INTERNATIONAL TRANSACTIONAL ANALYSIS ASSOCIATION VOLUME XVII, NUMBER 6 AUGUST 1987

The Script

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INTERVIEW WITH ITAA PRESIDENT LUCY FREEDMAN

Moving Toward the New ITAA

It has been nearly a year since we told you the latest about ITAA's long-range planning process. As we approach the Chicago Summer Conference, where important decisions about ITAA's future will be made by the Board of Trustees, we thought the time was ripe to bring you up-to-date via this interview with President Freedman. Long-range planning meetings have taken place throughout the year, and a major report has been prepared for the Board's consideration. Watch future Scripts for the results of the Board's deliberations.

Script: Lucy, will you briefly review for our readers the reasons that all this long-range planning work is taking place?

Freedman: Sure. The technical reasons are the motion passed by the Board in 1983 to explore formal relationships with other TA organizations worldwide and additional decisions it made in a long-range planning retreat in January 1985. The real reasons are that the energy level in our Association was droping due to two main factors. First, it semed as though ITAA had taken a Parent role and that other TA organizations had ended up in a Child role. This symbiotic relationship was leading to a drain of energy instead of to productive exchange and new directions. Second, ITAA as an organization did not have a clear purpose for existing, and this led to a decline in interest and participation. It was primarily for these latter reasons that the search began to figure out how to revitalize ITAA.

We see an ITAA with a clear purpose, broad-based participation from members, and thriving in all the measurable ways that organizations thrive.

Script: Assuming that the Board approves the plans being presented by the Long-Range Planning Task Force in August, what is the vision that you have for the ITAA of the future?

Freedman: That is an important question, because it is the vision that has really inspired us to persist with this planning process. We see an ITAA with a clear purpose, broad-based participation from members, and thriving in all the measurable ways that organizations thrive. This "new ITAA" has something to offer to professionals in each of our areas of specialization that really enriches their professional and personal lives.

This concept includes meeting the needs of TA practitioners in all stages of their development, from student members, to beginning professionals, to established professionals, to retired members seeking recognition and continued enrichment.

The ITAA that will accomplish this is organized into the three divisions we have talked about before with the addition of the administratively independent TA Training and Certification Council (TATACC). The Operations division will consist of most of ITAA's current functions and will continue to administer the organization. Where the new thinking is especially exciting is in the areas of Marketing and Research and Development.

For example, Research and Development plans include an academy that will provide a forum for developing TA ideas and practices and a means of providing recognition to those who have contributed to knowledge in the field. Another R & D activity will be

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A Quarter Century of ITAA Conferences

by Bill Krieger

The 1987 Summer Conference in Chicago marks the twenty-fifth anniversary of ITAA Conferences. During those years the summer meetings have grown to represent the spirit of the organization as well as to embody the best of what TA and ITAA have to offer. In honor of this milestone year, we thought it would be interesting to look back at the history of summer conferences.

The first Summer Conference on transactional analysis was held August 24-25, 1963, at the Asilomar Conference Grounds near Monterey, California. After a TA Introductory Course given by Eric Berne, there were presentations given by Gordon Haiberg, David Kupfer, Robert Goulding, and Franklin Ernst. The cost of the conference was $5 for members and $10 for nonmembers and included a year's membership. Accommodations at Asilomar ran from $13.50 to $17.00 a day, including some meals! Ninety people attended this first conference.

By the second annual conference there were 115 participants attending from five states, and the numbers of participants and presentations grew steadily from then on. The 1969 conference, also in Monterey, had 200 participants from 22 states, Canada, and New Zealand. It was also the last conference that Berne attended. He died the following July, and a memorial session was held for him during the 1970 Summer Conference.

As interest in TA grew, the conferences expanded, reaching a peak in 1974 with an estimated 1600 participants enjoying 80 papers, 27 panels, and 53 workshops at the Sheraton-Palace Hotel in San Francisco.

