



**VOL. 43 NO. 8  
AUGUST 2013**

**IN THIS ISSUE**

A New Era in  
TA Accreditation  
1

Bylaws Amendment Ballot  
3

The Impact of the Great  
East Japan Earthquake  
4

Reaching Out to Fukushima  
Disaster Evacuees  
6

Geneva TA Center  
Celebrates 20 Years  
9

The Many Facets of  
Counseling  
10

**BOARD NOTES**

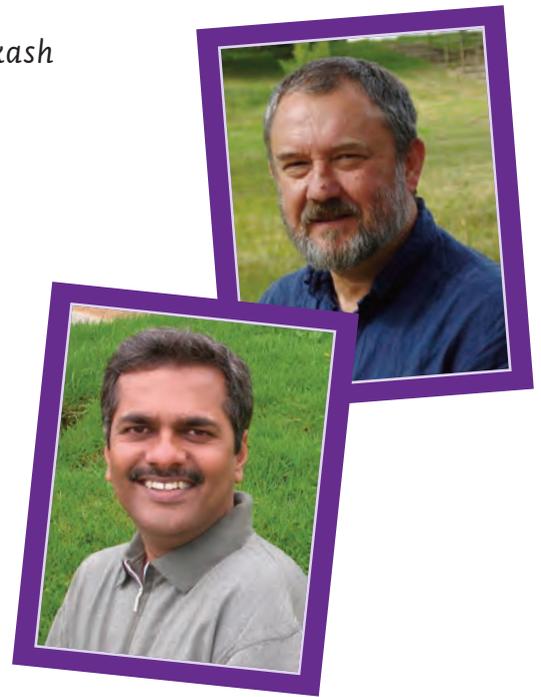
## ***A New Era in Transactional Analysis Accreditation***

by *John Heath and C. Suriyaprakash*

**T**he Training and Certification Council of Transactional Analysis or T&CC, as it was commonly known, is to be closed after 26 operational years. It was incorporated on 1 August 1987. The documents of dissolution are already prepared and signed. They will be implemented later this year, as soon as the replacement arrangements are in place.

While it is a relief to have arrived at this point, there is a tinge of sadness in having to close down something that served so well for so long and, in its day, was a pioneering outfit. Many of us treasure our T&CC certificates of qualification, however much toil and tribulation we had to go through to achieve them. Interestingly, most of us thought of them as ITAA certificates because psychologically and emotionally that is what they felt like. They will remain valid, of course, so we can continue to display them with pride.

A blend of facts, stories, myths, and mystery form the narrative of an organization's practices and culture. The story of the birth of the T&CC and its relationship with the ITAA is no exception. For example, there are different versions of why the T&CC was created as an organization separate from the ITAA. The original story some of us have heard was that Californian law prohibited a professional association from certifying its own members. But



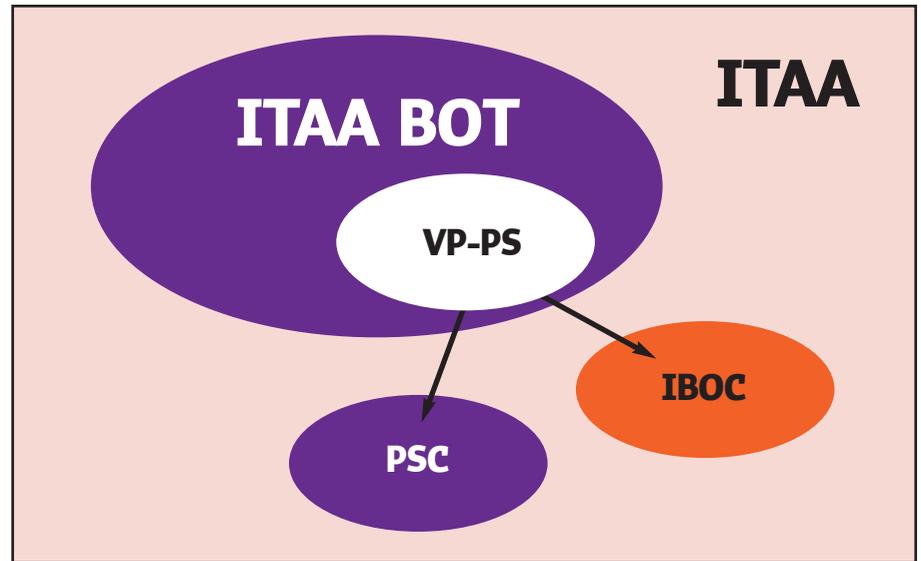
later it emerged that the law did not prohibit that but only said that in such cases the parent body would be liable to pay tax. So, effectively, the separation between the ITAA and the T&CC was made to preserve the tax-exempt status of the ITAA, in accordance with Californian law.

