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

Volume XIV, Number 6 August 1984

International Delegates Gather to Discuss Future of TA Worldwide

An historic meeting took place on Thursday evening, June 28, 1984 during the ITAA-EATA Summer Conference in Villars, Switzerland. At the invitation of ITAA President Ellyn Bader, PhD, over two dozen delegates representing TA organizations around the world met to discuss the future of TA worldwide and of the International Transactional Analysis Association.

The meeting grew out of a resolution passed by the ITAA Board of Trustees at its meeting in August, 1983 which stated: *"We, the Board of Trustees of ITAA, hereby express our commitment to develop formal relationships with Transactional Analysis Associations around the world, in order to work in cooperation and harmony and to promote the development, application, preservation and learning of Transactional Analysis. Our goal is to either keep the present structure of ITAA with modifications, or to establish one new integrated organization, or a new body of interrelated organizations whose relations have been formally defined. We are committed to working out a plan in conjunction with other TA organizations by the Summer Conference in 1986."*

In a letter sent earlier this year to TA organization heads around the world, President Bader said, "I would very much like to have every TA organization represented by a spokesperson as we enter into this exciting phase of long-range planning for ITAA." The TA community of the world was very receptive to her invitation. Among those attending the meeting as official delegates for their organizations were:

Guy Belinne representing CFIP (Belgium)
Maggie White representing GATASWA (Australia)
Gloria Balbona representing IPAT (Mexico)
Felipe Garcia representing USATAA (USA)
Jeffrey White representing GATASWA (Australia)
Florence Olivier representing CATA (Canada)
Maria Gilbert representing TA Gestalt Association of South Africa
Jenni Hine representing ASPAT/Suisse Romande (French-speaking Switzerland)
Bjorn Lapstun representing Norwegian TA Forum
Anne Kohlhaas representing DGTA (W. Germany)
Gaby Ferreira representing APAT (Portugal)
Rosa Krausz representing UNAT (Brazil/ALAT)
Pearl Drego representing TASI (India)
Vincent Lenhardt representing EATA (Europe)
Harry Tyrangiel representing ASPAT/DSRTA (German-speaking Switzerland)
Alain Menegaux representing IFAT (France)
Mary Cox representing ITA (United Kingdom)
Silvia Attanasio Romanini representing SIMPAT (Italy)
Carla Vercellino representing AIAT (Italy)
Andres Senlle representing FEAAT (Spain)
Alcibiades Horna representing ALAT (Latin America)
Roland Johnsson representing STAF (Sweden)
Mil Rosseau representing VITA (Flemish Belgium)
Coby Bakels-Vyg representing NVTA (Netherlands)



Delegates to the International Forum meet to discuss important issues about the future of TA and ITAA worldwide.

Also sending input to the meeting (although unavoidably detained and unable to attend) were Michele Novellino representing IAT (Italy) and Eleanore Fawaz-Kamber representing ASPAT (Switzerland). Also in Villars but unable to attend were Manuel Francisco Masso Cantarero representing AESPAT (Spain) and Robin Maslen representing Australia.

After the delegates briefly introduced themselves, they spoke to the group and the listening audience about the needs and desires of their organizations and its members. Later, they met in focus groups led by ITAA Board members (including Richard Erskine, Bill Cornell, Vincent Lenhardt, Carol Morris, Barbara Mueller and Carol Solomon) to discuss the following questions:

1. What are the main problems of people who practice TA in your country (specializations, trainers, trainees)?
2. What is positive and what is negative about ITAA?
3. What does ITAA mean to you/your organization?
4. How would you differentiate the purpose of ITAA from the purpose of your association so that we are distinct and not competitive?
5. What experiences, knowledge, and structure from your organization would you be willing to contribute to the international structure?
6. What needs of individual TA practitioners in your country could ITAA meet?
7. Describe what you think an effective relationship could be between ITAA and your organization.

The international forum in Villars is part of a long-term process and the information and ideas generated were recorded for future reference and consideration. The next step occurs in January, 1985 at the San Antonio Winter Congress when an outside consultant will facilitate a two-day retreat for the ITAA Board of Trustees followed by a Task Force meeting of selected representatives from the Board. In addition, the delegates who met at Villars found the process so valuable that they committed themselves to meeting again next year at the EATA Summer Conference in Barcelona, Spain.

In terms of bridging the cultural gap and fostering good international relations, the gathering of delegates was, in itself, significant and worthwhile. However, the feedback and thoughtful input of all the representatives will be an invaluable resource as the process of long-range planning continues. As Margaret Turpin of England said, "ITAA used to be perceived as a United States of America organization. This meeting is the physical evidence that ITAA wants to become an international organization."

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Newly elected EATA President Antoinette de Mol of Belgium

EATA Council Elects New President

In conjunction with the ITAA-EATA Summer Conference in Villars, Switzerland, the EATA (European Transactional Analysis Association) Council met on Friday and Saturday, June 22 & 23, in the Eurotel. The Council consists of two representatives from each of 11 participating countries: Belgium, Denmark, France, Germany, Italy, Holland, Norway, Spain, Sweden, Switzerland and the United Kingdom.

Perhaps the most moving event of the week was the election of Antoinette de Mol as the new President of EATA. She follows Vincent Lenhardt, who served for two terms as EATA President. Antoinette has been active in ITAA and EATA for many years and currently serves as Co-chairperson of the ITAA Training Standards Committee. She lives in Belgium and does extensive training throughout Europe and the United States.

In addition to conducting important business at the Villars Conference, EATA also used the occasion to celebrate the 10th anniversary of TA in Europe and to commemorate the first European TA Conference, which was held in the same location in 1975. For many, this conference was a reunion of those who participated in that original gathering.

