THE SCRIPT®

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INTERNATIONAL TRANSACTIONAL ANALYSIS ASSOCIATION, 1772 VALLEJO ST., SAN FRANCISCO, CALIFORNIA 94123

Development of the Human Potential

Summary of Excerpts from the 1981 Summer Conference Keynote Address



By Norman Shealy, MD, PhD

It is a real pleasure for me to address this group since Eric Berne is one of my great heroes. I hesitate to tell this story because I know it is not generally accepted by everyone who was a contemporary of Eric's, but assume for a moment that it is accurate. It does make a very valid point.

Claude Steiner quoted Eric Berne as saying that he had set his life script to die at age 60 of a heart attack. I used to think it was a tragedy that a man who had so much to contribute should not change his life script. But several years ago, a psychologist who was visiting me said, "But Norm, what better way to prove his point?"

During the last 10 years, my work with people has been from a very broad perspective and has included the concept that many people wish to die prematurely. After all, Freud essentially spent the first half of his life pushing the idea that most neurotic problems were the result of the Oedipus complex and the second half pushing the idea that the biggest problem was that everyone had a death wish. I concluded that he was right in both respects. Most people I see wish they were dead because of an unsatisfying relationship with another person. I believe that comes because in childhood they were not adequately grounded in concepts that I would call those of the human spirit.

Let me give you an example. A year after the miraculous-type cure of a patient of mine who had been very ill with cancer, she told me that, during one exercise, "I suddenly realized how much I hated my family and I decided I'm not going to let the bastards kill me!" My concern over this particular patient getting well, however, was that I could not get her to admit that she had a purpose in life.

I've been convinced for some time that this factor, first articulated by Victor Frankl, is most important. I

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In talking with hundreds of ministers and psychologists, I realized that no one was really measuring spirituality. We talk about things like anger and don't realize that anger is a lack of tolerance, that fear is the lack of courage, that depression is the lack of enthusiasm, that hatred is the lack of love, that grief is a lack of joy and that annoyance is a lack of patience. This awareness led us to develop a test to measure some of these qualities. The test, which lists 15 characteristics in columns with room below each for a ranking somewhere between 0-100, has been given to about 1,000 people by now. We ask each person taking the test, "If the most anybody could have of these characteristics is 100 and zero means that you're totally lacking, how much do you have?" We give it first while they are in a normal state of consciousness and then while they are in a state of deep relaxation, at which point we ask them to allow their higher self to grade the same test. While I don't think it is statistically analyzable, the test can be a powerful motivating tool.

In doing the test, I ask people to think about the concept of **forgiveness,** about all the people who have offended them, sometimes quite badly, and of how well they have forgiven those people. I also ask things like, how well can you **tolerate** different belief systems? How **serene** are you in the face of crisis? How much **compassion** do you have for other human beings? How much **confidence** do you have in your own ability to succeed? How much motivation do you have to **persevere,** no matter how bad the situation is? How much **joy** do you feel and express as you face life? How much **courage** have you? How much **hope** do you have that things can and will be better? How willing are you to share with those less fortunate (**charity**)? How much **faith** do you have in the benignness of the universe? Although many of these include will, how much **will** power do you exercise in doing what you know is right? How much **wisdom** do you use in making your decisions? How much **reason** is there in your decision making? And finally, how much **love** do you express for other human beings?

Last fall I worked with a young man who had had a hemipelvectomy and who was in intractable pain. Six weeks after his amputation he was water skiing. Three months later he won second place in state gymnastics competing against normal kids. He was one of the most mature human beings I've ever met. I asked his mother one day if he was real and she said that, if he was not, he had never demonstrated it to her.

When we gave this test, I asked Bruce to share with the group a belief system which I felt was immature. It was the only flaw, if you will, in an almost perfect character. He was a born-again Christian who had no tolerance for Jews, or Buddhists, or anyone else with a different belief system. He was sure they would all go to hell. I told him that I was glad to know that he had some purpose in continuing to live.

My own belief system is that we are here to develop these human characteristics, that our purpose in life is to work on one or more of them. This thing that we call spirit is what I would call the power within us to forgive, to be responsible, to grow, to honor commitments, to act intelligently, and to express love. People who have this gift act in a way that we would call mature.

I had the interesting experience last December of addressing a group of 100 retired nuns. Sixty-eight of them were over 80, 13 were over 90 and all but one remained awake during a lecture given right after lunch. I asked them about some of their health habits. Not one person had ever smoked or drunk alcohol, 60% were significantly overweight, not one had ever done physical exercise, and they all loved coffee, sugar and dessert. As far as I could tell, the difference between the nuns and other people was primarily their serenity and faith.

A week later I spoke in a regular nursing home. Again, 100 people, but this time only 13 were over 80 and only 2 were over 90. Only one had ever smoked, but half of them fell asleep while I talked in midmorning. The difference between the two groups was quite striking. It seems to me that, although many factors influence health, the most important is attitude. If I had to pick the most important of the 15 qualities listed in our test, they would be serenity, faith and love. If one has those three, one probably has the others too.

Among our patients, who average six years of illness and between three and fifth doctors each, we find a group of very hostile, depressed people. In our current group, 90% admitted that their greatest prob-

It seems to me that, although many factors influence health, the most important one is attitude.

lem was anger towards everything in life. Anger is a lack of tolerance. We could take it further and say that anger is fear of loss, fear of loss of life, health, money, love or moral values. All human conflict seems to be from fear of loss of one or more of those five elements. The next time you're angry, for instance, ask yourself what you're afraid of losing.

Depression occurs when people feel overwhelmed by their fear. Guilt occurs when they feel that they are not living up to their own potential. Anxiety is, more or less, unfocused fear. But all of these fears can also be seen as a lack of one of the fifteen characteristics we mentioned earlier. For example, fear of death may be just a lack of courage.

In talking with people about their fears, we always insist that they have the responsibility for making their own choices. I tell them that they can spend 20 years on the psychiatrist's couch, or 20 minutes in their own mind making these choices. Whatever their fear and conflict, their choices are to continue to be upset, which is committing suicide, to assert themselves to bring about change, to divorce the bastard with joy, or to accept and forgive. If the good outweighs the bad by two to one, then they should accept and forgive. The interesting thing is that patients can and will do this.

A good example of this was one 50-year old woman with a five year history of arthritis which was unresponsive to treatment. She revealed nothing in private counseling sessions, but on the seventh day she told me that she no longer had arthritis. When I asked how she knew this she said, "When you've had arthritis for five years and it goes away, you know,

continued on page 2

Human Potential (continued)

stupid." Actually, she didn't say stupid, but it was implied.

Later she told me the insight she had gained. She said, "I've been married 28 years and my husband has been unfaithful throughout our marriage. I decided to stick it out until our three sons were grown. However, when our third son was 18, he was drafted and sent to Viet Nam with his two brothers. I couldn't divorce their father while they were in Viet Nam and so I developed arthritis. When they came home safely, I couldn't divorce their father because I was an invalid. Who would take care of me?" And this sweet little woman said, "I kept saying to myself, 'if it weren't for that damn SOB, I wouldn't have this disease!' What I learned here is that my husband didn't create my arthritis, I did, through my attitude towards him."

