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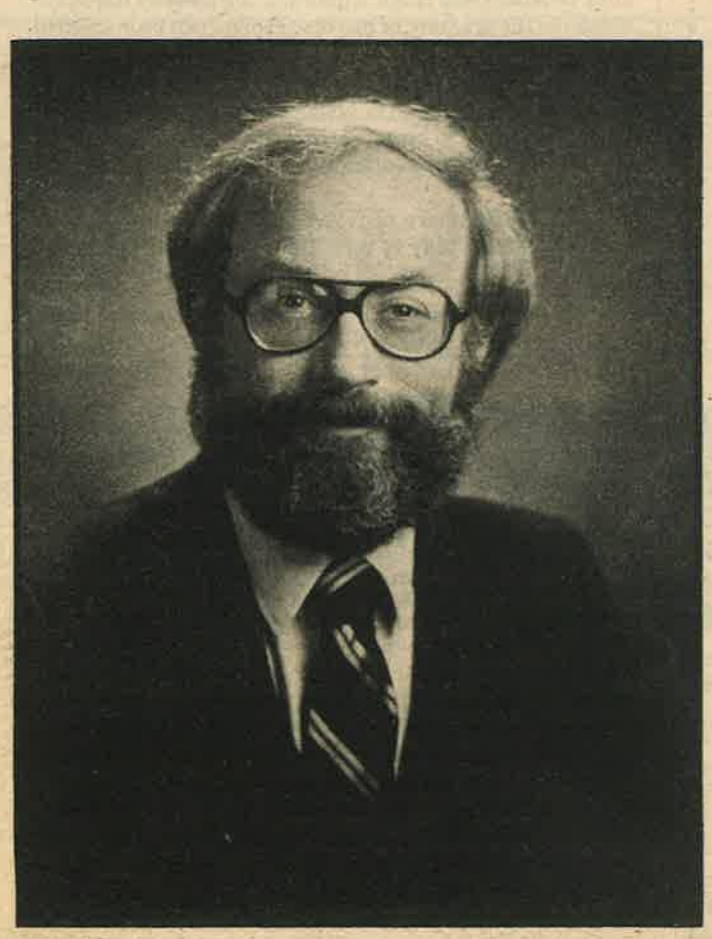

Exective Director Robert F. Andersen Says Farewell to ITAA

Important Transition Time Ahead for Association

After serving for more that six years as ITAA's Executive Director, I submitted by resignation to President Norman James in mid-March, and announced to him my plans to take up a new career.

I did so with a variety of emotions. On the one hand, I am saddened to leave so many good ITAA friends with whom I have worked and played over the years. We have been through some exciting times, and some difficult times, together, and the experience has been one which I'll never forget. The members, the heart of the ITAA, will always have a warm spot in my heart. It will be hard to leave.

Still, it is time for me to move on. After six years I feel ready to grow in new directions. I'm excited by the prospects of the new career I'll start in mid-May. I feel fortunate to have been invited to join a firm of organizational and financial consultants, The Clients Corporation, and to open a San Francisco office for this Honolulu-based firm. Following a period of intensive training, I will be bringing my new skills into play with some old skills, and continuing, in a new way, what has been the essence of my adult work life, enabling others to accomplish their goals. The future promises to be satisfying, rewarding and exciting.

In looking back over the past six years, I find my mind and heart flooded with memories of people and places and events: the Board of Trustees meetings which went on into the night to solve problems, hammer out policies and deal with issues; the Jumping-Up-And-Down Parties which couldn't possibly be matched in spirit, or in style, by any other organization; the Summer Conferences at which I worked in San Francisco, Montreal, Snowmass, Oakland and Boston; the Winter Congresses at Juarez, New Orleans, San Diego, San Antonio, Washington, D.C. and Monterey; the good people I met in Europe and the Caribbean, Mexico and Canada, not to mention all the American cities, nor the warm invitations from so many other corners of the world; the fine people who served as President during the time I worked here — Bill Holloway, Ruth McClendon, Muriel James and Norman James; the budget crunches, often bordering on panic, which forced us to deal with smaller and smaller income at a time when world-wide inflation sent operating expenses spiraling ever higher; the outstanding staff people in the headquarters office who meet each new challenge with increasing professionalism and surprizing good will; the excitement of seeing that TA, and the people who use it, really do heal and make a difference in this world of ours.

So that's where we've been together, you and I. And as I head off in my new direction, I invite you to think about where you, as an organization, might be going.

In August of this year, one of the most important meetings in the life of the ITAA will take place. A long range planning session, headed by the Executive Committee, the Long Range Planning Committee and the Board of Trustees, will provide a forum in which to consider the direction of the Association for the next three years. And, for the first time ever, to my knowledge, the ITAA will decide, in a formal and structured way, about the direction it wants to go, and the way in which it wants to get there. To my mind, that's very exciting news.

It's exciting to me because it moves the Association into a proactive stance. It says to me that the ITAA is ready and willing to take charge of its own destiny, rather than hoping things will be different, rather than letting the future be decided by the whims of whatever powers there be in matters like these. It's exciting to me because I believe my friends in the ITAA are capable and powerful people, who will be acting on the belief that "Waiting For Santa Claus" never works.

And what are the directions in which the ITAA might choose to move in August? It might well be that the Association could choose to become much smaller than it is at present, and that all of the services which it now provides would be either eliminated or presented on a much smaller scale. Under this scenario, you could count on your own favorite service being reduced or eliminated, and the nature of the Association changed to a very different one.

On the other end of the scale, is the "growth" scenario, which might be chosen by the Board of Trustees at the meeting in August (and, of course, ratified by the general membership). With an expansionist frame of mind, the sky is the limit for where the Association might decide to go. Name your favorite project — it's possible. Name your favorite benefit — it's available. Name your favorite concept — it's fundable. Virtually any goal is attainable if the ITAA makes up its corporate mind to go ahead with it.

So, now is the time for you to decide where you want your Association to go. If ever there was a time for you to be active in the ITAA, now is the time. If ever there was a time for you to make your wishes known to your elected leaders, now is the time. And if ever there was a time for you to attend a Summer Conference, this is the year. This isn't one of those things that you can leave to someone else. If you don't speak out about your vision of how things might be, and about how you're going to help them get there, they probably won't get done. The ITAA is about to change; whether you're a part of it is up to you.

The truth is that the ITAA will live on. It has come a long way since those five people got together with Eric in his San Francisco office and incorporated what became the ITAA; and it will go on a long way farther. Also true is that the ITAA will take on a very different character from anything you've seen before, and it will certainly be very different from anything the founders intended. And that's OK. The ITAA will go on; it will survive as it adapts to the changing environment. You can be confident of that.

And you can also be confident of my continued affection for the International Transactional Analysis Association, and for you as individual members of it. This has been a very special place for me these past six years, both personally and professionally. I've made some friends whom I will never forget, whom I judge to be among the most important in the world for me.

So, thank you for being in my life, and for allowing me to be in yours.

Robert F. Andersen

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Official Proxy Vote Form for Business Meeting

Note: this is the official form. Please use it. Be sure to sign mailing label on reverse side of form and mail to ITAA by July 26, 1982. Due to the large number of voting members, we will no longer be able to accept on-site registration of proxies.

