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ITAA AWARD ANNOUNCED

Fr. George Kandathil to Receive James Award Posthumously

The 2012 Muriel James Living Principles Award is being given to the late Fr. George Kandathil, SJ, the first person to receive it posthumously. Fr. George lived his passion and values, which paralleled the philosophy of transactional analysis, until his death on 7 November 2011 at age 91. He dedicated 38 years of his life to spreading the message of transactional analysis, one reason he was often called “The Father of Transactional Analysis in India.” As his nominators described him, “He was a man with a deep well of love within him, and he used transactional analysis to spread this love in the service of the Indian community, both personally and professionally. He was not just an individual but an institution, not just a person but an experience.”

As a young priest, Fr. George worked at the grassroots level to mobilize the poor people of Ullannoor to start a cooperative society and taught them to stand on their own. All through his life, he demonstrated his belief that it is better to teach people to fish than to provide the fish. What better tool than transactional analysis to do that! While in the United States to pursue his post-licentiate in theological studies, he was introduced to Muriel James. The non-conformist, reformist, and original thinker that he was found the simplicity, pragmatism, and universality of transactional analysis deeply appeal-

ing. He trained in TA and eventually became an ITAA Teaching Member. When he



returned to India in 1970, he ably demonstrated his ability to blend theology, philosophy, and transactional analysis with his own personal values and goals. One representation of this was the birth of the Institute for Counselling and Transactional Analysis (ICTA) in 1973 in Kochi, India. Fr. George was the founder-director, and Muriel herself laid the foundation stone for the building.

ICTA, with its simple but functional infrastructure, is set in peaceful Shanthigram. It personifies the character of Fr. George and has been the heart of transactional analysis training and practice in south India. The institute, registered as a nonprofit society, provides space for residential training so that trainees learn not only from the theory but from the living together in harmony and sharing chores. An inspiring sight, among many others, was to see Fr. George sweeping the premises each morning while enjoying each tree and plant with love and pride. Ably assisted by the people he trained in transactional analysis, thousands of

people, without any discrimination because of caste, creed, or religion, have benefited and experienced healing, peace, joy, and growth.

In addition to advanced training in transactional analysis, ICTA, under Fr. George's leadership, runs a number of socially relevant workshops. The 23-day residential peace program has been run a number of times over the years and has benefited all sections of society. The design and delivery of these programs are an example of teamwork and living transactional analysis principles.

Fr. George's method of teaching transactional analysis concepts emphasized its relevance and similarity to Indian culture, philosophy, and values, which facilitated its spread and application. He traveled to various parts of India to bring transactional analysis to more people and encouraged the establishment of study groups in various

cities. He was also instrumental in spreading the word about transactional analysis in corporations in large metropolitan areas such as Mumbai, Calcutta, Cochin, and Chennai. While focusing on the use of transactional analysis in terms of service to others, he also ensured continuity by encouraging formal, structured training toward certification, including for trainees who have become trainers in their own right. There are now four Teaching and Supervising Transactional Analysts in south India trained or encouraged by Fr. George: Annie Maria (P), P. K. Saru (P), Sashi Chandran (E), and C. Suriyaprakash (O). Along with the large number of Provisional Teaching and Supervising Transactional Analysts and Certified Transactional Analysts, these individuals stand as testimony to the influence of Fr. George. Some trainers from the international community have remarked that by 2020, the South Asian transactional analysis community could be one of the largest in the world, with the seed having been sown by Fr. George. He also designed a certification process at ICTA to suit the local felt need. The questions for this certification reflect his philosophy and passion for living the knowledge we gain. From the perspective of transgenerational script, his influence, introject, and messages continue to trickle down, generation after generation.

Fr. George wrote nine books on transactional analysis and related topics, which have been published both in his mother tongue, Malayalam, and in English, with some translated into other South Indian languages. Fr. George's passion for spreading transactional analysis led to the bilingual monthly newsletter published by ICTA. Like Berne, he encouraged people to write of their thoughts and experience. A deep

“Fr. George Kandathil dedicated 38 years of his life to spreading the message of transactional analysis, one reason he was often called ‘The Father of Transactional Analysis in India.’”

thinker himself, he invited others to do the same. His profound knowledge of philosophy and psychology led him to blend these with transactional analysis into his own theory, called “Triology,” which is based on TA concepts and emphasizes the spiritual dimension in relationships. It is diagrammed as a triangle with relationship, identity, and development as the three sides. The model looks at the concept of strokes at a deep level of relating and anchoring to God. Fr. George encouraged his trainees to go into the depth of the theories and find suitable applications in the Indian context.