Within one month her sedimentation rate and antinuclear antibody were normal. It took many months for her large subcutaneous nodules to go away, but they did. Now came the moment of truth. She said to me, "I don't want to divorce my husband. I love him and, although I don't like the fact that he has affairs, I've decided that it's his problem, not mine." I think that's the ultimate in accepting and forgiving, or tolerance.

Now, I'm not saying that she should have done what she did. It's not my place to make that decision. In therapy, our role is not to judge, but to encourage the patient to make those decisions. And it's always the same. You can assert yourself, you can divorce, or you can accept and forgive. They're equally OK. The important thing is what feels the best to the patient.

I believe that all of us, if we examine the problems in our lives, will be able to see where we have failed to express wisdom, or confidence, or compassion, or serenity. But if we organize it in the way I've been discussing here, we will see that the problem is lack of serenity, faith or love, the three elements that seem to be so key to the development of a happy, well-adjusted or spiritually active life.

Evelyn Underhill, a Christian mystic, wrote in her book, *The Spiritual Life,* "Living the spiritual life is not living in a monastery or a nunnery. It is the attitude you hold in your mind when you are down on your knees scrubbing the steps." After all, anybody living in a monastery or a nunnery ought to be able to live a spiritual life. It's having serenity in the face of adversity that really is the mark of spirituality. This is what I hope we can get across to our clients — that there is tremendous growth potential in adversity and that it is an opportunity to express the perfection that each of us holds in our higher self. Thank you.

Dr. Norman Shealy founded the first holistic pain and stress management clinic in the country in 1971. After having been a practicing neurosurgeon for many years, he found he was doing more psychology than neurosurgery, and so returned to school to get his PhD in psychology in 1974. He founded the American Holistic Medical Association in 1978 and is its immediate past-president.

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The editors reserve the right to edit material submitted for publication for taste, accuracy and length. Letters to the Members Forum should be limited to 400 words. Editing will be done responsibly and in such a way as to preserve the intent of the author.

Members Forum

An Invitation to Stay and Fight

Dear Editor:

I am responding to the letter from Fred Fariss in the June *Script.* In one sense I agree with him. I too am not satisfied with ITAA. In most other ways, I disagree. Certainly we are less a religion now than in 1970 when members were expected to draw perfect circles and label every PAC.

As I watch the Board of Trustees, I see a variety of ideas about the growth and direction of ITAA. Sometimes we become bogged down in differences, sometimes in fear, sometimes in sheer weariness. Yet, we bounce back to seek solutions and to follow a rather clear direction.

The primary concerns I feel we are addressing are survival and giving membership more value and meaning. For me, the survival of ITAA is pertinent because there are some inherent values in the humanistic psychology of TA that might be lost if there was no one caring for them. I do wish that more members would be willing to struggle with committee work so that some of our thinkers could be freed up to return to theory, its application and evolution.

Yes, ITAA has a political hierarchy. Demonstrate the slightest willingness to work and you will be a part of it. You don't even need to meet Berne's standards for clear thinking about organizations.

Sure ITAA has left some of its original positions. Thank goodness! Too many people had hurt feelings when we were too informal. And it is hard to be reactionary when our efforts at producing meaningful competency-based credentials has led us to recognition by the National Center for the Study of the Professions as leading the field.

Experimental, agnostic? I sure am. Mary Goulding and I have had a running battle about the nature of emotions which has helped us both grow. We continue to refine credentialing practices by pursuing membership in the National Commission for Health Certifying Agencies, a move that will make our excellent system better and bring more recognition to those members who seek credentials.

In my ten years as an ITAA member, I have seen a clear move away from control of the organization by San Francisco doctors to being membership responsive and truly international. At its last meeting in August, the Board furthered that direction by creating a task force of the Long Range Planning and Policy Committee to keep ITAA focused on the issues members voted as priorities and confirmed in the membership survey. These include educational issues, credentialing procedures and professional concerns.

I certainly came into ITAA from a rebellious position. As a chaplain in a state institution, my skills were shunted here and there by custom and power. ITAA was challenging the medical model and respected my skills - even accepted my passive anger.

When I first tried to become part of the organizational structure, Marty Groder chewed me up and spit me out. After the meeting, he looked me up and told me he had been gentle and would I come prepared the next time. It took me another three years to learn how to work with an organization and not against it or for myself.

I don't think I'm unusual in this organization. Unfortunately, many of our members just go home and lick their wounds, complain about the giants and drift away to fight smaller spooks. I would encourage people to take their knocks and learn how to be effective.

Come work on the Membership Committee with me, Fred. I'll help you like Marty helped me.

Cordially,
Jonathon Wagner

Keeping in Touch



(L to R) Os Summerton, Jon Weiss, Bill Falzett, Emily Ruppert-Skinner and Carlo Moiso make up a section of the "TM Circle" that formed spontaneously at the Boston Summer Conference. The TM's who gathered for the group hug expressed their desire to spend time together for contact, sharing and support. As a result, there will be a special meeting for TM's only at the Winter Congress in Monterey where they can recharge their batteries by making use of one another's skills and energy. Details will be announced in a later *Script*.

Photo Courtesy of Lucy Freedman

Special Script on International Issues - we are planning an up-coming theme issue of the *Script* on international concerns. We would like to know the following information about any TA organizations outside the US: official name and abbreviation; region or country served; names of officers; number of members; conferences sponsored; publications; and a brief summary of the history of the development of the organization and some of its goals/plans for the future.

We would also be interested in hearing any ideas you have for what should be included in this theme issue or how things could be presented. Please send all information to Robin Fryer, Managing Editor, c/o ITAA office.

Translators Needed - on occasion we are in need of someone to translate material for the *Script.* If you would be willing to help us out, particularly if you live in the San Francisco area, we would be most grateful. Please contact Robin Fryer, Managing Editor, c/o ITAA office and indicate which language(s) you can translate.

Bob Andersen, ITAA Executive Director, has been designated a Certified Association Executive (CAE) by the American Society of Association Executives (ASAE). He qualified by successfully passing an extensive examination covering many association management subjects and by fulfilling prescribed standards of performance and conduct, as well as meeting the requirements of at least five years experience as a staff executive, or three years experience as the chief executive of an association. Congratulations Bob!

Harry and Laura Boyd proudly announce the birth of their newly adopted daughter Brooke Caitlin on August 26, 1981. Congratulations Mom and Dad!

Board of Trustees Meeting Summary of Minutes

Boston, Massachusetts August 1981 Meeting

Treasurer's Report - revenues for the first six months of 1981 were below budget, but expenses were also contained so that the books are balanced for that period. The Association needs to be concerned about the future and to think about productive and responsible ways to cut expenditures and increase income.

Summer Conference in Europe - the Executive Committee met with Meyer Ifrah, the EATA representative, to discuss the 1984 Summer Conference in Europe. They were impressed with EATA's willingness to cooperate on the conference and look forward to working closely together on the details. Muriel James, Ted Novey, Harry and Laura Boyd will serve on an ad hoc committee to work on the European Summer Conference.

Quality of Conference Presentations - concern was expressed that presentations at the conference be up-graded in order to present a more professional face to the outside world.

