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RESEARCH

Effectiveness of TA Demonstrated in a Large Study in the Netherlands

by Moniek Thunnissen

As we know, research proving the effectiveness of transactional analysis is badly needed. A joyful example of such research is a recent large, multicenter study in the Netherlands. In it, various levels of care in the treatment of personality disorders were compared. The study, called SCEPTRE for “Study on Cost Effectiveness of Personality Disorder Treatment,” compared six modalities: outpatient, day treatment, and inpatient treatment for either short (less than 6 months) or long (more than 6 months) duration. More than 900 patients in six hospitals participated in the study. Because it was a naturalistic design, patients were assigned to treatment as usual, based on the expert opinion and clinical experience of the professionals at each site. At intake, an extensive battery of measures was administered to each patient before treatment assignment. Patients received their treatment and were followed for 36-60 months. Outcome measurements were based on psychiatric symptoms, social-role functioning, interpersonal functioning, and quality of life.

The international journal *Psychotherapy and Psychosomatics* described this Dutch study at length in terms of the dose effectiveness of psychotherapy. The editorial in that issue (Ogrodniczuk, 2011) concluded:



There are several notable qualities of the study by Bartak et al. that are worth pointing out. Foremost among them is the very large sample of PD [personality-disordered] patients, which provided the study with considerable statistical power. Additionally, given that the study was conducted in regular clinical settings and not under experimental conditions, it has high external validity and clinical utility. A further strength of the study was the rigorous statistical control of potentially confounding variables using multiple propensity score methodology. Bartak et al. provide one example of how some of these questions and challenges can be addressed in an innovative and comprehensive manner. Their research helps put us in a better position to clarify appropriate levels

of care for patients with significant personality pathology. Such research has significant real-world relevance for health service delivery decisions and for future investigation into effective intervention for a vulnerable patient population. (p. 69)

Not mentioned in the article is that one of the most effective programs in this study was a TA-based short-term inpatient program! This 3-month program at the Centre for Psychotherapy De Viersprong in Halsteren, the Netherlands, was described earlier (Thunnissen et al., 2008; Thunnissen, Duivenvoorden, & Trijsburg, 2001).

Among the research questions considered by the study were the following: Which treatment dose is most effective for which patient? Do more disturbed patients need longer and more intensive treatment? Or, for more severely disordered patients, is less intensive

treatment more effective? Do more disturbed patients improve, and to the same degree, or more or less, compared to less disturbed patients?

Three reports have been published on this study in *Psychotherapy and Psychosomatics*: one on cluster A (the paranoid, schizoid, and schizotypal PDs), one on cluster B (the borderline, narcissistic, antisocial, and

“It is gratifying to learn from this multicenter study that the TA-based short-term program came out as one of the most effective! This is one of the first studies published in a non-TA journal with evidence of the effectiveness of psychotherapeutic program based on transactional analysis.”

histrionic PDs), and one on cluster C (the dependent, obsessive-compulsive, and avoidant PDs) (Bartak et al., 2010, 2011a, 2011b). Other reports on cost-effectiveness were published in the *Journal of Clinical Psychiatry* and the *British Journal of Psychiatry* (Soeteman et al., 2010, 2011).

In the cluster C patient group, individuals in the short-term inpatient treatment evidenced the most improvement on all outcome measurements. They had significantly better outcomes than the patients in the short-term day treatment, long-term day treatment, and long-term inpatient treatment. The authors concluded that a level of care characterized by high degrees of containment, intensity, and structure for a relatively short duration may provide the greatest potential for improvement for patients with cluster C personality disorders.

And that is exactly what the TA-based inpatient program offered: a

firm structure with the language of transactional analysis used by all patients and staff members, an effective psychotherapeutic model with redecision therapy, and containment and intensity in the therapy group wherein transactional analysis concepts such as strokes, games, and transactions are used all day every day.

It is gratifying to learn from this multicenter study that the TA-based short-term program came out as one of the most effective! This is one of the first studies published in a non-TA journal with evidence of the effectiveness of a psychotherapeutic program based on transactional analysis.

Along with some of the researchers from the SCEPTRE group we are preparing another publication that specifically compares the patients in the transactional analysis short-term program with matched control patients receiving another kind of treatment.