I, (please print name) _____, herewith assign my proxy vote to (print name) _____,

to be voted at their discretion in accordance with my wishes as indicated below, or the Secretary of ITAA ____, to be used only to establish a quorum, at the Business Meeting of the International Transactional Analysis Association, convening on Friday, August 6, 1982 in Snowmass at 4:30 pm, MDT.

Signature _____ Date _____

Use the following space to indicate your wishes on particular issues (attach additional sheet if necessary).

August 1982 Business Meeting

Notice is hereby given of an ITAA Business Meeting to be held Friday, August 6, 1982 in conjunction with the Summer Conference in Snowmass.

Richard Erskine, ITAA Secretary

Granting of Proxy Votes

The by-laws state that the quorum for conducting business at the Business Meeting is 5% of the qualified voting members. With an international organization such as ITAA, it is often difficult to physically assemble such a quorum. To avoid the situation where no business can be done because there is not a quorum, the by-laws have provided for the granting of proxies. Proxies can be appointed in two ways:

A. To another voting member — to be voted only on issues on which you have given specific instructions as to how the proxy is to be voted. Make sure your proxy choice is actually planning to attend the August 6, 1982 Business Meeting.

B. To the Secretary of ITAA — this is a general proxy and will be used only to establish a quorum.

Voting Instructions

1. Fill out the proxy form here. Please do not send handwritten letters or other forms.
2. Place your signature across the face of the mailing label on the backside of the form.
3. Place the form in an envelope, stamp, seal and mail it to ITAA, 1772 Vallejo St., San Francisco, CA 94123. It must arrive there no later than July 26, 1982.

Changing Educational Systems

TA and Education

By Ron C. Smith

Educators are faced with the impossible task of changing students, with or without their cooperation. As an educator for 18 years, I have been constantly awed at the infinitely complex process of education, a process that is exciting to observe, challenging to undertake and always perplexing. With all the responsibility placed on educators, it is a strange and not very well kept secret that we don't really know how people learn.

Educators are paid to sustain society by bringing the next generation into it while aiding each individual in reaching toward their fullest potential. Given the fact that we teach mostly by mimicking others, we could certainly benefit from an approach that allows us to understand what is going on and to make intelligent changes.

Transactional Analysis gives us such an approach. When properly applied, it is a model that greatly enhances the learning experience by allowing us to consider dynamics systematically and rationally. But, TA is not going to be accepted by educational systems, and rightfully so, without proper prerequisites. If TA is effective, it should be able to stand on its own merits. If we are to make long-term, meaningful changes by using TA, we must approach these changes at a level of sophistication that is commensurate with the task. We must understand the forces that direct the educational system and learn to use techniques that cause the desired change.

Public education is a function of each state. Although the federal government may intercede in educational systems if the Constitution is abridged, there is no provision for direct control of state educational systems. Federal funds are often targeted for specific purposes, but the control is through incentive rather than directive. To understand individual state systems, one must study the process used to create the curriculum, set the policy, and measure the standards. All states, except Hawaii, have local districts that function at various levels of autonomy. It is the state system, however, that generally determines educational procedures and controls what is taught in schools. The state systems are controlled by various laws and regulations that are enacted by political bodies within each state.

State educational systems want the citizens of their states to have certain knowledge and skills: the ability to speak and write a common language, to understand and accept a common political structure, to have some appreciation of the arts, and to be economically sound, that is, to have the skills to encourage economic development and the ability to participate in the labor force. If we are to have an effect on the content or process of education, we must recognize this purpose.

How can we successfully implement changes in the schools by using TA to enhance and humanize the learning experience? First, we must realize that those who control the educational system don't understand and don't want to understand the precepts of TA. This was made clear to me several years ago when an official from the New York State Education Department was evaluating a program I had developed to motivate high school students. The professor emeritus examined my statistical data, observed my classroom and applauded my success. Then he said, "What you are doing is not TA. You are doing something else. Don't use the term Transactional Analysis in any literature you write about the program. It will confuse other educators and turn them off." (I didn't use *I'm OK, You're OK* or Warm Fuzzies in the course, so he figured it wasn't TA.)



Ron Smith (right) with student in group

I realized then that the popularity of TA in the 60's and early 70's had contaminated the way many people think about it and had led to many misunderstandings. So, I began to think TA and to use terms that were acceptable to those who are in positions to make the changes I want to see made.

To get superintendents, school board members, state legislators, and administrators from institutes of higher learning to listen, I now use terms that they believe in and are comfortable with. I talk of increasing reading scores, improving school attendance, improving writing competencies, and positively effecting understanding in technical areas such as computer programming and industrial technology. I don't proselytize TA theory. I never use terms such as cathecting Adult, freeing the Child, or diminishing the Controlling Parent. After I sign a consulting contract with a school district, I use TA theory with the teachers and/or pupils I serve. This is not deceiving anyone, but simply talking the jargon that is acceptable at each level. When the material I present is successful based on the system's own evaluation, I have accomplished my goal and provided a needed service. And, when the approach I use is successful, other educators want to learn the TA concepts.

But, what makes us TA people think we have something that is worthwhile? I like to answer that for myself by remembering the students with whom I have worked over the years. For example, there was the young Native American student who had been abandoned by his parents when he was seven and who was living, at the time he was in my class, in a state residential home. When he finished the class, he said, "I learned everything I wanted to know about myself." He wrote me a letter three years later as an engineering student at Cornell University.

There was also the young man who told me, on the last day of my class, that he was wanted for armed robbery and was going to turn himself in. For the next two years, he wrote to me regularly from Attica Prison, where he completed his high school education and decided to become a minister.

And finally, there was the young lady who told me, "I wish everybody could take this class. The world would be a better place if they did."

I guess to describe my TA approach to education, I look to the founder of Transactional Analysis. I want to educate my students to be real people. As Eric said, "A real person is defined as one who acts spontaneously in a rational trustworthy way with decent consideration for others."[1]

References

Berne, Eric, MD. *What Do You Say After You Say Hello?* New York: Grove Press, 1972. p. 32

Ronald J. Caius Smith has worked professionally in education since 1964 and has been involved in TA since 1973. He has a MA in Education, a Certificate of Advanced Study in Educational Supervision and is presently enrolled in a PhD program in Educational Administration. He works in the Student Suspension Center of the Buffalo, New York Public Schools as a counselor and coordinator. He also has a consulting and publishing company called **Options** *which provides workshops and seminars to educational personnel and business. He is separated, has three teen-age daughters and lives alone.*

KEEPING IN TOUCH

The First Australasian TA Conference, held in Adelaide in October, 1981, attracted over 200 participants. Graham Andrewartha, Conference Convenor and Treasurer, reports that the Conference was a "delight in terms of the academic, theoretical and practical presentations that were made and the friendliness and closeness that is uniquely generated at TA conferences."

The Conference Committee did an excellent job organizing what was a major event for TA in that region. Graham has been appointed convenor of a steering committee to investigate the establishment of an Australasian TA Association, the proposal for which will be made at the Second Annual Australasian Conference in Perth in 1982.