Program Committee - a task force has been appointed to look into criteria for selection of programs for the Summer and Winter conference. These will be published in the *Script*. The 1983 Summer Conference will be held at the Oakland Hyatt and the 1985 Summer Conference will be held at York University in Toronto, Canada. The Committee is recommending that, for the 1984 conference in Europe, consideration be given to seeking low fees, such as those available at a resort setting. Another task force of the Program Committee continues to look at the purpose and philosophy of Winter and Summer Conferences and will be reporting to the Board in January. At future Summer Conferences there will be one fee to cover everything except the banquet and pre-conference institutes.

Winter Congress in Mexico - ALAT and MEXAT have invited ITAA to hold a back-to-back, cooperative conference in Mexico in January, 1983. One group would conduct several days of meetings and then the other group would do the same, with perhaps one day as joint meeting time. The Board wholeheartedly approved and accepted the invitation.

Kudos - a special letter of thanks was sent to Program Committee chairperson Nan Gurowitz for her hard work on the Summer Conference.

Continuing Education for TM's - a letter was sent to TM's requesting input regarding continuing education for TM's. It received an 85% response and 70% of those who responded were in favor of some kind of continuing education program for TM's. The universal opinion was that it should be voluntary and that TM's should be responsible for determining their own continuing education needs rather than a committee dictating standards. Therefore, the first TM Continuing Education Conference will be designed to determine the nature of future continuing education programs.

Continuing Medical Education - ITAA is up for review by the Liaison Committee of the AMA's Continuing Medical Education Program. That review would cost about $2,000 and the fact is that we would probably not be accepted for continuation because we do not have enough physicians involved in our continuing medical education program. In addition, there is a trend to move away from requiring continuing education for any profession because there has not been documentation to show that the programs do any good. The Board therefore accepted the Committee's recommendation that continuing medical education efforts be discontinued.

Extending Continuing Education Credit to Other Organizations seems unworkable and expensive. The problem of quality control at remote sites and the administrative work required to fulfill requirements of each of several certifying agencies makes the whole issue more than we can deal with at this time.

Long Range Policy and Planning Committee — at its meeting, the Committee dealt with boundary conditions — what would invite people into ITAA and what would make people leave it. It sees membership and structure as the current key issues in the Association. The Committee also highlighted the work of Jonathon Wagner which defined the Association as one which is educational, supporting professional use of TA and concerned about credentialing. The Committee intends to keep as a central focus the international nature of the organization and in January will consider options for the future of ITAA including the possibility of a federation, regionalization and what the impact might be of separating credentialing from membership.

By-laws — the Board approved the By-laws as they have been revised along with the Guidelines Manual. These will be sent to the membership this fall for ratification. The By-laws Committee was given special thanks for their work over the last several years on the by-law revision.

NCHCA Application — the application process with the National Commission on Health Certifying Agencies will continue. New materials will be submitted to NCHCA by November with a response expected in early December.

The Ad Hoc Committee on Certification was commended for the work it has done in bringing the ITAA to the point where it is ready to have a separate certifying body.

Plan for Regional Representation — a proposal for a three-year transitional plan to provide for proportional geographic representation on the Board of Trustees was approved. This will be presented in the *Script* at some future date.

TA and Education — the Committee on TA and Education intends to generate programs and present them at all levels of education to enhance the image of TA in the educational world. The Committee wants to know what programs are available using TA in education. The Committee was commended for its efforts and was encouraged to continue.

Membership — the Membership Committee presented information that, if we do not get 20% new members each year, we will gradually decrease in size because of attrition. We need an active membership program and to do that we need to know who we want to be and who we want to invite as members. The Board responded by instructing the Membership Committee to develop a plan which will, at least, maintain the current level of membership consistent with the purposes of the Association as stated in the By-laws.

International Training Standards — since January, the Committee has conducted exams in Europe, Australia, India and Argentina. It also did the first PTM workshop held outside the US (in Switzerland). The Committee has been working with ALAT and has established the principle that, when examining ALAT members, at least one member of the examining team be an ALAT member who is also a member of ITAA. We now have, for the first time, a mechanism by which Latin American advanced members can take ITAA exams and gain advanced membership in ITAA. Both US and International Training Standards Committees agreed to hold a one-day seminar just before Winter Congress to discuss and work out suggested policy issues.

TM Exam — there has been evidence to suggest that the plan whereby PTM's could substitute attendance at the PTM Contract Workshop for the requirement of having supervised two candidates who have passed their exams has not been all that successful. The Training Standards Committee recommended and the Board approved rescinding that plan and returning to the policy of dealing with exceptions on an individual basis.

Claudette Hastie-Beahrs was commended for the enormous amount of work she has done on the written exam sub-committee.

Winter Congress — the results of the survey on Winter Congress show that ⅔ of those responding opted for cancellation of the Winter Congress as it is presently constituted. Cost and distance seemed to be the most important factors. The Board decided to eliminate the Winter Congress as it is presently constituted following the meeting in Mexico in January, 1983. An ad hoc committee was formed to make recommendations as to how to get the Association's business needs met (Board and Committee meetings) after Winter Congress is eliminated.

Scholarship Loan Fund — the name of the Committee was changed to read Scholarship and Loan Fund Committee and the Board approved a policy that trainers may serve on the Committee but may not vote on loans or grants to their own trainees. The limit on loans to an individual was raised to $3,600 over a period of three years.

Trustees and Officers Recognized - the following trustees were recognized as they completed their terms of office: Shep Gellert, Birger Gooss, Ed Gurowitz, Ted Novey, Rebecca Trautmann, Jeff White and Ken Windes. In addition, the officers who are completing their terms in January were similarly recognized: President Muriel James, Vice-presidents Norman James and Taibi Kahler, Secretary Sue Hutchins, Treasurer Michael Brown and past-President Ruth McClendon.

Past-Presidents - all past-presidents of ITAA, now and in the future, will be given lifetime membership in the Association with past dues remitted.

Training Standards Charge - beginning in January, 1982 when the new Certification Committee takes over, the charge to the Training Standards Committee will read: "The Training Standards Committee shall set the standards for training and supervision pertaining to all levels of membership and be responsible for making recommendations about the standards to the certifying board. It shall be responsible for the continuing education needs of the organization."

The Statement of Ethics and the "Procedures for Handling Ethics Charges Within the ITAA" are available upon request from the ITAA office.

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Join A Committee

Try It - You'll Like It!

Below is a list of all ITAA Committees and their Chairpersons along with information about how to become active on a committee. Please consider joining a committee and playing an active role in the business of the Association. You can make a difference and your in-put is really wanted.

Note: Some committee chairpersons may be leaving in January.

Standing Committees

Training Standards Committee — International chairpersons: Ellyn Bader and Birger Gooss; National chairpersons: Barbara Mueller and Martin Haykin.

The Training Standards Committee shall set the standards for training and supervision pertaining to all classes of membership and shall pass upon application for membership and advanced membership status.

Nominating Committee — ~~Ch~~airperson: Emily Ruppert-Skinner.

The Nominating Committee shall consist of five (5) voting members appointed by the president and approved by the Board. This committee shall, in accordance with the provisions of the by-laws, prepare a list of nominations of candidates for election to the Board of Trustees and offices.

Program Committee — ~~Ch~~airperson: Tom Nissley.

