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Theme Issue: TA and Life Transitions

A Time to Mourn and a Time to Dance

Transitions of Parenthood

By Jean Illsley Clarke



"To everything there is a season and a time to every purpose under the heaven,"[1] and there is no part of life's journey where the seasons seem to sneak up on us more silently, more abruptly, or in greater variety than in parenthood. Some of the transitions of parenting are cause for mourning, some for dancing, most for both. How can we learn more about these inevitable occurances? How can we handle them better?

I recently circulated the following questionnaire. You might want to answer the questions yourself and then compare your responses to others I have quoted here and to my conclusions.

The Transitions of Parenting

The journey that people take as parents involves sailing through, muddling past or white knuckling the many periods of transition. These passages from one parenting condition to another are as frequent as rapids on a whitewater river. Like the whitewater, they vary in intensity and excitement.

These transitions include: moving from being without children to being pregnant, the birth of the first child, the change from living with another adult to living with an adult and an infant, the change from the infant who stays in one place to the explorer who moves everywhere, the change from the explorer who is interested in things to the two-year-old who is mostly interested in saying "no" to you, the change to the pre-schooler who is busy testing her power and identity, the birth of subsequent children, the transition to being the parent of "children in school," the advent of teenagers, the experience of having children who are physically larger than you, waving goodbye to children as they leave home, being parents to children who are establishing the next generation of families, becoming a grandparent, having an adult child move back to live with you, and parenting or grandparenting children not born to you (foster, adopted, in-laws, children brought to marriages).

1. Think about the transitions that you have gone through that are directly related to being a parent. Which ones are the most important to you?

2. Identify two or three transitions that were/are easy for you and describe briefly why they were/are easy.

3. Identify two or three transitions that were/are difficult for you and describe briefly why each was/is difficult.

4. Identify old Parent tapes about change, transition or what to expect of some particular age or stage that contributed to the ease or turbulence of a transition.

5. Are there any new Parent tapes you wish you had about the transitions of parenting?

6. What else would have helped you with the transitions?

Most of the calls for help that the questionnaires revealed fell into three categories: more **knowledge**, help with the **process** of the transitions and supportive **Parent tapes** about change.

Knowledge

Many people indicated that they needed information. "Why didn't somebody tell me? When I had my babies, I knew I was supposed to take good care of them but I had no idea what to expect. And I didn't know how to take care of me."

Parents can get information about transitions in many ways. They can talk to other parents and take classes in human development and parenting. They can learn better ways of nurturing their children and themselves. They can read books about development,[2] parenting[3] and transitions.[4]

Carl said, "Finding out that there are all those stages and transitions helps me know that the feeling that I am always in some kind of transition is how it is . . . that I really am, that I'm not crazy or stupid for thinking so."

Process

The process of successful transitions involves five steps: Recognition, Mourning, Empathetic Responding, Celebration and Integration.[5]

After filling out the questionnaire, Marion reported **recognition:** "When my first child was two, I said, 'Do this, don't say no and don't talk back.' She was miserable and so was I. It wasn't until I went back to work and my coworkers convinced me that two year-olds *do* say no that I could stand her or myself."

Carol recalled **mourning** and **celebrating.** "I remember the regret I felt when my youngest child reached the stage of speaking clearly and I no longer had the entertainment of him importantly and seriously announcing to me that he had 'put the kleenest in the waster paper backsit.' I also remember clearly the joy I felt as each child learned to drive and I no longer had to run my life from the big blue station wagon. Of course each of those events had some of the opposite emotions too."

Empathetic responding includes developing empathy for child and spouse in each stage and **integration** involves acceptance of the stage for self as well as others. Michael reported that he had difficulty understanding his children when they reached the teen years and he remembered that his own adolescence had been a difficult time for him. He was referring to his own recycling of his son's developmental tasks. This important process of doing in a more sophisticated way the developmental task one's child is doing is described in Pam Levin Landheer's books, *Becoming the Way We Are*[6] and *Cycles of Power.*[7]

Parent Tapes

Many people identified Parent tapes that were supportive. Doris rejoiced, "My mother said that change was one thing you could count on in life so you better learn to move with it. That attitude has been very beneficial for me."

Others gave rueful reports of Parent tapes that suggested that change itself was a problem and to be avoided or that gave sets for dealing with children that made some transitions difficult. After some disturbance with his pre-teen and teenage children, Ron rewrote a tape that said, "Children of all ages should be willing to follow the father's rules and if they don't, the father must be a failure." He substituted, "Successful dads set limits and know which ones are important to be firm about when kids hassle and test."

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Any of us can improve the quality of deficient Parent tapes. We can use self-reparenting as described in Muriel James' *Breaking Free*[8] or therapy to improve the parenting messages we carry in our heads.

We all need Parent tapes that support us as we move through the mourning and dancing of parenting. Boo to tapes that tell us change is bad and transitions are burdensome. Hurrah for tapes that encourage us to embrace each transition, to experience our mourning and to delight in our dancing.

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Jean Clarke is the author of Self-Esteem: A Family Affair, *designer of the parenting program described in* Self-Esteem: A Family Affair Leader Guide *and the parent of three children.*

Lois Johnson Elected As Trustee

We regret that Lois' name was left off the list of newly elected members to the Board of Trustees published in the December, 1981 *Script*. This unfortunate accident (yes, Virginia, there really *are* accidents) in no way reflects our enthusiasm at Lois being elected or our belief that she will make an outstanding trustee. It does reflect that even the best of us have bad days now and then.

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How Do You Say Hello to a Newborn?

Birth as the First Life Transition

By Gail Nordeman



What happens when a baby is born? The obstetrician will talk about the medical aspects of managing the birth, the pediatrician might discuss stabilizing the baby's body temperature and vital signs, the father is usually worried about the health of his wife and child, and the mother is deeply involved in the labor and her concern for her infant. Each has his/her own view of this important transition.

I wonder what the baby would say. Imagine with me for a moment . . .

I am moving, propelled by the motion of the tissue around me, joined by my counter-part, a sperm — equal parts to make a whole. I am a fertilized egg, moving into a space that has been specially prepared for me, as though I was expected. It is warm and rich with the nourishing elements of life. There is nothing I must do but stay and take it in.