Whatever the reason for creating the T&CC, it is clear that it was set up by the ITAA as a practical solution to an organizational problem. The articles of incorporation are based on a standard issue document, which, probably without our realizing it, set the T&CC up as a virtually autonomous organization. The ITAA left itself with very little power to regulate the T&CC. Not that such a situation mattered at the time, or for quite some years. The structure of the T&CC and its constitutional relationship with ITAA was conceived with

the best of intentions by colleagues who all saw themselves as working for the same people and with the same basic aims. It served our members well for a couple of decades.

Things began to turn sour in more recent years, which is when the lack of checks and balances began to show and the ITAA Board of Trustees (BOT) decided it must take action. Much was written about this in earlier editions of *The Script*. In short, the BOT decided in Chennai in 2012 to form a new nonprofit trust called the International Board of Certification (IBOC) to carry out the training and certification process, while the task of setting the training standards would be returned into the structure of the ITAA as a function of a new committee called the Professional Standards Committee (PSC).

Thanks to research by our lawyer, and recent developments in the



**Figure 1**  
New IBOC/PSC Structure

economic world, we found the best alternative available was to create the IBOC in the form of a limited liability company (LLC). An LLC is equivalent to a wholly owned subsidiary of a business organization. Thus, if we incorporate the IBOC as an LLC, with ITAA as its sole member, then the BOT has direct control of its operations while at the same time preserving its financial and operational separateness. This protects the tax-exempt status of the ITAA without running the risk of the two organizations becoming operationally alienated. The revenue of the IBOC LLC will be taxable but that of the ITAA will not.

A new BOT position has been created, known as the vice president (professional standards). The VP (PS) will be the functional head of both the PSC and the IBOC. The first post holder is Vann Joines.

In summary, the terms of reference of the PSC and IBOC will be as follows.

The role of the PSC will be to:

- Work in association with the IBOC to set standards for training

and supervision for all levels of professional membership and to establish requirements for certification from time to time

- Set the code of ethics for transactional analysts
- Establish professional member nomenclature
- Make recommendations about requirements to the IBOC
- Monitor the ongoing professional development needs of professional members
- Set standards and publish guidelines for professional behavior, presentation, and advertisement, including the use of the ITAA logo and service mark
- Oversee and review professional practices
- Receive and assess complaints regarding matters of professional practice
- Intervene or mediate to resolve complaints and make recommendations as necessary to the ITAA Board of Trustees or ethics committee

## the SCRIPT

**Newsletter of the International Transactional Analysis Association**  
2843 Hopyard Rd., Suite 155  
Pleasanton, CA 94588, USA  
Fax: 925-600-8112  
Email: [info@itaaworld.org](mailto:info@itaaworld.org)  
Website: [www.itaaworld.org](http://www.itaaworld.org)

**Editor:** Laurie Hawkes, MA  
**Managing Editor:** Robin Fryer, MSW  
**Desktop Publishing:** lockwood design

**Deadlines**—first of the month prior to the month of publication (e.g., 12 August for the September issue).

**Advertising:** Twelfth page: \$50; sixth page: \$100; third page: \$200; half page: \$300; full page: \$400. Publication of advertising in *The Script* does not imply endorsement by the newsletter, the editor, or the ITAA.

*The Script* (ISSN 0164-7393) is published monthly by the International Transactional Analysis Association. For information on membership, visit [www.itaaworld.org](http://www.itaaworld.org) or contact the ITAA at the above address. © 2013 International Transactional Analysis Association, Inc.

*“While the services to our members have not and will not suffer in any way during these changes, the structural change was necessary to correct some perceptual and operational gaps.”*

The role of the IBOC will be to:

- Work in association with the ITAA PSC to set standards for training and supervision for all levels of professional membership and to establish requirements for certification from time to time
- Manage training contracts for all levels of professional certification (CTA, TSTA, etc.) as per the requirements set by the ITAA from time to time, including exceptions and expansions concerning those contracts
- Organize Training Endorsement Workshops (TEWs)
- Administer written and oral exams as per the standards developed by the ITAA

### Important Bylaws Amendment Goes to Voters

ITAA voting members should have received a message either by email or post asking them to vote on an important bylaws change that will allow for the Board of Trustees to amend the bylaws in certain ways. Please make sure you return your ballot as instructed (depending on whether you have signed a consent to electronic communications) by the 5 pm (PST) 1 October 2013 deadline. If you have not received your ballot or have questions, please contact ITAA Secretary Steff Oates at [lcfan@me.com](mailto:lcfan@me.com).

- Decide dates and locations of exams for all levels of certification
- Supervise TSTA and CTA oral exams and monitor exam process
- Certify successful candidates
- Provide information regarding dates and location of exams and the certification of transactional analysts
- Approve exam sites and monitor exam processes

In due course, the contents of the T&CC website will be transferred onto the ITAA website and reorganized to reflect the new organizational structures.

While the services to our members have not and will not suffer in any way during these changes, the structural change was necessary to correct some perceptual and operational gaps. Members have always regarded our training and certification services to be part of the ITAA. Now this is organizationally as well as psychologically true. The launch of these new structures brings to an end a historic error in the life of the ITAA and marks the beginning of a new era.