The 1980 Summer Conference, coinciding with the tenth anniversary of Berne's death, was held in Montreal, Canada, his birthplace. It was the first ITAA Summer Conference to be held outside California and the USA, and also the first bilingual conference, with some presentations offered in both English and French. Since then ITAA Summer Conference sites have alternated between various locations in and outside of the USA, returning every third year to the San Francisco Bay Area.

Keynote speakers from outside the ITAA were first introduced at the 1977 Conference with James Prescott. Distinguished speakers since then have included Philip Slater, Carolyn Attneave, John Denver, George Leonard, C. Norman Shealy, Marilyn Ferguson, Jim Bugental, and Jean Bolen.

The Summer Conference continues to be an important event in the life of transactional analysis. Berne once reported that affiliate groups of the San Francisco Social Psychiatry Seminar were being established so that people might continue their TA studies in their own areas. While seminars continue to provide that important function for many members, the Summer Conference has added another important dynamic: the opportunity to meet every year with people from countries all over the world, to exchange ideas with TA people from widely varied cultures, and to revel in the special camaraderie always present at TA gatherings.

After the first Summer Conference Berne said, "It was probably the best psychiatric conference held in 1963 (i.e., the most instructive and game free), but that did not mean it could not be improved next year." As we celebrate the 25th Anniversary Summer Conference we can say, "Eric, we're still improving!" □

Special Issue Commemorating the 25th Anniversary of ITAA Summer Conferences

EDITOR'S COLUMN



by William Krieger

What Have You Bestowed?

When it was suggested that I write an article about conferences for this special issue commemorating the 25th anniversary of ITAA conferences, I was surprised. I didn't think anyone knew. All these years I thought I hid it well, that nobody could really tell. I'm a conference addict! I attend state, regional, national, and international conferences. I used to think everybody did. I'm sorry they don't.

While Webster's lists many meanings for the word conference, including "a formal meeting for counsel or discussion" or "a league or assembly," the one that has meaning for me is, "the act of bestowing, conferment."

I believe joining an organization is a commitment, an act of bestowing and confering. It is a voluntary becoming a part of a larger whole. It is my saying, for whatever reason, that I willingly become part of you, and hence you become part of me.

If I am a transactional analyst, then TA is part of who I am, and I am part of the larger whole. The ITAA conference is where I get in touch with the larger whole and the other parts, i.e., the people, that are connected to me through the larger whole. To never go to a conference is to never get in touch with all that is part of me.

In this sense we are part of each other and connected through the ITAA. I hope you will make contact with me at the conference and allow me to make contact with you. Invite me for coffee, let's spend time together, share ideas, play together, and above all, do not leave the conference without a greater appreciation of this larger whole of which we are all part.

* * * * *

Question for the Month: How do you make contact with the whole in which you have bestowed part of yourself?

EXAMINEES PASSED

Congratulations to the following examinees who passed their exams on April 28 in Perth, W. Australia or on April 23 in Chapel Hill, North Carolina:

Elaine Whitney Akin, BSN, Less Summit, Missouri (CM)

Helen J. Campbell, MA, Wadesboro, North Carolina (CM)

William G. Edwards, MDiv, Asheville, North Carolina (EOM)

Barbara Frady, MSW, Swannanoa, North Carolina (CM)

Jessica Leong, SFN, Perth W. Australia (CM)

THE NEW ITAA

(continued from page 1)

raising and distributing funds to support research defined by people who are working to keep TA theory at the state of the art. We can now envision a time when you will be able to exchange and develop ideas with other TA practitioners around the world via a computer bulletin board or other technological advances. Imagine "dialing up" an ongoing computer conference to ask questions, play with ideas, write articles, or get supervision?

The role of the Marketing Division will be to find ways, in the short term, to develop revenue to support ITAA activities, and in the long term, to improve the public image and understanding of TA. In addition to generating its own projects, the job of this Division will include staying tuned in to the changing needs of helping professionals and the public, and to advise the Association and its members on important trends.

Script: Can you update us on the planning process to this point?

