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1984: A Year of International Development for ITAA

By Susan Sevilla,
ITAA Executive Director

As 1984 draws to a close, it is with fondness and satisfaction that I reflect upon our accomplishments during the past year.

The combined ITAA individual and institutional **membership now numbers more than 5,000** including over 4,500 members from 50 countries as well as nearly 800 institutions which subscribe to the *Transactional Analysis Journal*. After a period of rapid growth in the 1970's when the number of members peaked at about 12,000, ITAA has, in recent years, experienced a decline in membership. However we are pleased to report that membership has now stabilized and that our attrition rate for the year to date is only 2.7%.

Of our 5,000 members, nearly **2,000 of them are either already certified or are in training** to be certified in transactional analysis through the Board of Certification. Under the auspices and guidance of the National Commission of Health Certifying Agencies (NCHCA), of which the ITAA is a conditional Class A member, these professionals have the satisfaction of knowing they are taking an important professional step by completing a rigorous training and supervision program which has been highly rated for demonstrating excellence in competency-based training and certification.

In January, 1984, newly-elected President Ellyn Bader picked up from where outgoing President Norman James left off to continue the move toward **internationalization.** President Bader began by inviting delegates from the 30 known TA organizations around the world to join her in Villars, Switzerland for a discussion of the state of the international organization, including problems and needed changes as well as the positive aspects of the ITAA. In addition, a long-range planning retreat has been scheduled for the ITAA Board of Trustees in January, 1985, at which time input from the international delegates will be combined with the hard work and careful consideration of your own elected representatives as they discuss important issues such as structural alternatives for the organization.

The year 1984 also saw an important development in terms of international conferences: ITAA held **jointly-sponsored conferences** with two of our most important regional affiliates. The first occurred in January when months of long and sometimes hard planning came to fruition in the Santo Domingo Winter Congress, which was co-sponsored by the ITAA and the Associacion Latinoamericana de Analisis Transaccional (ALAT). Despite strife in the Caribbean and fluxuations in the international monetary situation which played havoc with Dominican exchange rates, the Congress turned out to be a resounding success, with 200 participants from around the world. Then, in June, a second jointly-sponsored conference took place in Villars, Switzerland, with the European Association of Transactional Analysis joining the ITAA in a successful and rewarding experience for almost 800 conference attendees.

In August, the **USA TA Association** took a step which was important in helping to dispell the image of ITAA as too USA-centered when it sponsored its first US-regional conference in San Francisco (attended by over 250 USA members). AS USATAA takes over the responsibility for holding US conferences, it frees the international association of US concerns and allows us to turn more attention to worldwide TA issues.

Toward this end, an important commitment was made in June to **sponsor future congresses and conferences with other international TA groups**, beginning with the August, 1985 Summer Conference in Toronto, to be co-sponsored with the Canadian Association of Transactional Analysis (CATA). The door was left open for co-sponsorship proposals for future conferences, including a Winter Congress in the Pacific in January 1987, a Summer Conference in Europe in August 1987, and a Winter Congress in Latin America in January 1988.

In addition to the steps taken to promote greater internationalization, 1984 saw many other important developments. The **Eric Berne Fund for the Future** got off the ground in 1984, and has already amassed over $50,000 in five-year pledges from the Trustees alone, a sign of their commitment to the development of TA as an international

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Holiday Greetings

Holiday greetings from the ITAA Staff: (top row from left) Ingrid Mezquita, Executive Assistant; Phil Messier, Comptroller (thoughtfully pondering budget projects for 1985!); Susan Sevilla, Executive Director; Ken Fogelman, Finance Coordinator. (Bottom row from left): Jackie Ward-Flaggs, Director of Credentials and Member Relations; Megan Englander, Conference Coordinator; Robin Fryer, Publications Coordinator. (Not shown): Ben Fernandez, new Publications Assistant and Mail Clerk, was hired after this photo was taken, but he joins us all in wishing you happiness and joy in the New Year!

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Early Days Revisited: ITAA History 1958-1968

As a companion piece to Executive Director Susan Sevilla's year-end review, we thought you might enjoy reading the following historical overview of TA's early days (reprinted from the Transactional Analysis Bulletin, *1968, 7 (25), pp. 19-20). Perhaps reading about the organization's beginnings will provide us all with an important bit of perspective as we consider plans and directions for the years ahead. (Editor's Note: And we know you can all guess the identity of author E.B.!)*

Millions of people in at least fifteen countries are now familiar with the principles of transactional analysis, due to the wide circulation and translation of its literature, and it is likely that 50,000 people have had personal instruction in it during the last ten years from our 500 or so active members. Formal clinical training is now entering its fourth "generation," with students of the original students beginning to train other people. As recounted in the January 1963 issue of the *Bulletin*, the seed for all this was sown on February 18, 1958, when the first formal training session was held in San Francisco with six students attending, although informal discussions had been held for a few years before that at Mount Zion Hospital in San Francisco and in Carmel, California. It is interesting to note that three people from the informal days are still active in the ITAA: Kenneth Everts, M.D., Margaret Northcott, M.A., and David Kupfer, Ph.D., who is now our President.

The first official organization for transactional analysis was called the San Francisco Social Psychiatry Seminars, which was chartered by the State of California as a nonprofit educational corporation in May 1960. By 1963, when the formal Seminars had been in existence for five years, there were 60 enrolled members, mostly from Northern California, but with 12 other states represented. In August of that year, the First Annual Summer Conference was held in Monterey, California, principally to give members from different parts of the country a chance to meet each other. By late 1964 there were more than 250 members from 24 states; and Canada, Costa Rica and England had been added to the rolls. Many of them had no opportunity to visit San Francisco, and being an Affiliate Member of the SFSPS was not entirely satisfactory to people in other cities. For that reason, at the Annual Business Meeting of the SFSPS on October 20, 1964, it was decided to form the International Transactional Analysis Association. This was effected by simply changing the name on the charter of the San Francisco Social Psychiatry Seminars to ITAA, and making some necessary adjustments in the by-laws. The SFSPS thus went out of legal existence, and the San Francisco Seminar became the San Francisco Transactional Analysis Seminar, a branch of the ITAA.

Meanwhile, our publications were becoming more in demand. The *Bulletin* had been established in 1962, and

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1984 (continued)

professional discipline and movement. With a campaign goal of raising $1,500,000, the Eric Berne Fund will establish into perpetuity funds for the sponsoring of research, promoting the use and teaching of TA, building worldwide unity, and supporting professional standards. (Watch the *Script* for a call for grant proposals early in 1985.)

In addition, the ITAA has continued to provide a **full range of services to members** during years of rising costs. Negotiation with Saybrook Institute brought revision and renewal of a five-year lease for office space in the ITAA headquarters building. This brings $3,000 per month directly into operating funds, making us less reliant on dues income. Combined with tight monitoring of the budget and severe limitations on spending, such steps made it possible for us to forestall a dues increase for four years. The eventual dues increase (to be effective on January 1, 1985) is a moderate $5.00 per membership category.