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the SCRIPT

Newsletter of the International Transactional Analysis Association

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“That is exactly what the TA-based inpatient program offered: a firm structure with the language of transactional analysis used by all patients and staff members, an effective psychotherapeutic model with redecision therapy, and containment and intensity in the therapy group wherein transactional analysis concepts such as strokes, games, and transactions are used all day every day.”

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Moniek Thunnissen, MD, PhD, TSTA (P), is a psychiatrist and psychotherapist working in private practice doing therapy, supervision, training, and consultation. She has worked in various psychotherapeutic and psychiatric hospitals in the Netherlands where she was responsible for the training of psychiatrists and for a TA-based program of inpatient psychotherapy. In 2007 she did her doctoral research study on the long-term effects of short-term inpatient psychotherapy (a TA-based program) and the comparison of two aftercare formats. Moniek has written several books on personality disorders and psychotherapy, and this year a book she coauthored with Anne de Graaf titled *Handbook of Transactional Analysis* (Utrecht, Netherlands: De Tijdstroom) will be published. Email Moniek at m.thunnissen@ziggo.nl.

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Training
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**Wealden Psychology Institute and the
Forensic Therapists Association**

Invite you to their 2013

London Transactional Analysis Seminar

To be held at:

Friends Meeting House,
(Opposite Euston Station), NW1 2BJ, Central London

4th and 5th May 2013

“Embracing Our Heritage: The Legacy of Eric Berne”

KEYNOTE SPEAKER:

Claude Steiner

OTHER CONTRIBUTORS INCLUDE:

Adrienne Lee (UK), Tony White (Australia), Fatma Torun Reid (Turkey), Shirin Afraz (Iran), Diane Salters (South Africa), Mil Rosseau (Belgium)

Claude Steiner participated in the development of transactional analysis from its earliest days to the present. He was a friend and colleague of Eric Berne and has spent his time since Eric Berne's death promoting transactional analysis. We are delighted to invite him to the UK to share with us his experience of TA.

This seminar aims to explore TA's origins and traditions in an integrative and inclusive way.

50% of the post-tax profits of this event will be contributed to the Eric Berne Fund for the Future and the Eric Berne Archives Fund

Cost £375

To download a flyer and reserve your place, please go to
www.wealdeninstitute.co.uk

Any questions? Please contact us:

**Wealden Psychology Institute, 2 Quarry View,
Whitehill Road, Crowborough, TN6 1JT, UK**

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Telephone: 01892 655 195

Fostering Innovation in the United Kingdom

by Mica Douglas



Foster parents in the United Kingdom (UK) are using transactional analysis to help them understand and work with the complex emotional and behavioral difficulties of children who have been significantly harmed.

There are many reasons why some 48,500 children are in care in the UK. Over half of them have lived through traumatic experiences, and their trust in adults has been shattered. They arrive in foster homes often with severe attachment difficulties and profound symptoms of trauma.

Many children who are fostered or adopted display delays in motor, language, emotional, social, and cognitive development. The experience of trauma, abuse, and neglect often leads to a highly sensitive fight-or-flight response, dissociation, or hypervigilance as well as to a defensive need to control the environment and people in it. These issues prove very challenging for foster parents and adopters whose internalized model of childcare is usually based on children with secure attachments, without complex emotional and behavioral difficulties.

Training is vital as a means of giving foster parents and adopters the

skills they need for this work with traumatized children. For example, if a child has been significantly harmed or witnessed domestic violence, a detailed knowledge of how that will affect the child's behavior and how to understand the child's internal world is invaluable. If a child has been neglected, the foster parents may need to understand the impact

“Transactional analysis is an effective tool for change and lends itself to practical application in the field of fostering and adoption. The relationship between the child and the invested adult provides an opportunity to offer a different experience to a hurt child.”

of that on brain development, eating issues, and attachment. The challenges of living with a child who has been neglected or abused and has experienced family breakdown require specialist training.

A brand new training course—a master's degree in therapeutic fostering and adoption—has been launched at the Metanoia Institute in London. The course is run in consultation with By the Bridge therapeutic fostering agency and comple-

ments and advances the year-long undergraduate certificate that By the Bridge has been running for several years. Both courses provide foster parents and adopters with an intensive training experience and focus on theories and skills that help them to provide a more therapeutic environment in the home for every child they look after. They are not being trained as therapists but are learning how to think therapeutically about the children and young people for whom they care.