Our congratulations to EATA on its tenth anniversary and our best wishes to Antoinette de Mol as she begins her term of office.

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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.

Latest Update on BOC Guidelines

The following are excerpts from the Board of Certification (BOC) report made to the ITAA Board of Trustees during the 1984 Summer Conference in Villars. The BOC was established in 1982 to serve as an administratively independent (from ITAA) organization for the examination and certification of transactional analysts. Since then, clear guidelines have been published (December, 1982 and March, 1984) and sent to trainers, but some misunderstandings remain. The following statements are offered to help clear up these questions.

BOC Relationship with Constituents

a) Applications of Transactional Analysis in groups is an essential part of training in TA. Candidates for Certifying Examinations at Level I are required to bring at least one tape of their work with a group to exams. For clinical specialists, a family may be treated as a group.

b) The BOC reiterates its policy of honoring all training contracts in effect prior to January, 1982. Contracts state eligibility requirements but do not state, nor are they intended to restrict, the form of the examination. Significant changes in the form of the exam are made only with adequate advance notice published in the *Script*.

The requirement that certain items (including case presentations, tape recordings and transcripts) be submitted to the BOC at least four months prior to the exam date is a change in the form of the exam and not a change in the eligibility requirements.

In response to feedback from the international community at the BOC Forum in Villars, the BOC has decided to postpone the mandatory implementation of the pre-submission requirements (mentioned above) until January 1, 1986. However, candidates who are going before an exam board are asked to submit case presentations to the BOC (c/o Jackie Ward-Flaggs at the ITAA office) on a voluntary basis during 1985. These will not be used as part of the candidates evaluation. They will serve to assist the BOC in refining the system of evaluation.

c) Due to the international nature of the BOC's function, language problems are encountered in the conduct of some exams. A collaborative effort is needed between conference organizers, trainers, candidates, examiners and the BOC in order to overcome these problems. Where this is not possible, some candidates may have to postpone their exams.

d) The BOC is willing to send examiners to local conferences on request if the organizers of these conferences defray the expenses of the examiners. The BOC is also willing to train qualified persons to conduct exams locally if requests are received from regional associations. At the ITAA-EATA Conference in Villars, three people from Australia and one from Germany were trained to be supervising examiners.

TA organizations wishing to have qualified members trained as supervising examiners must write to Valerie Chang, c/o BOC at the ITAA office, at least four months in advance of the next ITAA conference at which such examiner training might be conducted.

e) Due to the limited availability of Level II (TM) examiners, the Level II exams will only be offered at ITAA and other large conferences.

Written Exams — the written exams have been revised and will be published shortly. The BOC will also be preparing model answers for use of the readers (certified members who have been selected to read and score written exams) in order to maintain consistency and reliability. Special thanks to Harry Corsover, Brenda Bary, Landy Gobes and Bruce Loria for their work in this area.

Training Manual — The old Training Manual, developed in 1977, has been outdated since the development of BOC procedures. This manual contained sample forms, instructions, copies of contracts and answers to common questions about training and certification. The BOC will be collaborating with the ITAA Training Standards Committee to develop a new joint Training Manual containing the guidelines and requirements related to advanced TA training and accreditation.

MEMBERS FORUM

Final Resting Place for Berne's Books

Dear Editor:

As announced in the January issue of the *Script*, Eric Berne's personal library has been transferred to the Special Collections section of the library at the University of California Medical Center. Here it is housed among old and rare books which have to do with the history of medical management, a fitting resting place for Eric's inquiring and curious spirit.

Since Eric Berne was a scholar, his books reflect his interests and cover a wide range of topics — fairy tales, mythology, witchcraft, philosophy, the standard psychoanalytic texts and last, but not least, old medical text books which had belonged to his father and which Eric used as reference books when working as a young physician in the Army.

Because all these books are annotated with marginal comments and underlinings, it is possible to follow the development of his ideas over a period of about thirty years. It is interesting also to watch how his signature changes over time — how Leonard Gandalac Bernstein, the shy young doctor, evolved into Eric Berne, founder of Transactional Analysis.

Many people were involved in one way or another with the library project and I would like to thank them all personally. But, in particular, I want to mention Bob Andersen, former ITAA Executive Director, who together with Jeff Selth, bibliographer for Humanities and the Arts, Riverside Campus, arranged for the transfer of ownership, and Nancy Zim, who is Chief of Special Collections at the UC Medical Center.

Mrs. Zim and her staff have literally worked overtime cataloging these books and putting them in proper order.

The library reveals that Eric Berne had a personal relationship with his books and they will prove to be a fertile ground for the research of future scholars and historians.

Sincerely yours,
Patricia Crossman

Editor's Note: *Not mentioned in the above letter is the significant role Pat Crossman herself played in getting Eric Berne's books to the UC Medical Center library. Our thanks to Pat and the other people she mentioned for all their hard work and dedication to this important project.*

Scripting Versus Predetermined Fate

Dear Editor:

I would like to correspond with any readers of the *Script* who have strong views on script analysis technique or concepts vis-a-vis the so-called sciences in the East like occultism, palmistry, and astrology which include a belief in predetermined fate. If readers are interested in any exchange of insights, please contact me at Seven Oaks, Bala Hisar, Mussoorie (U.P.), India 248179.

John Alexander

KEEPING IN TOUCH

The Ninth Annual CATA (Canadian TA Association Conference will be held September 26-30, 1984 in Regina, Saskatchewan, Canada. The conference theme is, "Healthy Living: Choices in Relationships."