As we prepare to welcome everyone to Chennai for the International TA Conference in August, we are glad to acknowledge with the James Award the extraordinary lifetime contributions by Fr. George Kandathil to the advancement of transactional analysis in India.

The individuals who nominated Fr. George for the James Award included K. A. Sebastian, P. K. Saru, C. Suriyaprakash, I. A. Mohanraj, Susan George, and Muriel James. Our thanks to P. K. Saru and C. Suriyaprakash for the materials on which this article is based. 9

Upcoming Exams

CTA Exams in Dunedin, New Zealand, will be held on 15 March 2013. The deadline for applying is 15 December 2012. For more information, contact exam coordinator Judith Kime at judith.kime@xtra.co.nz.

the SCRIPT

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Introducing a New (and Occasional) Series

by Ann Heathcote and Bill Cornell

Eric Berne was a prolific author, writing many articles (30 that we know of) before the publication in 1961 of his now well-known book *Transactional Analysis: A Systematic Individual and Social Psychiatry*, in which he first described transactional analysis in detail.

We thought that you might appreciate knowing something about Berne's earlier articles, especially the lesser-known ones. So, our aim is to write a number of short articles for *The Script*, over the next year, one every couple of months or so, to do just that.

We used the following criteria to help us decide which of Berne's early articles to write about:

- Articles written by or before 1961
- Relatively unknown articles, so we ruled out his six intuition articles (five of which were written before 1961), his 1957 article "Ego States in Psychotherapy," and his 1958 article "Transactional Analysis: A New and Effective Method of Group Treatment"
- Coauthored, as well as sole authored, articles
- Omit Berne's two general medical articles, as these seemed less relevant to you, our readers
- Not to include the three articles we have not yet been able to

obtain copies of—if we haven't got them, we haven't got them! We then divided the remaining 18 articles into the following categories:

- Comparative psychiatry: Berne's early travels (3)
- Comparative psychiatry: Berne's later travels (3)
- Comparative psychiatry: Groups (2)
- Groups: Practical considerations (2)
- Groups: Leadership considerations (2)
- Other early and lesser-known Berne articles (6), including Berne's articles on the cultural aspects of a multiple murder, the psychological structure of space, and the mythology of dark and fair

In our first commentary, we will present and summarize the comparative psychiatry articles of Berne's early travels. He traveled extensively from his late twenties, beginning when he visited Syria in around 1938. On his return, his first mental health-related article, "Psychiatry in Syria," was published in *The American Journal of Psychiatry* in 1939. Initially, Berne wanted to research the psychiatric services and practices in other countries, and later on he also wanted to see how his new theory and methodology, transactional analysis, would hold up in other countries and with other



cultures. It is possible that Berne's passion for international travel and research foreshadowed his desire for an international transactional analysis organization.

To be continued ...

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Ann Heathcote and Bill Cornell are two of the coeditors of the *Transactional Analysis Journal*. They can be reached at Ann.Heathcote@btinternet.com and wfcornell@gmail.com respectively.

Why Do You Write?

by Laurie Hawkes

“Why is writing so much fun or necessary or helpful for some people and so difficult for others?”

In the last issue of *The Script*, I wrote about some of the many transactional analysis books that have been published recently in various parts of the world. This started me wondering about those of us who write, for *The Script*, the *TAJ*, or other journals or who write books or diaries or even poetry. There is even writing involved in the CTA written exam, a task I remember accomplishing with delight, while some people toil painfully over it. Why is writing so much fun or necessary or helpful for some people and so difficult for others?