I notice I am growing and changing. The warm fluid surrounding me absorbs and dissipates the shock of movement. I hear my mother's heart beating, bringing oxygen and food to me and taking waste away. I feel the rhythmic movement of the walls of the expanding uterus caressing and massaging me. I am safe and secure.

I try sucking my thumb and occasionally I get hiccoughs. I hear my mother's and father's voices as their hands slide gently over her abdomen. They are waiting. They are anxious to see me, to know me. I push my little arm and hand against the inside wall. I want to know them too.

> *Many infants are born onto the Drama Triangle with their parents allowing themselves to be the Victims of misguided kindness or Rescuing.*

Soon I will leave this place, for it is time to move on. I do not know how I know this, but I do. Then one day I am being moved again. I wonder where I am going. It is dark and there is a small light at the end of a small passage. The massage I have become accustomed to is stronger now. The rhythm is faster, the pressure greater. As I squeeze through the passage, extra mucus works its way out of my lungs, preparing me for my first breath of air. Finally, with a surge of pressure, my head appears. Moments pass and, with another push, my shoulder passes through the opening and then the rest of my body slips easily from the dark passage into this new world.

I feel my mother's hands exploring my face. She is eager to greet me, to touch me, to draw me near to her. She is saying just the right things and I know it is her voice because she talked to me during the time I lived in her body. She is using the special voice, with the high pitch, that sounds just right to my little ears.

The doctor cuts the cord. That is the last physical connection between me and my mother. I am breathing now. I am separate! And yet, I still need my mother. Somehow I must interest her in wanting to take care of me. My eyes are open and I am looking at her. She lovingly drinks in my face just as I am taking her in. I snuggle into her arms and search out her breast. I am content. There is nothing I must do now except take in, be and grow . . .

Birth is, indeed, a powerful and awe-inspiring experience. In the normal sequence of events, it involves the transition from intrauterine to extrauterine environment and a momentary separation of the mother and child when the cord is cut and the child is separated from the mother's body. After this occurs, the transitional task for both mother and infant is to reunite, to reestablish their connection in a new way, to bond. Whatever enhances this relationship and the process of bonding enhances the transition.

The potential for growth and transformation through the transition of birth exists for both mother and child. However, the description portrayed above is, tragically, not like most of the births you would see at your local hospital. Because of the impact birth has on all of us, we must begin looking at how obstetrics is practiced in our society.

> *In all the years women have been giving birth, through all the rituals, procedures, discussions, management and techniques, the baby's needs have not changed.*

Berne asked, "What do you say after you say hello?" Perhaps it is now time to ask, "How important is the way we say hello to our newborns?"

Dr. Roberto Caldeyro-Barcia, past-president of the International Federation of Obstetricians and Gynecologists stated, "In the past 40 years, many artificial practices have been introduced which have changed childbirth from a physiological event to a very complicated medical procedure in which all kinds of drugs are used and procedures carried out, sometimes unnecessarily and many of them potentially damaging for the baby and even for the mother."

At present, many infants are born onto the Drama Triangle with their parents allowing themselves to be the Victims of misguided kindness or Rescuing. Those trying to change the system often end up in the Persecuting role, blaming physicians and other health-care professionals. In all the years women have been giving birth, through all the rituals, procedures, discussions, management and techniques, the baby's needs have not changed. The baby needs simply and profoundly to be reunited with its mother.

If all the things done for, and to, the baby and mother fail to enhance this relationship and this process of bonding, we need to ask why we are doing them.

Gail Nordeman lives in Cincinnati, Ohio. She and her husband Harold are co-directors of "A Growing Place," a family education and counseling center. She is a Registered Nurse and a Clinical Member of ITAA.

On the Path to Intimacy

Divorce as a Demanding Transition



George C. Kandle is a Clinical Teaching Member with a practice in New York State near New York City. He is Director of TA/Gestalt training with the Foundation for Religion and Mental Health. He is an ordained Presbyterian minister working full-time as a trainer and pastoral psychotherapist.

By George Kandle

Some people go through divorce rather quickly. Their feelings are aired. Their decision is made. Their transition is stressful. But they choose it, and do it without fanfare and without therapists.

Not me. My preparation for divorce was slow. I sought both geographic and analytic cures before separating. My divorce was tedious, and my recovery — by which I mean the nine years it took for my grief, my frightened aloneness, my second (and much improved) adolescence, and my readiness to make a new commitment to loving — seemed to take forever.

Most people that I know have found divorce to be the most painful and demanding change in their adult lives. And, if the participants consider it a creative transition, it's usually in retrospect.

I'd been separated for six months when Duncan Cameron told me to look into TA training with the Gouldings. Bob and Mary were offering a week in New York — at a monastery. I went and had the most significant therapeutic experience in my life. Suddenly the connections between my childhood thoughts and my current agony were crystal clear. They called it a Script. I called it a revelation.

For me, tremendous energy was released as I sensed a growing freedom and direction. I discovered an intelligent, emotionally-grounded approach to decisions I'd made long ago, decisions that pointed me toward a ministry and a marriage in which I would try hard, feel guilty and not be close. A guilt racket. A Rescuer role. An injunction against sexuality and another against being a child. Most of you know how such simple concepts can be combined with empty chairs and extraordinary dialogs leading to new choices that feel much like rebirth.

That was eleven years ago. Over a decade of studying and teaching TA has taught me to distinguish between the joyful release that solid redecisions provide and the trial and error perspiration that effective personal change requires.

> *To me, the most interesting question about divorce is whether it is part of a second or third degree game or a genuine transition toward intimacy.*

The genius of applied Transactional Analysis has opened a door so that many of us can look at our games and their contrast with intimacy. To me, the most interesting question about divorce is whether it is part of a second or third degree game or a genuine transition toward intimacy.

Berne was brilliant in his analysis of games. However, in his definition of intimacy he was not. Most often he called intimacy a candid, Child-Child relationship. It remained for Harry and Laura Boyd to define that as play and to spell out the active, caring Parent as an essential ingredient for intimacy.

