law



Relationships may be understood as the contact that emerges from observable social roles underpinned by interpersonal attitudes. Using transactional analysis and other approaches, this book presents a series of models based on an analysis of the relationships that are created when contact between people links imagoes and roles to confirm existential life positions. Because the models provide a metalevel framework for understanding and influencing any sequence of interaction, irrespective of setting or TA specialization, they give ample scope for practitioners to exercise widely differing preferences, techniques, and strategies for interacting with clients in ways that encompass a transpersonal or "spiritual" view of relationships.

Gordon Law, MEd, TSTA, UKCP-registered transactional analysis psychotherapist, has extensive social work experience, is a founder member of the ITA in the UK, has served on both ITA and EATA Councils, and represented the ITA at the United Kingdom Council for Psychotherapy. He has maintained a small psychotherapy practice since 1972 and has an interest in integrating TA, gestalt, Ericksonian hypnotherapy and meditation. He is a director at IMPACT in Birmingham, UK.

Go to <http://books.google.co.uk/> to preview selected pages, and see the review by Mary Goodman in the July 2007 TAJ. Cost: £21.95 ITA members, € 32 EATA members, \$45 ITAA members. Go to <http://www.impact-uk.org> for ordering and payment details or write to Gordon Law, 5 Bawdsey Avenue, Malvern, WR14 2EW, UK.

EXAM CALENDAR

Exam	Exam Adm.	Exam Date	Location	App. Deadline	
CTA EXAM	BOC	8 Aug. 2007	San Francisco, USA	8 May 2007	
	BOC	27 Sept. 2007	Coimbatore, India	29 June 2007	
	BOC	19 Oct. 2007	Wellington, NZ	19 July 2007	
	COC	16 Nov. 2007	Neustadt, Germany	1 Aug. 2007	
TSTA EXAM	BOC	8 Aug. 2007	San Francisco, USA	8 Feb. 2007	
CTA Written	All Regions (Non-Europe)	Your choice	Submit to Regional Exam Coordinator	Your choice after paying \$50 fee to T&C Council	
	TEWs	BOC	12-13 Aug. 2007	San Francisco, USA	12 April 2007
		BOC	30 Sept.-2 Oct. 2007	Coimbatore, India	30 May 2007

* 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, 2186 Rheem Dr., #B-1, Pleasanton, CA 94588-2775, 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, 2186 Rheem Dr., #B-1, Pleasanton, CA 94588-2775, USA. **COC Training Endorsement Workshop:** to take a COC TEW, contact the European TEW Coordinator, c/o the EATA office.

Transactional Analysis World Conference

Hosted by the
South African TA Association
together with ITAA, EATA, & WPATA

Cradled by Culture: The Journey of Humankind

Johannesburg, South Africa
7-10 August 2008

Indaba Hotel, Four Ways
Gauteng, South Africa

Call for Proposals for Workshops, Panels, and Papers

Submit online at www.ta2008conference.org

Deadline: 1 December 2007

“Cradled by Culture: The Journey of Humankind”: Our theme relates not only to the importance of South Africa as the cradle of humankind but to the influence of culture on the thoughts, feelings, and behaviors as well as the physiological experiences of human beings. These can all be changed given the right conditions so that we can become “one” with each other and find the commonalities that enable us to live in peace and cooperation together with our neighbors from all around the globe.

This will be a world conference sponsored by the International Transactional Analysis Association (ITAA), the European Association for Transactional Analysis (EATA), and the Western Pacific Association for Transactional Analysis (WPATA). It will thus be attended by people from all the continents of the world. We are also hoping to have a large representation from South Africa and Africa.

These are just some of the senior transactional analysis people from all fields who have already committed to making this a great conference: Richard Erskine, Trudi Newton, Pearl Drego, Servaas van Beekum, Jim Allen, Elana Leigh, Gordon Law, Bill Cornell, Abe Wagner, and Gianpiero Petriglieri.

Please join them and us—to present, to take your exam, to learn, to experience our wonderful international transactional analysis community, and to be present at the first ever TA conference in AFRICA!

To find out more, visit www.ta2008conference.org.



JOHANNESBURG

www.johannesburg.gov.za

Johannesburg is a vibrant, cosmopolitan, international African city. Rooted in the gold mines of the Highveld, it is well known as South Africa's commercial hub . . . but there is so much more to it than that.

It is home to our beautiful new **Constitutional Court**. This is worth visiting just for its architecture and art, but it is also a symbol of so much of South Africa's recent history. It is situated on Constitution Hill, the site of one of the most notorious apartheid prisons, The Fort. Part of the old prison has been incorporated into the new court and part remains, together with the Women's Gaol, as a museum and site of pilgrimage no less important than Robben Island.

The **Apartheid Museum**—a moving and sobering reminder of our past, is also in Johannesburg and serves as testament to Nelson Mandela's words, “Never, never, never again.”

Soweto and **Alexandra**, townships that were the center of so much resistance to apartheid, are well worth visiting not only for their past but also their vibrant and challenging present.

The **Pilansberg** is a mere 2-hour drive away yet offers a “big five” experience of South Africa's wildlife. If you want to see the famous **Kruger** and **Timbavati Game Reserves**, they are a short flight or a beautiful 5-hour drive away. Experiencing wild animals in their own sphere is something you will never forget, and August is the best time of year to visit this area.

Those who wish to visit Durban and its tropical coast or Cape Town, one of the most beautiful cities in the world, will find regular flights at reasonable rates.

A warm South African welcome awaits you! (www.southafrica.net)