Special presentations related to the theme will be made by invited speakers, including Laura Boyd, PhD, CTM; Lucy Freedman, CSFPTM; Jean Illsley Clarke, author of *Self-Esteem: A Family Affair*; Vince Gilpin, CTM; and Carol Morris, CM. Other professionals from across Canada and the USA will be presenting workshops that will guarantee a high-quality program.

In addition, Board of Certification Clinical and Special Fields exams will be held during the conference and there will also be three evening addresses, a pool party, a banquet and dance and the CATA annual general meeting.

For more information, contact Donald Fitzsimmons, 2229 Athol St., Regina, Sask., Canada S4T 3G2; phone 306-353-2547.

The Annual Meeting of the Milton H. Erickson Foundation will take place from Nov. 29-Dec. 2, 1984 in Los Angeles, California. This Seminar on Ericksonian Approaches to Hypnosis and Psychotherapy includes basic, intermediate and advanced training in hypnotherapy. For more information, contact the Milton H. Erickson Foundation, 3606 North 24th St., Phoenix, Arizona 85016; phone 602-956-6196.

Second Annual Renewed Mountain States TA Conference — 40 TA enthusiasts gathered in Albuquerque, New Mexico on May 4-5, 1984 to "re-light the TA flame in the mountain states." Participants came from Colorado, Utah and New Mexico to attend presentations, including a keynote speech and post-conference workshop by Abe Wagner. Bill Krieger, the coordinator of this year's conference, says that plans are already underway for a third annual conference, to be held next year in Salt Lake City, Utah. If you would like more information about that upcoming gathering, contact Laura Root, 3568 Eastwood Dr., Salt Lake City, UT 84109.

The 11th Annual EATA (European TA Association) Conference will be held in Barcelona, Spain from July 7-13, 1985. The host will be the Spanish TA Federation and for more information, contact Avda. de Madrid 133-1 Barcelona, Spain; phone (3) 330-44-27.

Leonard Campos, Transactional Analyst practicing in the Sacramento, California area, recently became a Diplomate in Clinical Psychology, American Board of Professional Psychology (1983), and a Diplomate in Forensic Psychology, American Board of Forensic Psychology (1984) after passing rigorous examinations in these areas. Diplomate status is conferred after certification of advanced competency in specialty applications of professional psychology. Congratulations, Len!

No September Script — just a reminder that the *Script* is not printed in September (or January and May), but we will be back in October with a special insert on the upcoming ITAA Winter Congress in San Antonio, Texas. Watch for it!

The Seventh Brasilian Congress of Transactional Analysis was held May 13-19, 1984 at the Maksoud Plaza Hotel in Sao Paulo. Richard Erskine, PhD, Vice-president of ITAA was the invited keynote speaker. At his opening speech on Wednesday morning, the room was filled to its capacity of 550 people with additional participants viewing the proceedings by video screen from another room. Estimates are that 600-700 total participants attended the conference.

Important ALAT (Latin American TA Association) Council meetings were held at the Congress and ALAT President Dr. Luis Maggi Calcano sent word that Rosa Krausz and Alcibiades Horna had been appointed as ALAT's official delegates to the ITAA-EATA Summer Conference in Villars, Switzerland.



VII Brasilian TA Congress - (from right) Rosa Krausz (ITAA Executive Committee); Richard Erskine (keynote speaker and Vice-president of ITAA); Roberto Crema (President of the Brasilian TA Association); Roberto Shinyashiki (Conference Coordinator); representative of the mayor of Sao Paulo; and Luis Maggi Calcano (President of the Latin American TA Association).

Women Carry "TA Torch" Worldwide

One of the highlights of the 1984 ITAA-EATA Summer Conference in Villars, Switzerland was the meeting of the International Community of Women in TA. At many past TA conferences, the Women's Caucus has met and this year, the women who gathered for the meeting decided to change the name to better reflect the diversity and international makeup of the group.

The stated purposes of the International Community of Women in TA are:

1. To announce the meeting.
2. To introduce the women.
3. To provide a support network for women.
4. To have a meeting open to all women.
5. To have the program or agenda be spontaneously provided by the women in attendance.

The women who met in Villars also decided that they wanted to see "carriers of the torch" take it to more than just ITAA conferences. The following women, therefore, volunteered to take responsibility for seeing that meetings of the International Community of Women in TA are held at other conferences:

Carla Melvyn-Aghib - EATA Conference (Spain, '85)
Mary Goulding - USATAA Conference (USA, '84)
Annette Wyler-Krisch - DGTA Conference (Germany)
Marilyn Marx - Mid-West TA Conference (USA, '84)
Margaret Angus-Daubin - CATA Conference (Canada, '84)
Alice Stevenson - EATA Conference (Spain, '84)
and ITA Conference (United Kingdom, '85)

If others are interested in bringing a meeting of the International Community of Women to conferences not listed here, they can find out more about becoming "carriers of the torch" by contacting one of the women listed above.



Pam Levin, RN, CTM (right) receives the 1984 Eric Berne Memorial Scientific Award for her work on "Developmental Cycles." Presenting the award is *Transactional Analysis Journal* Editor Rebecca Trautmann, RN, MSW (middle) while ITAA President Ellyn Bader, PhD (left) looks on.

ITAA Business Meeting Handles Important Agenda

More than 400 members (almost double the necessary quorum) attended the annual ITAA Business Meeting during the Villars Summer Conference.

Among the important actions taken during the meeting was the unanimous passage of bylaws amendments which will 1) give international members more time to return election ballots by lengthening the deadline from 45 to 60 days and 2) facilitate the development of high-quality leadership for the organization by instituting a president-elect system.

In addition, nominations were taken from the floor of the Business Meeting to add to those already announced by the Nominating Committee. The result was the first truly regionally representative slate of nominees for Board of Trustees and President-Elect.