Another distinction that I've found helpful is between intimacy as a time structure and the essentials of an "intimate relationship." In an intimate relationship, the Adult allows us to go beyond a "moment in time" (which might be called intimate) to the larger context of an ongoing relationship. In an "intimate relationship," all of the various time structures are operating. What makes it intimate, however, is Adult agreements about such things as sex, career, money and children. These agreements provide some predictability and reliability for the relationship during the stresses and strains of growing together and individually.

For example, when I am tired from a long period of work on a project, I might likely ignore my loved one or get into blemishing them for little things. Knowing our relationship can manage withdrawal or games and that we'll come out OK on the other side is knowing I am in an intimate relationship.

Divorce is surely one of the most difficult transitions one can face. Some of us stumble through it with minimal awareness, moving on to a safer balance of less commitment, more distance and more comfort in the way we structure our time. Others, and I count myself among them, see divorce as a demanding confrontation with our fears of intimacy and our addictions to Child-chosen roles of relating.

As a result of this confrontation, we may shift towards recovering our neglected Natural Child and towards a more knowing commitment to caring. It is this caring that permits us, like the Oak tree and the Cypress, to grow tall, yet not in each other's shadow. The agreements we make from this place are more Adult and, as we grow, we can negotiate new agreements to keep pace with our changes.

It is great if such wisdom can be learned without a divorce. However, for me and many others, divorce has been a demanding teacher. And, perhaps the most important thing it has taught me, which I must still practice regularly, is to list intimacy high among the ways I want to spend my time.

MEMBERS FORUM

Even Happy Therapists Get the Blues

Dear Script:

I would like some pictures of members who are not always smiling in future issues of the newsletter. If necessary, I will supply a series of pictures of my countenance which sometimes has Grumpy, Doc or Sneezy pasted on it. I occasionally think that attendance at conferences necessitates revealing sixteen Snow White teeth (and I only have about twelve left!) My mouth gives out from all that grinning. When I hear some talks I want to analyze; others are worth frets and stews. I know that we are happy therapists, but Buddha save us from happy and excitement rackets!

Gushingly Yours,
Frank R. Morris

Editor's Note: here you go Frank!



Lois Johnson at the Committee Chair breakfast in Boston looking: (circle one)

a) mad
b) thoughtful
c) determined
d) sad
e) serious
f) bored
g) attentive
h) none of the above
i) all of the above

Medicine Man Flyer Promotes TA Cure

Dear Editor:

Enclosed is a cleaned up copy of a yellowed old medicine man flyer I found in a trunk in the attic. There are also some interesting stories by the rest of the family, with some particularly intriguing ideas from Tray's cousin Niette.

Cordially,
Luelyne Doscher, PhD

PIP*SUFFERERS
REJOICE!

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BOOK REVIEWS

CYCLES OF POWER: A GUIDEBOOK FOR THE SEVEN STAGES OF LIFE

By Pamela Levin Landheer

Manuscript available through Trans Pubs and the author $20

Reviewed by Elaine Childs-Gowell, RN, PhD

Cycles of Power is a profoundly powerful book. The author outlines, in a systematic and logical manner, the developmental stages of the human life cycle. She has taken care to focus on each stage in terms of the normal expectations of the healthy-functioning individual. The book explains how one gains power from successfully completing the requirements of a given stage and how one loses personal power by leaving gaps in those developmental processes. Finally, it describes how those gaps can be filled and what the specific interventions are for individuals in adult life.

To illustrate her ideas, Pam uses a descriptive chart divided into six developmental stages to show how each person faces developmental issues at various times in their lives. This chart makes it easy to zero in on any one set of symptoms which occur in the present and helps us to look at them in terms of the needs and wants of that developmental stage in our Child which is still haunting us.

In addition, the book offers a Developmental Script Questionnaire which allows the client and the therapist to pinpoint the exact issues which need to be addressed. She also presents the cycles in terms of numbers of years and invites us to think in terms of two, four, six, thirteen and nineteen-year cycles. The use of behavioral cues to identify various stages is vividly illustrated with case examples.

As an anthropologist, I am interested in Healing Rituals and the Rites/Rights of Renewal in human society. Psychotherapy itself offers many such Healing Rituals and *Cycles of Power* outlines specific kinds of Rituals people can use to challenge their developmental gaps. Creating Rituals, and their concomitant permissions, which are responsive to the specific needs of the Child in an individual, is what *Cycles* is all about.

For some years now, I have used Pam's book, *Becoming The Way We Are*, to help clients face and deal with their developmental gaps and to structure Rituals which will help them break the unhealthy patterns in which they have been stuck. *Cycles of Power* amplifies and expands upon the ideas presented in *Becoming*.

In one instance, a Ritual was helpful with a client of mine who was dealing with the developmental issues which contributed to an eating problem. He contracted to come to group "hungry" and in one session regressed to ten months old. When he was ready to initiate feeding, the therapist fed him, pacing the feeding, and giving permissions around sensations, exploring, tasting, liking and not liking the food. At one point, the client spat out the food and the therapist said, "That's OK. You don't have to eat things you don't like." The "aha!", neon lights went on. Soon after that, the client started a healthy eating life-style which resulted in permanent weight loss and no more food binging.

I recommend *Cycles of Power* as a handbook for people who are guiding others and themselves through the process of growing up. While it is not a panacea, it is especially good for those of us who need to acknowledge the wounded child, starving baby or rowdy two-year old in us. It can guide us through the process of developing a new Parent, a clear and uncontaminated Adult, and a healthy Child. Pam says that she suspects that being grown-up is a myth, that we are all really children in disguise. Without a doubt, we children can all benefit from this book.

MOM'S HOUSE, DAD'S HOUSE

By Isolina Ricci

Macmillan Publishing Co., 1980.

Reviewed by Vicki Lee, MS, LMFC

In this reviewer's opinion, divorcing clients struggling with child custody issues seldom get the best possible assistance from their therapists. Unmarried (or once and still married) therapists may be biased in favor of the nuclear family and have little vision of how well a divorced family, where children have two homes, can work. Similarly limited perspectives may afflict divorced therapists who have not completed unfinished business with a former spouse and who have not personally evolved a successful shared-parenting agreement.