The Program Committee of no less than ten (10) members, geographically chosen, shall be responsible to the Board of Trustees for conducting all conferences and congresses sponsored by the ITAA. The Committee shall have total responsibility for arranging and conducting the scientific, professional and social aspects of such meetings. The Committee shall be appointed to take office at the conclusion of the Summer Conference and all members shall be appointed for a term of one (1) year with the exception of the chairperson and vice-chairperson, who shall be appointed to two-year terms. The responsibility and authority for the mechanics and arrangements of the conferences shall be under the direction of the Executive Director.

Research Committee — chairperson: Jack Van Der Woude.

The Research Committee may review all research conducted by the members and authorize the expenditure of funds appropriated by the Board for research.

Finance Committee — chairperson: Mike Brown, Treasurer.

The Finance Committee shall review, authorize and set standards for the expenditure of funds by the corporation, prepare the budget of the corporation for submission to the regular meetings of the Board, and generally advise the Board in all financial matters concerning the corporation.

Social Action Committee — chairpersons: Vi Callaghan and Valerie Chang.

The Social Action Committee shall recommend social action programs to the Board.

Ethics Committee — chairperson: Laura Boyd.

The Ethics Committee shall prepare and submit to the Board for its review and approval a Code of Ethics for all members of the corporation, shall update that code periodically, shall review all charges of unethical conduct on the part of any member of the corporation and shall make recommendations to the Board concerning such charges.

Scholarship and Loan Fund Committee — chairperson: Howard Garval.

The Scholarship and Loan Fund Committee shall advise the Board concerning the need for scholarship loans and grants, shall recommend standards and procedures for implementing such loans and grants and shall authorize expenditure of funds in accord with approved procedures.

Public Information and Professional Relations Committee — chairperson: Les Kadis.

The Public Information and Professional Relations Committee shall prepare public information advisory material for the corporation and shall provide information about the ITAA to the general public and to other professional organizations. A sub-committee shall be responsible for editing the *Script* newsletter.

Professional Practices — chairperson: Vann Joines.

The Professional Practices Committee shall receive complaints regarding members of all categories, shall act to resolve any problems detected and shall make recommendations to the Board.

Long Range Policy and Planning Committee — chairperson: Lucy Freedman.

The Long Range Policy and Planning Committee shall initiate studies for and provide recommendations to the Board for policies, procedures, and actions to enhance organizational structure and function consistent with the purposes of the association.

By-laws Committee — chairperson: Lois Johnson.

The By-laws Committee shall consist of three members who will review proposed amendments and make recommendations to the Board and voting members.

Executive Committee — Muriel James, President.

The Executive Committee shall serve for a term of two years concurrent with the term of office of the president. It shall consist of the president, two vice-presidents, secretary, treasurer, immediate past-president, the executive director and two members elected at large from the Board. Eligible trustees must have sufficient time remaining in their term of office to complete a term on this committee. Vacancies shall be filled by the Board. It shall be the duty of this committee, during the intervals between meetings of the Board, to preview reports submitted for action to the Board, to recommend action to the Board, to make decisions on behalf of the Board, to implement any action taken by the Board and to make recommendations to the Board for policy decisions. All actions of the Executive Committee are subject to review and/or ratification by the Board.

Membership Committee — chairpersons: Jonathon Wagner and Felipe Garcia.

The Membership Committee shall advise the Board and the membership regarding issues related to the membership of the ITAA, and make recommendations to the Board for policy decisions.

Editorial Board — chairperson: John McNeel, Editor.

The Editorial Board shall consist of eighteen (18) members plus the editor. Recommendations for Editorial Board members will come from the existing Editorial Board and the Board of Trustees and be subject to approval by the Board of Trustees. Members of the Editorial Board will serve for a period of three (3) years. Each January, six (6) new members will be added and six (6) members whose term of office has expired will be rotated off. The editor will serve a three (3) year term of office. Recommendations for editor will come from the existing Editorial Board and the Board of Trustees and will be selected by the Board of Trustees. Any member or the editor may be removed by a 2/3 majority vote of the Board of Trustees for cause. A vacancy for any member because of death, resignation, removal, disqualification, or otherwise may be filled for the unexpired portion of the term by the Board of Trustees.

Ad Hoc Committees

Archives Committee — chairperson: Bob Goulding.

The purpose of this Committee is to collect and protect papers, films and other records that are relevant to the history of Eric Berne, Transactional Analysis and the formation and growth of the ITAA.

Connections Committee: People to People — chairperson: Laurie Weiss.

The purpose of this Committee is to open up communication between members and the organizational structures. 1) Organizational connectors are to assist members who wish to connect with officers, board and committees; 2) Conference connectors are to develop a situation for members who want to meet, talk and play with other members at Summer Conferences; 3) Network connectors are to create and facilitate various vocational and interest networks.

International Relations Committee — chairperson: Ted Novey.

The International Relations Committee shall encourage international growth, circulate information, serve as a liaison between various countries and the ITAA Board of Trustees, and develop regional interest groups.

Training Standards Philosophy and Goals Task Force — chairpersons: Ed Gurowitz and Emily Ruppert-Skinner.

The Committee will study and make recommendations to the Board of Trustees on policies of certification.

TA and Education Committee — chairperson: Jean Clarke.

The purpose of this Committee is to integrate TA into the educational system through gathering information about current educational applications; to encourage and support TA programs in educational institutions; to develop courses of study for use in teacher training institutions; to provide qualified speakers and writers for educational organizations and publications; and to develop public relations techniques to improve the public image of TA and ITAA.

How To Join A Committee: Step By Step

1. **Explore:** familiarize yourself with the functions of various committees by reading, asking, and attending committee meetings to observe and participate.
2. **Express your interest:** to the president, the executive director, and/or the committee chairperson. Send a letter or the form below, attend a committee meeting at summer or winter conference.
3. **Follow through:** call the person you wrote or talked to if you don't get a response within one month.

Committee Resource File Coupon

Return coupon to Connector Committee, c/o ITAA office.

Name _____

Address _____

Phone _____

I am interested in serving on the following committees: (list 1st, 2nd, 3rd choices)

___ Training Standards
___ Nominating
___ Program
___ Research
___ Finance
___ Social Action
___ Ethics
___ Scholarship and Loan
___ Public Information/ Professional Relations
___ Professional Practices
___ Long Range
___ By-laws
___ Executive
___ Membership
___ Editorial Board
___ Archives
___ Connections
___ International Relations
___ Training Standards Philosophy/Goals — Education

1982 WINTER CONGRESS

January 13th - 16th Monterey, California

Dear ITAA members,

The Program Committee has done an excellent job of planning this year's Winter Congress in Monterey, California. We will be meeting in the Doubletree Inn, a handsome resort setting close to downtown Monterey, Fisherman's Wharf, Cannery Row, and the Ocean Highway.