ITAA CANDIDATES

President-Elect
Lucy Freedman (USA)
Les Kadis (USA)

Board of Trustees

Region I - Asia, Oceania, Israel, South Africa (one opening)
Arnavaz Rohinton Aga (India)
Pearl Drego (India)
Michiko Fukazawa (Japan)
Diana Shmukler (South Africa)
Anthony White (Australia)

Region II - Canada (no openings)

Region III - Europe (one opening)
Gaby Ferreira (Portugal)
Jenni Hine (Switzerland)
Nelly Micholt (Belgium)

Region IV - Latin and South America (one opening)
Ana Tholenaar de Borbon (Dominican Republic)
Gloria Noriega Gayol (Mexico)

Region V - United States of America (five openings)
Judy Barr
Brenda Bary
Natalie Garber
Mary Goulding
George Imperato
Alan Jacobs
Bruce Loria
Betty Putnam Lowery
Marilyn Marx
Denton Roberts
Rebecca Trautmann
Gloria Wax
Marjory Zerin

TA "Origins and De
Celebrated

ITAA-EATA Summer Con



Robin Maslen of Australia and Kristyn Huige of the United States mug for the camera outside of the Club Med.



Opening Address at the Villars Conference - EATA President Vincent Lenhardt, ITAA President Ellyn Bader (left) and ASPAT President Eleanore Fawaz-Kamber (right) make use of a 19th century carriage instead of a podium to address conference participants on the Club Med grounds.



The ITAA Board of Trustees met for two long days on organizational business.



ITAA Secretary Bill Cornell

As the month of July began, the 1984 ITAA-EATA Summer Conference finished with a flourish. Almost 800 happy conference participants said their goodbyes to friends old and new as they departed from the small, lovely village of Villars in the magnificent Swiss Alps. Thus ended a very special gathering, one which simultaneously celebrated the tenth anniversary of the foundation of the European Transactional Analysis Association and the 22nd annual ITAA Summer Conference.

Participants came from 28 different countries, some as far away as South America, Australia, South Africa, Japan and India. As they did ten years ago, the Club Mediterranee opened their doors to the Conference and dedicated their entire staff and all facilities to our meeting. ITAA and EATA were also fortunate to have as local conference host the Swiss Association for TA (ASPAT). ASPAT President Eleanore Fawaz-Kamber, who worked very hard to plan the conference, schedule workshops and provide a diplomatic link between ITAA and EATA, performed the duties of on-site host in an untiring manner, solving innumerable problems in her characteristically graceful way. In addition, over 25 ASPAT volunteer hosts joined Eleanore and three paid, but sorely over-worked, staff to make the conference run smoothly.

Since this conference also commemorated the first European TA Conference, held in Villars in 1975, one of the highlights of this year's scientific program was the gathering of many of the original presenters, including Muriel James, Mary and Bob Goulding, Konstanz Robertson-Rose, Hanna Hyams, Raymond Hostie, Fanita English, and Mar-

Thanks to ITAA Executive Di
to ITAA member George Impe



Brenda Bary (left), Rodney Landsman and Sandra Landsman (right) enjoying an outdoor lunch.

Felipe Garcia, world-renowned host extraordinaire, relaxes after a planning meeting for the 1985 ITAA Winter Congress in San Antonio, Texas, for which he will serve as local host.





The Club Med entryway welcomed pa
Conference.



Os Summerton and Pearl Drego of India enjoy a good laugh



ITAA members Patricia Falzett (left) and Emily Ruppert (right) work on developing positive international ties with a European member.



ITAA Executive Director Susan Sevilla (center) with Dr. and Mrs. Alcibiades Horna of Peru. Dr. Horna was named by ALAT President Dr. Luis Maggi Calcano as an official ALAT delegate to the meeting. About 30 such delegates from TA organizations around the world met Thursday evening for an International Forum to discuss the future of TA and ITAA.

...evelopment" Theme ...ed in Villars

...Conference A Huge Success

garet Turpin (to name a few) for the special Retrospective Lecture Series. Other presentations included special non-TA and advanced lectures and 100 carefully selected workshops held in English, French, Italian and German, with a team of 12 translators providing the broadest possible translations.

We were all pleased at the positive results of the co-sponsorship between ITAA and EATA. As conference coordinator Jenni Hine said in a recent letter to the ITAA office, "The collaboration with ITAA has been a real pleasure . . . . When I took on the challenge of this job, I heard echoes of the difficulties on all sides that had gone before between ITAA and EATA, and between prima donnas on both sides of the Atlantic. I was pleasantly surprised to find how uncompetitive and helpful everyone was. Beginning at Snowmass where Rosanne Lawson helped me organize the first joint planning committee, to work with Laura Boyd, who was the Joint Planning Chairperson, to work with all the team members, I felt that ITAA bent over backwards to be collaborative with EATA points of view, and nobody jumped on the errors that were inevitably made from time to time."

So, as we finish this important chapter in the international development of TA, we savor many special memories. The ITAA has now experienced very rewarding and fruitful collaboration in joint conferences with both the Latin American TA Association (ALAT) in January 1983 and 1984 and with EATA this year. And, we look forward with excitement and anticipation to next summer's joint conference with the Canadian TA Association in Toronto, Canada.

...cutive Director Susan Sevilla and ...rge Imperato for the photographs.



Jenni Hine, CM, from Switzerland did an outstanding job as on-site coordinator for the ITAA-EATA Conference.



Participants from the original Villars Conference in 1975 return to the same spot at the Club Med for an anniversary photo.