Mom's House, Dad's House, by Isolina Ricci, offers both vision and blueprint. Parents separated from their children will appreciate its theme: children of divorced parents have *two* homes, and successful divorce agreements must acknowledge and specify the expression of each parent's responsibility and importance to the child. This view contrasts with the traditional notion of one custodial parent and one mostly disenfranchised parent whom the child "visits."

A good "working relationship," suggests the author, is possible for most divorcing parents, especially if they have effective assistance from professionals.

This 266 page volume is full of guidelines that are valuable to both client and therapist. An apt example is the chapter on "The Retreat from Intimacy — How to Take the First Steps Toward a New Working Relationship." Equally valuable are the structures offered for concretizing the book's concepts such as "Mom's House, Dad's House — How to Make Them Homes," and "Long-distance Parenting: How to Feel Close When You Are Far Apart."

Therapists will find this book useful for its clear presentation of processes such as the predictable stages of ending a relationship. Perhaps the most practical use of the book, however, is in facilitating the divorce counseling process by referring clients to specific chapters of the book. For example, one might invite a client to ". . . read Chapter 12 before our next session; it tells how to write your own parenting agreement."

Divorcing parents can indeed succeed in replacing one unsatisfactory home with two successful ones. Isolina Ricci's book tells exactly how it can be done.

SELF-ESTEEM: A FAMILY AFFAIR

By Jean Illsley Clarke

Winston Press, 1978. $7.95

Reviewed by Annette Pattie

Previous to writing *Self-Esteem: A Family Affair*, Jean Illsley Clarke read Pam Levin Landheer's *Becoming The Way We Are* in which Pam identifies new messages needed at each stage of development. Jean realized their value in promoting health and growth and wondered why people had to be sick to hear these good, healthy messages in a clinical setting. She believed they were important to hear the first time around so she featured them in *Self-Esteem*, which is both a course and a book.

Each chapter in the book features a different stage of development and illustrates three ways to use the affirmations for that stage. Developmental affirmations are positive messages we all need to hear at the six different stages, from birth through the teenage years, and again throughout our adult lives as we recycle old problems and meet new experiences.

For example, affirmations for the first two stages, which separate being loved from being capable, might include the following:

"You are a worthwhile person."

"You have many strengths and skills and can do many things well."

"My caring for you will not change if you do these things or if you don't do anything at all."

Each time I teach the course, "Self-Esteem: A Family Affair," I rediscover how the developmental affirmations help people to change their own levels of self-esteem as well as to explore what happens when they offer these healthy permissions to their children and to other adults. The developmental affirmations are a primary way to change a person's stroke economy and this is one of the main messages of the course and the book.



Aging: Transition and Challenge

By Betty Fielding

Aging involves transitions in every area of life. With each transition, a person is faced with new challenges, often at a time of declining personal, financial and social resources.

Major Challenges

The first challenge is **biological aging,** experienced as a general slowing down, with reduced sensory acuity, decreasing efficiency of body systems, and an increased tendency to chronic disease. With the cost of medical care increasing and the study of geriatrics omitted from the curriculum in many medical schools, the solution to this challenge is, in part, to take personal responsibility for maintaining maximum health and adapting to and rising above physical problems.

The second challenge is the **use of time.** Although many believe retirement is unending leisure, this honeymoon usually passes and disenchantment sets in. The solution to the challenge is to use time to start again on the search for meaning. This may involve greater social commitment.

For example, one person, after traveling in Europe, became so concerned about insufficient public housing for older people in America as compared with some other countries, that he researched the problems and possible solutions and became involved in community organization for housing for the aged.

Another major challenge related to health and housing is **retirement income.** On the average it is 40% of work income and often without cost-of-living increases. The options for dealing with this change include a more limited life-style or continuing to work, often with a part-time job or second career.

Finding **new roles** to replace work, family and community leadership roles is another major task of this period. The Retired Senior Volunteer Program, Service Corps of Retired Executives, Foster Grandparents, VISTA, Gray Panthers, and Council on Aging represent new roles for older people.

Changing Relationships

In addition to changing societal roles, there are changes in the **family relationships** of older people, their aged parents, and/or their adult children. They relate to each other in patterns determined by competence, unresolved

Being There

By Betty Barker-Smith and O. Dale Smith





As physicians, each of us has had the special privilege of being with patients at the time of death. We are struck with awe, wonderment, and anxiety at the passage of life. Yet, we may see so little visible change in this quiet moment that we cannot mark the precise instant when life stops and death begins.

A patient recently asked, in a seemingly casual way, "Is this it?" The question came from a man who was chronically short of oxygen from emphysema and generally apprehensive for his next breath. It was as if he was saying, "I have fought for my breath so long now, I need a new insight into how to let go." It was an opportunity to begin a new conversation, with a new knowing between us. That evening he was dead.

What meaning can we as therapists take from these deeply personal, privileged moments? Irvin Yalom argues in his recent book, *Existential Psychotherapy*, that existentially there are only four major themes — death, freedom, isolation and meaninglessness. He believes that all issues in therapy can be redefined into one, or a combination of more than one, of these basic themes.

Yalom states that patients frequently seek an opportunity to explore the forbidding subject of death only to be outmaneuvered by their therapists, for whom the subject is taboo. The Gestalt trainers, Erving and Miriam Polster teach that real therapy occurs at the boundaries of the person, and that therapists cannot lead their clients through territories which they have yet to explore for themselves.

How does the therapist live with the knowledge of his/her own mortality without becoming overwhelmed with a fear of death? A French psychologist, Ignace Lepp, in *Death and Its Mysteries*, discusses the futility of repression, denial, and distraction in avoiding this universal fear. He goes on to state his conviction that an intense love of life is the best and perhaps the only effective antidote to the fear of death. Lepp asserts that, "We can realize that we might die at any moment and yet live as though we were never going to die." Those who are able to live with this apparent contradiction have full access to their life instincts.