In March, a new **disability insurance policy** was added to our existing range of group medical, supplemental in-hospital coverage, travel, and life insurance plans. Although efforts were made to find a suitable professional liability insurance for ITAA members, we were unable to obtain one due to the broad range of professions and fields of our members and to the diversity of licenses under which we practice. (Members interested in professional liability insurance should address an inquiry to their licensing agency for a specialized policy.)

In June, an important Board decision gave all ITAA **Regular Members the right to vote** in Association elections, without the previously required three-year waiting period. Since Regular Membership is a professional membership level with knowledge of TA required for acceptance, the Board felt that these new RM's were knowledgeable about issues concerning the ITAA and therefore qualified to vote. We hope this new policy will foster increased involvement in the organization.

This year also saw the establishment of the new **Committee on TA in Organizations**, chaired by Gaby Ferreira of Portugal. This new group plans to collect and disseminate information about the ways in which TA is used in organizational settings and to promote the use of TA in organizations. This Committee joins the long-established TA in Education Committee to provide information and networking channels for our members in the special fields applications areas.

One of the little-known resources available to our members is our **Information Services** Department. Each month between 50 and 75 letters, and a similar number of telephone calls, are received from students, clients, and professionals worldwide. Most are interested in our geographical listings of certified TA therapists worldwide, which we make available to interested individuals.

Members consistently cite the *Transactional Analysis Journal*, which offers its readers the latest developments in TA theory, practice, training, and research, as one of the biggest benefits of membership. Rebecca Trautmann continued to do an outstanding job as Editor of the *TAJ*, and staff member Robin Fryer, who has produced the *Script* for nine years, agreed to lend her talents to the publication. Together they reversed a trend toward four-month delays in production to bring the *TAJ* back on schedule. The year began with an exciting special issue on cultural scripts (October, 1983 issue) which symbolized the increased internationalization of ITAA by highlighting the differences between peoples and cultures around the world. A second special issue, on nuclear disarmament (October, 1984 issue), ended the year on a note of renewed commitment to social responsibility. In 1984 alone, 49 authors had an opportunity to share their research and ideas with others through the *TAJ*.

A suitable conclusion to this year-end wrap-up article is to re-introduce you to the **ITAA staff**. (See photo, page 1.) A more dedicated and involved group of individuals couldn't be found. I'm very proud of their hard work and efforts on behalf of the association, without which none of the accomplishments outlined in this message might have been realized.

I look forward with anticipation to the New Year and to the advancement and development of the ITAA as a professional organization.

Are You Listed Correctly?

Remember: the deadline for updates or corrections for the new ITAA International Membership Directory is **February 28, 1985.**

In August, 1985 TA Specialists and other interested people will meet for the

23rd Annual ITAA Summer Conference

Co-sponsored with the Canadian TA Association (CATA)

August 7-11, 1984 ✱ York University - Toronto, Canada

MARK YOUR CALENDARS!

ITAA and CATA will take a historic step in deepening their relationship by joining forces for the rich and stimulating 1985 Annual Summer Conference. We expect a large turnout at this conference, and we will look forward to stimulating presentations by leaders in the field, who will share their expertise and facilitate group discussion on the most current developments in the theory and practice of TA in particular and professional psychology in general. It will be a time of important developments in our two organizations and in the growth of the TA movement worldwide.

The Site

York University is a fully equipped conference center. The campus is only twenty years old, with wide-open spaces and beautiful modern buildings. The Central Square has a wide variety of shops, a bookstore and post office, and full banking facilities. On campus, there are small restaurants and a number of pubs selling alcoholic beverages. Tennis, swimming, squash, and an exercise room are available on campus, as well as a country setting for walking, jogging, and exploring.

The University lies 17 miles from the center of Toronto, and excellent public transportation is available. The site was chosen in part in response to requests for a lower-cost conference. Simple student accommodations will be offered in modern, comfortable, air-conditioned dormitory rooms with "bath down the hall."

Cafeteria-style meals will be served, offering a wide choice of entrees and side dishes, with plenty of vegetarian options.

The York ambiance promises to be conducive to serious learning. The campus provides a retreat atmosphere of seclusion, serenity, and privacy for quiet talks and earnest discussions. Our meetings will take place in university classrooms, theaters, and seminar rooms designed to facilitate learning and ideal for workshops and meetings.

Alternate accommodations are available at the Triumph



Sheraton, located 4½ miles away on Keele Street, with bus service every 10 minutes.

The Program

The ITAA/CATA Joint Planning Committee will choose participants for the scientific program through a combination of blind-review and special invitations in order to ensure that the widest possible range of topics will be covered by international presenters. Over 60 workshops, panels, and papers will be offered in addition to meeting time for Association business, networks, and committees. Three special Pre-Conference Institutes by top-name experts in the field of professional psychology are planned and *will* be announced at a later date.

BOC Examinations and Training Endorsement Workshop

Board of Certification Level I (CM and SFM) and Level II (CTM and SFTM) oral exams will be an important feature of the pre-conference activities. An important post-conference offering will be the Training Endorsement Workshop for Certified Members interested in entering into a Teaching Member contract.

Development Fund Update

Jack and Katherine Dusay to Chair Campaign

Jack Dusay, former ITAA President, and Katherine Dusay have demonstrated their strong support for the Eric Berne Fund for the Future by accepting positions as General Chairs for the campaign. They will contribute their leadership to guide the solicitation of gifts to the Fund and to work with the Distribution Sub-committee on the distribution of funds for new ITAA projects.

The first stage of the campaign for the Fund for the Future was completed this summer with pledges of gifts amounting to more than $50,000 from 1983 and 1984 ITAA officers, trustees and members of the Development Fund Committee. In addition, some ITAA members have also started to make contributions, even before the general solicitation effort has begun.

Contributors to date include: Ellyn Bader, Gloria Balbona, George Barnitt, Charlotte Brown, Edie Bogusky, Harry Boyd, Laura Boyd, Vi Callaghan, Jack Dusay, Katherine Dusay, N. Ente, Patti Falzett, Lucy Freedman, Michiko Fukazawa, Norman James, Suzanne James, Rosanne Lawson, Carol Morris, Pat Novey, Ted Novey, Denton Roberts, Susan Sevilla, Carol Solomon, Abe Wagner, Ed Zerin and Marjory Zerin.

At its meeting in Villars, the ITAA Board of Trustees officially approved the guidelines for the utilization of funds as they become available. The proposed guidelines were published in the April, 1984 *Script*. In addition, a new Fund Distribution Committee was composed of the following current Board members: Richard Abell, Rosa Krausz, Salomon Nasielski and Tom Nissley, who will be coordinator for the Committee.

The Development Fund Committee is now in the process of soliciting members of the Founders Club, which will include those who are willing and able to make a five-year pledge totaling a minimum of $5,000. Several people have already committed themselves to supporting the advancement of TA by becoming members of the Founders Club and the goal is to have fifty Founders before general solicitation occurs next year. If you want and are able to be a member of the Founders Club and are not contacted in the next two months, please call Ted Novey or Susan Sevilla.