Treasurer Barbara Mueller and Finance Committee members Bruce Loria (left) and Tom Nissley (right) find that a quiet corner of the Stroke Room does nicely as a place to discuss important organizational budget matters.



Current ITAA President Ellyn Bader, PhD, honors past ITAA President Norman James, PhD, at the Business Meeting.



...ed participants to the historic ITAA-EATA



Maria Gilbert of South Africa, a new member of the ITAA Board, gets her first taste of what it's like to be a trustee.



Mary and Bob Goulding receive an enlargement of a photo taken of participants at the first European TA Conference in recognition of the role they played in organizing both that meeting in 1975 and this year's conference, which was held in the same location.



Jackie Ward-Flaggs, ITAA Director of Credentials and Training Standards Committee Co-chairperson Marilyn Zalcman profit from the beautiful, sunny Club Med balcony as they meet to plan the final arrangements for what was to be a highly successful Training Endorsement Workshop (formerly called PTM Contract Workshop) held after the Villars Conference. Thirty-seven participants and seven leaders made this TEW one of the largest ever.



Antoinette de Mol, newly elected EATA President, gets a welcoming hug from outgoing EATA President Vincent Lenhardt.



The EATA Council conducts its business during the Villars Conference.

CALENDAR

January 9-12, 1985 ITAA Winter Congress, San Antonio, Texas
August 7-11, 1985 ITAA-CATA Summer Conference, Toronto, Canada (York University)
January, 1986 ITAA Winter Congress, Orlando, Florida
August, 1986 ITAA Summer Conference, San Francisco, California

Exam	Exam Date	Location	Application Deadline
Level I (CM/SFM) Oral Exams	September 28, 1984 October 24, 1984 November 11, 1984 January, 1985	Regina, Saskatchewan, Canada Ft. Mitchell, Kentucky Brussels, Belgium San Antonio, Texas	July 2, 1984 July 27, 1984 August 10, 1984 October 5, 1984
Level II (CTM/SFTM) Oral Exams	October 24, 1984 November 11, 1984 January, 1985	Ft. Mitchell, Kentucky Brussels, Belgium San Antonio, Texas	July 27, 1984 August 10, 1984 October 5, 1984
Level I (CM/SFM) Written Exam	November 9 or 10, 1984	Location to be announced	August 9, 1984
Training Endorsement Workshops*	January, 1985 July, 1985 August, 1985	San Antonio, Texas Barcelona, Spain Toronto, Ontario, Canada	October 12, 1984 April 3, 1985 May 15, 1985

*Please contact Jackie Ward-Flaggs at the ITAA headquarters for more information.

All fees are due by the application deadline. All exam fees are non-refundable, but will be kept as credit in your account (except for oral application fee which must be paid each time a trainee applies for an oral exam) if at least 30 days written notice is given for cancellations. Otherwise, fee is forfeited. Fees: written exam - $90 US/Canada (a $10 administration fee will be deducted for cancellations received prior to the 30 days deadline); all other countries pay a $15 written exam recording fee to the BOC and $35 to the reader/scorer. Orals application: $75, non-transferable. Oral exam - $50. Contract filing fee: $30. All fees must be paid in US funds.

New Members - June 1984

New Members	Sponsor
Atsuko, Ishida	Kozo Rokkaku
Cremin, Sister Mary Christine	Sister Lydia Allen
Durivier, Martine	Antoinette de Mol
Gaudieri, Massino	Michelle Novellino
Gless, Donald	Joan Myers
Gooding, Sister Barbara Anne	Sister Lydia Allen
Gott, Harriet Liz	M. Taylor Bach
Harvey, Pat	
Keiser, Sandra	M. Taylor Bach
Mead, Lesley	Anthony White
Oudshoorn Spaargaren-Vissinga, Sonja, M.Ed.	Anthony White
Peter, Urs	Ted Novey
Satomi, Naito	Kozo Rokkaku
Smith, Susan Maria	Anthony White
Wheeler, Sister Margaret Ann	Sister Lydia Allen
Ziff, Joel	Emily Ruppert

Examinees Passed

New Certified Level I & II (CM, SFM & TM) Members Examined on May 15, 1984 in Sao Paulo, Brasil and on June 25 & 26, 1984 in Villars, Switzerland.

Elyane Alleysson, CM, Oullins, France
Annika Bjorck, TM Instructor/Supervisor, Malmo, Sweden
Hans F. Burki, Ph.D., SFM, Schweiz, Switzerland
Antonio Caetano, M.A., SFM, Lisboa, Portugal
Nicole Claeyssens, SFM, Wilryk, Belgium
Bertram Christoph, CM, Muenchen, W. Germany
Sonja De Raeymaekers, CM, Antwerpen, Belgium
Christian Devillers, CM, St. Vit, France
Jose Frazao Duarte, SFM, Lisbon, Portugal
Merle Friedman, M.A., CM, Senderwood, South Africa
Heinrich Hagehulsmann, Ph.D., CM, Rastede-Ipwege, W. Germany
Erich Hartmann, CM, Bindlach, W. Germany
Julie Hay, SFM, Harrow Middlesex, England
Gudrun Hennig, M.D., CM, Burgkirchen, W. Germany
George Imperato, M.A., TM Instructor/Supervisor, Dumont, New Jersey
Roland Johnsson, TM Instructor/Supervisor, Malmo, Sweden
Rolf Reiner Kiltz, M.D., CM, Detmold, W. Germany
Adrienne Lee, B.A., CM, Nottingham, England
Maria Bonaria Lorenti, Ph.D., CM, Roma, Italy
Speranza Manca, D. Essa, CM, Viterbo, Italy
Christophe Marx, CM, Uzes, France
Nelly Micholt, CM, Leuven, Belgium
Carlos Joao Nierotka, CM, Sao Paulo, Brasil
Thomas Ohlsson, TM Instructor, Hoor, Sweden
Georg Pelz, Ph.D., CM, Sinzing, W. Germany
Maria Federica Di Primio, CM, Napoli, Italy
Paola Raja, CM, Sarzana, Italy
Claudie Ramond, Ph.D., SFM, Paris, France
Jurgen Schlaegel-Prochaska, CM, Hamburg, W. Germany
Renate Schwalenberg-Leister, CM, Weiterstadt, W. Germany
Alain V. Setton, CM, Aix en Provence, France
Diana Shmukler, Ph.D., CM, Johannesburg, South Africa
Ian M.T. Stewart, Ph.D., CM, Nottingham, England
Sylvia Thielemann, M.A., CM, Dusseldorf, W. Germany
H.P. Angela Waiblinger, CM, Wimsheim, W. Germany
Fritz Wandel, Ph.D., SFM, Konstanz, W. Germany
Gloria Wax, M.A., TM Instructor, Dumont, New Jersey
Kaspar Wolfensberger, M.D., CM, Palo Alto, California
Hans-Jurgen Wunsch, CM, Heidelberg, W. Germany