I thought I would start with my own reasons. I write because I have wanted to for most of my life. I received good grades in school for compositions, I kept a diary (irregularly), I even wrote a poem (of sorts) to relieve my pain when my favorite horse went to the slaughterhouse. That was when my mother suggested I might become a writer. As a preteen, I thought I would love to write grand novels that millions of people would read. Little by little, however, I found that I wasn't writing that much, especially during my

university years when I earned a living translating corny romances. My writing “juices” would get all used up there. My eyes were really opened by one of my sister Leslie's friends, Sylvie Germain, a “real writer” whose first published novel blew me away. Sylvie is exactly my age, so I felt envious. Then Leslie told me, “But Sylvie has an entire closet filled with unpublished manuscripts!” I knew then that I would never be like Sylvie, who went on to win an important literary award in France, the Prix Fémina, and has continued publishing deep and moving novels with the best publishers in France.

I pretty much gave up on writing until Anne Valentin, whose small publishing house, La Méridienne, had published my little transactional analysis primer from the 1970s, asked me to rewrite it, fleshing it out a bit more. This was around the end of 2006, and I had written a couple of articles but didn't expect to do much more. I was skeptical that I could write more than a pamphlet, but it worked, and in the end I wrote a book! Anne had really gotten me “back in the saddle,” and after that, when the publisher Eyrolles asked me to write a “big book” of transactional analysis, I went ahead (with my friend and colleague France Brécard). Since then,



the bug has bitten, and I love to have a book in the writing.

I love the solitary act of writing, sitting with my laptop (and a cat, usually) on my lap, with books and papers all around me. I love the brain excitement of thinking and trying to put ideas together. I love the sense of clarity I can finally reach, whereas I usually have the feeling of a “messy brain.” I love the strokes: receiving a contract from my publisher, getting feedback from my editor, receiving the proofs, then the books (oh, the excitement of seeing my “new baby” in the “flesh”!), giving books to friends, showing off the books to a few chosen people. . . . When we worked on our big book, France and I used to joke about becoming rich and famous. I now understand that won't happen, but a small part of me still hopes, sometimes. It's embarrassing to admit. But hey, every now and then, something meets with enthusiastic reader responses. You never know!

As I thought about my own reasons and experience of writing, I began to wonder more about what other people find in it. I started asking people



Charlotte Sills

in the transactional analysis world who are known for their writing, and the responses have been so interesting that I decided to share some of them with you. To begin, here are the comments I received from Charlotte Sills of the United Kingdom (within minutes of sending her my email!). Among the several books and many articles she has written is the 2007 Eric Berne Memorial Award-winning material from the book *Transactional Analysis: A Relational Approach*, which she co-authored with Helena Hargaden.

Charlotte: I used to wonder whether my urge to write things was just narcissism. But I realize that it isn't as simple as that. For a start, I swiftly learned that there is no acclaim, very little feedback, and no money to be had from writing. So, while there is obviously a bit of all that (fame, being known, etc.) when you get published, it is certainly not the whole story.

So, in no particular order, here are some of my reasons for writing:

- I am a workaholic and having writing projects means that there is always something I could/should be doing.
- I am a feeling type, in Jungian terms, and writing forces me to use my thinking/left-brain function. Indeed, it forces me to put things into words and then onto paper, which is a real discipline of articulating one's ideas, which is

unusual and useful for a feeling type. This then helps me to "know what I think I know" and even to "know what I know I think," both of which are helpful for me.

- I get a kick out of (a few times a year) people saying they read something I wrote and enjoyed it. It makes me feel special.
- I love taking complex ideas, understanding them from the inside out, and then finding accessible ways of conveying them.
- I do a lot of cowriting, and I find that the process of sending things back and forth, responding to each other's ideas, sparking off each other, and so on, is one of the most satisfying and exciting things I do.
- I am actually not very good at spontaneously creating something that is attractive to read. But it feels good to hang in with something, to get feedback from friends, to revisit ideas, and so on, until they become clearer.
- At a deep level, I suspect it is a denial of the inevitability of death! Writing something may be linked to the hope that "people won't forget me."
- I suspect my Child of believing that if a thing is in print, it must be important!
- Writing keeps my envy alive, as I read, for example, Bill Cornell's facility with language, I could spit! It's good for me to know my envy and find my humility.