The topics covered in workshops at the conference included rackets, the development of TA in Australia, anorexia nervosa, transactional behavorism, TA/Gestalt Redecision therapy, teachers as winners, TA and voice therapy, crisis intervention, psychic energy, physical energy and the body therapies and reparenting.

Robert Ingram, MSW, RM presented a paper titled "Transactional Script Theory Applied to the Pathological Gambler" to the Fifth National Conference on Gambling and Risk Taking at Lake Tahoe, Nevada last October. To his knowledge, this was the first time TA has been presented as a cure for pathological gambling in a major forum concerned with gambling. The conference was attended by about 200 people and 40 participated in Ingram's workshop. He indicates that there are between two and ten million pathological gamblers in the US and that, generally speaking, they tend to be intelligent and articulate. He also adds that, "We consider it good therapy to encourage them to pay their fees on time." More literature on the problem can be obtained from The National Council on Compulsive Gambling, 99 Park Ave., NY, NY 10016 and a copy of Ingram's paper is available from him at 47 Walbert Dr., Rochester, NY 14624.

Editor's Note — Thanks for the information, Robert — keep up the good work! And to the rest of you out there, remember, we are always interested in hearing about presentations you have made to other associations/conferences and articles you have published. That's what Keeping In Touch is all about!



Dr. Grudgeon and friends at the Southeast Conference in April, 1982. From left: Walter Vesper, Dr. Grudgeon (alias Marty Groder), Vann Joines, and Alan Jacobs. Dr. Grudgeon's therapy group, a tradition started by Eric Berne, is beloved by many who now attend Southeast Conferences.

Florence Olivier, MSW, presented a two-day workshop on "Using TA as the Modality in Group Therapy" at the Second Annual Conference of the Canadian Group Psychotherapy Association in Toronto. It was very well received, even though almost everyone was new to TA. Flo reports, "They were energetic in understanding the theory and enthusiastic in using and experiencing it in the group process. There were only three advanced workshops — one using systems theory, one on integrated approach and the other on TA." Jack Bunbaum, MD, presented a half-day workshop titled "Here and Now Interactional Group Psychotherapy."

Wayne H. Keller, CM, would like to trace the origin of an exercise for a book he has written. He first came upon it about ten yours ago and it is called "Trait Checklist." The checklist is designed to be used in groups or one-on-one situations to help people get in touch with how they feel and think about themselves. It lists 37 phrases beginning with "Like myself" and ending with "Don't like myself." The individual is asked to mark each item in terms of whether it fits or does not fit their self-image. If you have any information that would help Wayne trace this checklist to its source, please contact him at PO Box 764, Bellingham, WA 98227.

Alcohol and Drug Abuse Conference — sponsored by the University of California on July 11-16, 1982 in La Jolla, CA. For more information, contact Elizabeth Hendrickson, UCSD Extension, X-001, La Jolla, CA 92093 or call 714-452-3442.



One of the membership network meetings at Southeast Conference. (See the March *Script* for information on your regional coordinator.) From left: Gloria Wax, Valerie Lankford and new baby, Marcia Rosen, Lucy Freedman, Claire Carolin.

The Origins of "OK"

We thought the following letters, originally published in TIME magazine, would be of particular interest to our readers since the acronym "OK" is such a central part of TA theory and practice. Our special thanks to John James, for bringing them to our attention, and to the authors of the letters and TIME for permission to reprint them here. And, if some of you have other explanations for the origin of "OK", we'd love to hear them! (Reprinted by permission from TIME, The Weekly Newsmagazine; Copyright Time Inc., 1981.)

An additional nickname for President Martin Van Buren can be added to the two in the sprightly Essay (Dec. 29) on what to call Mr. Reagan. Our eighth President was called "Old Kinderhook," after the New York State municipality that was his home, and "O.K." was shouted in torchlight parades in enthusiasm for him. Hence that quintessential American affirmation, O.K.

Franklin Courtney Ellis
Winnetka, Ill.

I disagree with Reader Franklin Courtney Ellis' letter regarding the origin of the affirmation expression O.K. He says it stems from the first letters of "Old Kinderhook," the nickname that, according to Mr. Ellis, was given to President Martin Van Buren.

The Pilgrims sent messages back to the Old World that "oll is korrect," meaning that everything was fine.

Andrea Galvacs
Sunnyvale, Calif.

You may now think that the discussion about the origin of the affirmative expression O.K. is getting out of hand. Still, I have to disagree with Readers Franklin Courtney Ellis and Andrea Galvacs.

The letters O.K. derive from the Greek words ola kala, which mean all is fine or everything is good. The initials, which were used by early Greek sailors, were soon picked up by many foreign navigators and became international.

Costa Konis
Ruston, La.

I was interested to see the origin of the expression O.K. explained as "Old Kinderhook" and then as "Oll is Korrect." Another possible explanation is that O.K. derived from World War I. Each night, soldiers would report the number of deaths in their group to their superior. Thus O.K. would stand for "0 Killed."

Leon Godchaux III
New Orleans, La.

Many thanks to **Lucy Freedman** for the terrific pictures from Southeast Conference. How about you other shutterbugs out there — take some photos for us of the activities and events in your TA community.

Phyllis Unger Hiller, RM, recently presented her one-woman show titled, "My Name Is Fibby - Stages of Being," at the Julia Morgan Theatre in Berkeley, CA to a most enthusiastic audience (on Superbowl Sunday, yet!). She had presented "Fibby" for the Southeastern Conference in Nashville in the Spring of 1981. Phyllis has been developing creative and musical ways to "rock the Natural Child" into new awareness. She presented her original work of "Songs as a Medium of Transactional Analysis and Personal Growth" in 1978 at the ITAA conference in Montreal and her song story "Ramo" in 1977 at the San Francisco conference.

The Third Annual TAP (Transactional Analysis People) Conference was held on March 6 in Anaheim, CA. The meeting was focused on relationships and pairing with ten different presentations, including a keynote address by Shep Gellert and a panel composed of Wayne Hart, Nancy Porter, Denton Roberts, Pam Levin-Landheer and Virgil Beasley. If you are interested in more information about TAP, contact Jean Holloway, PO Box 5482, Garden Grove, CA 92645.

Psychiatry Residency Available with TA focus: the new psychiatry residency program of the Tulsa Medical College now offers training in a wide range of psychotherapeutic techniques and social systems interventions, but uses TA as the major integrating model. In order to preserve a family-like atmosphere, the number of residents is limited to eight. Openings are available for July 1983. For fu ' er information, contact James R. Allen, MD, Chair, Department of Psychiatry and Behavioral Sciences, 2808 South Sheridan, Tulsa, OK 74129.

BOOK REVIEWS

Breaking Free
By Muriel James
Addison-Wesley, 1981. $6.95
Available thru Trans Pubs
Reviewed by Mary Goulding

I want to share my joy at Muriel James' **Breaking Free.** I first read it at the 1981 Summer Conference. I got one of the first copies, went to my room to get ready to eat dinner out, started to read, cancelled dinner, got a room-service hamburger, and went on reading until I'd finished **Breaking Free.** From the first profound sentence, "To become aware of life is to become excited by its potential," to the last wonderful "certificate of release" from the "Dumb and Ugly Club," I was delighted. Looking back, this was on of the finest evenings I have known. I love that book!