Transactional analysis is an effective tool for change and lends itself to practical application in the field of fostering and adoption. The relationship between the child and the invested adult provides an opportunity to offer a different experience to a hurt child. Behavioral and emotional change takes place when children and young people feel deeply understood and have adults in their lives who can look beyond the behavior to get inside the child's internal world.

The setting of a family environment means the relationship is key. Foster children, with all their baggage of attachment difficulties, abandonment issues, abuse, and lack of nurture, take into the foster or adoptive

home the survival strategies that helped them live through terrifying experiences. Similarly, foster parents have their own defenses and their internalized shoulds and oughts from their particular family culture. Powerful projections and transferences are inevitable. The child will unconsciously try to make the substitute parent behave like the abuser from whom he or she was taken. In the countertransference, foster or adoptive parents will feel deskilled and as if they are doing a bad job. They may even start to dislike the child and then give up on him or her.

Understanding what is happening in the unconscious by learning about projection, projective identification (Fowlie, 2005), and transference (Moiso, 1985) are invaluable for helping foster parents to understand intrapsychic processes.

The power dynamics of abuse can be illuminated by teaching about ego states (Berne, 1961), particularly second-order structure and the dynamic between P_1 and C_1 . This model engages foster parents in understanding that they need to be a big enough psychological Parent to stand up to the internalized abusive P_1 and model something differ-

ent. Included in the module on abuse is Stuthridge's (2006) model, which captures this dynamic in a way that is easy to understand.

Other transactional analysis theories that foster parents find particularly useful include script theory (Berne, 1961; Cornell & Landaiche, 2006), the script system (Erskine & Zalcman, 1979/1997), and the drama triangle (Karpman, 1968). To complement transactional analysis, we also teach other theories, such as work on child development by Siegal and Hartzell (2005), Damasio (2000), Stern (1990), Schore (2003), and object relations theorists. Work on trauma and how trauma is held in the body is supplemented by Rothschild (2000), Kalsched (1996), Levine and Kline (2007), and Perry and Szalavitz (2006).

Foster parents say that one of the most valuable things to emerge from applying transactional analysis to fostering is that they learn so much about themselves. Increased awareness helps them to recognize transference, projections, and countertransference, which helps them to stay in Adult and stop children from pushing their buttons. They teach ego states and the drama triangle to their partners and children so the whole family has a language for understanding what may be going on with each other and the insight to come back to Adult.

I will be doing further research on the use of transactional analysis in fostering as part of a doctorate in professional studies that I am currently undertaking. For further details on any of the courses, contact me by email.

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Mica Douglas, *Teaching and Supervising Transactional Analyst (psychotherapy)*, AASW, is head of therapeutic services at By the Bridge therapeutic fostering agency in the United Kingdom, where she runs an undergraduate certificate in therapeutic fostering. She is the designer and primary tutor of the new master's degree in therapeutic fostering and adoption being run at Metanoia Institute, London. Mica has a small private practice in Kent where she sees clients and supervisees. She can be reached at mica.douglas@btinternet.com.

Writing as Engaging with Others

by Trudi Newton



“Everything I write comes out of my connections and relationships with others. For me there is always a political aspect. Communication is what makes us human.”

try to explain why, and also how, because for me these go together.

Perspectivizing: What Do I Want to Say?

First comes an idea: There is something I want to say and want to share by putting it out there. To do this I need to tease out why it is important and what is different or original about my take on a subject. It will be derived from someone else’s ideas that I have heard or usually read, so there must be something distinct and worthwhile—a new perspective—that I want to make available. Often this will be some application to learning or education, a different angle that I find interesting or exciting. So, I start to sketch (or rather scribble) an outline. Rarely does this go straight to paper or screen.

Trusting: How to Say It?

Putting it out there means trusting the reader. I will be putting my own experience, learning, observation, and the new idea I have come up with in the hands of readers to do with them what they will. By reading what I have written, each reader will join me as part of the discourse and extend it to others. But usually before I start to write, I create a workshop and take my idea to a conference or discuss it in a training or peer group. This is where I find a

testing ground to see if there is any resonance.

Negotiating: What Do I Want to Say Now?