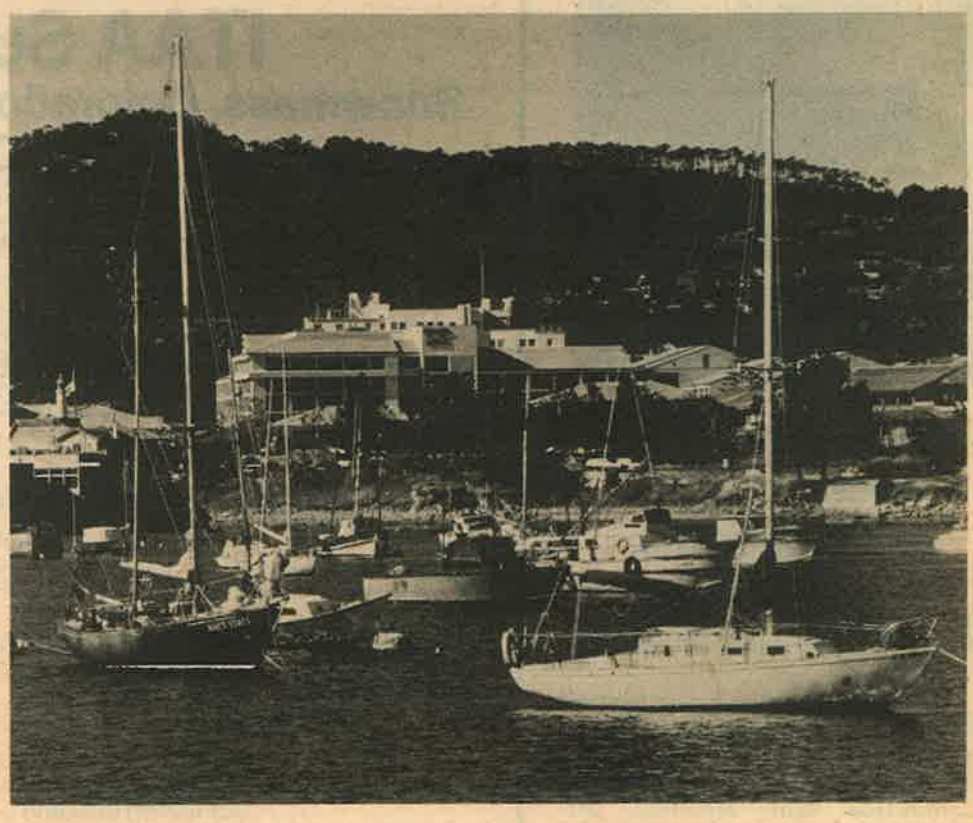
Committees will meet on Monday and Tuesday preceding the congress. Examinations will be given on Wednesday and the Winter Congress will begin with a Welcome Party on Wednesday evening, January 13th.

The daytime program will include cluster groups each morning, in which you will be asked to contribute to planning for the development of ITAA which is still to come. The groups will focus on new theory, a better organization, and our reasons for being an association. Dorothy Jongeward will be the convener for these cluster groups, and she will do that by speaking/facilitating with us from 9:00-10:30 am on Thursday morning. The groups will continue on Friday and Saturday.

The afternoon program for Thursday, Friday and Saturday will include specific workshops on family mediation, family therapy, training skills, and work with organizational development. It will be possible to take three of these workshops, so that you are not necessarily limited to one track.

Thursday and Friday evenings are not scheduled for anything except your own plans for dinner or "excursions". Saturday evening the congress will conclude with a banquet and party at the Doubletree. We hope that you will decide to be with us and enjoy this winter meeting in Monterey.

Tom Nissley
Chairperson, Program Committee



Keynote Speaker

Dorothy Jongeward, Ph.D.

Dorothy Jongeward—author, seminar leader, public speaker, and counselor—is an internationally prominent management consultant whose distinguished career has developed throughout the North American continent as well as in Africa, Australia, and Europe. She heads Dorothy Jongeward Associates, Inc. a consulting firm which counsels with executives and managers regarding the human problems in organizations, facilitates the change process with strategies and programs, creates tailored training seminars for human resources development and productivity, and presents seminars focused on developing a high level of interpersonal effectiveness and on managing stress.



Dr. Jongeward pioneers in the area of the unique problems of men and women working together and the applications of transactional analysis to business, industry, and government. She is a popular conference speaker whose creative career has earned her mention in several biographical references including *Men and Women of Distinction* and *The World's Who's Who of Women.*

1982 Winter Congress Schedule

Monday, January 11th

9:00 am-5:00 pm	Program Committee meeting

Tuesday, January 12th

8:00-9:00 am	Committee Chair breakfast meeting
9:00-11:00	**Committee meetings:** Grievance, Nominating, Finance, Training Standards -Non U.S., Editorial Board
11:30 am-1:30 pm	**Committee meetings:** Ethics, International Relations, Training Standards -U.S., Connections, Membership
2:00-4:00	**Committee meetings:** By-Laws, Scholarship Loan Fund, Training Standards-Task Force, Social Action, Public Information and Professional Relations, Ad Hoc Committee on Member's Rights, Task Force on Education
4:30-6:30	**Committee meeting:** Long Range Planning
2:00-5:00	Examiners Training Workshop
8:30-9:30	CM, SFM and TM Examiners meetings

Wednesday, January 13th

8:00 am-5:00 pm	CM/SFM and TM Exams
8:00 pm-1:00 am	Welcome Party and Dance

Thursday, January 14th

9:00-10:30 am	Opening Session—Dorothy Jongeward, Keynote Speaker
10:30-12:00 noon	Cluster Groups
12:00-1:30 pm	Lunch—Women's Caucus Meeting
1:30-4:30	Workshops

Friday, January 15th

8:00 am-1:00 pm	Board of Trustees
9:00-11:00	Cluster Groups
11:00-12:30 pm	Network Groups
12:30-1:30 pm	Lunch
1:30-4:30	Workshops

Saturday, January 16th

8:00 am-1:00 pm	Board of Trustees
9:00-11:00	Cluster Groups
11:00-12:30 pm	Network Groups
12:30-1:30 pm	Lunch
1:30-4:30	Workshops
6:30	Cocktails
7:00	Banquet and Dance

Doubletree Inn of Monterey

at Fisherman's Wharf, Monterey, California 93940 - 408/649-4511

Name: _____

Company: _____ Phone: ( ) _____

Address: _____

City/State/Zip: _____

Conference: *ITAA Winter Congress*

Arrival Date: _____ Time: _____ am pm

Departure Date: _____ Time: _____ am pm

Please guarantee my room:

☐ One night deposit enclosed. ☐ Credit Card: _____

Card No. _____ Exp. Date _____

Check desired accommodations: ☐ Single (1 person) $62 ☐ Double (2 persons) $72
(Each additional person $10)

Please read the following: **CHECK OUT** - Our check out time is 11:00 A.M. **CHECK IN** - Our check in time is 3 P.M. We will room guests earlier, whenever space is available. Reservations are held until 4 P.M., a one night deposit or credit card guarantee must be indicated. If you are running late on your arrival, please call our front desk to extend your arrival time. Notification is required 24 hours in advance to cancel.

ITAA 1982 Winter Congress - Registration Form

Please return to: ITAA, 1772 Vallejo Street, San Francisco, CA 94123 - no later than January 4th, 1982.

Please print or type:

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

Full registration includes: all programs, parties, dances and the Saturday night banquet.

☐ ITAA member $50.00

☐ Non-member $65.00

☐ Student *(full-time)* $35.00

☐ One day only $20.00
(does not include banquet)

☐ Banquet only $20.00

Total Amount Paid $ _____



Information and Instructions for Proposals

Presentations of papers, panels and workshops begin Thursday, August 5th at 9am and will continue until Saturday P.M.