Many thanks to Charlotte for sharing some of the reasons she writes. We are planning to ask a number of people to answer the same question, "Why do you write?" but we also welcome spontaneous contributions! You may want to share a sentence or two, or as many as 500 words. Tell us why

you write—about transactional analysis, mainly—or, on the other hand, perhaps tell us why it is difficult for you to write. Berne envisioned a community of transactional analysts who would write, so let us free, or celebrate, the writers inside us! Send contributions to Laurie Hawkes at hlaurie@noos.fr.

Board Nominations

The following individuals have been nominated for open positions on the ITAA Board of Trustees:

- Vice President Operations: **Vladimir Goussakovski** (2013-2015)
- Regional Representative for North America: **Emily Keller** (2013-2015)
- Regional Representative for Africa: **Karen Pratt** (2013-2015)
- Regional Representative for Latin America: **William Holloway** (2013-2015)

Since none of these positions are contested, Vladimir and Karen, who are already on the BOT, will continue, and Emily and William will join the board following the member meeting at the Chennai conference in August 2012.

There were also three positions for which no nominations were received: president-elect, vice president of research and innovation, and treasurer. According to the ITAA bylaws, the board has the option of filling vacancies "for the unexpired portion of the term remaining."

Watch future *Scripts* for more information on the individuals who will be joining the board.

A Conversation with Roland Johnsson about TA Research

by Laurie Hawkes

As announced in the March 2012 issue of *The Script*, Roland Johnsson received his doctorate in November 2011 from Lund University in Sweden with his thesis on transactional analysis research. We thought our readers would be interested to learn more about Roland's research, so *Script* Editor Laurie Hawkes interviewed him via email.

Laurie: Thank you for being willing to tell us more about your doctoral work. It is good news for the transactional analysis community that you did your PhD thesis on *Transactional Analysis Psychotherapy: Three Methods Describing a Transactional Analysis Group Therapy* (Johnsson, 2011b). When did you start working on it and how did you come up with the topic?

Roland: I really began in 1984-1985 when I did the researched therapy group. The therapy was initially videotaped professionally by a well-known television documentary filmmaker with the goal of using the material for showing on television and/or doing research. However, early on we realized we could not make the material public for ethical reasons, so I ended up with this high-quality material at virtually no cost! So I am happy that I followed research considerations from the



Roland Johnsson (right) and his opponent, Professor Jenner, during Roland's doctoral thesis defense at Lund University

start. In 1989 I presented the material and was accepted into the doctoral program at the department of psychology at Lund University. By then, I had been a transactional analysis therapist for 14 years, mostly working with groups and using the redecision approach. At the time, I was questioning what was effective in my therapy, even if it mostly felt OK.

Laurie: I understand you changed your focus midway.

Roland: First I thought I would do an effectiveness study because I was influenced by the growing interest in finding empirically supported therapies (EST) that assessed the

strength of the treatment in relation to specifically diagnosed problems. So I did structured, videotaped follow-up interviews with each client in 1990, 6 years after the therapy. The results from those interviews showed that overall, clients had done well fulfilling their contracts. However, since the sample size was small and the research design was mainly process oriented and qualitative, it was less interesting as an effectiveness study. When I changed supervisors, we decided that instead of a monographic outcome study, I would do a compilation thesis based on articles covering empirical studies of three interesting key areas of transactional



Roland Johnsson enjoys a moment during the defense of his thesis

analysis using three different research methods. The first study was a reliability study about diagnosis and client assessment using script analysis, the second aimed to identify different components in transactional analysis psychotherapy method with the use of discourse analysis, and the third studied the therapeutic alliance from a psychodynamic perspective using Luborsky's core conflictual relationship theme (CCRT) method (Luborsky & Crist-Christoph, 1998) and the plan-diagnosis method described by Weiss, Sampson, and their colleagues (1986). This way, we used the technique of triangulation, which facilitates validation of data through cross verification from more than two sources and involves multiple researchers, theoretical schemes, and methods. It is one strategy for overcoming the intrinsic weaknesses and establishing the credibility of qualitative analysis.

Laurie: So in the end, the thesis included three studies based on the process of a transactional analysis therapy group meeting for a year,

weekly, with 10 clients. How would you summarize your findings?