Hopefully, all TA therapists have had opportunities to face the injunctions they have which inhibit an "intense love of life," messages such as "Don't Be," "Don't Feel," "Don't Be Close," and "Don't Enjoy." Having done that, we are ready to deal with the hamartic or banal scripts of our patients. The presence of real physical illness heightens the need to challenge and hopefully change self-destructive and self-defeating behavior.

This was clearly illustrated to us by one woman who died of cancer, her script unchanged. As a child and adolescent, she had repeatedly tried to get attention and affection from a father who never gave her what she wanted. As a young adult, she married an aloof man who likewise never gave her the attention and affection she wanted. As a middle-aged woman with grown children, she plunged successfully into a career which depended on technical skill rather than interpersonal abilities. She then developed cancer. At that point, she returned to her old preoccupation with the shortcomings of men. She expected to be disappointed in her husband's response to her illness and she was. She died a bitter woman.

> *Patients frequently seek an opportunity to explore the forbidding subject of death only to be outmaneuvered by their therapists, for whom the subject is taboo.*

The possibility of a suicidal script must be considered for the patient who does not follow through with important medical care. We can recall several diabetic patients who shortened their lives by several years because they used their illnesses to act out "Don't Be" injunctions. The use of a "no-suicide contract" is a valuable tool in the evaluation of and protection of the client's death wishes. (See "Monitoring of Suicidal Risk," by Drye, Goulding and Goulding in *The Power Is In the Patient.*)

The mirror image of the self-destructive patient is the terminally ill patient who increases the level of suffering by holding onto life too long. Carl and Stephanie Simonton, who work with the psychological aspects of cancer treatment, have exploded the myth that most cancer deaths are prolonged and agonizing. They found that this can be true of the patient who, with great will, prolongs life to please others such as the family or the medical team. However, patients who give themselves permission to die are able to let go of their bodies without undue pain.

It is interesting to note how many TA therapists use the phrase "permission to die." In our work with patients who are on this most private of journeys, we give them permission to cease their "please me" drivers and to stop taking care of others at their own expense.

Perhaps an appropriate slogan for the therapist who works with critically ill patients is "Being There." Therapists who have resolved their own fears of death will be able to "be there" with full attention and support as a hardy companion for this life transition. These therapists will also be able to help their clients "be there" for themselves — for self-nuturing, for decision making and for loving life.

Betty Barker-Smith, MD, CM, is a psychiatrist and her husband, O. Dale Smith, MD, is a "psychologically-minded pathologist." They are co-directors of the Gestalt Foundation of Kansas and one of their current interests is establishing support groups for cancer patients and their families. They are the authors of How To Choose and Use the Right Therapist For You.

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issues, and the increasing physical, financial or emotional dependency of the elder. With advanced age or disease, the challenge for everyone involved is to maximize independence of functioning to the end of life while working together to find the most creative solutions to problems for which there may seem to be no desirable options.

Retirement marriages show a variety of patterns. Since an intact marriage has a high correlation with life satisfaction and longevity, a significant challenge is maintaining or building satisfying marriage relationships. Close friendships may provide similar satisfactions. Since women live longer than men and widowers are more apt to marry younger women, adjusting to a society of older women is a task for many widows who, in addition, may be experiencing poverty for the first time in their lives.

With aging, there is also a **turning inward**, thinking over the past, putting events in perspective. The challenge is to accept oneself and develop a sense of oneness with humanity. Each day may be experienced as a precious gift with both detachment and anguished concern for the unsolved problems of a troubled world.

TA Program for Options

To show people options for meeting challenges, I have been teaching in a retirement community for the past six years. The program, which uses TA, is sponsored by a community college. Included in it are challenges and possible solutions to: depression, loneliness, and grief; loss of hearing and sight; chronic illness; death of spouse; problems with family members; divorce and remarriage; new careers; money management; reviving boring marital relationships; decisions about living arrangements; anxiety about institutionalization; and fear of dying alone.



Some of the participants in the "Improving the Quality of Life" group led by Betty Fielding for residents at Rossmoor retirement community.

One recent eight-week course was based on *Breaking Free: Self-Reparenting for a New Life*, by Muriel James. Working in class, with optional homework, participants identified a "real sense of growing together." We discussed parental injunctions and drivers, childhood experiences and decisions in a supportive atmosphere which enabled even the new participants to become personally involved.

The program helps each individual deal with what is most challenging to them. For example, a retired professor came to class faced with a "tragedy greater than death," impending blindness. After exercises on the inner core (the spiritual self), she said, optimistically, "Now I know how I can live with this."

Another woman said, "I know now what to do with my husband. I never understood before how not working felt to him."

A man faced with impending death said, "My life is like a jigsaw puzzle. This class has helped me put in most of the remaining pieces."

One 67-year old man who had recently moved into the community said, "I've had a dickens of a time making new friends here. I've just discovered that I always have to be one up because I got bullied when I was a child. I sure don't have to keep *that* up anymore."

An 82-year old woman who has attended these classes for four years commented, "Every new thing I learn about myself in this class enhances the meaning of my life. I just wouldn't miss it."

As a matter of fact, as the teacher, I feel the same way.

Betty Fielding, MA, RM, is an educator/consultant and has taught courses in gerontology, aging and retirement for such organizations as UC Extension, Diablo Valley College and Wells Fargo Bank. She is the past-president of California Specialists on Aging and is Chairperson of the Contra Costa County Task Force on Aging.

SNOWMASS, COLORADO

Ten Day Workshop

with

RICHARD G. ERSKINE, PH.D.

and **REBECCA L. TRAUTMANN, RN, MSW**

July 23-Aug. 1, 1982
Just prior to ITAA conference

This residential workshop will focus on the integration of T.A., Gestalt therapy, script work and existential growth issues. The workshop is ideal for those who are preparing for Clinical and Teaching Member examinations in the ITAA since we will teach a comparative approach to advanced TA and Gestalt theory and how the theory is applied in clinical practice. During the week we will emphasize our unique use of therapy through-the-group-process and provide opportunities for Supervision. The workshop is designed for professionals in the mental health field who want personal work combined with an in-depth understanding of theory and clinical application.