In order to prepare for the solicitation of the general membership next year, the General Chairs and the Development Fund Committee are now organizing the Campaign Council, which will consist of forty ITAA members distributed around the world in areas comprising about 120 members each. Each Council member will organize ten solicitors in his or her region who will in turn contact about twelve members each. A solicitation manual will be published for distribution to Council members and solicitors to give full details of the solicitation process. If you are willing to assist us in the solicitation effort as a Council member or a solicitor, please contact the Development Fund Committee, c/o ITAA office.

Family Therapy in Japan

By Nobuaki Kuniya



I practice TA and family therapy in Japan, where the social structure and cultural scripts are quite different from those in the USA and other Occidental countries. The state of the art of psychotherapy and the social recognition given therapists are also quite different. For example, psychotherapy is still being established as a profession in Japan. Psychologists are mainly engaged in teaching or research activities and psychiatrists are primarily biologically oriented, except for a handful of doctors involved in psychoanalysis and Japanese-style therapies, such as Morita therapy and Naikan therapy, which have their roots in Buddhism. Psychosomatic medicine is being pioneered by some physicians who are interested in a holistic approach to health (Aoki, Ikemi & Ikemi, 1982).

Is Japanese Culture Compatible with TA Concepts?

While many experts have pointed to the unique characteristics of Japanese culture, some research results reflect aspects of the culture which do not seem compatible with key TA concepts. For example, Chie Nakane, an anthropologist, describes Japanese society as a "vertical society" in contrast to the "horizontal society" of most Western countries (1970). She states, "For a variety of reasons it is difficult for a Japanese to establish operational contractual personal relations" (p. 80). Caudill and Weinstein's (1969) study indicates that, unlike American mothers, the Japanese mother sees her children as autonomous when they are first born. She then tries to discipline them towards mutually dependent behavior. Takeo Doi (1971), a psychiatrist, analyzed the peculiar mutual dependency process among the Japanese and labeled it "amae," or "symbiotic desire to be passively loved." He shows that this basic mentality extends throughout the life of an individual as well as in the larger society in Japan.

Initially, I was perplexed by the discrepancies between some of these research results and certain intuitions of my own. I had a hunch that TA's concept of autonomy was, indeed, applicable for Japanese clients. Therefore, I began to study what can be attributed to cultural differences and what effect these differences make in the context of psychotherapy.

Multidimensional Cultural Patterns

First of all, I was impressed by the multidimensional nature of cultural patterns. Some years ago Spiegel (1971) suggested four basic value orientations to consider in differentiating cultures: man-nature relationships; temporal focus (past-present-future); modalities of human activity; and man's relationship to other men.* More recently, Hofstede (1980) gathered empirical data from 40 countries and then proposed four dimensions for use in comparing cultural patterns: uncertainty avoidance, power distance, masculinity, and individualism. Using Hofstede's dimensions, Japanese cultural patterns can be characterized as having high uncertainty avoidance, medium power distance, high masculinity and low individualism.

Secondly, I was interested in the location of a culture in the larger context of human relations. In this sense, Pearce and Cronen's (1980) model of "hierarchically organized meanings" was helpful. Their communication theory differentiates six different levels of communication: content, speech acts, episodes, relationship, life scripts and cultural patterns. Thus, I learned to be aware of the subtle and indirect impact of cultural patterns on human interaction.

For instance, I frequently failed in my attempt to confront "discounting" when a client was speaking from the traditional "humility" paradigm. After developing an awareness of my "counter-culture script," I could more easily stroke "virtues" which have been long-cherished in Japan, virtues such as humility, obedience to elders, the functional differentiation of men and women, and passivity in the Wu-wei paradigm. At the same time, I was still able to distinguish pathological discounting and passivity.

Case Example

To illustrate what I am saying, I will present a brief case example. A 13-year-old boy had an eating disorder similar, but not identical, to anorexia nervosa as defined by DSM III. After a 22% weight loss, he was hospitalized for a month and recovered. However, on his return home, he again refused to eat, especially in the presence of his father. The boy's twin brother and a sister three years younger showed no symptoms.

Father came to me for a consultation. A business executive from an Asian country, he had been in Japan for many years and had married a Japanese woman. He spoke perfect Japanese at home and thought he had adjusted well to the culture. However, after talking with him briefly, I had a hunch that he was using the same kind of strict methods of discipline with his children as he had experienced in his country of origin. Also, I sensed a "counter-culture script" in his extraordinary attempt to behave like a Japanese man.

Since the boy did not want to come, I had a marital session with the father and his wife. Mother was a typical obedient Japanese wife with a strong "Please Me" driver. It was not difficult to hypothesize that the boy's refusal to eat was a message on his mother's behalf which suggested the need for father to change his behavior. I stroked father's authority and enthusiasm for solving the problem and mother's humility and loving concerns. I also informed father that in the Japanese family of today, there may be different discipline practices than what he experienced in his childhood. I added that his wife might be a valuable resource person in this regard, but that since she was so humble, she might refrain from speaking up if she thought it would be in opposition to him.

The father was quite shocked by this idea because he thought his wife was open with him about how she felt and that she was satisfied with his behavior. As he began eliciting her opinions, he discovered that she was unhappy about his critical disciplining of the children. In order to facilitate the creation of a coalition and mutual communication between the parents, I prescribed that they attend a two-day course on TA. This course, and the single marital interview, changed the atmosphere in the family entirely. Father's behavior became more flexible and he began to seek information from his wife. The boy began to eat and reached normal weight in a couple of months.

Conclusion

As I've demonstrated, my method of therapy is based on an integration of TA and systems theory. While TA is useful in clarifying interpersonal relationships and in redecision around life scripts, systems theory helps me apply TA in specific situations in Japan since it provides viewpoints from larger contexts.

In addition to the process within a family, I pay attention to the sub-cultures within Japanese culture which form a field surrounding the family. For example, I often deal with families suffering from cultural conflict in which the children operate on the basis of counter-culture scripts, trying to be even more individualistic than average Americans, while the parents attempt to maintain traditional values. In such situations, clarification of each sub-culture is useful. Often family members can begin to appreciate the positive implications of such conflicts as a step in creative development.

Culture is not static; it is a dynamic process. While Oriental cultures in general may have a relatively slow pace of development, they are changing. I find it fascinating to apply TA and family therapy in such circumstances, with an ever-changing panorama of cultural patterns and the opportunity to utilize full synergy in bringing about change.

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** Editor's Note: We assume Spiegel is referring here to all people, not just men.*

Nobuaki Kuniya, MA, is pioneering the use of family therapy in Japan. Currently he works as a senior psychologist at a research and consultation organization called JTB Foundation. He also does clinical work at the neuropsychiatric department of Tokyo University. He is a member of the Japan Psychological Association as well as Vice-President of the Japan TA Association for Special Fields.

Reminder: The next issue of the *Script* will be a combined January-February issue, which will be mailed in early February. Please plan accordingly if you wish to advertise in or write something for the newsletter. Have a good holiday season and we'll see you all in the New Year!

TA Conferences Worldwide

January 9-12, 1985: ITAA Winter Congress, San Antonio Texas, USA. Contact: ITAA, 1772 Vallejo St., San Francisco, California, USA 94123; phone 415-885-5992.