Roland: In the diagnostic study, I used a script questionnaire and an associated checklist developed by Ohlsson, Johnsson, and Björk to assess the 10 clients independently along with two colleagues. Ratings were based on written responses from the start of therapy and were compared to ratings based on the videotaped follow-up interviews 6 years after termination of the therapy. The results showed a moderate-

ly high inter-assessor reliability for the overall script, but the intra-assessor reliability was low for the independent assessors. Our agreements increased for the specific script components "primary injunction from father," "racket feeling," "escape hatch," "driver from father," and "driver from mother." Conflictual motives with fixed alternatives showed higher reliability than those formulated freely by the assessors, but there was no clear stability over time. I concluded that the script interview, with the help of a script checklist, constitutes a good and reliable basis for determining a general client assessment but that assessing individual script components is significantly more difficult.

In the second study, I wanted to find out whether the therapy conducted was consistent with what the transactional analysis method required. I revised and operationally defined 42 categories developed by John McNeel in his 1975 doctoral dissertation, which together with an independent assessor, I coded from a strategic selection of 13 therapy sessions connected during the dif-

ferent phases of the therapy. We followed a discourse analytic approach. The results showed that the therapist used an average of 42% of the discourse space and that the therapy did, indeed, contain transactional analysis components, with the two main categories being "feeling contact" and "contracts" and with particular use of the transactional analysis techniques of "talking to Parent projections," "make feeling statement," "mutual negotiation," and "specificity/clarity." The latter was the most frequent and reliable category, which is general and available in all therapies, as is the case for "make feeling statement." However, "mutual negotiation," which was often coded in agreement by the assessors, is considered to be specific to transactional analysis because it is a contractual form of therapy in which mutual negotiation is an important ingredient in therapeutic cooperation. Inter-rater reliability showed a kappa coefficient with a spread from slight to moderate agreement.

"I enjoyed being an experienced psychotherapist deep into the role of caring for clients and understanding their conditions and, at the same time, being part of the academic tradition of systematically seeking truth and new findings."

In the third study, I worked with an assistant professor in the university who had written her thesis on psychodynamic short-term psychotherapy with a special interest in the affective dimension of the therapeutic alliance. We explored the client's pattern of affective relationships by using the CCRT method on the transcribed material and examined how the therapist responded to the

client's affective messages by use of the plan-diagnosis method. We found that emotional aspects play a more decisive role in therapy than has been envisioned in the rededication method and similar TA approaches that emphasize contracts, tasks, and other rational techniques. Interestingly, we often define TA therapy to stress the rational level. Transactional analysis follows an ego psychology tradition in which the therapist addresses clients' reality-testing conscious part, the Adult, to collaborate in dealing with the unconscious irrational or affective script-bound Child. This means reducing spontaneous regression and encouraging active, conscious choices manifested in observable contractual treatment goals. Rational does not mean lack of feelings!

Laurie: In the March 2012 *Script* you described issues raised by your dissertation board. For instance, how did you deal with issues related to independent observers and objectivity since you were both the therapist in the group and the researcher?

Roland: In all three studies I chose to be a part of the research myself and to use independent observers (IO) rather than staying totally on the outside. I wanted to compare and confront my *inside perspective* with the IOs' *outside perspective*. This meant that I had to be cautious about the way I presented and followed the methodological procedures. Objectivity is, of course, not possible, so it is more about intersubjectivity and the way you control your subjectivity in order to eliminate personal biases, a priori commitments, emotional involvement, and so on. In the end, the issue was to show openly and convincingly where methodological considera-

tions were taken into account. For example, positive allegiance had to be considered, which relates to how your loyalty to, trust in, and preference for your therapy material may lead to better results. Of course, the strength of the IO's independence was crucial, but so was mine, a factor that was improved by the long time lapse between the therapy and the research work.

Laurie: As a clinician with little experience in or knowledge about research, I am interested in how you

"I am convinced that transactional analysis will slowly die if we don't let ourselves be 'academized'."

managed to wear both hats.

Roland: Actually, there is not such a big difference between the two. In clinical psychotherapy work you want to track down and understand the essence and aims of the material the client presents, which is shown to you in qualitative empirical evidence that is the core of qualitative research. Wearing the research hat, you also add an outside perspective using quantitative methods, with an interest in looking for statistical and quantifiable categories to be used for coding and obtaining measurable results. For me personally, it was a challenge to use this "accountant part" of myself, but I found after a while that playing with numbers was also fun and creative. I think the most rewarding thing for me was combining the advantages of the two worlds. I enjoyed being an experienced psychotherapist deep into the role of caring for clients and understanding their conditions and, at the same time, being part of the academic tradition of systematically seeking truth and new findings. In

this way, I both gained and provided perspectives to others about being a researcher and/or a psychotherapist.