If you wish to make a presentation that is longer than 2 hours or is in two parts on two days, please indicate your preference and the committee will consider all requests.

Presentations in any language are welcome. The ITAA will make every effort to provide an interpreter to translate presentations into English or other languages. If you are submitting a proposal for a presentation in a language other than English, please submit abstracts both in English, as well as the language of presentation.

A program proposal includes the following items:

1) The completed identification form. If making more than one proposal, a separate form is required for each proposal.

2) A 300 word abstract of the presentation to be reviewed by the committee. Please do not include your name in this abstract.

3) A 100 word abstract of the presentation, which will be printed in the program book.

If any of these three items are not included, your proposal will be returned to you by the review committee. All proposals are reviewed by the review subcommittee of the Program Committee in a blind review process.

Deadline: Proposals must be received at the ITAA office by January 22, 1982.



Call for Proposals
Twentieth Annual
ITAA Summer Conference

Snowmass, Colorado **August 4-7, 1982**

"Creating the Future"

Identification Form

Deadline: proposals must be received at ITAA by January 22, 1982. Print or type:

NAME (As you want it to appear in the program) _____ Highest Academic Degree Attained _____

ADDRESS _____ Category of ITAA _____
STREET CITY

STATE _____ ZIP _____ PHONE _____

Organizational Affiliation (for program) _____

I want to present a:
- paper (50 minutes) ( )
- panel (1 hour) ( )
- panel (2 hours) ( )
- workshop (2 hours) ( )
- workshop (all day) ( )

Title _____

What room specifications, if any do you require for this presentation? (size, soundproofing, floor covering, AV equipment, etc.) _____

This presentation is appropriate for continuing education credit for _____

Track or category of presentation:
(please circle)

Theory Treatment Relationships Eduction Business/OD Religion

Social Issues Training Research Program for youth Program for families

Non-English (specify which language) _____

This presentation is for TA: beginners advanced highly skilled (please circle)

Number of participants: unlimited _____ limited to _____

Co-presenter (if any) give names, addresses and highest academic degree attained. YOU ARE RESPONSIBLE FOR CONTACTING CO-PRESENTERS AND INSURING THEIR ATTENDANCE OR REPLACEMENT.

On two separate sheets enclose a 300 word abstract describing your presentation for review by the selection committee *and* a 100 word abstract which will be printed in the program book, if accepted.

I understand that if this proposal is accepted, that I am committing myself to participation in the 1982 Summer Conference and that a cancellation on my part is a discount to the Program Committee and to those who register to attend my presentation.

Signature _____

For Regular Members and Non-Members Submitting Workshops

(with the exception of those who presented at the 1980 or 1981 Summer Conferences)

The following statement must be completed and signed by an Advanced Member and returned with your program proposal.

Name of submitter: _____

Name and membership status of endorser: _____

I have known the above-named submitter since (year) _____. I have read his/her proposal for the 1982 Summer Conference, and I believe (s)he is capable of conducting the workshop as described and providing adequate protection for participants.

Signature of Advanced Member: _____ Date _____

Calendar

January 13-17, 1982 ITAA Winter Congress, Monterey, California
August 4-8, 1982 ITAA Summer Conference, Snowmass, Colorado

	Exam Date	Location	Application Deadline
CM/SFM Oral Exams	October 1981	Montreal, Canada	July 1, 1981
	October 1981	Adelaide, South Australia	July 1, 1981
	November 8, 1981	Zurich, Switzerland	August 11, 1981
	November 8, 1981	Yugoslavia	August 11, 1981
	December 6, 1981	Sao Paulo, Brazil	August 30, 1981
			For information, contact Sofia Caracushansky
	January 13, 1982	Monterey, California	October 15, 1981
	February 1982	Perth, West Australia	November 2, 1981
	March 13, 1982	Wellington, New Zealand	December 14, 1981
	April 7, 1982	Rome, Italy	January 7, 1982
	May 1982	Brazil	February 1982
	July 4, 1982	Wellingen, West Germany	April 5, 1982
	August 4, 1982	Snowmass, Colorado	May 4, 1982
	November 7, 1982	Brussels, Belgium	August 9, 1982
	January 1983	Mexico City, Mexico	October 1982
	July 1983	Italy	April 1982
TM Exam	January 13, 1982	Monterey, California	October 15, 1981
	August 4, 1982	Snowmass, Colorado	May 4, 1982
Written Exam	March 25/26, 1982	To Be Announced	December 28, 1981
	September 24/25, 1982	To Be Announced	July 15, 1982
PTM Contract Workshop	January 16-18, 1982	Monterey, California	October 23, 1981 ($100 non-refundable deposit due)

All fees are due on or before the deadline for applying for an exam. All exam fees are non-refundable but will be kept as credit in your account if at least 30 days notice is given for cancellations. Otherwise fee is forfeited. Fees: $75 written exam, $100 oral exam, $30 all contract filing fees.

Professional Practices Guidelines

The following guidelines, prepared by the Professional Practices Committee (Vann Joines, Chairperson) and approved by the Board of Trustees, represent official policy for professional practice on the part of the members of ITAA.

I. Advertising Policy

A. For RM's with contracts, the terms "In Clinical Training" or "In Special Fields Training" may be used on printed material. The terms "Clinical Candidate," "Special Fields Candidate," "Clinical Member Trainee," "Special Fields Member Trainee" are not to be used.

B. Membership designations on printed material (brochures, etc.) are to be written out rather than abbreviated with initials; e.g., "Regular Member" instead of "RM," "Clinical Member" instead of "CM," "Special Fields Member" instead of "SFM," etc.

C. The terms "Clinical Member," "Special Fields Member," "Clinical Provisional Teaching Member," "Special Fields Provisional Teaching Member," "Clinical Teaching Member," "Special Fields Teaching Member" are to be used by members only when they have reached that particular advanced status.

D. Only Provisional Teaching Members and Teaching Members can offer training for certification in ITAA.

E. The name of a trainer is not to be used on any advertising without written permission from that trainer.

F. No statements like "has been trained by Bob and Mary Goulding, Muriel James, etc." are acceptable. The use of such names to enhance one's status is not considered appropriate professional behavior.

G. Association with someone in another membership category may not be used on printed material to imply one's own certification in that category.

H. Advertising produced by RM's under contract must be checked with sponsors and sponsors must adhere to ITAA policy.

I. Members are not to produce ads which make claims such as "This can change your life." The major message is to be one of protecting and safeguarding the needs of the consumer rather than exploiting him/her.

J. ITAA endorses individuals not products. Therefore, announcements regarding products (i.e., books, tapes, t-shirts, etc.) should be kept separate from announcements concerning teaching and training and statements about one's membership status.

K. The words Transactional Analysis may not be integrated into any statement which suggests that the ITAA has granted an individual or organization special privilege or exclusive application of Transactional Analysis.

II. Trademark Policy

The Logo — the logo of the three stacked circles is the trademark of the International Transactional Analysis Association. The logo indicates certified membership in the ITAA. Only certified members (CM, SFM, and above) may use the logo on stationery, business card, brochures, etc.