March 17-22, 1985: Southeast Institute Conference, Myrtle Beach, South Carolina, USA. Contact: Chellie Joines, 103 Edwards Ridge, Chappel Hill, North Carolina, USA 27514; phone 919-929-1171.

May 3-5, 1985: Third Annual Renewed Mountain States TA Conference, Salt Lake City, Utah, USA. Contact: Laura Root, 3568 Eastwood Dr., Salt Lake City, Utah, USA 84109.

May 21-25, 1985: IX Latin American TA Congress (CONGLAT), Bahia, Brazil. Contact: Eliana Dumet, Alameda Campimirim 14., 40,000 Salvador, Bahia, Brazil.

June 24-29, 1985: Primer Congreso Peruano AT, Lima, Peru. Contact: A. Horna, Av. de la Emancipacion 549, Lima, Peru.

July 7-13, 1985: Eleventh Annual European TA Association Summer Conference, Barcelona, Spain. Contact: Avda. de Madrid, 133-1 Barcelona, Spain; phone (3)330-44-27.

August 7-11, 1985: International Transactional Analysis Association-Canadian Transactional Analysis Association Joint Summer Conference, Toronto, Canada (York University). Contact: ITAA, 1772 Vallejo St., San Francisco, California, USA 94123; phone 415-885-5992.

October 17-20, 1985: 5th Australasian TA Conference, Christchurch, New Zealand. Contact: Peter Reid, 50 Connaught Tce, Wellington 2, New Zealand.

January 1986: International Transactional Analysis Association Winter Congress, Orlando, Florida, USA. Contact: ITAA, 1772 Vallejo St., San Francisco, California, USA 94123; phone 415-885-5992.

August 1986: International Transactional Analysis Association Summer Conference, San Francisco, California, USA. Contact: ITAA, 1772 Vallejo St., San Francisco, California, USA 94123; phone 415-885-5992.

1986: Federacion Espanola de Asociaciones de Analisis Transaccional Conference, Alicante, Spain.

MEMBERS FORUM

Nuclear Lunacy

Dear Editor:

Thank you for publishing Joanna Macy's article on nuclear despair. I fully support Joanna's call to discuss the nuclear issue, particularly now that the latest calculations suggest that the captain of a single nuclear submarine may have the power to commit suicide on behalf of our whole species. Her suggestions for dealing with clients with nuclear anxieties are very useful.

However, I do not support her statement that "The bomb is a given. We learn to live with it . . . . " I think it is vital that we all do what we can to bring the nuclear powers to their senses.

I live in New Zealand. We are small (only three million people), isolated (1200 miles from Australia, our nearest sizeable neighbor) and a very good friend of the United States. However, we are also strongly opposed to nuclear lunacy, and we believe that we *can* do something about it.

Over 60% of New Zealanders live in districts which their elected Councils have declared to be nuclear free zones. In our last election, with more than 80% of our adults voting, we elected a government dedicated to keeping New Zealand free of nuclear weapons and nuclear reactors.

The Russians have said they will respect our wishes and keep their warships out of our territorial waters. The USA says it is vital for its ships to come here. We don't believe this. We have had only 11 visits by US warships in 13 years and these were for rest and recreation. It feels to many of us as though big brother, whom we thought was a friend, is turning into a bully.

If there is anything your readers can do to support our stand, we will be grateful. And one thing we can all do is to declare our country, state, county, house or at least our own room, a nuclear free zone.

Gordon Hewitt, PhD, CPTM

Back Issues of TAB/TAJ Available

Dear Friends:

We were both formerly therapists and members of ITAA and have copies of back issues of the TA *Bulletin* and TA *Journal* which we would like to donate to some worthy individual, group, organization or institution. Our collection covers the beginning of the *TAB* through the October, 1980 issue of the *TAJ*, with some overlap.

We would like to hear from anyone who has an idea of where we might send these back issues.

Sincerely,
David Mitchell and Lisa Giles
1120 Lovel Ave. NW,
Winslow, WA 98110

Editor's Note: How about this set being donated to a library in need? That way the largest possible number of people might benefit. Please write David and Lisa to let them know your suggestions for this generous offer.

Proposal Selection Process

Dear Members,

I am writing this letter to give you some information about the blind review process for presentation proposals at conferences and to encourage all of you to take a more active part in the conferences in any of several capacities.

At this time much work is being done and many plans are being made to bring you some of the most dynamic, challenging and stimulating conferences we have ever presented as an organization. I am excited about the possibilities open to us to make our conferences challenging and educational as well as fun, relaxing, and energizing.

In light of this, and as we are preparing to make the program selections, I thought it would be good to share with you my thinking on this subject and to enlist your understanding, support, and input.

ITAA is a diverse group with many different interests and needs. What I think we all have in common is a desire to come away from conferences having really had our minds stretched and with something we can take back to our practices and to our daily lives. One of our first criteria, therefore, in the selection of presentations, is that they be intellectually stimulating, professionally sound, well-organized, and dynamically presented. Where possible, we judge on the basis of previous presentations and the feedback we have gotten both from formal evaluations and by word-of-mouth.

Once we have established, as much as possible, that a proposed presentation will meet the first set of criteria, we subject it to other considerations. If ITAA is co-sponsoring a conference with a national or regional TA organization, we must share the available scientific program spaces on an equitable basis. Next, we want to provide presentations of special interest to our clinical, educational, and organizational members. We also need to consider the geographical origin of our presenters so that we fairly represent our wide international membership. Finally, we want to balance experienced TA people who have established a reputation for good presentations with newer members who have not yet had a chance to develop and become known in the context of formal presentations.

With all of these varied needs to meet, we will obviously have to disappoint some people, and for this I want to apologize and offer what I think is a partial solution. We are going to schedule networking groups in a number of special-interest areas, facilitated by one or more experts in that particular subject or area. I would like to urge you to make these network meetings a significant event — a place where members will have a chance to be heard, to get recognized and known, to share ideas, and to meet with other members who share special interests. In Santo Domingo last January we had the experience of truly enriching, community-enhancing events of this kind, and we think this method of expanding our program can be quite rewarding.

The Program Committee wants both to meet the current needs of our members and to generate more demand for a scientific program which is professionally enriching to even our most advanced members. Please give us your feedback: Let us know how we are doing, give us your ideas for ways in which we can make the conferences work for you. In other words, help us do our best for you.

Sincerely,
Brenda Bary
Program Committee Co-Chair

Bozeman Memorial

Dear *Script:*

I was shocked to hear of the recent death due to a massive coronary of Wilfred Bozeman, my trainer for the CM exam.

Since Wilfred was a kick-back, retiring sort of guy who did very little self-promotion, I think very few people knew exactly how good he was and what a loss to the TA and psychotherapeutic community his death is.

I was originally very reluctant to work with Wilfred, both because he lived over an hour's drive from me and because he had a PTM trainee who lived much closer whom I was quite willing to have as my trainer. However, Wilfred insisted I meet with him, which I did under considerable protest. I immediately communicated my displeasure at the situation, but Wilfred's response seemed to be that of someone who was in no hurry and who was not provoked by what I said. In other words, he didn't bite, leaving me unsure about what to say or do.