Laurie: You also commented in *The Script* that, in your experience, transactional analysis lacks credibility in the academic world. What do you think needs to happen to improve our image?

Roland: I am convinced that transactional analysis will slowly die if we don't let ourselves be "academized"! Therapies like interpersonal therapy (IPT) have much greater credibility than transactional analysis because academic research is constantly being produced about them. Academic "evidence" can be demonstrated in many ways, not just with random control studies, but I think it must be under the auspices of universities because they have the best knowledge of how it should be done. We have for many years shown in creative and convincing ways that transactional analysis is an OK method, but we have little empirical research evidence to back it up. I think I was the only one presenting about real empirical transactional analysis research work at the Bilbao conference last year and, sadly, the interest was very low. We don't have the tradition yet, but I'm sure it will come. In the past year, EATA launched the *International Journal of Transactional Analysis Research*. My articles were published there (Johnsson, 2011a; Johnsson & Stenlund, 2010) and accepted by my university. The EATA Research Committee has budgeted more money for research projects, and EATA has now suggested a new organizational structure that includes a new body and chair outside the council called *TA Development and Research*. This entity will aim to promote the culture of research within the transactional



Roland Johnsson, PhD, is a licensed psychologist and psychotherapist and a Teaching and Supervising Transactional Analyst (P). With two colleagues, he runs a private

transactional analysis training institute, Institutet för Livsterapi (Institute for Lifetherapy), based in Malmö, Sweden. They also do training in Taiwan, China, and Norway and have written a transactional analysis textbook translated into Chinese. Roland is a long-time member of the ITAA and EATA, served as EATA President and chair of the Professional Training Standards Committee, and was awarded the EATA Gold Medal in 2006. He can be reached at roland@livsterapi.se.

analysis community and to enhance the credibility of TA in the academic world. Now I am waiting for us to invite the prominent researcher and critic of transactional analysis research, John Norcross (Norcross & Lambert, 2011; Prochaska & Norcross, 2010), as a keynote speaker of our next TA World Conference!

Laurie: Are there any aspects particular to transactional analysis that you think stand out as being especially effective ingredients in successful group psychotherapy?

Roland: My study is not an effectiveness study, but if I summarize my conclusions, I found overall a better understanding of TA's strengths and weaknesses in terms of diagnosis, treatment method, and therapeutic relational attitude. I found that script components are a reliable theory for client assessment. I concluded that distinct ingredients of transactional analysis could be identified and of these I sorted out what was TA spe-

cific (mutual negotiation) and what was common to all psychotherapies. My last conclusion was that we cannot replace or reduce the space for the affective dimension in the therapeutic alliance with different techniques.

Laurie: You mentioned to me that this undertaking had not been only a lot of work—which I'm sure it was—but also fun and profitable. I have seen a few people labor through their doctorates and wind up hating the whole process. How did you manage to have fun and be creative with a doctoral thesis?

Roland: I think the lack of integration is a part of the reason such negative feelings sometimes develop. Researchers and practitioners live in parallel worlds, and in continuing education people usually choose to deepen their learning in their own world. I think lack of both time and positive expectations of the other world can also contribute to the negative feelings. For example, there are no expectations/demands in becoming a CTA or TSTA to develop experience and knowledge in research, which is very unusual compared to other therapy training systems. For myself, I experienced delight and excitement walking on this road with lots of scientific road signs showing me new directions and with no clear end in sight but with many findings along the way that gave me deep learning about myself personally and professionally. I saw it as a privilege to add the benefits and knowledge of academic research to my own psychotherapy work and in that way to obtain an outside evaluation of it. My curiosity was constantly satisfied while I was continuously updated on the most current findings in psychotherapy research. I felt liberated when once a week I could leave my

clinical "frog" perspective and go fly with the academic "eagles." Finally, it was exciting to understand the real meaning and the many faces of the concepts of reliability and validity and to understand the difference between testimony and evidence.