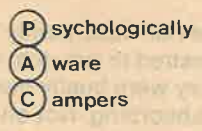
A. All three circles are to be of the same diameter and vertically stacked.
Example:



B. When the circles include print they shall contain only the capital letters P, A, C (reading from top to bottom) or the words Parent, Adult, Child (reading from top to bottom).
Example:



C. No other words starting with PAC shall be shown as extending from the circle.
Example:



D. The three circles, when emphasized, shall not be combined with other symbols that imply a religious, political, philosophical or other bias.
Example:



III. Recommended Guidelines on Professional Etiquette

The following are offered as recommendations rather than policy statements.

A. Members are not to denounce or degrade other members publicly or privately.

B. Trainers are not to accept training contracts with trainees who are under contract with another trainer until a letter of release has been received from the previous trainer.

C. Members are not to solicit trainees or clients from other members.

d. Members are to maintain clear, aboveboard contracts with their clients and fellow members.

Training and Exams

Passed - May 30, 1981, June 14, 1981, August 12, 1981

Frank Ambuhl, DMin, (CM) San Antonio, Texas
Katie Barber, BS, (CM) Lexington, Massachusetts
Jean DiMotto, MSN, (CM) Milwaukee, Wisconsin
Mary Lou Diehl, (SFM) Madison, Wisconsin
F. Guillermo Forno A., MD, (CM) Guatemala City, Guatemala
Bob Gardenhire III, MDiv, (CM) Oklahoma City, Oklahoma
Howard Garval, MSW, (CM) Newton, Masschusetts
Maria Gilbert, MA, (CM) Johannesburg, South Africa
Pamela Hope, BA, (CM) Kansas City, Missouri
Mary Ann Iler, MA, (CM) St. Petersburg, Florida
Jeanette King, BA, (CM) Nedlands, West Australia
Irene Lee, BA, (CM) Cherry Hill, New Jersey
Judith Marks, MSSW, (CM) Shorewood, Wisconsin
Alejandro Marsilii, MD, (CM) Buenos Aires, Argentina
Robert Massey, PhD, (CM) Kearny, New Jersey
Ilka Peck, MSW, (CM) New Rochelle, New York
Gordon Plumb, PhD, (CM) Carbondale, Illinois
Ray Quiett, PhD, (CM) Ada, Oklahoma
Melissa Tully, BA, MPsych, (CM) Nedlands, West Australia
Harold Wahking, DMin, (CM) St. Petersburg, Florida
Anne Waters, BA, (CM) Milwaukee, Wisconsin
Gloria Wilcox, MA, (CM) St. Petersburg, Florida
Christopher York, MA, (CM) Augusta, Maine
Marta Zarranz, (SFM) Buenos Aires, Argentina
Carmen Zulinkis, (SFM) Buenos Aires, Argentina

Passed - August 12, 1981

Gloria Balbona, (SFTM) Lomas de Tarrango, Mexico
Pearl Drego, MA, (CTM) Bombay, India
Eleanor Feller, MSW, (CTM) Ann Arbor, Michigan
Rosa Krausz, PhD, (SFTM) Sao Paulo, Brasil
Oswald Summerton, MPhil, MDiv, MS, (CTM) New Delhi, India
Juan Jose Tapia Fortunato, MD, (CTM) Buenos Aires, Argentina

Training Notes

PTM's - The Board of Trustees rescinded their January 1981 motion that PTM's be allowed to take their TM examinations with only one candidate passed and attending a PTM Contract Workshop. All PTM's must now have at least two candidates passed to qualify for the TM exam.

Ethics Principles: Installment #10

The professional relationship between client and therapist assumes the provision of a suitable environment for therapeutic growth to take place.

A basic assumption is that the therapist will, at the very outset, specify the nature of the confidentiality that will be observed. While many aspects of confidentiality can be controlled, there are some that are subject to governmental statutes. In addition, in group therapy, it is impossible to guarantee that all participants will abide by a commitment to keep all group business within the group.

There is also the need to clarify with clients the nature of all records that are kept as well as the procedures for the release of confidential data.

The therapist's responsibility in providing for the client's physical safety, appropriate to the form of activity instituted, is of major concern. It is the responsibility of a therapist to point out the kind of risks involved in carrying out prescribed therapeutic activities either within or without the therapeutic session. It is important to give as much Adult data as possible to the client about the purpose of the activity, the kinds of "side effects" that might ensue, and the option for a client not to participate.

Due to the fact that transferential distortions are commonly present, it is important to take into account acquiescence or rebellious sets that may be present in the Child as well as prejudices in the Parent.

The contamination effects noted above become even more critical when high risk procedures are deemed necessary for therapeutic change. A therapist would do well to seek professional psychological, psychiatric or medical consultation to support the need for such high risk procedures.

Even when all consultations are in agreement, getting the client's informed consent is mandatory. All of the contaminations already mentioned, as well as possible contaminations of the therapist, must be taken into account.

In summary, a therapist's responsibility includes acting in such a way as to cause no deliberate or intentional harm and to safeguard the client as much as possible from any unintentional harm that might occur.

Hy Goldman

Book Reviews

Horizons in Bioenergetics
Edited by Joseph Cassius
Promethean Publications, 1980. $19.95
Available through Trans Pubs
Reviewed by Julie Henderson

This is how I had it planned. I was going to open with a brief, but enticing, anecdote to attract the reader's attention, create a favorable climate for bioenergetics, and draw him/her deeper into the review. I thought probably I would use the story Michael Conant told a few years ago about two friends who meet after summer vacation: one has a deep, glowing tan and tells stories of his adventures in the Bahamas. Finally, he turns to his friend and says, "What did you do with your vacation?" "Oh," says the friend, "I stayed home and went through my elbow block."

I hoped this mischievous caution against losing Life in the technicalities of the search for liveliness would be an appropriate introduction to a review of this collection of essays on different aspects of bioenergetics. Unfortunately, it proved more appropriate than I had in mind.

It's common, I know, for collections from many contributors to be uneven, and this one is. I was expecting that, but this book is so sloppily edited — with page after page of typographical errors, transposed lines, repeated lines, etc. — that the mechanical distractions make it hard to focus on the bioenergetics. Not only is the copy editing a shambles, but the book has not been edited towards one audience, so that style, intention, and level of sophistication, vary wildly from essay to essay. If you're willing to plow dauntlessly through the typos, and you are basically interested in body approaches to psychotherapy, you are likely to find something to satisfy you here.

My particular satisfactions were in John Bellis' introduction, which includes his own comments on each of the essays, and his contribution to the book itself, an essay on laughter, play and song in bioenergetic work. Both introduction and essay were a delight stylistically and cognitively. Michael Maley's article on the traditional Chinese medical view of human emotions stimulated a lot of cross-connections in me about bioenergetics as a metaphorical system. Both Stephen Lankton's essay from the point of view of neurolinguistic programming and Elaine Childs-Gowell's are concerned with metaphors and the structuring of systems as a part of how we perceive our reality. Lankton's essay, in particular, I found practically impenetrable because of the dense forest of NLP jargon (which for me outdoes any other jargon around for obscurantism in the name of science).

Several essays are straight-forward presentations of clinically helpful material; e.g. "Bioenergetics Back-to-Back" by Saeger and Peters and "Sexuality-Vision-Feeling" by Johnson. I would particularly like the medical establishment to pay more attention to the information presented by Robinson in her article on incorporating bioenergetics into the treatment of cancer.