1985 Winter Congress

"Looking into the Future"

Keynote Speaker: James Masterson, MD
Author of *Treatment of Borderlines*

January 9-12, 1985

St. Anthony Inter-Continental Hotel, San Antonio, Texas

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Masterson (continued)

JM — To answer that question, let me lay some groundwork by describing what happens in normal development during the separation-individuation stage. To begin with, normally, the self and object representations are split into a good self and a bad self, a good object and a bad object. Then during separation-individuation, these come together into a whole self, good and bad.

In contrast, as a consequence of the developmental arrest during this stage, the borderline is left with what we call a split-object relations unit: good object, good self and bad object, bad self. The good self has an object which is nurturing for regressive behavior, has an affect of feeling good and a self-representation of being a child, but one that is loved and cared for based on a fantasy.

The other unit consists of an attacking object and the self-representation of being ugly, inadequate, and empty. Thus, the child is left with these two part-units, the positive or rewarding one and the negative or withdrawing one.

The borderline basically has only two affective states: the rewarding affective state, which is feeling good, and the withdrawing state, which is what I call the abandonment depression. When the borderline is feeling good, she is behaving in a regressive maladaptive fashion and denying the reality of her behavior. Otherwise, she feels the withdrawing unit and the abandonment depression, which is triggered by any separation stress, whether it be going away to college, getting a divorce, or spontaneous efforts at growth, in or out of psychotherapy.

Therefore, the borderline doesn't come to therapy to get better, since getting better, i.e. separation-individuation, would necessitate facing the abandonment depression. She comes, instead, mainly to get the therapist to resonate with her rewarding unit and to move into caretaking positions with her. Or, if that fails, she will then try to get the therapist to resonate with the withdrawing unit so that she can dump all the rage on the therapist she was unable to dump on her parents.

To answer your original question: 95% of the problems that I see therapists having in treating the borderline occur when the therapist wittingly or unwittingly steps into resonating with the patient's rewarding unit by, for instance, moving into caretaking positions or not setting firm enough limits. The other possibility, although less frequent, is that the therapist is provoked into getting angry or withdrawing, thus resonating with the withdrawing unit.

I do a lot of consultations and, at this point, I can often diagnose the problem on the phone. The patient will often say something like, "I've been seeing Dr. So-and-so for five years now. He's a really nice person, very bright and makes brilliant interpretations of my dreams, but I haven't changed at all." In this case, the therapist has stepped into the rewarding unit, triggering the patient's maladaptive ego defenses which lead to behaving in a regressive fashion. Based on this projection, he feels good and he feels good about his



Peter Pearson, PhD

therapist but the treatment, which has to do with facing the withdrawing unit and the depression associated with it, comes to a halt.

EB — Will you be more specific about ways that therapists get into resonating with the rewarding unit?

JM — Well, for example, not expecting the patient to take responsibility for himself, for the times he has agreed to be there, for the fee he's agreed to pay, for reporting and identifying his feelings in the sessions, can all contribute to resonating with the rewarding unit. Often little-seeming actions can creep in, like allowing patients to manipulate you into too much phone time, spending time between or at the end of sessions with them, stepping out of your therapeutic, neutral role and telling them to do this or that and even sometimes doing things for them. Each of these brings treatment to a halt and it can and does go on for years.

I am very careful about factors having to do with the frame of therapy. For example, I am notorious for being the psychiatrist in New York who doesn't have tissues on his desk for his patients. I also don't serve coffee to my patients. When a patient of mine asks for coffee, I respond, "I thought you came for psychotherapy. You can get coffee up at the corner."

This brings up the problem of confrontation and limit-setting. When I was trained, confrontation was a dirty word. You were supposed to develop a relationship first, which is probably effective with neurotics, but a disaster with borderlines. You have to start confronting immediately, even on the phone if that's when the issue first appears. The crucial factor is, however, that you do it from an emotionally neutral, empathic state of interest in their problem. This is what is so hard for many therapists to do and, if they are able to do it, then they often become frightened of the degree of depression or rage they are invoking.

EB — How do you structure fee collection?

JM — I think people have more trouble with money than they do with sex. I think it is very important for therapists to be straight about money. For example, it is important to investigate what the patient's real finances are so you don't either undercharge or overcharge. I also think that needing to collect money after each session betrays too much anxiety. What we do is to set a fee and give the patient a bill at the end of the month which I indicate is due within ten days. If they don't pay it then, I don't say anything about it, but if they haven't paid by the time I'm ready to give them the next bill, I do bring it up. I've never had any problem with this at all, maybe because it is very structured. However, it is also true that once you develop a therapeutic alliance with a borderline, they come regularly and on time and they pay their bills without much problem.