Since then, I have re-read **Breaking Free** several times. I've used exercises from the book at one-day public workshops (giving Muriel credit, of course, and urging participants to buy **Breaking Free**). I've used exercises with individual clients. I have prescribed the book to doubters and believers in the autonomy of self. Each time I read it, I find another nugget that is personally or professionally helpful.

In **Breaking Free**, Muriel presents an exciting, beautiful and very practical model for self-reparenting. Any junior-high student can make use of it. So can any therapist.

PS — I've resigned from the Dumb and Ugly Club. I resigned that night in Boston. Thanks, Muriel!

Psychotherapy, Insight and Style: The Existential Moment
By Len Bergantino, PhD
Allyn & Bacon, Inc., 1981.
Reviewed by Ernest L. Rossi, PhD

A deeply moving flood of insights and approaches to becoming oneself as a psychotherapist is the special contribution of Len Bergantino's first book, *Psychotherapy, Insight and Style: The Existential Moment.* It is a highly readable, almost journalistic record of his own development as a therapist via his personal contacts and training with a variety of current-day psychotherapists whose work ranges from the Psychoanalytic and Existential to the many schools of Gestalt, Transactional Analysis, somatic therapies and the cognitive-emotional approaches of behaviorism and hypnosis.

However, Bergantino is more than a recorder. He has synthesized this unlikely panache into a new understanding of what it means to be a creative therapist, continually living in the present's potential for change and transformation. He calls this the *existential moment.*

Bergantino outlines his understanding of the existential moment and its liberation of the psychotherapist as follows:

A very basic notion of the book is that authentic healing derives from an accumulation of authentic moments between patient and therapist, moments wherein the therapist is being genuine and unguarded. In a sense, an existential moment is a refinement of an authentic moment, in that it is not only genuine, but of the quality of being that is likely to make a significant impression effecting change in people. Within the flow of a relationship that is authentic, both patient and therapist will benefit, ultimately to the point of liberation.

This book is particularly intended to facilitate a liberation in the therapist. I hope that each reader of the book will be enhanced in developing a free-floating, intuitive, and empathic style of working, with increasingly accurate levels of clinical judgment. I hope that the book will be an inspiration for each individual to pursue a uniqueness in the development of a personal sense of being that will manifest itself in the artistic practice of a psychotherapy that will make a difference in people's lives.

While Bergantino thus emphasizes how the personal and human element transcends all technique, his book does focus on the precise and often provocative and shocking techniques that are useful in helping patients break out of their learned limitations to realize their potentials for creative change. These range from the ingenious psychological shocks and double binds of an acknowledged hypnotherapeutic genius like Milton Erickson, MD, to the sometimes brutal, but effective direct confrontations of Jack Rosberg's use of John Rosen's direct analysis in the treatment of schizophrenia.

A most rewarding aspect of the book for the professional therapist, and for students in training, is Bergantino's close attention to the personal and stylistic qualities of the Gestaltists since Fritz Perls (Simkin, the Polsters, Kempler, and Martin) and Transactional Analysts (Bob and Mary Goulding). There is an extensive section on the work of Bion that reveals him to be an abundant human being who is unusually clear at the unconscious level, and who had a diversity of therapeutic responses. There are many far-reaching implications in this section for the treatment of the narcissistic and borderline personality disorders.

It is perhaps fitting that the book begins with a Foreward by Carl Whitaker, MD, and ends with a chapter on Whitaker's existential-experiential style. (Indeed, Whitaker could be said to be one of the godfathers of the Bergantino consciousness.) A modern psychotherapist is alive and well because he has broken out of the rigid limitations of the doctrines and theories of yesteryear to recognize the "infinite possibilities of therapeutic responsiveness that are inherent in himself and the people he works with."

Men and Women of the Corporation
By Rosabeth Moss Kanter
Basic Books, Inc., 1977. $5.95
Winner of the 1977 C. Wright Mills Award
Reviewed by Diane L. St. Marie

By looking at function, Rosabeth Moss Kanter provides an analysis of corporate structure that is not only readable and informative, but which blueprints strategies for change that both men and women (but especially men) can hear. She argues persuasively that functions of powerlessness affect men and women equally: "Powerlessness stemming from organizational circumstance breeds a particular leadership style caricatured in the stereotype of the bossy woman. This style reflects the situation more than sex, however — if the stereotype carries even a grain of truth — for men who are powerless behave in just the same ways."

Frequently, a feminist analysis sets up a defensive reaction in men who feel that, once again, they've been "caught with their hand in the cookie jar," that they are the cause of the lower status of women, and which leads them to discount both the information and the women's perceptions of what is going on. Kanter's writing style provides information and ideas in a way that can be easily heard.

Through a comprehensive study of the literature and her own research on a multinational corporation, we learn that uncertainty and communications pressures are forces which lead men in management to reproduce themselves in kind. Secretaries, being non-members of the bureaucracy, are an organizational anomaly, rewarded for keeping their behavior mobility low. Resistance to change in the job from both men and women becomes clear. The peculiar position of wives, not officially recognized yet expected to adapt their lives to corporate needs and the status of their husbands, also raises some policy questions about organizations and families. Kanter argues that opportunity and power, or lack of it, directly affects the behavior of people. She identifies problems of leadership and women to be more a function of power and powerlessness than of gender.

The last two chapters of the book deal with understanding and action. Kanter identifies the limitations of the typical corporate structure: under-utilization of employees, lack of power and the concomitant rigidity this engenders, and the problems that ensue when only upward mobility is highly prized. She shows how these, and other conditions, eventually work to the detriment, not only of the employees, but of the corporation itself. Kanter argues that other ways of handling uncertainty and communication pressures need to be developed as alternatives to the present pressures toward homogeneity and social conformity.

I consider this an important book, not only for people working with corporations, but for therapists working with employees and their spouses in corporations, people interested in male/female issues, and those who want a better understanding of our world in general.

There is a tendency today to promise women that if they just get it together, identify their skills from the years of housekeeping, and learn the game, they can join the corporate world and be successful. This book identifies some of the fallacies in this reasoning. It also encourages understanding and action, making a strong case for the need to go ahead with reforms despite limitations. It is especially accessible to people who get bent out of shape the moment they think "feminism" is being discussed. The book doesn't use highly charged words and yet the message is clear: there are obvious discrepancies between the experience of men and women in the corporation. And these discrepancies are not so much related to innate differences between the sexes as to the conditions and situations in which each sex finds themselves. This is heartening, because it is certainly with our power to change these conditions for the benefit of men, women and the corporation.

Special Note to Authors — if you've "given birth" to a new book, how about putting a "birth announcement" in the *Script*? Contact your publisher and ask them to take out an ad in the *Script*. Tell them that our 5000+ members are eagerly waiting to hear about new publications in TA and related fields. If you want more information, contact Robin Fryer, Managing Editor, c/o ITAA office or phone her at 415-232-0310.