Trying to comment on each article individually seems to repeat the errors of the book, so I will finish by saying that if you are already familiar with bioenergetics, you will be provoked to fruitful opinions by *some*thing in the book and find your own work probably enlarged. If you come to it as a clinician interested in, but unfamiliar with, bioenergetics, you may be both excited and confused. I hope that excitement will outweigh confusion enough to prompt attendance at a bioenergetic training workshop to get some first hand experience. With luck, it will be held in the Bahamas.

Leaving Home — The Therapy of Disturbed Young People
By Jay Haley
Mc Graw-Hill, 1980. $16.95
Available from Trans Pubs
Reviewed by Tom Griggs, MA, CM

Haley presents a step-by-step treatment strategy for preventing the re-hospitalization of young people who have been labeled schizophrenic or addicted. He heavily weighs the argument that says that schizophrenia is a reaction to family relationships and is therefore amenable to effective family therapy. In a highly readable, if somewhat repetitive style, Haley takes dead aim at the medical-chemical theorists, saying, "(It) is simply not true . . . that there is solid evidence for a genetic or physiological cause or psychosis."

While he admits he cannot rely on substantive research for his own claims, he does produce case histories, verbatims and records of re-institutionalization which indicate his treatment prevents rehospitalization and returns the problem young person to normalcy, which is defined as back in school, back on the job, leaving home.

Haley's somewhat radical approach, much in the style of Szasz and Halleck, may seem refreshingly honest, but one would need to have exclusive control over the young person's discharge, medication and readmission to an institution in order to actually implement such treatment.

Overall, I found the book stimulating and immediately useful in conceptualizing the treatment of families at this stage, even if hospitalization is not an issue.

Here are some highlights:

"If one wants to place the problem within the family, it must be defined as a problem the family can deal with. A 'troublemaking' problem is something the parents can do something about. Hallucinations and delusions must be the domain of 'mental health experts' rather than of the family."

"It should always be assumed that if the family conflict is dealt with correctly, the young person will not need to fail and will function normally."

"In this approach it is important to begin by emphasizing that the problem young person is the whole problem." (Stage One)

". . . medication must therefore be defined as a behavior control device, which it is, and not as medicine for an illness, which it is not."

"The therapist is on safer ground if he simply never asks anyone how they feel about anything."

"The goal of the therapist is to reorganize the family, and if the parents are to take charge, they must concede and negotiate their difficulties with each other." (Stage Two)

"A defective young person is kept at home by parents – only a healthy one is released." (Stage Three)

Getting Rich Your Own Way
By Srully Blotnick
Double Day, 1980. $10.95
Available through Trans Pubs
Reviewed by Patt Savastano and Carlos Gris

"Defining what makes you tingle, and finding work that makes you glad to be alive, and money, go together. You can have both– the first two will lead you to the latter."

Blotnick reports on, first, a longitudinal, twenty-year study started in 1960 with 1,500 people representative of middle-class America, 83 of whom were worth in excess of one million dollars in 1980 and second, interviews with over 250 self-made millionaires, from Norman Lear and Calvin Klein to Jane Cahill Pfeiffer, Chairman of the Board of NBC.

Blotnick discovered, in most cases, people become rich by knowing what they like to do the most, by being very good at it and by being extremely devoted to their vocation. Among the millionaires he found that:

1. They became rich "accidently"; not one of them ever planned or desired to get rich. Wealth "snuck up on them" while they were busily involved in the activity they found so absorbing. Not one person who had a plan for becoming rich was able to successfully carry it out.
2. They were persistent; they picked a field or activity and stuck with it through thick and thin.
3. They were patient; they seemed willing to wait forever for the rewards of their labors to come to them.
4. They were willing to handle both the nobler and pettier aspects of their work; they didn't think anything connected with their work was "beneath them."
5. They had an increasingly non-competitive attitude towards the people with whom they worked.
6. In the long run, it was their work, and only their work, that made them rich and not their investment activities.
7. Each of them, at some time in their life, became keenly aware of death.

Blotnick found they were doing what they liked and getting rich as a result of it. Those who didn't become rich were doing it backwards: accumulating enough money to later do the things they enjoyed in life.

Other interesting findings included:

1. People find an earning pattern that matches their subconscious spending patterns; they managed to organize their work lives in a way that gave them the income pattern — not the amount — that they found most satisfactory.
2. Those who wanted money most and thought a top management position would get them an abundance of it rarely wound up becoming highly paid.
3. Socializing as an investment to wealth did not make anybody wealthy.

The book contains sound professional advice with practical psychological insights. Though it is entirely free of jargon, it tends to be somewhat repetitive, but then again, some things are worth hearing over many times.

Feeling Good: The New Mood Therapy
By David Burns, MD
William Morrow and Company, Inc., 1980. $12.95
Available through Trans Pubs
Reviewed by N. Robert Heyer, MA, RM

This book deals with the therapy of depression. With depression as a major health problem, a book which offers a technique which claims to be a "major breakthrough in the treatment of mood disorders" is of more than routine interest to ITAA members.

The technique is called "cognitive therapy." This theoretical approach holds that all moods are created by thoughts or cognitions, and that the cause for depression is negative thoughts. Therefore, the cure for depression is to correct negative thinking about one's self and one's situation.

Feeling Good describes, in detail, a series of self-help steps that the reader who is troubled by depression can take to gain fast relief. The principal tool of the method is a procedure by which the reader is directed to record the "automatic thoughts" which he/she has when an attack of depression occurs. Then the reader is shown how to detect what the author calls "cognitive distortions" that are present in these thoughts, and to think rational responses which contradict the negativity of these thoughts.

Burns also focuses on seven dysfunctional attitudes and self-defeating belief systems which he believes lie beneath most recurring depression. They are: need for approval by others, need for love to feel self-worthy, need for achievement, perfectionism, belief that one is "entitled" to have needs met by others, omnipotence (grandiosity), and nonautonomy (failure to take responsibility for one's feelings).

In addition to the symptomatic relief provided by his method, Burns also addresses the critical question of "cure" by devoting the final third of the book to chapters under the general heading of "Prevention and Personal Growth." Here, he describes how, in order to control future mood swings, it is necessary to go through a process of reassessing the basic values and attitudes which form the core of the person's tendency toward depression.

I believe that this book has value to TA practitioners for its detailed exposition of an effective treatment system that is consonant with TA practice. It contains a wealth of examples and case materials which clearly illustrate the concepts presented. It is written in a lively and readable style, and would be suitable as a homework book for clients who are ready for self-guided work.

Brief Mention

Books Available Through Trans Pubs - the following books listed in the last issue under "Brief Mention" are available from Trans Pubs: ***How To Be A Couple and Still Be Free***, by Tina Tessina and Riley Smith; ***Everybody Counts***, by Peter Blum; and ***Ego State Models***, by Pearl Drego.

Classified Advertising

7TH ANNUAL MARDI GRAS SEMINAR - New Orleans, February 19-24. We integrate TA, Gestalt, Ericksonian and Jungian concepts with America's most unique festival. Also, in Mammoth: Therapist's Retreat, November 13-15; Communications Seminar with Eric Marcus, MD, December 11-13; Couples Retreat, January 29-31. For information, contact Psychotherapy Center, Box 266, Mammoth Lakes, CA 93546. (714)934-3038.