. . . 95% of the problems that I see therapists having in treating the borderline occur when the therapist wittingly or unwittingly steps into resonating with the patient's rewarding unit by, for instance, moving into caretaking positions or not setting firm enough limits.

PP — At what point do you tell a borderline patient how long therapy is going to last, how often they will have sessions and what treatment you are prescribing?

JM — Since there are risks in getting too intellectual with borderline patients, what I tend to do is a consultation. It may be one session or even three and at the end of that time I tell them what I think is wrong and what I suggest they do about it. But, I also say that I can't predict how long it is going to take. I usually suggest that they plan financially for a year and, at the end of that time, if they have to ask how long it's going to take, then there's something wrong with the treatment because by then they should have a pretty good idea.themselves.

PP — Do you involve other family members in the treatment?

JM — That question brings up a crucial issue which is that the borderline's intrapsychic structure is dyadic, meaning there are only two representations in the patient's psyche. There is no father representation, only the mother and the child. The clinical consequences of this are that, in treatment, the patient has a symbiotic rewarding unit fantasy of exclusive possession of you, the therapist. Of course, this fantasy is what makes him willing to endure the abandonment depression, but in order to activate this fantasy, it has to be an exclusive relationship.

So, if you want to work through an abandonment depression with a borderline patient, it can only be done in individual therapy. This doesn't mean that group and marital therapy aren't very effective. They are if you limit yourself to confrontation and its goals because you are working outside an exclusive framework.

EB — Will you say a little more about what you actually see when a patient is working through the abandonment depression?

JM — During the first, or testing phase of therapy, there is a great deal of acting out and there will be heavy testing of the initial confrontations. During this time, you feel, as the therapist, as if you are working with an adversary because there is no therapeutic alliance.

However, there is a very dramatic change which emerges and evolves slowly as your confrontations are successful and the patient internalizes them. The therapeutic alliance



Ellyn Bader, PhD

is established and, as the patient controls his own defenses, he triggers his own abandonment depression. His ability to adapt and to manage his life improves enormously, and, while daily crises disappear from the scene, what emerges is the depression. As this gradually deepens, memories and fantasies are activated. At this point, your work is almost like analysis with a neurotic in that you are working with the affect the patient is experiencing in the session and the fantasies, dreams and memories it triggers. The patient then works through these memories, many of which are of separation experiences, one by one.

This can be a very gratifying time for the therapist, even though it is painful for the patient, because everything is unravelling and being explained. However, when patients reach this point and begin talking about the desperation they feel and the deprivation they've experienced, it can be very upsetting to some therapists. They get anxious and move into the rewarding role which stops the whole process. It is important for therapists to use their empathy to discipline themselves rather than to take over for patients and thus keep them from doing what they have to do.

EB — Thank you very much, Dr. Masterson, for taking this time to talk with us about your work. We are looking forward to learning more, as I know our readers will be, when you present at our upcoming Winter Congress in San Antonio.

JM — I've enjoyed this too, and I'm sure it will be a pleasure to meet more of your members in January.

Transactions with Peers Can Help ITAA Grow

Have you given serious thought recently to which of your colleagues would benefit from membership in ITAA? And, by the same token, how all of us in ITAA would benefit from their contributions?

The membership development committee encourages you to invite your associates in related fields to join ITAA so that they, too, can participate in our worldwide organization. One important benefit of membership is the *Transactional Analysis Journal*, which is planning exciting future issues. The articles in upcoming special issues on Nuclear Disarmament (October, 1984) and Eating Disorders (January, 1985) address topics that are important, not only for our own members, but also for the wider community.

It is time to turn our focus outward, to share what is unique about us with our peers, and to learn from them in turn. Transactions that you start with your peers help us to grow and prosper as an organization.

For membership application materials write to: Membership Staff, ITAA, 1772 Vallejo Street, San Francisco, CA 94123, USA.

Narcissistic and Borderline Disorders

A Conversation with James Masterson, MD



James Masterson, MD

The following interview with James Masterson, M.D. was conducted by ITAA President Ellyn Bader, Ph.D. and former Script *Editor Peter Pearson, Ph.D. Dr. Masterson will be the keynote speaker at the 1985 ITAA Winter Congress in San Antonio, Texas and we thought you would enjoy hearing him discuss some of his seminal work with narcissistic and borderline disorders. Our thanks to Drs. Masterson, Bader and Pearson for taking time from their busy schedules to do this interview.*

Ellyn Bader — Will you begin, Dr. Masterson, by telling us something about your professional background?

James Masterson — After graduation from Jefferson Medical College in Philadelphia in 1951 and an internship at Philadelphia General Hospital, I did my psychiatric training at the Payne-Whitney Clinic at the Cornell-New York Hospital Medical Center in New York from 1952-1955. I took an extra year as the chief resident there and then spent roughly the next 20 years half-time in private practice and half-time in an adolescent out-patient clinic I started at Cornell. At that time I also began my personal analysis.

Based on research I did during this time, I wrote *The Psychiatric Dilemma of Adolescence*. This led to a preoccupation with personality disorders in adolescents and I shifted to an inpatient unit where I could continue my research into the developmental approach to treating personality disorders in adolescents.

At the same time, I got very interested in Margaret Mahler's developmental work with children as well as working with adults in my private practice. Finally I put the three together in the book, *Psychotherapy with the Borderline Adult, A Developmental Approach*.