It is all about the contact: how people respond and what gets added to an idea as it is pulled apart and put together differently. In the process I am both writer and reader, part of the audience as well as the initiator, as I see how resilient my idea is (and how resilient I am) and how it works in the encounter with all the personal, social, cultural, existential contexts that we each bring. Through this means I generally find some clarification. I/we learn something new, my frame of reference shifts and so do others’.

Communicating: What Difference?

Beyond the workshop and discussions I become enthused to start writing. Everything I write comes out of my connections and relationships with others. For me there is always a political aspect. Communication is what makes us human. I think of most of my writing as journalism: reporting from a particular angle on how things are (appear to me) now, at this moment, and how they came to be that way. It involves relating ideas to their history and the micro example to the macro perspective (the big picture). It is the

“Sometimes I get to hear about how readers have developed, added to, or critiqued them or just that they liked what they read. When that happens, and I am in conversation with someone, writing comes even more alive for me.”

“comm” that matters: Communicate and community share a root in Latin: *comunis*, to hold in common. Writing is a cool medium for making stuff available and for making a difference.

Changing: Getting to Dialogue

As the writing starts to take shape, I continue the discussion by sharing it and getting others’ responses and opinions. Being in a community means being willing to change. By sharing what I want to say, I make myself open to what you want to say to me, trusting that we are both prepared to change and grow in the process. The ideas in my writing are a gift to be passed on and transformed as they travel. Sometimes I get to hear about how readers have developed, added to, or critiqued them or just that they liked what they read. When that happens, and I am in conversation with someone, writing comes even more alive for me.

Trudi Newton is a Teaching and Supervising Transactional Analyst (education) and a writer, researcher, and consultant working national and internationally with educators to facilitate radical learning and community development. She can be contacted at Langley Cottage, Chelmondiston IP9 1HS, United Kingdom; or via e-mail at trudi.newton@btinternet.com.

Ending: and Continuing

So, why do I write? To engage with others; to share my ideas, experiences, and beliefs; to be part of the discourse in a transformational community; to make a difference—but it is only ever what will do for the moment. No idea is ever finished or finalized.

Embedded in the final paragraphs of my articles, chapters, and books are the reasons I write: sharing something I believe in and value. We can change reality by redescribing it; we can have “and” rather than “or”; we can tell a better story. How we are part of that change, day by day and moment by moment, is for each of us to decide—and to share together and celebrate.

“That the powerful play goes on, and you may contribute a verse.”
(Whitman, 1892/1983, p. 220)

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TA Conferences

8-12 May 2013: Thrissur, Kerala, India. National Conference on Transactional Analysis (ICTA, KOCHI). Contact: www.nctaindia.org.in or ncta2013@gmail.com.

4-6 July 2013: Oslo, Norway. European Association for Transactional Analysis Conference. Contact: www.taoslo.com/

14-17 August 2013: Osaka, Japan. International ITAA Conference. Contact: <http://2013itaa.com>

3-5 October 2013: Long Beach, California, USA. USATAA Conference. Contact: www.usataaconference.org/

Editor’s Note:



We’d like to hear why you, too, write. We know our readers will be interested, so go to your keyboard and send your thoughts and reflections to me, Laurie Hawkes, at hlaurie@noos.fr.

The International Integrative Psychotherapy Association

Founded by
Richard G. Erskine, PhD, et al.

6th International Conference

Vulnerability
Authenticity
Intersubjective Contact

11-14 July 2013
De Vere Belton Woods,
Grantham, England, UK

The International Integrative Psychotherapy Association is dedicated to developing and teaching the theories and methods of integrative psychotherapy and to challenging the experienced practitioner in the pursuit of professional excellence and personal development. In addition to our biennial international conferences, we have institutes located throughout the world and offer advance certification for qualified therapists trained in integrative psychotherapy.

For more information about the conference and our organization visit our website at: www.integrativeassociation.com



2013 ITAA International Conference in OSAKA

“Recovery, Rebirth, New Beginnings”

15-17 August; Osaka, Japan

Osaka International Convention Center

Preconference Institute 14 August and
Postconference Institutes 18 August



Osaka International Youth Hostel



Shin-Osaka Youth Hostel

ALTERNATE ACCOMMODATIONS

If you are looking for something a little different, exciting, and reasonable in the way of accommodations for the 2013 Osaka Conference, here you are! We have listed some hotel/lodging options that provide simple, modern rooms in Osaka, some within walking distance to the ITAA Conference venue at the Osaka International Convention Center. (Click on hotel name to link to their website.)