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

Principles of Operation Approved by Board

The following information was prepared by the Members Rights Committee (Steve Karpman, Chairperson) and presented to the Board of Trustees in January. It was originally presented in a slightly different form as a Members Bill of Rights. The Board accepted the points outlined below as principles for operation to be used by officers and committee chairpersons of the ITAA.

1) *Principle of Representation.* The principle that individuals and groups may exist, be included and have a voice and vote.

2) *Principle of Diversity.* The principle that people may grow through fostering differences in thought, belief, ideas, political orientation, philosophies, policies and other structures.

3) *Principle of Dissent.* The principle that people may oppose, differ, contradict and be heard.

4) *Principle of Grievance.* The principle that a process of redress for complaints and objections be available.

5) *Principle of Protection.* The principle that people be safeguarded and secure during and as a result of open expression of individual/group ideas and actions.

6) *Principle of Fair Process.* The principle of an open, just, straightforward, equitable and supportive system of clear rules, procedures, methods and selection processes.

7) *Principle of Information.* The principle that people be informed through regular, timely reporting of, and free and open access to, the news, policies and records of the organization.

8) *Principle of Speech and Expression.* The principle that people may communicate and be heard through equitable availability to the press and podium and other communication media of the organization.

9) *Principle of Accountability.* The principle that people may expect timely, reliable and responsive fulfillment of contracts and commitments.

10) *Principle of Reputation.* The principle that an individual may have his/her personal integrity, character, honor and good standing affirmed in all communications, both private and public.

11) *Principle of Appreciation.* The principle that individual and group efforts and authority be welcomed, acknowledged and respected.

12) *Principle of Enjoyment.* The principle that people may have pleasurable activities and include pleasure and satisfaction in all matters pertaining to organizational participation.

MEMBERS FORUM

Good Suggestion

Dear Editor:

To help with future financial problems concerning the ITAA, I would suggest combining the yearly summer conference and the yearly winter congress into one annual event.

Don Stevens

Dear Don:

Thanks for your good suggestion. A special Task Force on Winter Congress has been looking into that very idea and the Board of Trustees has accepted their recommendation that Winter Congress, as it has been constituted, no longer be held. Thus, the 1983 Winter Congress in Mexico will be the last of its kind. The Task Force is now looking into alternatives for handling the Association business events and exams which are normally held in conjunction with Winter Congress. If you, or other members, have additional ideas about this or other ways to save the organization money, let's hear them! Your creative energy is our best resource.

The Editor

April Appreciated

Dear Editor:

I enjoyed your April issue of the *Script*. I liked the "international flavor" of the issue. I believe ITAA is truly becoming an organization of national members, and I'm glad to see that happening. I believe that the founding of USA-TAA will enhance this process. I see a new dawn occuring in ITAA and foresee a great future for ITAA, USA-TAA and TA.

TA is an important theory of personality and an effective tool for communication. I am encouraged to see that TA organizations are continuing to work toward enhancing the theory by practicing effective problem-solving processes in responding to crises and problems in the organizations.

Sincerely,
Felipe N. Garcia

The Script
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Newsletter of the International
Transactional Analysis Association
1772 Vallejo Street
San Francisco, CA 94123
(415) 885-5992

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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.

International Transactional Analysis Association Balance Sheet — 1981 and 1980

I have examined the accompanying balance sheet of International Transactional Analysis Association, Inc., at December 31, 1981 and 1980, and the related statements of revenue and expenses, changes in fund balances and changes in financial position for the years then ended. My examination was made in accordance with generally accepted auditing procedures as I considered necessary in the circumstances.

In my opinion, the statements mentioned here present fairly the financial position for the years then ended, in conformity with generally accepted accounting principles applied on a consistent basis.

Wilbur M. Parker, CPA
March 9, 1982

OPERATING FUND

ASSETS	1981	1980
Current Assets:		
Cash	$ 61,131	$ 32,466
Accounts receivable, less allowance for collection losses (1981-$1,907; 1980-$1,770)	14,614	15,921
Accounts receivable-insurance claim		10,414
Inventories	60,138	66,203
Prepaid expenses	3,159	5,646
Total current assets	139,042	130,650
Equipment, less allowance for depreciation (1981-$44,310; 1980-$35,601)	24,652	37,663
	$ 163,694	$ 168,313

SCHOLARSHIP LOAN FUND

Cash	$ 15,031	$ 11,721
Certificate of deposit	20,000	50,000
Due from Operating Fund	63,193	37,100
Scholarship Loans	21,922	18,525
	$ 120,146	$ 117,346

BUILDING FUND

Deferred interest on installment note	$ 292	$ 3,792
Property and improvements less allowance for depreciation (1981-$50,942; 1980-$42,234) (Note 2)	345,194	325,482
	$ 345,486	$ 329,274

OPERATING FUND

LIABILITIES AND FUND BALANCE	1981	1980
Current liabilities:		
Accounts payable	$ 15,658	$ 22,378
Accrued liabilities	7,115	5,521
Contracts payable	1,388	9,891
Due other funds, net	53,705	26,877
Total current liabilities	77,866	64,667
Deferred income	38,837	33,806
Fund Balance	46,991	69,840
	$ 163,694	$ 168,313

SCHOLARSHIP LOAN FUND

Fund Balance	$ 120,146	$ 117,346

BUILDING FUND

Due to Operating Fund	$ 9,488	$ 10,223
Note payable, installment (Note 2)	886	11,530
Note payable, first deed of trust (Note 2)	165,835	166,300
	176,209	188,053
Fund Balance	169,277	141,221
	$ 345,486	$ 329,274

STATEMENT OF REVENUE AND EXPENSES AND CHANGES IN FUND BALANCES

	Operating	Scholarship Loan Fund	Building Fund	1981	1980
Revenue:					
Membership dues	$ 303,884	$	$	$ 303,884	$ 307,876
Examination and maintenance fees	24,512			24,512	39,191
Trans Pubs - gross profit	77,475			77,475	88,950
Conferences and workshops	78,035			78,035	78,102
Contributions		659	735	1,394	2,645
Interest	1,569	6,172		7,741	8,691
Dividends		469		469	
Sundry	16,324			16,324	16,712
Rent	25,976			25,976	
	$ 527,775	$ 7,300	$ 735	$ 535,810	$ 542,167
Expenses:					
Salaries and outside personnel	$ 234,088			$ 234,088	$ 243,477
Payroll costs and benefits	28,523			28,523	31,636
Occupancy (insurance, interest, utilities, and depreciation on bldg)	35,901		8,708	44,609	60,346
Printing (copying and reproduction)	61,790			61,790	68,015
Office (postage, supplies, equipment rental)	44,941			44,941	63,593
General (exam costs, data processing, meetings, mailings, other)	109,106	4,500		113,606	83,566
	$ 514,349	$ 4,500	$ 8,708	$ 527,557	$ 550,633
Excess (deficit) of revenue over expenses before gains/losses on fixed assets	13,426	2,800	(7,973)	8,253	(8,466)
Net gains (losses) on sale of fixed assets	(246)			(246)	
Excess (deficit) for the year	13,180	2,800	(7,973)	$ 8,007	$ (8,466)
Other changes in fund balance:					
Principal payments on mortgage and note	(7,608)		7,608		
Transfer of funds for improvement	(28,421)		28,421		
Fund balance, December 31, 1980	69,840	117,346	141,221		
Fund balance, December 31, 1981	$ 46,991	$ 120,146	$ 169,277		

NOTES TO FINANCIAL STATEMENTS: DECEMBER 31, 1981 and 1980

1. **Accounting Policies:** the Association maintains its accounts on the accrual basis except that membership dues and subscriptions are recognized as income when collected. Inventories of publications and books are valued at cost on a first-in, first-out basis. Equipment consisting of furniture and office equipment is carried at cost less accumulated depreciation computed using the straight-line method. Furniture and office equipment are depreciated over an estimated useful life of ten years. Deferred income represents examination board fees which are partially refundable upon request or are recognized as income when examinations have been completed.