For an hour and a half after that, during the course of whatever personal and clinical material came up, Wilfred's brilliance and genius just blew my mind. It was a WOW kind of experience. He just sat back, nice and easy, never made too much of anything he said, but totally enjoyed the experience.

By the end of the time, it was clear to me that I was in the hands of precisely the right TM for me and someone whose clinical skills, quite frankly, astounded me. I looked him square in the eye and said, "I've changed my mind. I'll make the drive and I want to train with you." He just had an easy smile, as if it was no big thing and began talking about the conditions of the training.

His training was experiential in that TA knowledge was discussed in terms of the tape supervision or personal experience at hand. He made it fun and easy to remember by teaching that way. After training with Wilfred, I knew the material because it was part of my experience.

I saw Wilfred time and again turn around impossible-looking situations in the most loving and humorous ways. He was the sort of character you just couldn't help but love, even if strokes weren't your bag. Even as I write this, I have broken into laughter several times thinking of the mischievious child in the great man and the great trainer. It was a privilege to have known him.

Len Bergantino, EdD, PhD, CM

Exam Readers Appreciated

On behalf of the Board of Certification, I want to thank and recognize for a job well done those people who have repeatedly donated their time and expertise in the process of reading Level I Written Examinations. Their skill and dedication is vital to maintaining the training standards of ITAA. So, special thanks to: Brenda Bary, Laura Boyd, Maggie Callahan, Wayne Carpenter, Fred Clark, Jean Clarke, Denise Coburn, Sherry Dimmer, Patti Falzett, Julie Firman, Margery Friedlander, Landy Gobes, Rick Hamrick, Joy Hoenig, Fred Hufford, Ira Kalina, Rosanne Lawson, Bruce Loria, John McNeel, Tom Nissley, Pete Pearson, Ilka Peck, Denton Roberts, Carol Solomon, George Thomson, Marty Walrath and Marilyn Zalcman.

Harry Corsover
BOC Written Exam Sub-Committee

Trustee/Officer Nominations

The Nominating Committee is currently accepting nominations for Board of Trustees and officer candidates for the 1985 election.

Since the President-Elect is being chosen in 1984, the remaining officers to be elected next year include: Vice-President, Secretary and Treasurer. There will also be eight additional openings on the Board of Trustees.

If you want to place a name in nomination, please contact the individual you are nominating to confirm their willingness to serve if elected and then send the individual's name to Nominating Committee Chairperson Jeff White, 17 Lifford Road, Floreat Park 6014, West Australia.

The **deadline for nominations is April 1, 1985.**

Scientific Award Nominations

ITAA members are invited to submit nominations now for the 1985 Eric Berne Memorial Scientific Award. The award was established in 1971 to honor and perpetuate the memory of Eric Berne's scientific contributions.

The deadline for nominations is December 31, 1984. This will allow the Editorial Board time to consider all nominations at their meeting during the Winter Congress in San Antonio in January.

Ballots will be mailed by April 1, 1985 and must be returned to the ITAA office by July 1. These dates have been chosen to allow adequate time for all ITAA members around the world to vote.

The award is given to the originator of a scientific concept. Each recommendation must include a one- to three-line statement showing how it qualifies as new theory and is thus eligible for the award. Please also include the nominee's name and the publication reference.

Rebecca Trautmann, RN, MSW
TAJ Editor

ITAA History (continued)

began to grow thicker. In order to make our text books more available to our members, Transactional Pubs was set up in January 1964. Articles on transactional analysis began to appear in other journals. New branches came into being, particularly active ones in Sacramento under G. Haiberg and T. Harris and in Carmel under R. Goulding and D. Kupfer, both of which formalized their teaching activities into Institutes. A third Institute was formed in Berkeley by K. Everts and C. Steiner. At present there are 9 Seminars affiliated with the ITAA, and 8 Study Groups. The Membership List included in this issue of the *Bulletin* contains the names of 350 members from 33 states and 7 countries, of whom 11 are Clinical Members qualified to practice transactional analysis, and 33 Teaching Members qualified in addition to teach it.

In order to take care of the increasing amount of administrative work, it became apparent that a full-time secretary and a headquarters office would be necessary. The first organizational secretary was Viola Litt Callaghan, then a student at San Francisco State College. She handled without pay all the administrative work from the very first meeting of the San Francisco Seminars in 1958, and has attended almost every meeting of the San Francisco Seminars since then. Presently she is the Secretary-Treasurer of the ITAA. The first paid secretary was Anne Garrett, who worked part-time to handle the affairs of the organization. When the headquarters office opened at Fourth and Junipero Streets in Carmel on July 1, 1966 ("New Headquarters of the ITAA Hurrah!" as the *Bulletin* put it), Gwen McEwen was appointed full-time Executive Secretary, and has held that position ever since, combining it with her studies at Monterey Peninsula College.

All this is interesting as a matter of record and nostalgia as the President makes preparations for the Sixth Summer Conference to be held this summer, but even more interesting is the "cultural" growth of the ITAA: the camaraderie, the use of a common vocabulary, the glass of beer for the Child after a strictly Adult scientific meeting, and the rock and roll graduation parties after a course is completed. All this becomes more attractive as necessary formalities, such as Examining Boards and Executive Congresses, require hours of hard work on the part of members of the Board of Trustees. In this connection, it may be noted that the first Executive Congress took place in Carmel in 1964 and there have been two per year since. The Examining Board was instituted in 1966 to screen applicants for Advanced Membership.

Another interesting development is the appearance of "hardware": the first was a key chain with a PAC fob made for E. Berne by an inmate of a correctional institution in California. Next were a "golden apple" and a "trading stamp tree." The first formal hardware to appear were silver pins presented to the women who acted as hostesses and manned the desks at the Summer Conferences. Next was the Games People Play game devised by the San Francisco Seminars in order to earn money for research, and commercially produced by ALPSCO, a large commercial manufacturer of board games. Further developments in this field are highly individual: one of our members designed a three circle wedding ring for his bride, with a diamond in the Child circle; another, a pendant for his wife; and a third has our symbol on some doorknobs.

Thus transactional analysis in the space of ten years has evolved its own complete indigenous culture, with its own traditions, etiquette, character, contract, and artifacts. Best of all, any professionally qualified person can become a member of this circle if he applies himself conscientiously to learning how transactional analysis works, so that there is no cultishness or exclusiveness. E.B.

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KEEPING IN TOUCH



(From left) Maggie White, Gail Broady, Jan Grant and Jeff White at a meeting to discuss the formation of the Western Pacific Association of Transactional Analysis and to plan for the January, 1987 ITAA Conference in the Pacific.

Wedding bells sound for Carla Haimowitz - congratulations to Carla on her September 2, 1984 marriage to Fred Hill. The ceremony was performed by none other than Muriel James! Besides sharing wedded life, Carla and Fred work with couples and families with teenagers in the San Francisco Bay Area.