Osaka International Youth Hostel — Largest youth hostel in Osaka and nearest to the airport

Shin-Osaka Youth Hostel — Nearest to the bullet train station

Osaka Municipal Nagai Youth Hostel — Uniquely located in the Nagai Stadium in Osaka

Hotel J-Hoppers Osaka Central — A 15-20 minute walk to the ITAA conference venue

Hotel Family Inn Fifty's Osaka Higobashi — A 10-15 minute walk to the ITAA conference venue



Osaka Municipal Nagai Youth Hostel



Hotel J-Hoppers Osaka Central

For more information about the conference, visit <http://2013itaa.com> .

Program Presenters (as of 11 March)

Yasuhiro Suto with Noriko Takahashi (Japan) and Yaying Chen (Taiwan) (P/All): “Stepping Forward Together: Being Me in Difficulties with My TA”

Carol Solomon (USA) (P/P): “How Eric Berne Practiced Psychotherapy”

Carol Solomon (USA) with Ann Heathcote (UK) and Marco Mazzetti (Italy) (P/All): “The Eric Berne Archives”

Chie Shigeta and Atsushi Matsumoto (Japan) (P/All): “Attention Please! Your Rebellious Child”

Curtis Steele and Nancy Porter-Steele (Canada) (P/All): “Linking TA with the Shambhala Principle”

Erina Tate and Yumiko Kawai (Japan) (P/All): “Critical Parent-Free Year 2013! A Search for Ways to be Free from the Control of the Critical Parent”

Fumiko Kato (Japan) (E/E): “TA & Puppet Integration”

Hidemi Nakano and Teruhiko Nakano (Japan) (P/P): “Get Your Successful Future by Finding Your Life Script”

Hideomi Sekiguchi (Japan) (E/E): “Coaching Based on TA”

Joanna Beazley Richards and John Baxendale (UK) (P/P): “Using Berne’s Energy Theory to Treat Trauma Victims”

Kathy Laverty (Australia) (P/All): “The Movement Between Isolation and Belonging: Power and Vulnerability”

Lata Aklujkar (India) and Shri. Pramod Aklujkar (E/E): “Indian Temples and Their Architecture in the Chalukya Dynasty”

Mandy Lacy (Australia) (O/All): “Who Teaches Us How to Recover, Rebuild, and Have New Beginnings”

Marco Mazzetti (Italy) (P/All): “Supervision in Transactional Analysis”

Masaru Fujiwara and Kazumi Shirasaka (Japan) (O/Other): “Kendo and TA: Searching for the Common Points Between Japanese Culture and Psychotherapy” (Kendo is a traditional Japanese martial art using swords)

Nancy Porter-Steele and Curtis Steele (Canada) (P/All): “Redecision + + +”

Pao-Ling Yeh and Colleagues (Taiwan) (P/All): “A Study of the Change in Ego State and Resilience Processes in Surviving Secondary School Students from the 1988 Taiwan Flood”

Processes in Surviving Secondary School Students from the 1988 Taiwan Flood”

Roland Johnsson (Sweden) (P/All): “The Mutually Beneficial Process of Research and Practical Work”

Rosemary Napper (UK), Kuniharu Ogawa (Japan), and Karen Earn Lam (Taiwan) (E, P, C/All): “What Different Asian Contexts and Cultures Can Offer to and Gain from TA Concepts”

Sabine Klingenberg (Germany) (O/All): “New Beginnings in Transactional Analysis Training”

Saki Sugimoto and Colleagues (Japan) (E/All): “Communication Way to Motivate Children” (Presented by teachers running the study rooms)

Shuhei Kaneko (Japan) (P/All): “Role Lettering: A Japanese Technique for Transactional Analysis”

Sue Eusden (UK): “Minding the Gap”

Takayuki Muroki (Japan) (P/All): “Let’s Experience Our Ego States”

Thomas Ohlsson (Sweden) (P/All): “Chinese Scripts”

Trudi Newton (UK) (E/All): “The Supervision Triangle: An Integrating Model”

Vann Joines (USA) (P/P): “Ego State Structures and the Split Psyche”

Yayoi Ubukata and Colleagues (Japan) (E/All): “The Theoretical Background and Practical Use of a ‘TA Happy Card’ ”