We are indeed fortuitous in the timing of these new developments as the ITAA can now take its place at

the newly formed World Training and Certification Council (WTCC) with the IBOC and PSC in place. The WTCC is a jointly formed working party supported by the ITAA, EATA, and FTAA to look at how we might continue to ensure the mutuality of professional training and qualification standards in transactional analysis around the world. WTCC was formed as a working group in Chennai in 2012 and is due to meet again in Osaka later this month. If all goes to plan, the group will adopt a new constitution and will become a standing forum tasked to carry ongoing responsibility and oversight in this arena. 📍

*John Heath is ITAA president and can be reached at [johnheath@itaa-net.org](mailto:johnheath@itaa-net.org). C. Suriyaprakash is chair of T&CC and can be reached at [suriya.sunshine@gmail.com](mailto:suriya.sunshine@gmail.com).*

### Contacting the PSC and the IBOC

To contact the PSC and/or the IBOC, please use the following new email addresses:  
[psc@itaaworld.org](mailto:psc@itaaworld.org) and  
[iboc@itaaworld.org](mailto:iboc@itaaworld.org).

## EXAM CALENDAR

Exam	Exam Adm.	Exam Date	Location	App. Deadline
<b>CTA Exams</b>	BOC	13-14 Aug 2013	Osaka, Japan	13 May 2013
	BOC	3 Jan 2014	Coimbatore, India	3 Oct 2013
<b>TSTA Exams</b>	BOC	13-14 Aug 2013	Osaka, Japan	13 Feb 2013
<b>CTA Written</b>	All Regions (Non-Europe)	Your choice	See contact information below	Your choice
<b>TEW</b>	BOC	18-20 Aug 2013	Osaka, Japan	17 Apr 2013
	BOC	5-7 Jan 2014	Coimbatore, India	4 Sep 2013

Write to the IBOC at [iboc@itaaworld.org](mailto:iboc@itaaworld.org) closer to the exam dates for further details. Also see [ta-trainingandcertification.net](http://ta-trainingandcertification.net) for more information.



## The Impact of the Great East Japan Earthquake

by Barbara Monk-Steel

**I**n March 2011, Japan was in the throes of a triple disaster comprised of an earthquake, a tsunami, and contamination from a nuclear power plant that followed damage caused by the earthquake and tsunami. This triple disaster in the eastern part of the country was much more than its communities were prepared for. As often happens, help was invited and given by a range of organizations and nations in the immediate aftermath. Eighteen months after the disaster, Japan was on the road to recovery: People had been moved out of shelters, towns were being rebuilt, resettlement projects were being implemented, and even more advanced disaster preparations were being put in place.

In October 2012 an event was organized by the British Embassy in Tokyo, University College London's Institute for Risk and Disaster, and Tohoku University's International Research Institute of Disaster Sci-

ence. The gathering was entitled "UK-Japan Workshop on Disaster Risk Reduction: Learning from the 2011 Great East Japan Earthquake" and took place at the British Embassy in Tokyo.

As a mental health specialist from De Montfort University in the United Kingdom, I was invited to contribute two presentations on the psychological impact of disaster and the process of psychological recovery. I am a Teaching and Supervising Transactional Analyst (psychotherapy) working in private practice in Leicester, England, and my thinking and work around these areas are influenced by transactional analysis and its value base.

The majority of the other contributions to the event were about the recovery of the physical infrastructure and the physical networks. Participants' interest in the psychological impact was evident, but they had previously given little thought to the recovery of individuals and families.

My initial presentation was on the psychological impact of disaster on individuals' experience and mental health. I also considered ways of helping and promoting recovery

immediately post disaster. The principles of responding to psychological distress identified by leading organizations, such as the World Health Organization, are compatible with transactional analysis values and

*"Transactional analysis has a history of promoting ways of responding to children and adults that develop their capacities and potential, and it invites a realistic and creative way of living. In a country where natural disasters occur regularly, this is much needed."*

frameworks for practice, even though they are not presented in terms of TA concepts. The provision of emotional support, awareness of safety issues, and problem solving all require a healthy Adult ego state and the capacity to process emotional responses in the face of human tragedy. Transactional analysts are well placed to understand how script beliefs both affect the responses of those caught up in a disaster and influence their recovery.

Before the workshop, participants from the UK were based in Sendai and taken to visit the tsunami dam-

Barbara Monk-Steel, RMN, BSc, PG Dip, MSc, Cert Ed FE, Fellow of the Higher Education Academy, CTA(P), TSTA (P) can be reached at [bmonksteel@me.com](mailto:bmonksteel@me.com)



Joint group at British Embassy in Tokyo (Barbara Monk-Steel, far left in fourth row from the bottom)

age and reconstruction site in Miyagi prefecture. We visited Onagawa town, Ishinomaki City, and the tsunami memorial near Yuriage town. One of the most moving sights was a local school, which had been affected by the earthquake and tsunami and was now being used as a repository for personal effects recovered from the affected areas—family photograph albums, boxes, ornaments, clothes, school bags, and so on—in the hope that survivors or relatives would claim the items.