Marjory Zerin, PhD and Ed Zerin, PhD, with participants from their successful September seminar on the "Q" Model. Over 60 participants from the USA, Europe and the Far East (including 30 US Air Force Social Action Personnel and 30 US Air Force chaplains) gathered in Westlake Village, California for the two-day workshop on personal, marital and family stress.

Dialogue with Masterson

At the upcoming 1985 Winter Congress in San Antonio, Texas, one of the highlights will be a panel discussion between Conference keynote speaker James Masterson, MD, a specialist in the treatment of borderline disorders, and three ITAA members who also have expertise in this area. According to panel moderator Richard Erskine, PhD, the discussion will focus on differences and similarities between transactional analysis and psychoanalysis in working with individuals who have borderline conditions.

Having presented information about Dr. Masterson's background and experience in previous issues of the *Script* (August and October, 1984), we want to also highlight some of the expertise of the other panel members. Besides moderator Richard Erskine, PhD, the panel members include Carlo Moiso, MD; Carol Ann Ryser, MD; and Ken Woods, MS.

In addition to serving as panel members, Dr. Moiso, Dr. Ryser and Ken Woods will, along with additional presenters David Kline, MD, Salomon Nasielski and Edward Zerin, PhD and Marjory Zerin, PhD, each present a three-hour workshop on Saturday which will focus further on working with individuals with borderline conditions. These workshops comprise the clinical track of the scientific program; additional workshops in organizational/educational and transpersonal tracks are also planned.

The Friday afternoon panel promises a stimulating follow-up to Masterson's Thursday evening keynote speech, "From Struggle to Fulfillment," and his all-day Friday workshop, "Psychotherapy of the Borderline Patient: A Developmental Approach." We look forward to a broad and open discussion between Dr. Masterson and the panel members and encourage you all to sign up now to attend the conference so that you won't miss this special event.

Richard Erskine, PhD, Institute for Integrative Psychotherapy, New York.

Dr. Erskine uses a transactional and ego state model in the early stage of treatment of the borderline condition to help the client change a cyclical pattern of angry acting-out behavior which is a defense against the anxiety of the memory of early childhood needs for contact that were not met. A second stage involves the use of transference in a consistent, reliable relationship to assist the person in full, healthy functioning in life today.

Carlo Moiso, MD, Direttore Didactico, Centro Studi e Ricerche per l'Integrazione Psicoterapica, Rome, Italy

Dr. Moiso describes his treatment of the borderline condition as making use of the analysis of transactions and games to explore transference, the patient's child experiences and the projected "perceived" parent that the child incorporated during the attachment and detachment phases of development.

Carol Ann Ryser, MD, Board Certified; Fellow, American Academy of Pediatrics; Mid-America Training and Reparenting Institute, Kansas City, Missouri.

Dr. Ryser uses a reparenting model in the treatment of borderline and schizophrenic conditions. Her approach involves working through the early abandonment and replacing the neglecting parent with a consistent, reliable new parent.

Ken Woods, MS, private practice of psychotherapy, Seattle, Washington.

Ken Woods describes his approach as long-term treatment with the initial stage focused on increasing the Adult self-concept and the second stage focused on early developmental issues, with particular emphasis on problems of separation.



Richard Erskine, PhD



Carlo Moiso, MD



Carol Ann Ryser, MD



Ken Woods, MS

New Trustees to Join ITAA Board

We are pleased to welcome the following seven people to the ITAA Board of Trustees. We wanted all of them to have an opportunity to express their reactions upon the occasion of their election to the Board and also to provide you, the members of ITAA, a chance to get to know them a little better. Each of them has been elected for a three-year term. In addition, Peter Pearson was elected by the Board in June to fill a two-year vacancy created when John James resigned and one additional trustee (for Region V - USA) will be chosen by the second election balloting, which will be completed December 14, 1984.

Michiko Fukazawa, MSW, CPTM (Region I - Pacific)



I am honored to be given an opportunity to serve on the ITAA Board of Trustees.

Recently I toured the USA as a member of the Japan Caravan, a group of "concerned Japanese citizens working for the betterment of US-Japan relations." It was an exciting, rewarding experience by itself and also gave me new insight and a heightened awareness about the impact and importance of "direct dialogue." It also provided me with an opportunity to come to grips with the significance of appealing to a larger audience. Sharing information, gathering data and comparing notes on the basis of personal, human and direct contact seem to be a "must" in dissipating misunderstanding and the resulting conflicts.

In Japan I have been actively involved in promoting TA concepts through teaching, writing, translating, presenting workshops, mass media, and have given many TA 101 courses. I am an associate professor at St. Marianna University School of Medicine and I also head the Social Service Department at the University Hospital. I have served on the Board of Trustees of the ITAA and the Japan TA Association, as a member of the *TAJ* Editorial Board and am currently on the ITAA Finance and Training Standards Committees. I want to bring to ITAA an international "flavor" that might add a new dimension to the already existing, unique characteristics of our organization.

Jenni Hine, MA OT, CM (Region II - Europe)



I am greatly honored to have been chosen to serve as one of the representatives of the European region on the ITAA Board of Trustees, particularly at a time when internationalization and long-range planning are important issues in the organization.

I hope to be involved in the shaping of ITAA as a respected, worldwide, professional association which links and coordinates national, regional and individual associations and members. The professional recognition of TA throughout the world seems to me to be a necessity for TA practitioners and I believe ITAA and the regional and national associations should continue to make every effort possible towards achieving this goal.

As the European coordinator of the joint ITAA/EATA (European TA Association) Conference in Villars, general secretary of the EATA Council and secretary of ASPAT-SR (French-speaking section of the Swiss TA Association), I hope to contribute my experience and time to the work of the ITAA Board of Trustees.

Gloria Noriega, MA, CTM (Region IV - Latin & Central America)



Thank you to everyone who voted for me. I am very happy and proud to be a new member of the Board of Trustees, both because I care about ITAA and because I want to contribute to the vision of the future of our organization.

I live and work in Mexico City through Instituto Privado de Analisis Transaccional (IPAT), which I co-direct with Emilio Said. At the Institute we do training, treatment, workshops and courses, most of it together. We also travel frequently to do workshops in other states of the Mexican Republic and occasionally outside the country.

My main interest is for ITAA to continue becoming more international and to have good communication between the members and the organization so that we can be aware of each other's needs and ways to satisfy those needs. I also want to promote spontaneity and other options so that people around the world can feel the warmth, love and respect between TA people.

Alan Jacobs, MSW, CTM (Region V - USA)



I'm very grateful that a percentage of the ITAA electorate selected me for a third three-year term on the Board of Trustees. I see my major function on the Board as continuing to ensure that ITAA legislation is fair for all members in the hierarchy. This includes being aware of such things as retroactive training requirements, placement of conferences, the availability of TA education for everyone, and the thoughtful use of power.

I've been an ITAA member for 14 years, a Clinical Member for 12 and a Teaching Member for 8. I maintain a private treatment and training practice in Chicago, Illinois and have served as Chairperson of the Social Action Committee twice, the Grievance Committee once and as a member of various other committees, including the Long Range Planning Committee. I have a continuing interest and involvement regarding the relationship between what happened at places like Auschwitz and our modern world.