Cost: $850.00 for tuition and shared condominium with a kitchen (meals not included)

Deposit: $150.00 non-refundable

For information regarding workshops and our ongoing training programs in New York City and Europe contact:

RICHARD G. ERSKINE, PH.D.
Institute for Integrative Psychotherapy
500 East 85th St., New York, N.Y. 10028 • Telephone: 212-734-5291

Ericksonian approaches to psychotherapy



"How Did He Do It?...Examined"

This five-day intensive workshop highlights the logic and principles behind Dr. Erickson's approach to diagnosis and treatment of individuals, and families. A good diagnosis includes the treatment plan and vice versa. Steve and Carol teach the diagnostic format they use in their Ericksonian work. They discuss, demonstrate and teach Erickson's use of resistance, symptom prescription, paradoxical double binds and strategic interventions using complex embedded metaphors, hypnosis and strategic use of trance phenomena.

Steve and Carol studied intensively with Dr. Erickson for the last several years and Steve was selected by Dr. Erickson to represent a portion of his approach at the International Congress on Ericksonian Approaches to Hypnosis and Therapy.

by Steve Lankton, M.S.W., and Carol Lankton, M.A.
author of *Practical Magic,* and
their upcoming book: *Ericksonian Approaches to Psychotherapy.*

MARCH 8–12, 1982
PENSACOLA BEACH FLORIDA
tuition: $300
For information call or write:

CAROL LANKTON, M.A.
P.O. BOX 958 • GULF BREEZE, FL 32561 • (904) 932–6819

Harry S. Boyd
Laura W. Boyd

1982 Summer Workshop in Snowmass, Colorado

RESTRUCTURING

Join us for a one-week intensive training experience right after the ITAA Summer Conference. We will teach and demonstrate our model for psychotherapeutic change. Participants will have the opportunity to explore and remove their own blocks as individuals or as partners in an ongoing relationship. Opportunities to receive supervision in the use of various techniques in Restructuring will be made available.

DATES: August 8 (evening) - August 13
COST: $350 (room and board not included)
PLACE: Timberline Inn, Snowmass*
DEPOSIT: $100, refundable until July 19

* Room rates in Timberline condominiums will be $22-25/night for double occupancy
Fully equipped kitchens in each condominium. Variety of restaurants available

Harry Boyd, Ph.D. is a clinical psychologist and Clinical Teaching Member. He is also a Fellow of American Group Psychotherapy Association, and with Laura is the author of a number of articles on psychotherapy and TA theory.

Laura Boyd M.S. is a psychotherapist who specializes in marriage and family therapy. She is a Clinical Provisional Teaching Member as well as a Clinical Member in the American Association of Marriage and Family Therapy. She has written extensively in the field of TA and relationships.

FOR MORE INFORMATION CONTACT:
BOYD AND BOYD INSTITUTE PROGRAMS
4502 Northridge Road
Norman, Oklahoma 73069
(405) 364-3146

WEST LOS ANGELES GROUP THERAPY INSTITUTE
11665 OLYMPIC BOULEVARD
SUITE 300
LOS ANGELES, CALIFORNIA 90064
(213) 473-4463

TOM WILSON, M.D., C.P.T.M.
I am a psychiatrist certified by the American Board of Psychiatry and Neurology. I am currently an Assistant Professor at USC and have lectured and taught courses for USC, UCLA and the Los Angeles Group Psychotherapy Society. I am President of the Medical Staff at the Westwood Hospital in West Los Angeles.

Co-Director ROBIN HEIBER, M.A., L.C.S.W., R.M.
I am a Licensed Clinical Social Worker and a Regular Member of ITAA. I have had experience treating individuals and families as well as working with groups. I have assisted with workshops for the Los Angeles Group Psychotherapy Society and UCLA Medical Center.

The West Los Angeles Group Therapy Institute has been in operation since October 1974. Our focus is on training professionals to work with psychosis, especially schizophrenia, and other severe emotional disorders. The faculty works as a team and has been trained in reparenting and regressive techniques. Facilities of a widely known private psychiatric hospital are available for the purposes of training. The West Los Angeles Group Therapy Institute training program includes 101 courses and training towards ITAA CM membership. We also individualize programs for out-of-town trainees interested in psychosis and wishing to spend three days or more in intensive training with us. If you are interested, contact us at the above address.

Calendar

August 4-8, 1982 ITAA Summer Conference, Snowmass, Colorado

	Exam Date	Location	Application Deadline
CM/SFM Oral Exams	February 1982	Adelaide, South Australia	November 2, 1981
	March 13, 1982	Wellington, New Zealand	December 14, 1981
	April 7, 1982	Rome, Italy	January 7, 1982
	April 14, 1982	Raleigh, North Carolina	January 14, 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	Oaxtepec, Mexico	October 1982
	July 1983	Italy	April 1982
TM Exam	August 4, 1982	Snowmass, Colorado	May 4, 1982
	January 1983	Oaxtepec, Mexico	October 1982
Written Exam	March 25/26, 1982	To Be Announced	December 28, 1981
	September 24/25, 1982	To Be Announced	July 15, 1982

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 contract filing fees.

Examiners Needed for CM/SFM Oral Exams

Raleigh, North Carolina
April 14, 1982

We need examiners for Clinical and Special Fields Member oral exams. Please complete this form and return to Jackie Ward-Flaggs, PO Box 3932, San Francisco, CA 94119 by March 14, 1982 if you can help. If we do not have enough examiners, fewer people will be able to be examined. Please consider participating so that all applicants can be examined.

_____Yes, I will participate as an examiner for the CM/SFM oral exams, Wednesday April 14, 1982 at Raleigh, North Carolina and the Tuesday evening examiners' meeting at 7pm.

_____ Yes, my room at the hotel may be used for the exams.

I took the examiner training workshop at _____

_____

_____
Name and Membership Status

_____
Address

_____
City, State and Zip

_____
Phone

1982 Eric Berne Memorial Scientific Award Nominations Open

ITAA members are invited to submit nominations for the 1982 EBMSA. This award was established in 1971 to honor and perpetuate the memory of Eric Berne's scientific contributions.