The mayor of Ishinomaki city met with the UK visitors and city officials, recounting how the tsunami hit the city and the subsequent responses and reconstruction. He reported that many people were still missing, and the official search for them continued.

There was an air of desolation around many of the areas we visited, with clear evidence of damage and debris even 18 months on. At times it was hard to envisage that the flat and uninhabited landscape had once been built up and populated. In

some places, the only evidence left of these communities were foundations hidden by growing vegetation. The physical infrastructure was in place to facilitate the continued operation of some of these communities, although temporary arrangements were still supporting the social and personal functioning of their inhabitants.

In some places, many survivors had left the area and did not intend to return because their experience left them feeling too vulnerable. In addition to the direct casualties of the earthquake and tsunami,

there had been an increase in suicide, considered a direct result of the tsunami, which added to the number of victims. This underscores the need for the kind of support and intervention that transactional analysts can provide to help survivors with respect and understanding.

The 2011 Tokyo Bulletin of the World Health Organization included the following comment:

This disaster will likely increase the long-term incidence of mental disorder and distress. Many people have lost their families, their work, their property and their entire community. Such life stressors are an established risk factor for depression. Many of the bodies of the deceased have not been found yet so people may have difficulties finishing the mourning process because, culturally, Japanese people have a strong attachment to the remains of their loved ones. An increase in iso-

lated deaths among the elderly is also expected due to the breakdown in community support networks. In addition, the anxiety surrounding the nuclear disaster will further increase the need for psychosocial care, not only in the disaster-affected area but in all of eastern Japan. (para. 6)

As we know from transactional analysis theory, these are the circumstances in which script decisions are both formed and activated. The disaster is likely to impact people for at least the next decade, if not longer. Although Japan has a developed health care system, it is unlikely that the clinical infrastructure will be sufficient to deal with the emotional needs of survivors.

For all people, emotional needs can be immense in cases of traumatic experiences, grief, or loss, irrespective of the advancement of the society in socioeconomic or technological spheres. Therefore, greater provision is likely to be needed. Transactional analysts have the capacity to work with here-and-now issues that are the result of the disaster and also the impact of script on the person's response to his or her experience.

Following the workshop, a seminar took place at the British ambassador's residence. It was attended by scientists and business representatives. The British ambassador to Japan introduced the event. Sir John Beddington, the Chief Scientific Officer for the UK, spoke about the issues for world concern over the next 50 years.

I was invited to speak on the topic of psychological resilience and recovery. The focus was on long-term recovery and the capacity to build the strengths needed to cope with and recover from disaster. Transac-

tional analysis has a history of promoting ways of responding to children and adults that develop their capacities and potential, and it invites a realistic and creative way of living. In a country where natural disasters occur regularly, this is much needed.

The feedback at the end of the event was that there was energy for further collaboration between the UK and Japan in the areas of business, education, and research. The British Embassy staff indicated that there were small amounts of money that could be applied for to support further workshops, seminars, and research exchanges, and I would welcome any partnerships with TA colleagues in order to do this.

I had been unable before and during the event to make contact with my transactional analysis colleagues in Japan and wish I had been able to meet and discuss with them the work they have been doing to help people recover and live with their circumstances. I have since heard indirectly about some of the contributions my Japanese colleagues have made and hope to learn more, including about any ideas they may have about collaboration between the UK and Japan.

#### REFERENCE

Yamazaki, M., Minami, Y., Sasaki, H., & Sumi, M. (2011). The psychosocial response to the 2011 Tohoku earthquake. *Bulletin of the World Health Organization*, 89, 1-1 (DOI: 10.2471/BLT.11.093997). Retrieved from [www.who.int/bulletin/volumes/89/9/11-093997/en/index.html](http://www.who.int/bulletin/volumes/89/9/11-093997/en/index.html) 

#### Contacting the ITAA

2843 Hopyard Rd., Suite 155  
Pleasanton, CA 94588  
Email: [info@itaaworld.org](mailto:info@itaaworld.org)  
Fax: 925-600-8112  
Skype address: ken.fogleman

**Editor's Note:** After receiving Barbara's article, we contacted some transactional analysts in Japan to ask them for a contribution describing some of the work they are doing with disaster survivors. The result is the article by Yuzuru Yoshida below. It is fitting that on the eve of the International Transactional Analysis Conference taking place this month in Osaka, Japan, that we honor the conference theme of "Recovery, Rebirth, New Beginnings" with these two articles. Our appreciation to both Barbara and Yuzuru for sharing their experiences.