I think our task in ITAA now is to truly legitimize the marvelous system of TA in terms of the rest of the professional world and to ensure its establishment as a viable, respectable social and psychological theory.

Mary Goulding, MSW, CTM (Region I - USA)



Thanks to those who elected me. I look forward to the long-range planning aspects of ITAA. I see our future in the "one world" concept and hope we'll attract members from all countries. I am excited that ITAA Certified members are teaching in Eastern Europe and visiting therapists in Russia. I am interested in hearing ideas for using TA to increase world understanding and in ways of promoting TA everywhere.

My field is psychotherapy. I love its art and mystery and am often amazed to earn a living doing something so fun! I feel the same about ITAA — imagine doing something this fun!

Denton L. Roberts, MDiv, CSFTM (Region V - USA)



My major commitments are to fostering health in ITAA through openness to members' needs, building a worldwide TA community that will be respected by the therapeutic professions, and strengthening our awareness of the human community. We can encourage scientific investigation into the pathology of organizations and societies by being an international association that nourishes and nurtures individuals. By dealing sensitively with our own issues, we can demonstrate that an organization based on human "okness" can solve problems and make decisions in peaceful and non-violent (non-violating) ways.

Rebecca Trautmann, RN, MSW, CTM (Region V - USA)



Thank you for the trust and confidence you have placed in me by electing me to a second term on the ITAA Board of Trustees. Recognizing that we are in a time of change, which often brings fear and turmoil, I will address the issues sensitively and with a goal of oneness, rather than separateness. I welcome your letters, letting me know your wishes and dreams for this organization, so that I can represent you to the Board.

Incest (continued)

Social Skills - During long-term abuse, the child was usually actively discouraged or even forbidden from spending much time with peers. Therefore, it is important to teach social skills at the emotional developmental level of the child, which may be very young and is often at the age when the abuse began. In addition, these children often need to learn to play.

Appropriate Family Interaction - Anger, fear, autonomy and confusion between nurturing and sex are all difficult areas for these children. They need to be given repeated information for their Adults about appropriate family interaction and healthy Parent roles.

Issues for the Therapist

It is imperative that therapists who work with these children be clear about their own personal issues involving sexuality and that they understand fully that sex between therapist and client is not only illegal, unethical and unfair, but that it is a terrible abuse of power. It is also important for them to have sufficient and accurate information so that they do not support erroneous beliefs or overreact with shock and anger. I think it is also vital for these therapists to have both professional and personal support systems through which to exchange information. We need all the self-care techniques we know to keep ourselves from being depleted when we work with these clients.

Prevention

Consistent effective prevention techniques are badly needed. We need to teach parents and parent-figures to tell children that unhappy secrets should *not* be kept and that talking about their bodies and their feelings is healthy. We need to respect the sanctity of children's bodies and to encourage them to say "no" to any violation of that sanctity that is not in their best interests. For example, they may need a tetanus shot or a cavity filled (and this can be explained openly and is not "secret"), but they should be able to refuse to be kissed, pinched or fondled when they do not want it. Children also need to be taught that they can scream or run and that they do not have to be polite to adults who abuse them. We need to let them know that they can talk to us about anything; this is particularly important with boys since they report even less than girls and receive much less peer support when they do. We also need to teach them how to determine who and when to trust. The fact is that sexual abuse cannot co-exist with openness.

School, church and law enforcement agencies need basic training in how to react to a child's revelations and also what community resources are available for responding to such situations. General education for prevention of assault and general self-protective behaviors need to be presented in terms of safety as well as be included in sex education curricula. A young child needs to know how he or she can effectively say "No" to someone who proposes sexual behavior with them and that they can tell their parents and be protected, as much as they need to know what to do in case of fire or how to cross a street safely.

We need to stop deluding ourselves that sexual abuse is not something that can happen to the children we know and care about. We are still living with a cultural heritage that sees children as having few rights. We verbalize concern for children, but we also need to protect and cherish them well.

But the young, young children, O my brothers
They are weeping bitterly!
They are weeping in the playtime of others
In the country of the free.

Elizabeth Barrett Browning -
The Cry of the Children

Phyllis Sweet, MS, is an ITAA Clinical Member, a school psychologist, and a consultant to the Milwaukee, Wisconsin public schools who also maintains a private practice specializing in helping survivors of sexual assault.

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EXAM CALENDAR

Exam	Exam Date	Location	Application Deadline
Level I (CM/SFM) Exams	January 10, 1985 March 16, 1985 July 7, 1985 August 8, 1985	San Antonio, Texas, USA Myrtle Beach, South Carolina, USA Barcelona, Spain Toronto, Canada	November 30, 1984 December 17, 1984 April 8, 1985 May 10, 1985
Level II (CTM/SFTM) Exams	January 10, 1985 July 7, 1985 August 8, 1985	San Antonio, Texas, USA Barcelona, Spain Toronto, Canada	November 30, 1984 April 8, 1985 May 10, 1985
Level I (CM/SFM) Written Exam	March 8 or 9, 1985 July 12 or 13, 1985 November 8 or 9, 1985	Location to be announced Location to be announced Location to be announced	December 7, 1984 April 12, 1985 August 8, 1985
Training Endorsement Workshops*	January 13-15, 1985 July 14-17, 1985 August 11-13, 1985	San Antonio, Texas Barcelona, Spain Toronto, Canada	November 12, 1984 April 15, 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.

October New Members

New Members	Sponsors
Michael P. Andronico, Ph.D.	Mary Goulding
Jan Bacon, M.S.W., L.C.S.W.	Laura Root
Elizabeth Chrichton, B.A.	—
David J. Farrar	Gail Broady
George Garrett	Vann Joines
Algund Hermann, Ph.D.	—
Beverly Hornby	Anthony White
Deborah M. Mainiero, M.S.W.	Bill Cornell
Kevin H. Moore, M.S.W.	—
J.H. Morgan, B.A., M.Th.	Mary Goulding
Jay Rubin	Bill Cornell
Lorette Schneid, M.A.	James Koelsch
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Sandra G. Landsman, Ph.D
34316 Thornbrook Drive, Farmington Hills, MI 48018
Balance due at the start of the workshop.

Treatment and Prevention Issues in Sexual Abuse of Children



By Phyllis Sweet, MS, CM

Sexual abuse of children has reached epidemic proportions. For example, in the United States, estimates are that 10-15% of all families are involved in incestuous relationships; one in four girls is sexually abused in some form (including exhibitionism, inappropriate touching, incest or rape) before the age of thirteen; approximately one in ten boys is similarly affected; and in 75-80% of sexual assault cases against children, the child knows the assailant. In addition, rape is the fastest growing and most under-reported crime.

These are frightening statistics and they deal only with the cases that have been reported. My own clinical experience suggests that only about 10% of females and 5% of males report incidents of actual abuse to legal authorities or, for that matter, to any adult.

Myths About Childhood Sexual Abuse

With these kinds of statistics, it is not surprising that the initial reaction of most people, including therapists, is one of denial. We cling to myths most of us hold in our store of Parent opinions and frequently do not stop to do a reality check until confronted with a situation that challenges our belief system.