Masumi Kobayashi (Japan) (E/All): “Relevance and Difference Between Discounts and Four Kinds of Negative Strokes”

Chiho Asai and Yoen Ishiyama (Japan) (E/All): “From Pedagogy to Andragogy: New Beginnings in Education”

Diane Salters (South Africa) (P/P): “Jung, Berne, and Hellinger Meet in Sandplay”



Hotel Family Inn Fiftys Osaka Higobashi

Call for Examiners: Osaka, Japan, 13-14 August 2013

Dear Colleagues:

We are looking for examiners for both Certified Transactional Analyst (CTA) and Teaching and Supervising Transactional Analyst (TSTA) examinations to be held just prior to the ITAA Conference in Osaka. We also need volunteer supervisees and audiences for the TSTA examinations. We are expecting about 15 CTA and 6 TSTA candidates. The exams will take place primarily on 13-14 August (Tuesday-Wednesday). Because of the number of candidates, we will begin on the evening of the 13th with both CTA and TSTA exams. The meetings for new examiners, experienced examiners, volunteers, and candidates will be held on the 13th beginning at 1 p.m. These briefings are obligatory for both examiners and candidates. If you sign up to help with exams and later find out that you cannot, please let us know as soon as you can.

*Thorsten Geck,
Cochair, ITAA Board of Certification*

Registration to Help with Osaka CTA/TSTA Exams

Please return this completed form via email to Janet Chin at admin@ta-trainingandcertification.net.

Deadline: 4 May 2013.

Fill in all fields. We need this information to set up boards.

Yes! I will help with CTA or TSTA exams and will attend the examiner briefing.

Name _____

Address _____

Email _____

Phone _____

Status: CTA PTSTA CTA Trainer TSTA

Field: Psychotherapy Counseling Education Organization

I will exam in: CTA TSTA

I can exam in (languages): _____

I have experience as an examiner in CTA exams (as chair) and/or in TSTA exams (as chair)

I will participate in the TSTA exams as audience supervisee (CTA) supervisee (TSTA)

10

Congratulations to Successful Examinees

**Dunedin, New Zealand—
15 March 2013**

Raewyn Knowles, CTA (P), Auckland, New Zealand;

Antonia Muir, CTA (P), Dunedin, New Zealand;

Exam Supervisor: Charlotte Daellenbach; *Process Facilitator:* Paula Partington; *Examiners:* Chair: Servaas van Beekum; Chair: Carolyn Murray; Judith Kime; Marion Wade; Janet Redmond; Elana Leigh; Kerrylea Sampson; Suzanne Johnson

EXAM CALENDAR

Exam	Exam Adm.	Exam Date	Location	App. Deadline
CTA Exams	BOC	13-14 Aug 2013	Osaka, Japan	13 May 2013
	BOC	3 Jan 2014	Coimbatore, India	3 Oct 2013
TSTA Exams	BOC	13-14 Aug 2013	Osaka, Japan	13 Feb 2013
CTA Written	All Regions (Non-Europe)	Your choice	See contact information below	Your choice
TEW	BOC	18-20 Aug 2013	Osaka, Japan	17 Apr 2013
	BOC	5-7 Jan 2014	Coimbatore, India	5 Sep 2013

Write to T&CC at admin@ta-trainingandcertification.net closer to the exam dates for further details. Also see ta-trainingandcertification.net for more information.

APRIL 2013

THE SCRIPT



Ken Mellor receiving his Next Generation Indie Book Award

Ken and Elizabeth Mellor were honored with the Siddhartha Award for Meditation on 8 September 2012. These awards are made annually by Swami Shankarananda and Devi Ma, the principals of the Shiva Ashram (at Mt. Eliza, Victoria, Australia). The award, named after Siddhartha, the Buddha, is given annually for significant contributions in the field of teaching meditation. Ken and Elizabeth Mellor are the heads of The Awakening Network, based in Seymour, Victoria, and were long-time students of the Indian yogi Thakur Brahmachari Maharaj. Ken, a Teaching and Supervising Transactional Analyst (psychotherapy), and Elizabeth are published authors and have a special interest in parenting. They also do work in the corporate field.