Eventually, the adolescent inpatient unit was closed due to budget cuts and this, in combination with other departmental circumstances, led me to essentially leave Cornell to set up my own organization. However, I have retained an appointment as adjunct Clinical Professor of Psychiatry.

In retrospect, leaving Cornell's adolescent unit was helpful in the long run because the extraordinary success of the

The borderline basically has only two affective states: the rewarding affective state, which is feeling good, and the withdrawing state, which is what I call the abandonment depression.

Adult book helped me to change my professional identity from that of a psychiatrist working with adolescents to one specializing in development and character disorders in adults and adolescents.

In 1977, I formed the Masterson Group and since then, I have written *The Narcissistic and Borderline Disorders, Countertransference and Psychotherapeutic Technique* and *Borderline Adolescent to Functioning Adult: The Test of Time*. I have also been doing a lot of lecturing and teaching. In addition, I founded the Character Disorder Foundation, a non-profit organization for teaching and research on the character disorders through which we give conferences, seminars, etc.

Peter Pearson — With all the lecturing and traveling you do, how do you continue treating patients?

JM — That was a big problem when I worked a full five-day week. Now, however, even though I do between 35-38 hours of clinical work weekly and see most of my patients three times a week, I have worked it out so that I stop my practice around Thursday noon. That leaves the rest of the time for either traveling and lecturing or for the backlog of writing I have at home. During the year I do a lot of outlining, but I save the concentrated writing for the summer.

EB — Moving on to a more theoretical question, will you tell our readers how you differentiate between the borderline and narcissistic personality disorders?

JM — It is impossible in such a short interview, but I'll give a brief summary. I will differentiate them on four levels: clinically, intrapsychically, in terms of transference acting-out and on the basis of the therapeutic techniques dictated by these differences.

Clinically, whereas the narcissistic personality is very intolerant of depression and is very agile at defending against it, the borderline experiences a great deal of depression. In addition, there is a desperate quality to the depression felt by the borderline while the narcissistic personality feels it more as emptiness and coldness. The borderline often comes self-referred to treatment because of difficulties in functioning or symptoms while narcissistic personalities usually come because someone in their environment has not been able to put up with their need for perfect mirroring.

In terms of rage, the narcissistic personality's anger is loaded with elements of narcissistic entitlement, which refers to the feelings of humiliation and rage underneath, so that there's a feeling of coldness and a lack of relatedness to the rage. However, in the borderline, you don't get much outrage in their rage and there is a warm, related quality to it.

In a person with a narcissistic disorder, you find envy to be one of the predominant affects, whereas envy is rarely a prominent feature with the borderline. Also, the way narcissistic disorders describe their lifestyle you see the pursuit of what we call narcissistic supplies, that is, wealth, power or beauty, things which resonate with their need for perfect mirroring. Pursuit of these motives is, at best a minor theme with the borderline.

The other interesting thing about narcissistic personalities is that they use the word "perfect" in a different way than you or I, or even an obsessive-compulsive, might use it. Rather than a goal to be hoped for, as in doing something perfectly, the narcissist means it as a reality: he is perfect, someone else is perfect, he seeks perfection in how he expresses himself, in what he achieves, and the perfection of the mirroring he expects from the environment. It is tied up with the individual's entire self-image. This quality is not present in the borderline.

PP — Suppose that, for the sake of experiment, a man and a woman get together to see if they can deliberately produce a borderline personality in their child. How would they go about it?

JM — That's an interesting question and one I don't have an answer for. However, I tend to look at it in terms of three possible inputs: nature, nurture, and fate. What I am speaking about here is separation-individuation as a two-track process: separation between self and the object or representation of the mother and, at the same time, the unfolding of individuation from within as expressed in interests and activities that are unique to the individual.

We don't know much about the area of nature, although Kernberg has done some writing about constitutional deficiencies in relation to the capacity to tolerate separation anxiety or to synthesize negative and positive affects. Since we're not all born with the same capacities and strengths, we probably don't all have the same ability to individuate, either. There has also been a lot of discussion in the field recently about minimal brain damage and the possibility that it alone can create a borderline syndrome.

On the nurture side, you have to consider the mother's availability, not so much for nurturing and caretaking, but to perceive and respond to the unique qualities of individuation in a child as they unfold. During the rapproachment stage of development, children practice independence by moving out into the world, coming back to the mother to get her support for this activity. Ideally, the mother tolerates this coming and going appropriately and this represents true maternal availability for individuation.

Finally, fate has to do with any accidents in life which impinge on either of the two separation-individuation tracks. For example, the separation track might be hit with the mother getting depressed, or sick or even dying. On the other hand, the individuation track in the child might be influenced by fate when the child is hospitalized for a congenital hip problem and has to be in a cast which restricts mobility and therefore the capacity to activate one's own individuation.

So, to get back to your original question, to create a borderline personality, I would ideally start out with a child who has a problem with nature, say a genetic difficulty in either tolerating separation anxiety or synthesizing positive and negative affect. Let's say the child's mother is borderline or otherwise disturbed herself and has to cling to the

It is important for therapists to use their empathy to discipline themselves rather than to take over for patients and thus keep them from doing what they have to do.

child, rewarding regression or discouraging individuation to keep herself from being depressed. This would then be a defect in the area of nurture. Finally, suppose that when the child is between two and three years old, the maternal grandmother dies, causing a deep depression and even more clinging in the mother. So, we have nature, nurture and fate.

Then, to make matters worse, the parents might have a classic borderline marriage contract in which the father, rather than helping the child out of the symbiotic bind, reinforces it by agreeing with the mother that, if she will not object to his distance from the home, he won't interfere with her possession of the child.

EB — What are the most common mistakes therapists make in working with borderline clients?

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