2. **Property and Improvements:** during 1974, the Association purchased property in San Francisco for use as the Association headquarters. The purchase was funded by a cash payment of $92,412 and by assumption of a 5½% note secured by a first deed of trust of $168,694. The note is payable in monthly installments of $800 including interest and principal, with any unpaid principal due in 1991. The Association has spent $129,750 ($8,634 in 1976, $85,222 in 1975, $7,473 in 1980 and $28,421 in 1981) remodeling and renovating the property. A 8-year 12.16% installment loan, payable $887 monthly, was obtained to partially fund the remodeling and renovation. Depreciation of the buildings and improvements has been charged to operations in the amount of $8,708 for 1981 and $7,832 for 1980.

3. **Special Funds:** the Scholarship Loan Fund was established by the Board of Trustees in 1975. During 1981, loans were made to sponsor individuals in the amount of $2,654. Scholarship loans are interest-free for the first three years, after which a 6% rate applies. In addition to the loans, outright grants were made to approved minority applicants of $4,500 in 1981 and $2,985 in 1980. Scholarship loans of $657 were converted to grants during 1980.

4. **Basis of Financial Statements:** the financial statements include all of the accounts of the Association including those of Transactional Publications for which separate accounts are maintained.

Classified Advertising

NANCY PORTER, TM, provides consultation, supervision, in La Jolla, CA, "Jewel of the Pacific." While visiting this paradise several days, you can work with me 2-4 hours a day, play a lot! Sleeping space possible. 7421 Eads, La Jolla, CA 92037, USA. (714) 454-8254.

ITAA Summer Conference

August 4-7, 1982

Snowmass, Colorado

Conference Roommate Bureau

In an effort to help you cut costs for the conference by having a roomate to share the room fee ($42.00 per night, double or single), we're establishing a roommate bureau.

Simply, this will be a list of people looking for a roommate. Let the ITAA office know if you're interested in sharing a room, and your name, address and phone number will be placed on the list and sent to all other interested people. Making contact and an agreement with another person will be the individual's responsibility. We won't make room assignments or arrangements. This will only be a list of interested people.

Young Adults Welcome

Too old for the youth program at the Summer Conference? Post-high school age young adults are still invited to attend the conference, even though there will not be a specific program planned for young people beyond high school age (18). Snowmass offers a vast variety of activities that appeal to young adults, such as swimming, white-water rafting, hiking, jeeping, and, of course, renewing friendships made at other conferences, as well as making new ones.

In addition, you might have the opportunity to babysit for children whose parents need babysitters. We're not able to guarantee any income from this, however, it is a possibility.

So, give it some thought! Then decide to come and have a great time. See you in Snowmass!

GLORIA WAX, CCPTM
GEORGE IMPERATO, CCPTM
PRESENT

SPECIAL TRAINING
WORKSHOPS

A SAILING & LEARNING
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SUMMER 1982

N.J.T.A.G. announces another series of "LEARNING CAN BE FUN" workshops for mental health clinicians. They are conducted aboard the 38' ketch SEYCHELLE sailing out of the blue water area of the L.I. Sound.

FEE of $75 includes tuition and sleeping accomodations on board.



July 10-11 — THE USE OF METAPHORS IN HYPNOSIS
The why and how of using metaphors.

July 17-18 — DREAM WORKSHOP - experientially working with dreams using T.A./ Gestalt/Senoi.

July 24-25 — FANTASY ISLAND - using guided fantasy as a way of eliciting unconscious material.

Aug. 14-15 — VISUALIZATION TO HEALTH - use of imagery to encourage self health.

Aug. 21-22 — LOSS WORKSHOP - strategies to encourage resolution of loss.

Sept. 11-12 — SUPERVISION - of tape and case presentations of T.A. used in clinical and special fields applications.

FOR INFORMATION, N.J.T.A.G. 168 HOWARD ST., DUMONT, N.J. 07628 (201)385-4656

Western Institute For Group and Family Therapy

1982 ONE OR TWO WEEK WORKSHOP

Aug 28-Sept 2 & Sept 4-9

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Jan 16-22 (Bob. WIGFT)
Jan 23-29 (Mary. Cancun, Mexico)
Feb 20-25 (Mary and Bob. WIGFT)
Mar 14-19 (Mary and Bob. Hawaii)
Apr 10-15 (Mary and Bob, WIGFT)

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Aug14-27

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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
January 19-21, 1982 ITAA Winter Congress, Oaxtepec, Mexico

	Exam Date	Location	Application Deadline
CM/SFM Oral Exams	July 4, 1982 August 4, 1982 September, 1982 October, 1982 October 20, 1982 November 7, 1982 January, 1983 July, 1983	Wellingen, West Germany Snowmass, Colorado Perth, West Australia Adelaide, South Australia Maryville, Indiana Brussels, Belgium Oaxtepec, Mexico Italy	April 5, 1982 May 4, 1982 June 1, 1982 July 1, 1982 August 20, 1982 August 9, 1982 October, 1982 April, 1983
TM Exams	July 4, 1982 August 4, 1982 January, 1983	Wellingen, West Germany Snowmass, Colorado Oaxtepec, Mexico	April 5, 1982 May 4, 1982 October, 1982
Written Exam	September 24/25, 1982	To Be Announced	July 15, 1982
PTM Contract Workshop	August 8-10, 1982	Snowmass, Colorado	June 8, 1982 ($100 deposit)

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.

COMMITTEE REPORTS

Nominations for Board of Trustees

The Nominating Committee has nominated the following individuals to run for the ITAA Board of Trustees. Additional nominations may be made from the floor of the Business Meeting at the ITAA Summer Conference in Snowmass. The election will take place in the fall and those elected will begin serving their terms of office beginning in January, 1983.