During the past year and a half, we have been revising the guidelines for the award. This process is now completed and the revised guidelines were approved by the Board of Trustees in January, 1981. There are a few basic changes. The award can be given now for a scientific contribution which has been published in a source other than the *TAB* or the *TAJ*. Also, the deadline for submission of nominations is now April 1, instead of April 15. The ballots for the award will be in the mail no later than May 15 and will be due back in the ITAA offices by July 15. These changes in dates reflect the need to have ballots sent outside of the US earlier so that all non-US members have adequate opportunity to vote.

The award is given for a scientific contribution and it is given to the originator of the scientific concept. Each recommendation must include a statement of how the contribution meets the requirements for eligibility (specifically, one to three sentences stating how this is new theory). Recommendations will be accepted up to April 1 and must be in writing.

If you are aware of worthy candidates for the award, we welcome and encourage your nominations. Please include nominee's name and the publication reference.

John R. McNeel, PhD
Editor, TAJ

ENERGY UP!
A WORKSHOP IN SNOWMASS
JULY 28 — 31, 1982 with
Ana Borbon, M.A.
Tom Nissley, M. Div.
Alberto Rocha Tavares, M.D.

This will be a residential family workshop, mainly for single parents and their children, ages 8-16, open to everyone, and featuring

BIO-DANCE
Personal Journey Exploration
Family Communication Exercises
Friends, Fun, Memories

There are dozens of ways to prepare for SNOWMASS. If you choose to energize with us, you'll have a community of friends to support you, new relationships with persons you did know before, and with persons you did not. Plus an international, bi-lingual, multi-generational, experiential workshop, lots of fun, and plenty of time for enjoyment in the mountain village of Snowmass.

Bio-dance is a form of dance-exercise based in bioenergetics. It is strenuous and exciting, sure to awaken feelings and blocked energy. Bring a brief bathing suit for men, leotard for women. Students and parents will not dance in the same group.

Cost: $200 for adults, $50 for students Deposit: $50, non-refundable
Housing in Condominiums at very good rate - continue through August 7.
Questions: Call RIDGELEA (203) 322-1400

CERTIFICE Ud. AHORA REGISTER NOW

Send $50 non-refundable deposit (payable to "Ridgelea Institute") for each person.
Mail to Ridgelea Institute, 109 Mayapple Road, Stamford, CT 06903

Other 1982 Workshops at Ridgelea

February 25-28, T.A. Training Tom Nissley, Harry Corsover	$320.00
July 9-18, T.A. Training Tom Nissley, Harry Corsover, and Marilyn Zalcman	$850.00
July 22-25 Bio-Dance	$280.00

Cost includes meals and lodging at Ridgelea

"Ridgelea Condominiums"

As we did before, Ridgelea will arrange condominium housing for our friends at Snowmass. If you would like to be included in a group of six - ten persons (two in a room, three to a bathroom), send $50.00 non-refundable deposit. $140.00 includes get-acquainted Ridgelea dinner on Sunday, August 1, at 7:00 P.M. Rooms through August 7, noon. Call or write for details.

CREATING THE FUTURE · SNOWMASS COLORADO ·

20th Annual ITAA Summer Conference

Snowmass, Colorado
August 4-7, 1982

- ★ Morning Addresses
- ★ Outstanding programs
- ★ International presenters
- ★ Beautiful mountain resort
- ★ Exciting recreation
- ★ Western Ho-Down

The registration fee of $135.00 (for ITAA members) will include all parties and all programs, except pre-conference Institutes and the 101 Course. The program book will be mailed to all ITAA members early in April.

PLAN NOW TO ATTEND

STEPHEN LANKTON and CAROL LANKTON

"ERICKSON'S CLINICAL USE OF TRANCE: MULTIPLE EMBEDDED METAPHORS"
April 16-17-18, 1982
Evanston Holiday Inn
1501 Sherman Avenue
Evanston, IL 60201
Fee: $185
Sponsored by
Communication Technologies, Inc.
For registration information, write or call
John Lazar, CTI President
4414 N. Malden 3 - S
Chicago, IL 60640
(312) 275-5596

KEEPING IN TOUCH

Put the Script on Your Mailing List! We want to know what you're doing — send us copies of your brochures, conference programs, newsletfers, etc. We are particularly interested in receiving newsletters and publications of TA organizations outside the US. This will help us keep in contact with TA activities around the world and will also help us build a resource file for future theme issues.

The Institut Francais d'Analyse Transactionnelle held its Second National Congress in Paris last November with over 200 lively and eager members in attendance. Workshops covered a variety of approaches and applications of TA in both clinical and organizational work as well as more unusual topics such as bioenergetics, erotic growth, body language, deep relaxation, hypnosis and psychic sleep and dreaming.

During the Congress, important discussions took place about the current process of decentralization which will distribute power evenly between the center in Paris and the provinces. IFAT now has over 500 members throughout the country with many more members of local associations. At a special meeting called on the first evening of the Congress a proposal was adopted to amend IFAT legal status to facilitate the process of decentralization. During the next year, a special committee will monitor the process.

On Sunday morning of the Congress, four new members were elected to the Board. They are: Helene Honorat, Christophe Marx, Jerome Glad and Jacques de la Morandiere. In addition, Remy Filliozat, CPTM, was elected as the new President of IFAT, Isabelle Crespelle was elected Secretary General and Jean-Louis Sentin was elected Treasurer. New committees on Ethics and Training Equivalence are also being put into place.

Finally, the Child was not forgotten, especially on Saturday evening when a hilarious show was followed by dancing, lots of strokes, cakes and wine. Some members had brought outside guests to the party and they were flabbergasted by the high mood and joyful spirit.

Jean-Jacques Berreby



Newly elected IFAT President Remy Filliozat, CPTM

The Education Committee has designated Noel Phelan to compile a list of all materials relating to TA education for families or parents. Please send any bibliographical material on this subject to: B. Noel Phelan, 8950 Villa La Jolla Dr., Suite 1132B, La Jolla, CA 92037.