## Reaching Out to Fukushima Disaster Evacuees

by Yuzuru Yoshida

**T**wo years have passed since the Great East Japan Earthquake. However, many people who are displaced by the accident at the Fukushima nuclear power plant have been forced to live in temporary housing and are still there. This, as one can imagine, is very stressful for them.

From 3 May 2011, immediately after the earthquake, until now, I have organized 14 bus tours with about 30 volunteers in each to support the evacuees. I have been working to change the way support is offered in response to the psychological changes these survivors have experienced.

At first, the primary support involved setting up a soup kitchen, supplying daily necessities, and cleaning up houses that were affected by the tsunami. Now we are mainly engaged in exchange meetings with Fukushima evacuees at the temporary housing set up in Iwaki City. By "exchange meetings," I mean gatherings that promoted exchanges between the evacuees



*Yuzuru playing his guitar while a resident of the temporary housing unit sings*

and the volunteers and between the evacuees themselves.

Fukushima evacuees feel distressed and uneasy every day because they do not know how long they will have to live in the temporary housing. Counseling does not seem to work in this situation. In fact, some fear that counseling will increase rather than reduce their anxiety.

We have, therefore, designed the exchange meetings as psychological care for those in temporary housing by promoting interaction between residents. We began group activities, and the residents then established a committee within the temporary housing unit. They have helped each other through their interactions, and it appears that many of them are feeling better as a result.

The exchange meetings begin with cooking a meal followed by singing a song together, some entertainment performances (such as a ventriloquist), and playing games. Rather than providing support unilaterally, we worked to encourage the residents to participate in organizing and running the meetings. Then we were able to start communicating informally with them.

Once we became friendly, I asked them, "How was the earthquake for you?" Then they began to talk about the earthquake, the tsunami, their hard times in shelters, and

other experiences—as if a dam inside them had broken. While they were talking about what they had been through, they began to feel calmer and even sometimes to smile. They do not want to talk about the disasters with each other in the temporary housing unit during everyday life. This makes the exchange meetings even more important and necessary. As a result of the meetings, they have developed a feeling of greater connectedness with each other, a desire to encourage each other, and more interest in joining circle activities.

Not all of the residents come to the meetings, so we have also developed what we call a "Delivery Team." The team goes from door to door to deliver a meal, talk with people, and invite them to exchange meetings. For example, a member of the team invited a grandmother to the meetings. She sang old songs with me playing guitar accompaniment and enjoyed and laughed at my colleague's ventriloquism performance. She burst into tears soon after the meeting was over, and while holding our hands she said, "This is the most I have laughed since the earthquake. Thank you! Thank you!" At that point we were also in tears. She had lived alone in her room in the temporary housing unit for 2 years. I thought that it was good, indeed, to invite her to the meeting.



*Yuzuru and a friend in front of one of the temporary housing structures*



*A group enjoying a performance during an exchange group meeting in the temporary housing unit in Iwaki City, Fukushima Prefecture. These individuals are from Hirono Town, which is about 30 km from the Fukushima power plant. Iwaki City is less polluted, so the housing structures were put up there.*

*Yuzuru Yoshida is a lecturer of management training and career development and the chairman of the NPO COSMOS, which supports people with intellectual disabilities and autism. Ten years ago he learned transactional analysis from Mr. Okano and has been studying in the TA Research Group. He has been doing volunteer work in Tokyo for 20 years. Yuzuru can be reached by email at [yywai.yoshida@gmail.com](mailto:yywai.yoshida@gmail.com).*

Thus, instead of only listening to the hard and painful stories these people have to tell, I understand that their sense of loss and grief may be eased by participating in the exchange meetings. By releasing the Free Child, they find a renewed interest in and willingness to live. I am going to continue the care of the heart through these exchange meetings in the future. **S**

## Geneva TA Center Celebrates 20 Years

by Anne-Marie Guicquéro, Jenni Hine, and Mireille Binet

**T**he TA Center in Geneva celebrated its 20th anniversary on 27 April 2013 with three afternoon presentations followed by a beautiful party in the evening. Jenni Hine, cofounder of the center along with Anne-Marie Guicquéro, was present via Skype on a large screen in the room. The three afternoon lectures were offered to all who could attend. First, Mireille Binet, TSTA (P), the center's current president, spoke on "The Choice of TA: Its Applications in My Professional Journey From Consultant to Psychotherapist." Then Sylvie Monin, PISTA (C) and a board member of the center, gave a talk on "The Many Facets of Counseling: The Art of Working in the Here and Now." Finally William Cornell, TSTA (P), a TA and body psychotherapist, offered a memorable talk about wordless stories in "When Stories Don't Have Words. . . ." In recalling the founding of the center and thinking about its future, Anne-Marie Guicquéro, Jenni Hine, and Mireille Binet offered the following memories and comments.