Robert Drye, Seaside, California
Elizabeth Dunn, Schenectady, New York
Felipe Garcia, San Antonio, Texas
Claudette Hastie-Beahrs, Portland, Oregon
Barry Hirsch, Los Angeles, California
Rosanne Lawson-Andersen, San Francisco, California
Vincent Lenhardt, Paris, France
Carlo Moiso, Rome, Italy
Tom Nissley, Stamford, Connecticut
Denton Roberts, Los Angeles, California
Eileen Scholl, Charlotte, North Carolina
Abe Wagner, Denver, Colorado
Jane Windes, New Orleans, Louisiana

Ted Bruce, Chairperson

Teachers' Network Beginning

The Education Committee is forming a network specifically of *classroom teachers* (K-Postgrad) who are using TA in schools. If you're interested, or know of someone who is (non-ITAA members, too), send us your name, address, phone number and the level at which you teach. This way you will be able to contact and be contacted by others who want to exchange TA ideas, support, fun, materials, programs, successes, etc.

We will use the responses we receive by July 1, 1982 to prepare the first TA Directory of Classroom Teachers which will be available by convention time in August. This first edition will be updated as we receive more information.

If you're going to Snowmass, be sure to attend the Education Network meeting on Thursday, August 5, 1982 from 1-2 pm in the Rathskeller. Remember, send the above information for the directory to Susan Cannon, Gold Hill, Boulder, CO 80302, (303) 440-0726 or Carolyn Schoonover, 902 Green Countrie Dr., West Chester, PA 19380, (215) 692-3095.

Carolyn Schoonover

Use of Scholarship Loan Fund Urged

The Scholarship and Loan Fund Committee would like to remind the members of ITAA that funds are available in the form of grants or loans to US members. Grants will be considered for those with income at or below subsistence level while loans will be considered for those with an income above this level. Exceptions may also be considered.

A maximum of $3600 may be given over a three-year period at an interest rate commensurate with rates charged by colleges and universities (presently 9%). Repayment will begin at the beginning of the fourth year after issuance of the loan or upon completion of CM/SFM contract at a monthly rate of 5% of the first year loan plus interest. This will apply for each year of the loan given.

We especially encourage TM's and PTM's to keep this loan fund in mind for their trainees, and especially for potential trainees who might not otherwise enter training due to financial concerns. One of the stated goals of this organization is to ensure that there will be competent, ethical practitioners of TA for persons and organizations desiring help. We believe the Scholarship and Loan Fund can be an important part of maintaining this goal.

By the same token, we encourage members to consider donating to this fund when you pay your membership dues so we can keep the fund alive and active, encouraging new members with limited financial means to be come effective TA practitioners in their fields of expertise.

For information and application forms, contact Phil Messier at the ITAA offices or Rebecca Trautmann, Chairperson, 500 East 85th St., New York, NY 10028.

Rebecca Trautmann, Chairperson

Ethics Principles: Installment #12

Members of the ITAA accept responsibility to confront a colleague whom they have reasonable cause to believe is acting in an unethical manner, and, failing resolution, to report that colleague to the appropriate professional body.

The goal of this principle is to protect the public from unethical practitioners and to maintain high ethical standards in the organization. Just as an ITAA member is expected to confront his/her clients around unethical behavior, so too should the members confront fellow members with the same concern and potency.

The professionalism of an organization is obvious when the ethical standards professed by the organization and the behavior of its members are as congruent as possible. The ITAA has the opportunity to become a model for this congruence if members will adhere to this principle.

Gaylin Norris

The Ethics Committee wishes to again remind members of Ethics Principle #12, which requires ITAA members "to confront a colleague whom they have reasonable cause to believe is acting in an unethical manner, and, failing resolution, to report that colleague to the appropriate professional body."

Furthermore, members can be of great assistance to the Ethics Committee when submitting charges by: 1) carefully preparing any such charges of ethics violation; 2) being precise in stating ethics charges; 3) offering sound evidence and documentation in support of their charges; and 4) assessing caringly what they consider a desired outcome of an ethics investigation.

It is our intention as the Ethics Committee to act as caringly and as expediently as possible in confronting and resolving ethics violations. We wish to thank the membership for their responsible attitudes in this process in the past and to encourage continued cooperation in the future.

Laura Boyd, Chairperson

Examinees Passed

Teaching Members Passed -
September 25, 1981 - Caracas, Venezuela
January 13, 1982 - Monterey, California

Laura Boyd, MS, CTM, Norman, Oklahoma
Joseph Cassius, PhD, CTM, Memphis, Tennessee
Harry Corsover, PhD, CTM, Stamford, Connecticut
Anna K. Miller, MSS, CTM, Baltimore, Maryland
Barbara Mueller, PhD, CTM, Seattle, Washington
Salomon Nasielski, CTM, Ohain, Belgium
Clark Reed, MDiv, CTM, Tampa, Florida
Alberto Rocha Tavares, MD, CTM, Rio de Janeiro, Brazil
Nelson Villoria, MA, CTM, Caracas, Venezuela

Certified Members Passed -
September 25, 1981 - Caracas, Venezuela
September 25, 1981 - Montreal, Canada
October 15, 1981 - Adelaide, S. Australia
November 8, 1981 - Zurich, Switzerland
December 6, 1981 - Sao Paulo, Brazil
January 13, 1982 - Monterey, California

Mimi Yanet Aceti, SFM, Caracas, Venezuela
Sonia Lastra Alvarez, CM, Caracas, Venezuela
Maruja Hernadez Antich, CM, Caracas, Venezuela
Odair Pereira Baltar, CM, Sao Paulo, Brazil
Boris Bouricius, MD, CM, Den Haag, Holland
Virginia J. Brown, CM, Vancouver, Canada
Dolores J. Carpenter, CM, Chappaqua, New York
Michel Chalude, SFM, Brussels, Belgium
Sonja De Raeymaekers, PhD, SFM, Antwerp, Belgium
Janice Dowson, CM, Maple Ridge, British Columbia, Canada
Joseph Dubay, MDiv, CM, Portland, Oregon
Carole DuShane, MEd, CM, Seattle, Washington
Cecilia de Foyta, CM, Caracas, Venezuela
Jorge Foyta, CM, Caracas, Venezuela
Maria de Carmo Filippini, CM, Sao Paulo, Brazil
June Greiner, BA, CM, Longmont, Colorado
Viloeta Lebois, CM, Sao Paulo, Brazil
Al M. Loeb, PhD, SFM, Sacramento, California
Elfriede Luedke, CM, Toeging/Inn, W. Germany
Cesar Sanchez Marichal, MD, CM, Caracas, Venezuela
Carla Aghib-Melvyn, CM, Geneva, Switzerland
Francois Morisot, BBA, SFM, Sao Paulo, Brazil
Eduardo Peixoto de Oliveira, MD, CM, Sao Paulo, Brazil
Maxine Petti, MS, CM, Scottsdale, Arizona
Werner Tautenberg, PhD, SFM, Wachtberg, W. Germany
Elisabeth Rutter, MSW, CM, Oakland, California
George Sanders, BD, CM, Orillia, Ontario, Canada
Bernd Schibalski, SFM, Sindelfingen, W. Germany
Vivian Schindler, CM, Sao Paulo, Brazil
Ursula Schmidt, CM, Cortmund, W. Germany
David W. Scott, MPsych, CM, Hawthonoene, S. Australia
Karen Scott, CM, N. Vancouver, British Columbia, Canada
Karen Shilling, MSW, CM, Portland, Oregon
Gerhard Springer, SFM, Eugendorf, Austria
Sonja Tran, CM, Scarborough, Ontario, Canada
Jean Van Pevenage, CM, Brussels, Belgium
Maria J. Ismael Vaz Pinto, CM, Sao Paulo, Brazil
Coby Bakels-Vijg, CM, Zoetermeer, Holland
Carol Vipperman, BA, SFM, Seattle, Washington
Anthony White, BA, CM, Floreat Park, Perth, W. Australia