Laurie: Thank you very much, Roland. You are an inspiration. I hope a number of transactional analysts reading about your experience will start playing with the idea of researching their work!

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Transactional Analysis in Taiwan

by Sissel Knibe

On a warm summer day in 1986, the director of Kaohsiung Christian Hospital asked if I would start and lead the counseling center the hospital planned to open. I accepted the invitation. I had some experience from working in a psychiatric clinic, but I felt the need for additional knowledge. A psychiatrist friend had introduced me to transactional analysis, and I became interested in it partly because some said schizophrenia could be treated with the help of TA. In my earlier work experiences, schizophrenia was thought to be incurable. Out of curiosity I attended transactional analysis workshops while I was on furlough in Norway (where I am from), not knowing that I would one day use this theory in my daily work.

It was Teaching and Supervising Transactional Analysts from Sweden who were willing to take responsibility for the transactional analysis at Kaohsiung Hospital. Over nearly 20 years, Annika Björk, Roland Johnsson, and Thomas Ohlsson regularly did transactional analysis training here. Many people obtained a good working knowledge of TA, but only a handful decided to finish their training with the formal Certified Transactional Analysis (CTA) exam. I was one of them.



Staff and volunteers at the Taipei Centre

When I became a Provisional Teaching and Supervising Transactional Analyst in the 1990s, I joined Annika, Roland, and Thomas in doing training. As the need expanded to include work in Pingtung, Taichung, and Taipei, so did the training and the number of clients who were being seen. It became clear that we needed a transactional analysis organization of our own.

In 1998 the Taiwan Transactional Analysis Association (TTAA) was formed. Beginning in 2002, responsibility for the daily leadership was transferred to Taiwanese staff. The transactional analysis training in the last 5 years has mostly been carried out by Chou Hui-Hui and Ya-Ying Chang. I retired from active work in 2004 and returned home to Norway. I have now been back with the TTAA for some years as a volunteer helping out in the training programs, meeting old trainees, chat-

ting about the past and future, and enjoying myself.

What has transactional analysis meant for our trainees? What has motivated them to choose and stay in TA training? We learned some answers through a questionnaire that was sent out in 2003. What seemed to motivate most of our trainees was that in transactional analysis, teachers manifested an “I’m OK, You’re OK” attitude, that TA was described in observable terms, that the training was thorough and structured, and that it included a good deal of supervision. Among the reasons for dropping out were that the training is too expensive, too long, did not lead to a master’s degree, and is not recognized by the Taiwanese authorities (i.e., obtaining a CTA certificate does not qualify someone for a psychotherapy or counseling license), even though transactional analysis and

the work done through TTAA is well recognized by the Department of Social Welfare in Taiwan. In the late 1990s, TTAA was asked to set up a training program for social workers working with perpetrators of domestic violence. A 2-year advanced transactional analysis program with special emphasis on dealing with perpetrators went on for several years. The program is not running any longer, but social workers who want to work with perpetrators need to go through a basic training course, one of which is a shorter version of the program TTAA ran.

Today, Chou Hui-Hui, PTSTA, is the director of counseling centers, of which there are two: one in the south (Pingtung) and one in the north (Taipei). Both offer training and therapeutic work, and most staff members have received transactional analysis training, although not certification. The Pingtung staff is involved in post-disaster work after a devastating typhoon in the summer of 2009 that ruined several hundreds homes, buried a whole village, and caused the deaths of over 600 people nationwide. The Taipei counseling staff is primarily involved in work with perpetrators of domestic violence and sex offenders in addition to work with family and couples.

I invited our TA practitioners to share how they use transactional analysis in their work, and here are some of their comments.

Chou Hui-Hui, PTSTA, is the director of counseling centers: "I find TA a useful theory in many areas of life. TTAA uses transactional analysis theory in counseling domestic violence perpetrators who are referred to us by the Taiwan government's Family Violence Prevention Committee. In addition, TTAA provides counseling to those involved in domestic violence through a Care



Group from Taiwan and Sweden enjoying a Chinese dinner in Montreal during the 2010 conference (front, from left): Eric Chang, Thomas Ohlsson, Maureen Ohlsson, Annika Björk, and Roland Johnsson; (back, from left): Ya-Ying Chen, Vicky Huang, and Catherine Chu.