The following note was received from the Chicago Transactional Analysis Institute:

"The members of the Chicago Transactional Analysis Institute want to share with the other friends of Bill Goerss, PTM, their sadness at Bill's recent death. We will miss him."

Editor's Note: In memory of Bill, The Chicago Institute donated $100 to the Scholarship and Loan Fund. We think this was a very good way to honor Bill and to contribute something important to TA and ITAA at the same time. We join them in their sadness and thank them for their thoughtfulness.

The San Diego Seminar for TA met for the first time on December 1 and again on January 5, 1982. Curtis Steele, MD, CM, presented "Work on Redecision" in December and Nancy Porter Steele, PhD, CTM, presented in January. The seminar meets the first Tuesday of each month at 7:30 pm, alternately at the West and East ends of San Diego. Interested persons may call Daisy or Jim Wiegand at 287-3355 in San Diego for details. The Wiegands write, "We felt there was a real need here for getting people together who are interested in talking about TA. If TA is to survive and grow, there must be a continuing activity. Come and join us and exchange warm fuzzies."

Attention ITAA members working in Switzerland or nearby European countries — Art Oblas and Maria-Alice Brandenberger are interested in living for a time in Switzerland and would like to communicate with ITAA members in Europe who have ideas for cooperating with them in this venture. They are currently in private practice in Syracuse, NY. Art is a CM and PhD candidate in clinical psychology. Maria is a certified Gestalt therapist, a PhD candidate in clinical psychology and an ordained Unity minister. Both have experience in individual, group and couples counseling and psychotherapy. Art is also an experienced teacher of undergraduates and trainer of mental health professionals and industrial managers. Maria is Swiss and is fluent in Swiss, German, French and English. If you can help, please contact them at Presidential Plaza Medical Building, 600 E. Genesee St., Suite 208, Syracuse, NY 13202. Phone: 315-472-3422 (office) or 315-685-5868 (home).

Translators Needed — with the increasingly international nature of ITAA, we occasionally are in need of translations for material submitted to the *Script*. If you speak a language other than English and would be willing to help us out, please let us know. We are particularly interested in finding translators in the San Francisco Bay Area. Contact Robin Fryer, Managing Editor, c/o ITAA office. We are really counting on you linguistic wizards, so please let us hear from you!

The American Association for Music Therapy (AAMT) will hold its 11th Annual Conference at the Prince George Hotel in New York City, March 31 to April 3, 1982. For registration information, contact Ms. Evelyn Cisario, Executive Secretary, AAMT, 35 West Fourth St., 777 Education Building, Washington Square, New York, NY 10003. Phone: 212-598-3491.

Second Annual Cooperative CM, SFM and TM Mock Oral Exam Workshop — to be held in Snowmass, Colorado this summer. Harry and Laura Boyd are willing to coordinate the effort again. If you are interested in participating as a CM, SFM or TM trainee or as a mock oral board member, please contact them as soon as possible at 4502 Northridge Rd., Norman, OK 73069. Also indicate whether you prefer the workshop to be held just prior to the week of Summer Conference or several weeks ahead of the actual ITAA exams. Remember, this is a low-cost venture. PTM's bringing CM or SFM candidates may participate in TM mock orals at little or no fee. All monies collected are split equally among participating TM's to help cover their expenses since they are donating their time for CM, SFM and PTM exams. Let's make the second annual cooperative workshop as much fun and as high in quality as last year's — and let's make it bigger!

Special Section *Call for Papers*

Primary Prevention and TA

October 1982 TAJ

Much is published in TA literature on various forms of secondary (e.g., therapy) and tertiary (e.g. reparenting, hospitalization) treatment. This upcoming special section will concentrate on various methods and programs of primary treatment. Good primary prevention can obviate the need at a later time for secondary or tertiary treatment. As mental health treatment becomes more acceptable to the public all over the world, we in TA (and in all healing professions) need to develop broad-based primary prevention strategies. TA is perfectly suited to this pursuit and it would be a service to our members to know how TA is being used in this way. Primary prevention strategies are consistent with many of the major goals of TA - to serve large numbers of people, not just the elite, and to help people be well with efficiency and minimal cost. Please consider submitting a paper on this most important topic.

Thank you,
John McNeel, PhD
Editor, *TAJ*

The Italian Transactional Analysis Conference will be held in Rome, April 5-8, 1982. Sponsoring organizations include the Associazione Italiana Analisi Transazionale (AIAT), the Societa Italiana de Metodologie Psicoterapeutiche ed Analisi Transazionale (SIMPAT) and the Istituto Ricerca Processi Intrapsichici Relazionali (IRPIR), which is a study group. For more information, contact Sig.na Mariella Graniti, SIMPAT, Viale Tito Livio, 147, 00136 Roma, Italy. Phone (06) 34 62 II.

The European Association for Transactional Analysis (EATA) is holding its Eighth Annual Summer Conference, July 4-10, 1982 in Willingen/Hochsauerland, West Germany at the Der Sauerland Stern Hotel. For more information, contact Conference Coordinator Anne Kohlhaas, Stettiner Weg 4, D-7808 Waldkirch, West Germany. Phone: 0049-7681-6179.

Lois Johnson has been very busy since her recent move to Florida. She does a regular weekly radio spot on TA for WDBO radio in the Orlando area and has done a couple of TV shows, including a one-hour show for Orange County-Seminole County Cablevision which had such good response that it is being repeated several times. She was also contacted by radio station Y106 to do a half-hour program for them, which she did last December. During the program she even received a couple of long-distance calls, so the "voice of TA" is being heard far and wide in the Florida area!

Ian Stewart has recently taken over as Editor of Publications for the Institute of Transactional Analysis (ITA). The ITA will have an annual journal called *Transactions* and a thrice-yearly news sheet called *ITA News*. The journal, published every October, will present articles on the science, theory and practice of TA along with book reviews. If you are interested in submitting an article, the copy deadline is July 31. Authors may also send Ian a copy of their books for possible review. For more information, contact Ian at Old School House, Kingston-On-Soar, Nottingham NG11 ODE, England, Phone — (5097) 3569.