**Anne-Marie:** I became certified as a clinical transactional analyst in 1986, then attended a TEW in 1990. In the group, there was an Englishwoman who spoke perfect French with a delightful accent and the refined kind of contact "Her Majesty's subjects" tend to demonstrate. We clicked right away. She

lived in Founex, a small village in the Geneva area where I had been once, 10 years earlier, for a workshop with Richard Erskine. The atmosphere in her house had been friendly and warm, I recalled. During the TEW, we realized that both of us were eager to colead a training group. When Jenni offered her home as a venue, I was delighted to have a chance to come back to my country of origin.

**Jenni:** In 1984 I was the main organizer for the EATA/ITAA/ASAT (the Swiss French-language association) conference in Villars, in the Swiss Alps. It was a huge success, but the task had exhausted me, and I failed my TEW, which took place at the end. I spent the next 5 years thinking, "I didn't really want to teach, anyway, did I?" Then one day, in 1989, I pushed myself to "take that darn TEW anyway!" and that is when I met Anne-Marie. We got along well, we laughed, we shared a passion. I discovered a massive wish to pass on my knowledge before retiring. I was 68 already, and by the time I got back to Founex, I felt a burning desire to start a school for transactional analysis training. Such an exciting idea—as long as I didn't have to do it alone. I thought of Anne-Marie and of Rosette Poletti, a TSTA, a friend, and a well-known colleague



Anne-Marie Guicquéro



Jenni Hine



Mireille Binet

in Romande Switzerland. And both said yes!

**Anne-Marie:** Jenni and I were complementary, even in the way we accompany our trainees throughout their training journeys. Jenny favored gentleness and understanding toward trainees, whereas I leaned toward my Swiss rigorosity, going by the rules. That difference led to many intense discussions about trainees who didn't attend the courses assiduously or who worked at the boundary of two fields of TA application. So we began in 1991, and the very next year Bill Cornell, who sponsored both of us as PTSTAs, started leading an ongoing group for training/therapy. We both began attending immediately, and I'm still a member of that group! Since we had new people coming year after year, we created two different levels for the training group, although whenever possible, we aimed to maintain a mix in the transactional analysis fields because that is so enriching for us all.

**Jenni:** We celebrated this happy collaboration in 1993 with an official inauguration of the Center. It took place at the Founex Sports Complex on a sunny day. We danced in a circle and let loose a flock of white pigeons. My philosophy has always focused on the measurable growth of people in a flexible setting. After a few years as a trainer, I realized that I was no longer teaching some transactional analysis concepts in the traditional way. I had "caught" from Bill Cornell, my supervisor and mentor, the desire to tie all TA concepts together in a coherent way, going back to the roots in ego states, the key concept in transactional analysis, and bringing in the concepts of script, life positions, games, and time structuring. That is what inspired the articles I wrote

about those same concepts, connecting them to recent knowledge about brain functioning as understood via cerebral imagery to give a more scientific basis to the TA understanding of human behaviors as described by Berne.

**Anne-Marie:** As for me, I added to classical TA Vincent Lenhardt's theory of bioscripts, and I also started doing sessions with commentated therapy [a piece of therapy after which trainees ask questions about the work], which enabled participants to see the concepts we taught being put into practice.

**Jenni:** I was proud to pass on the TA Center to Mireille Binet, my first trainee to have signed a CTA contract, the first of the Founex School to become certified and take the TEW. She did a brilliant job with the transition and kept the school on track, with a philosophy that has preserved the human and friendly atmosphere of our center.

**Mireille:** In 2003, the members of the Geneva TA Center elected me as president. It was difficult for me to take the place of the primal leader, difficult to become "the chosen disciple." A year later, Mervyn Hine had that deadly fall on the staircase of his and Jenni's home, which was "our" school. Jenni's life was completely overturned. There was insecurity, affective shivering, and the primal leadership (Jenni and Anne-Marie) was shaken. I as the official leader didn't quite fit the role yet, with no vision and no stature. Jenni stopped giving training, though Anne-Marie went on leading weekend seminars and supervision days and providing commentated therapy. Eventually we found a place on the edge of Geneva, a light-filled and spacious apartment. The trainees followed us there. Some

have since become trainers, too. Among them is Sylvie Monin, who is now a PTSTA in counseling and one of the three vice presidents of EATA.

Having worked previously as a trainer for adults, I felt solid in that area of expertise. What I still needed to learn was how to accompany trainees through various learning stages, how to maintain a link with them, to hold their project with them. Eric Berne would say that, from the position of official leader, I needed to learn to become the psychological leader and the effective leader or to delegate these roles wisely to other trainers around me.

**Anne-Marie:** Sharing this innovative psychological theory with my colleagues, watching the trainees claim it and use it in their own work while I was exploring all the subtlety of it, gave me constant wonder. I am grateful to all those with whom I was able to travel that path.

**Jenni:** To me, each of those concepts helped me become what I am today, a tranquil person, satisfied and happy in my old age.