Line for Men. In 2006 we began using TA in family violence prevention education to emphasize finding good solutions to conflicts and thereby avoiding an escalation into violence. In recent years, TTAA has been further involved in counseling parents who divorce because of domestic violence. Another important area of work has been helping survivors of the Morakot hurricane. TTAA takes responsibility for very remote mountain areas. The work is now in its third year and is focused on helping those affected to gain strength to carry on and to get back on track not only physically, but also psychologically."

Ya-Ying Chen, PTSTA, is a school counselor working in the Kaohsiung area: "I have been using transactional analysis in my domestic violence groupwork and parenting education. I not only teach but also supervise TA (groups) at the Taipei TTAA Centre as well as train social workers in transactional analysis."

Dr. Eric Yuan-Lin Chang, is a psychiatrist: "I use transactional analysis in long-term individual psychotherapy with clients with per-

sonality disorders, doing couples and family therapy, and in group therapy for the psychiatric professional staff."

Vicky Ya-fen Huang, child psychiatrist, used to work in the largest medical center in Taiwan and started her own private clinic in Taipei in May 2011: "I entered the field of transactional analysis during my general psychiatry residency training program through Dr. Eric Yuan-Lin Chiang's introduction. I use transactional analysis in my everyday clinical work with clients of all ages as well as in my own personal life."

Jung-Wei Chen is a counselor in the East Coast area: "My primary work is providing counseling to students who are suffering emotionally. I use transactional analysis concepts to foster the Adult ego state as well as for decontamination work, modeling, and role playing so students come to understand how ego states and life scripts influence their lives and interpersonal relationships." ⑤

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2012 International Transactional Analysis Conference



CHENNAI, INDIA
9 TO 11 AUGUST 2012
HOTEL GRT GRAND

Organizers: ITAA and SAATA
Host: Poornam – Institute for Holistic Development

The 2012 ITAA Conference in Chennai, India, from 9-12 August, is shaping up with a large variety of workshops by presenters from around the world (for a partial listing, see the March 2012 *Script*). We hope if you haven't already, you will register now and make your travel plans!

TALENT RATES: Residents of TALENT countries have the option to register for only 50% of the full rates. We hope this will encourage participation from many countries. We are also offering special rates for local participants because the spread of transactional analysis among those who have not yet been exposed to it is one of the objectives of the conference.

ADVERTISING: To support these efforts, please consider placing an advertisement in the conference souvenir/program, which will be distributed to all conference participants. Ad rates: outside back cover:\$300, inside front or back cover: \$200, full page: \$100, half page: \$60. For further details or to reserve an ad, please email susangeorge51@gmail.com .

www.itaaconference.com

Conference Schedule

	8.00-8.45	9.00-10.30	10.30-11.00	11.00-1.00	1.00-2.00	2.00-3.30	3.30-4.00	4.00-5.30	6.30 Onward
4 Aug Sat									TEW Dinner
5 Aug Sun	ITAA BOT Meetings / Training Endorsement Workshop								
6 Aug Mon	ITAA BOT Meetings / Training Endorsement Workshop								
7 Aug Tues	Trainers' Meeting & Examiners' Briefings TA 101								5.30-10.00 CTA/TSTA Candidates' Briefing TSTA Theory Boards
8 Aug Wed	BOC Examinations - CTA & TSTA TA 101						Conference Registration		Exam Celebrations
9 Aug Thurs	Conference Registration	Keynote & Plenary	T E A & C O N F E R E N C E	Session 1	L U N C H	Session 2	T E A & C O N F E R E N C E	Session 3	Conference Inaugural & Cultural Program
10 Aug Fri	Support Groups	Keynote & Plenary		Session 4 Symposia Presidents' Meeting		Session 5 Symposia		Session 6 Symposia	5.45-7.00 ITAA AGM Gala Dinner
11 Aug Sat	Support Groups	Keynote & Plenary		Session 7		Session 8		Session 9	5.45-6.30 Valedictory
12 Aug Sun	Institute Registration	Worldwide Training & Certification Roundtable Meeting Institutes							

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JUNE 2012

THE SCRIPT