TA and Religion

Contemplative Prayer

A Refreshing Eastern Wind Blowing Into Western Religious Life

By Gloria Willcox



Can prayer be a resource for psychotherapy? That question seemed rather remote to me when I first started my practice. Even though I work in the church as a pastoral psychotherapist and most of my clients are Christian people, I had not considered doing therapy through prayer. Most people work with me because of a discrepancy between their beliefs, their feelings and their behaviors and this incongruency would usually escalate if I invited them to pray about their conflicts. Their prayers would reinforce the self-defeating thought patterns that caused the conflict. However, recently, prayer has become a regular part of my work because I have found a way to use it that facilitates the process of psychotherapy.

My own life script calls for me to work hard, stay busy helping others and not have much time for rest and relaxation. It also demands that prayer and Bible study be a rigid discipline. In the course of my own therapy, I learned to "break free" from this kind of scripting.

To do this, I practiced various methods, including "The Relaxation Response,"[1] Transcendental Meditation and self-hypnosis. From the beginning, I found that these times of deep relaxation allowed me to sense God's presence and to receive inspiration and creativity. I discovered that this could be a beautiful time for prayer.

I started practicing the use of a scripture verse or a specific spiritual truth instead of a mantra as the focus for my meditation. By incorporating prayer into this time set aside for meditation, I discovered prayer to be a joyful, intimate sharing time with God instead of a religious duty in which I mentally ran through a list of people for whom I wanted to pray and a list of my needs and gratitudes.

I call this meditative practice *contemplative prayer.* It is a focus on God through simple listening. It is a time when human efforts cease and God lifts us to a transcendental union as we totally relax body and mind, becoming receptive to God's spirit.



Gloria Willcox instucting group in dynamic meditation, a form of prayer that focuses on repetitive movement.

At first, for me, this practice was a very special, private relationship with God. I was a bit fearful about sharing with my Christian friends that I was employing the tactics of non-Christian religions or secular practices in prayer. I knew that many of them considered Transcendental Meditation and hypnosis to be "of the devil." However, an article by Edward Thornton[2] in a Southern Baptist publication gave me courage to own and share my new prayer experience.

I learned that contemplative prayer is very much a Christian practice, but that, in our American practice of Judeo-Christian religion, we have moved away from some of the monastic prayer forms that were more popular before the Reformation. Some of these were also probably practiced by Jesus. He reportedly gained energy from long night prayer vigils rather than being fatigued by them. Those who practice meditation or contemplative prayer are familiar with the fact that it energizes one much more than does the same amount of sleep.

Thornton's article reminded me of many popular forms of transpersonal experience. Transcendental Meditation, Silva Mind Control, Zen, Yoga, Tai Chi, Akido and Sufi dance are only a few of the resources for enhancing spirituality that have been offered to the public on a wide scale in the last few years. Companies are paying professionals to train their employees in techniques of stress management. In addition, a popular title in university campus bookstores is *The Book of Highs: 250 Methods for Altering Your Consciousness Without Drugs.*[3]

I believe that one reason these practices are so popular is that we have a deep inner longing for silence. Bradley Hanson, in his book *The Call of Silence,*[4] affirms the need for quiet meditation, especially for those who are called upon to be spiritual leaders. He says, "We are summoned to deeper levels of life . . . For many this summons includes the call to enter into solitude with God through silence."

The practice of contemplative prayer has increased my feelings of joy, peace and tranquility in such a way that I enthusiastically endorse it. As a result, friends and people in my groups are curious to learn about it. In group sessions, I often begin by leading a guided prayer relaxation experience. Sometimes I give specific directions for creating fantasies or reconstructing early childhood memories. These prayers often have powerful psychological implications for the work clients are doing in the group.

During one guided memory scene, Bill became aware of a time when he had permission to enjoy life. He recalled a pleasant family Christmas scene when he was six years old, before his father's death. Bill used this memory to work through some of his grief and anger toward his father for leaving him as "head of the house." He then gave himself permission to have fun and enjoy life. He started reparenting himself as a five-year old and then gradually grew himself into adulthood, all the while incorporating his new permission.

Jean also used the regular practice of contemplative prayer to guide her as we worked together. She used her prayer time to start experiencing her feelings instead of hiding them behind a strong, overweight exterior. Gradually, as God guided her, she broke free from an early childhood decision to feel nothing and smile her way through life. Her first permission to feel came from experiencing deep peace through relaxed prayer. She then learned to express sadness through crying, and released many years' worth of genuine tears. Next she allowed herself to feel fear, followed soon after by an awareness of her repressed anger, which she started feeling and channeling in constructive ways using assertiveness skills. She was then able to feel powerful and joyful. This therapy covered a period of several months. When she terminated her work, Jean was still actively practicing contemplative prayer.

An additional dimension to contemplative prayer is based on the practice of "dynamic meditation," which I learned as part of a course in "Altered States of Consciousness." This is a form of body movement or dance in which a person focuses on the body through repetitive movement rather than through the repetition of a single word. I guide people in learning to pray to music by moving their bodies in an interpretive dance while identifying with various objects in nature, such as trees, wind, rain or fire. In this prayer, the focus is on moving as a part of God's creation, with the individual going into contemplative prayer at rest.

Through this form of prayer, Mary opened herself to some important script redecision work. She tuned into intense repressed anger while meditating, moving and being "fire." She was able to connect her feelings to the intense rage she had as a child toward her father, which she had never expressed. Her repressed anger and mistrust of men had led to two divorces and threatened her third marriage. The pivotal change in Mary's therapy came as the result of God revealing to her during an experience of dynamic meditation, the need for forgiving her father.

Prayer is a powerful resource and one which can enrich and enhance the psychotherapeutic process. When used with skill and commitment, I believe it offers many new and exciting possibilities for expanding our experience of God and of God's work in our lives.

References

1. Benson, Herbert. *The Relaxation Response.* New York: William Morrow Co., Inc., 1975.
2. Thornton, Edward A. "Lord, Teach Us to Pray." *Review and Expositor* A Baptist Theological Journal. Louisville, Kentucky: Vol. LXXVI, No. 2.
3. Rosenfield, Edward. *The Book of Highs: 250 Methods for Altering Your Consciousness Without Drugs.* (Quadrangle) The New York Times Book Co., 1973.
4. Hanson, Bradley. *The Call of Silence.* Minneapolis, Minnesota: Augsburg Publishing House, 1980.

Gloria Willcox, CM, MA, is a Pastoral Psychotherapist with the Network of Christian Counseling Centers, Inc. in St. Petersburg, Florida. She is married and the mother of three children.