**Mireille:** I also want to say that Bill helped us to "give the Center a center." And thanks to the faith of Jenni, Anne-Marie, and the whole team as well as the desire and involvement of the trainees, the curriculum for training in TA psychotherapy has gained recognition from the Swiss Federation of Psychologists. In another field, the Swiss Association for Counseling is working on a recognition process that should lead to a federal license as a psychosocial counselor. What we need now is to open the doors to university and health care institution. Perhaps that will be our next chapter.

*Comments may be sent to Center President Mireille Binet by email at [mbinet@bluewin.ch](mailto:mbinet@bluewin.ch).* 

# The Many Facets of Counseling

by Sylvie Monin



**T**his article is excerpted from Sylvie Monin's remarks during the 20th anniversary celebration in April 2013 of the founding of the Transactional Analysis Center in Geneva, Switzerland (see page 8 for more details). She explains briefly what brought her to transactional analysis, describes the difficult quest for identity counselors face, discusses the many facets of this field of specialization, and expands on the specificity of the counseling field.

After working for more than 20 years as an executive assistant, I decided about 10 years ago to give a new orientation to my professional life. I have been interested in people and communication for a long time, and I wanted to train and work in a helping profession, a desire that goes back to childhood when I dreamed of becoming a pediatric nurse. I first encountered transactional analysis as I was wondering in which specific approach I wanted to specialize, and right from the start I was impressed by the concepts of ego states and script.

Training in transactional analysis has been a completely new experience for me, very different from my time in school as a child and then as a young adult. In TA I met trainers who were interested in me, who came to meet me, who stimulated my reflections, questioned my thinking, and encouraged me to show myself—all done in a warm, benevolent, validating attitude that modeled the philosophy of OKness.

Over the years, I have been confronted by the difficulty counselors have in developing a sense of identity. During the 2011 Transactional World Conference counseling symposium in Bilbao, Spain, Liselotte Fassbind-Kech began her keynote speech with this confrontive question: "If we are not merely second-rate psychotherapists, what else are we?"

Likewise, Landaiche (2013) wrote about his difficulty in developing a professional identity and pride within the hierarchy of mental health professions wherein "psychiatrists are lords, psychologists the landed gentry, social workers the merchants with varied status and success, and counselors the street sweepers" (p. 15).

Who are we then, if we are not merely second-rate psychotherapists or street sweepers? This is the question I want to address here.

First, I want to remind us of the following description of counseling from the *EATA Training and Examinations Handbook* (European Association for Transactional Analysis, 2008):

Transactional analysis in the field of counselling can be applied on two levels:

- Complementary counseling . . . as a sub-task in various psychosocial and socio-educational professions as well as in other social, psychological, medical, legal and economic occupations.

- Primary counselling by professional counsellors working in private practice, counseling centres, voluntary-, non-profit- and profit-organisations etc. (p. 3)

In complementary counseling, practitioners meet people in the context of a wide range of professions, including nursing, social work, education, religious life, law enforcement, human resource management, physiotherapy, midwifery, and sophrology, to name just a few. The common interest is the wish to integrate a new dimension of human understanding and communication into these professions. Let me introduce some of them to you.

A midwife (Dewarrat, 2013) describes "how by introducing transactional analysis into her midwifery practice she significantly altered the way she represents her professional functions to prospective parents." She further explains how this "new positioning allows for a space of silence and a time for pause, which represents the time-space man and woman go through to become parents." She writes how "the profession of midwifery is unusual in that it allows me to be present during the time that marks life without a child and then life with a child" and how "my professional presence is a support for the integration of a new identity, like a mirror that allows the woman to

become another kind of woman, that is a mother” (pp. 48-49).

A physiotherapist describes how she encounters people with her hands, which are her treatment tools. She shares how transactional analysis allowed her to better approach the relationship with the patient, to shed a new light on what is at stake between the carer and the patient within the specific context that is suffering in the broadest sense, the momentary or definitive loss of bodily integrity, the grieving. With transactional analysis she also became more aware of her feelings of discomfort, uneasiness, and tingling, all symptoms of her countertransference.

A deacon and chaplain in the pediatric ward of a university hospital describes how she introduces transactional analysis in her spiritual accompaniment, linking transactional analysis and spirituality in her work with children, with parents and family, and in her communication with hospital staff at all levels as they face hope and despair, life and death.

A manager, the head of a family office, explains how transactional analysis urged him to reflect on the dimension of intergenerational transmission, which is a particularly sensitive yet essential issue in a family business. He wants to further analyze the intersection between the personal and professional spheres, between the intrapsychic and the relational.

*Sylvie Monin is a Provisional Teaching and Supervising Transactional Analyst (counseling) and an integrative counselor who practices in Geneva, Switzerland. She can be reached at [sylvie.monin@bluewin.ch](mailto:sylvie.monin@bluewin.ch).*

Within such varied realms of experience, it is transactional analysis that becomes the binding factor, the common language that each professional adapts with subtlety, skill, and creativity to his or her own professional practice. There is not just one identity as a counselor but many, and each practitioner must assert for himself or herself his or her own uniqueness and originality. This is an exercise full of uncertainties and questions.