In addition, **Ken** is the winner in the spirituality category of the 2012 Next Generation Indie Book Awards for his book *Inspiration Meditation & Personal Well-Being* (Awakening Network, 2011). This follows his being designated as a finalist (placed in the top five entries) in the spirituality category of the 2009 Next Generation Indie Book Awards for his

book *Urban Mystic: Discovering the Transcendent Through Everyday Life* (Awakening Network, 2009). This annual award attracts thousands of entrants from countries around the world. Ken attended the awards ceremony on 4 June 2012 in New York. Ken writes, "By the way, most of the material in my July 2008 TAJ article "Autonomy with Integrity" is in *Inspiration Meditation & Personal Well-Being*. So much of the book could be construed as relating to transactional analysis these days. It can be seen as an exploration and way of learning the basic procedures mentioned in that article, including meditating generally, and grounding, centering, relaxation, and digesting experiences."

Richard Erskine conducted a January 2013 training group in Amalurra, Spain, on "Integrating Redecisional Methods in a Relational Psychotherapy." This group has met for 5 years each January to explore the psychotherapy methods of phenomenological and historical inquiry, deconfusion of Child ego states, redecision of script beliefs, and resolution of Parent ego state

conflicts within a relationally focused psychotherapy.

George Kohlrieser, former ITAA President, published *Care to Dare: Unleashing Astonishing Potential*



Through Secure Base Leadership in 2012. Daniel Goleman writes of the book, "Care to Dare sends a vital and urgent message to every leader: empathy and attunement are

not a waste of time in today's business climate, but essentials for success. Every leader who wants results needs to read this book." The book, written with Susan Goldsworthy and Duncan Coombe, explains the secure base concept and explores how becoming a secure base leader releases extraordinary potential. It draws on research with over 1,000 executives from around the world and reveals nine characteristics that secure base leaders display on a daily basis.



Richard Erskine (standing, third from left) with training group in Amalurra, Spain

Call for ITAA Board Nominations

The following position is open for nominations:

Regional Trustee (nomination and election only by members of the region): Europe (2014-2016)

Deadline: 31 May 2013

Nominations require the name and consent signature of the nominee (it may be yourself), the name of the person making the nomination, and the name of the person seconding the nomination. To be eligible for nomination, trustees may not have already served two consecutive terms of office in any position on the board. Position statements (charters) that describe the function and selection criteria for each of the officer positions are available in the Guidelines (part of the official documentation) on the ITAA website at www.itaaworld.org. Nominees are encouraged to read and understand

these before accepting nomination.

Send nominations to ITAA Nominations Chair Sumithra Sharatkumar at sumithrask@gmail.com.

Those who accept nomination to the above position must email a written statement and digital photo to the nominations chair as soon as possible and no later than the 31 May deadline. Statements should be a maximum of 250 words.

Election Procedures: As per the ITAA bylaws (revised 1996), if there is no more than one candidate per position, there will be no ballot, and the results of the election will be announced in *The Script* newsletter. Unopposed candidates will take up their positions following the annual general meeting (AGM) in August 2013. If there is more than one nominee for a position, a ballot will be sent to all voting members within 60 days of the close of nominations. The deadline for return of ballots is 60 days from the date of mailing. The results of the election will be announced to the candidates within 30 days after the election results are determined and to the voting membership as soon as practical thereafter. The winning candidate(s) will take up his or her position on 1 January 2014.

If you have not already submitted a Consent to Use of Electronic Transmissions so that you are eligible to vote electronically in the case of a ballot, we urge you to do so right away by [clicking here](#). 

T&J Theme Issues

“Transactional Analysis, Childhood, and Adolescence”

Editors: Marco Mazzetti, Güdrun Jecht-Hennig, Dolores Munari Poda, and Ann Heathcote

Deadline for Manuscripts:
1 July 2013

“Loss, Death, and Dying”

Editors: Ann Heathcote and Steff Oates

Deadline for Manuscripts:
1 January 2014

Please follow the submission requirements online. [Click here](#).

Not Receiving the Monthly Email Announcing the Next Issue of *The Script*?

If you are not regularly receiving the teaser email announcing the contents of the next issue of *The Script* newsletter, please:

- Check your email address in the database on the ITAA website at www.itaaworld.org (we have found some typos and non-existent addresses)
- Check your email settings for your email server (e.g., some people have blocked Constant Contact emails, which is how *The Script* teaser is sent)

If you have questions or need help, please contact Janet Chin at janet@itaaworld.org.