These myths include the following:

Myth - Most assaults are committed by someone the child does not know. (In fact, only 15-20% of assailants are unknown — so much for our Child image of an unkempt, disreputable old man with a bag of candy.)

Myth - The strongly religious family will not have this problem.

Myth - Sexual abuse does not occur in families with higher socio-economic status and education.

Myth - Both sexes are equally guilty of assaulting children. (Actually, 90% of assaults against both boys and girls are committed by men.)

Myth - Usually only one child in a family is assaulted.

Other wide-spread myths derive from distortions of psychoanalytic theory. One is that the mother in the family generally or always colludes in sexual abuse. Sometimes this is true; frequently it is not. In addition, according to Florence Rush in *The Best Kept Secret* (1980), Freud himself appears to have discounted or denied the possibility that this kind of abuse was widespread; he dealt with this kind of material from his patients by developing the theory of Oedipal fantasies. While such fantasies undoubtedly exist; it is important to take seriously any child who graphically describes sexual activity with an adult.

Warning Signals

As responsible adults, we may often be aware of warning signals, but do not ask the questions that would elicit information about abuse; we have Child fears of not knowing what to do it we do find out, we do not want to believe or learn that someone we know and even like may be a perpetrator of such abuse, and we often feel overwhelmed by the frequency of the problem.

However, it is important for us to know the signs. They include sudden personality changes, drawings that show more sexual knowledge than is appropriate for the age and cultural background of the child (different ethnic groups impart different Parent values to their children), excessive fatigue with no apparent physical cause, a family where there is an absence of appropriate or reasonable parenting and where one child consistently receives extra privileges (the symbiosis is usually between the father and daughter with the daughter's Parent taking care of the father's Child), a history of alcoholism and/or violence in the family, and elective or selective mutism in the child. If several of these indicators are present, the child should be asked outright if someone is touching him or her in inappropriate ways.

Role of Adults in Responding to Child Sexual Abuse

Often adults are reluctant to ask children such questions because they fear instilling an idea in the child's mind, frightening the child or eliciting an untruth. In actuality, if abuse is not occurring, the child will merely give a negative response. If it is happening, the child may say so directly or give cues with body language. Children rarely lie about such things; false reports occur only about 4% of the time. And, even if the report is false, it is still an indication that the child and the family are in need of help.

The reaction of the first person in whom the child confides is crucial in terms of legal proceedings, stopping the abuse and the psychological recovery of the child. It is important for adults to respond seriously, to listen carefully and sympathetically to what the child has to say, to communicate that they understand the child is hurt and confused, and to give the child the feeling that they are strong enough to provide protection and healthy nurturing. If the child is greeted with disbelief, horror or even visible anger at the perpetrator, he or she will often refuse to discuss it further and, if that happens, the abuse will probably continue.

It is important for a therapist working with child sexual abuse victims to react from the Adult and then Nurturing Parent. These children need to know they have permission to talk about anything and not to feel as if they are bad. They need to be listened to respectfully and sympathetically and reacted to much in the way you would react if a child described being badly hurt in any way. The therapist needs to remember that the perpetrator is often someone who still matters in the child's life and that the youngster is therefore usually ambivalent. It is also important to keep in mind that the child is a member of a family system and needs to continue to function in that system whatever legal or therapeutic action is taken.

Excessive probing for "the truth" should be avoided. In the USA, all states have legal machinery for investigation and "proving" the abuse is the job of the authorities.* Since in most states it is now mandatory, the question of reporting is no longer a personal decision, even when one is not confident about the skill, sensitivity or efficiency of the legal system. Although reporting to authorities who can sometimes be insensitive to the needs of the child entails risks as far as the child's well-being is concerned, not reporting means that the abuse is allowed to continue.

Working with the Family

Most therapists agree that the ideal approach is to see the entire family for treatment. The therapist may see dyads within the family system (mother-daughter, father-daughter, husband-wife, etc.) at different times. When family therapy is not possible, the therapist may need to treat the child, although sometimes with less than ideal cooperation from the rest of the family.

There is also fairly general agreement that it is crucial for the perpetrator to take responsibility for his behavior and acknowledge it to the child; this is vital in order for the child to be relieved of feelings of guilt or complicity and to change the pathological role switches that go on in these families. This may mean intensive work with the perpetrator around decontaminating his Adult and his script decisions regarding the role of parent. Frequently an abusing parent sees parenting as controlling and has little information or experience with nurturing. In addition, it is well known that most abusers were themselves abused.

Editor's Note: While this article presents some statistics and information relative to the USA, we would be interested in hearing about how this problem is handled in other countries. Please write and let us know and we will compile the information for publication at a later date.

Survivors of Child Sexual Abuse as Victims

The general game structure in child sexual abuse appears to be a variation of "Gotcha" (Now I've Got You, You S.O.B.) with the child being trapped because his or her body responded to stroking or merely because of complying. The perpetrator often claims to be the Victim (of abuse as a child or as a result of the "seductiveness" of the child), but is, in reality, the Persecutor. The child may attempt to Rescue the perpetrator (or in many cases the child may bargain for the safety of other siblings), but is, of course, the Victim.

One of the most important treatment issues for these children is to help them break the victim pattern they often set up in all areas of their lives.

They are often first seduced by a relative and then later assaulted by others. For instance, women who are sexually exploited by therapists often have a history of childhood sexual abuse. In addition, there is a higher incidence of childhood sexual abuse found in adult rape victims than in the population at large. I think one explanation for this is that there has been an extreme disturbance in the developmental trust of the child and so as adults, these women discount their own internal warning systems because they do not trust themselves. Finally, many of these children grow up to become chemically dependent and a large percentage of prostitutes have a history of early abuse. One young prostitute expressed her decision by saying, "I might as well get paid for it on the street. He took my virginity anyway."

Treatment Issues

Trust - the central issue of trust was reflected by a girl who had been raped by her uncle when she was 11. After confiding this to her family and being told essentially to keep quiet, she was then raped by an acquaintance. As she said to me tearfully, "If you can't trust your own family, who can you trust?"

The answer is to start by trusting the therapist, although this may require a long process in which much testing occurs. The first and most important step in this process is to establish an explicit contract which clearly states that there will be no sexual contact between therapist and client. In addition, this lengthy process requires a fair degree of commitment from the therapist as well as repeated demonstrations of Permission, Protection and Potency. These individuals also need to know and experience other options; peer groups are most effective here along with healthy adult modeling.

Adult Information - Children lack information about the extent and seriousness of physical damage. They often feel as if they will never heal either physically or emotionally and that their hurts are visible to everyone. Reassurance and information are needed.

Guilt - Even after the beginning phases of treatment and what appears to be a relatively good adjustment, young girls may say, "I shouldn't have worn shorts," or "I shouldn't have been in the house when he came." Here the therapist needs to check on where in the family these messages are originating and to deal with the child's relationship to that family member.

Generalized, projected fear of men - While the child will probably respond initially more quickly and easily to a female therapist, work with a male therapist (either as a co-therapist or for individual work) is important at some point to provide a Child experience of a male who can be consistent and nurturing without being sexual.

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