For counselors, whether working on a primary or a complementary level, the common denominator is the art and science of working in the here and now, the focus being the Adult ego state. Whereas counselors working on a complementary level may see clients on a short-term basis, even, at times, for only one session, counselors working on a primary level will engage in short-, medium-, or even long-term counseling.

People usually seek primary counseling when going through a period of crisis and loss of meaning, bearings, and identity, often a time of disorganization and incomprehension. The work of the counselor is to help the person develop a new sense of organization and self-agency.

To work in the here and now is to accompany the person in her or his current reality. It is to observe and analyze with the person her or his script beliefs and script manifestations and to measure the impact that these beliefs, often rooted in early infancy, have on the person's life today and how the script manifests currently. In terms of ego states, the counselor will favor interventions that will mobilize, stimulate, and strengthen the Adult in the thorough, patient, and deep work of decontamination.

Working in the here and now, the counselor will also be attentive to what is happening within the counselor/client relationship and will work within the transference and countertransference dynamics, which can be “particularly acute and observable” in times of crises (Monin, 2011, p. 211). Fassbind-Kech (2013) wrote about how she regards the major task of counselors as to help “their clients develop their awareness and abilities and to use and enhance their own resources and capacities to this end” (p. 25). Working within the transference and countertransference dynamics, and thus bringing unconscious experience into the consulting room and into awareness through exploring and using “delicately and with sensitivity what is enacted within the relationship with both oneself and the other” (Monin, 2011, p. 120), is therefore a resource for counseling work. It offers clients a space in which the various facets of their personality can emerge, one that “supports and promotes [their] own movement towards authenticity” (Erskine & Moursund, 2004, p. 69) and allows them to build a new sense of self in relationship.

In a recent article, Cornell (2013) described counseling as a field that “includes a breathtaking range of clientele, work environments, and clinical challenges and responsibilities. It is a field of endeavor that merits pride” (p. 13).

I want to end with this marvelous sentence, which I am translating here from the French: “At the heart of ourselves there is light. To wish to be like the other tarnishes it. Freedom calls for our own responsibility” (Hollander-Lafon, 2012, p. 107).

Today my deepest wish is to accompany trainees to find their own light

and to develop a sense of pride and accomplishment in the work they do, a form of work that is essential in this world of constant changes in which we live (Cornell & Hine, 1999).

#### REFERENCES

Cornell, W. F. (2013). "Special fields": A brief history of an anxious dilemma and its lingering consequences for transactional analysis counselors. *Transactional Analysis Journal*, 43, 7-13.

Cornell, W. F., & Hine, J. (1999). Cognitive and social functions of emotions: A model for transactional analysis counselor training. *Transactional Analysis Journal*, 29, 175-185.

Dewarrat, M. (2013). Preparing for a new life: Midwifery and transactional analysis. *Transactional Analysis Journal*, 43, 48-57.

Erskine, R. G., & Moursund, J. P. (2004). *Integrative psychotherapy: The art and science of relationship*. Pacific Grove, CA: Thomson, Brooks/Cole.

European Association for Transactional Analysis. (2008). *EATA training and examination handbook*. Retrieved from [www.eataneews.org/wp-content/uploads/](http://www.eataneews.org/wp-content/uploads/2012/09/Section-5-The-Four-Fields2.pdf)

2012/09/Section-5-The-Four-Fields2.pdf  
Fassbind-Kech, L. (2011, 8 July). *The challenge of growth in counselling* [Symposium keynote]. Transactional Analysis World Conference, Bilbao, Spain.

Fassbind-Kech, L. (2013). Counseling as a treasure hunt. *Transactional Analysis Journal*, 43, 24-37.

Hollander-Lafon, M. (2012). *Quatre petits bouts de pain: Des ténèbres à la joie* [Four small pieces of bread: From darkness to joy]. Paris, France: Albin Michel

Landaiche, N. M., III. (2013). Working within limits. *Transactional analysis Journal*, 43, 14-23.

Monin, S. (2011). The art of minding the gap: A counselor's ethical challenge. *Transactional Analysis Journal*, 41, 118-122.

### TAJ Theme Issues

#### "Transactional Analysis and Social Responsibility"

Deadline: 1 September 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.](#)

### TA Conferences Worldwide

**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/](http://www.usataaconference.org/)

  
COACHING & CONSULTANCY EXCELLENCE

## INTACT COACHING AND CONSULTANCY ACADEMY

Come to our accredited academies:

Coaching academy  
Team coaching academy  
Leadership and change academy

*NEW: EASC accredited Supervision academy with Matthias Sell, Sandra Wilson and Sari van Poelje.*

**NEW PROGRAMS START IN OCTOBER 2013!**

For more information go to: [www.intact1.com](http://www.intact1.com) or email [liz@intact1.com](mailto:liz@intact1.com)