Freedman: The Task Force has developed some broad outlines for ITAA's reorganization if the Board approves the plans at its meeting this month during the Chicago conference. We have isolated the major issues and concerns that still need resolving in order for our plans to be workable.

As you may recall, on the 1985 election ballot members had the opportunity to indicate their preference about how ITAA would evolve. Our current thinking has gone beyond the model presented at that time, although it follows the spirit expressed by the strong vote in favor of evolution. A report has been sent to the Board that outlines the plans, issues, and decisions before us. After the Board meeting, we will inform the members about decisions affecting them.

Script: The original goal of the Task Force was to create formal linkages with TA associations around the world. How close are we to that happening?

Freedman: Keeping in mind that we already have one formal linkage established with DGTA (the German TA Association), we have made some progress in defining what linkages will exist. A number of TA organizations have let us know of their interest, and now we must work together over the next year to create arrangements that will be mutually beneficial.

Currently ITAA consists totally of individual members. The Board is committed to maintaining individual membership, both through affiliated organizations and directly in the ITAA rather than attempting to become a federation of associations.

Script: In his September 1986 *Script* article, Bill Cornell described the Core Fee and Menu Scheme. What is the current thinking on this plan?

Freedman: The Core Fee and Menu Scheme seems desirable for some members, but not advantageous to others. Budget work is now under way to determine the best and most accurate rates for the *Journal* and *The Script* as well as the most likely core fee to cover basic administration and overhead. Since this is a complex matter involving what services will be delivered at what cost, this is one of the greater challenges we face in finalizing the plan. At every step along the way we are working with financial feasibility, and we will come up with the best that we can for people in different parts of the world with different needs and interests.

Script: It would be interesting to know how TA has been used in the planning process.

Freedman: One of our greatest resources has been the group's knowledge, skills, and our shared base in TA. For example, we have used Berne's *The Structure and Dynamics of Organizations and Groups* to help diagnose the organization. In addition, our intent is to break up symbiosis, to operate from an "I'm OK, You're OK" position, and to make sure that there is lots of input from those involved with ITAA to establish clear contracts for the future.

Throughout the process we have attempted to confront discounts early and to avoid getting into games over whose needs are going to get met in the new structure. TA is one of our most valuable assets, and I hope ITAA will increasingly be an example of how TA helps people create effective organizations.

Script: How will this reorganization affect the "ordinary" ITAA member?

Freedman: First of all, who's ordinary? One thing we've learned is how unique our members are, and how important it is in the long term that membership benefits be designed to serve a range of needs and interests.

For the moment, members will not be affected at all. Membership will continue as it has in the past. Although our original plans called for the new structure to be in place by now, the planning process has taken longer than we anticipated. However, it has been more important to gather input from various sources than to rush into something without adequately consulting those who will be affected. If the plans as they currently exist are approved at the Chicago Board meeting, then some changes will take place as early as the beginning of 1988. It is likely that any new membership options will become available starting about a year later.

I also want members to know that we are open to suggestions, ideas, and feedback at any time. Anyone who wants to can contact me through the ITAA office.

Script: When will this planning effort be over?

Freedman: Never, really. The process has been underway intensively since the Board retreat in 1985. The work of the Task Force, which was to gather information and suggest feasible plans, will be over soon. The torch will then be passed to the Transition Team which will complete implementing the plans. However, in reality, our long-range planning work will never be over. Part of our new governance structure designates the Past-President as the person responsible for future planning. Since I will soon be in that role, I can assure you that we have learned the importance of planning ahead for our Association, and the process will continue. □

The Script

Editor: William Krieger, EdD
Publications Manager: Robin Fryer, MSW

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Call for Nominations for 1988 Eric Berne Memorial Scientific Award

ITAA members are invited to submit nominations now for the 1988 Eric Berne Memorial Scientific Award. *The deadline for receipt of nominations is December 31, 1987.*

Established in 1971 to honor and perpetuate the memory of Eric Berne's scientific contributions, the award is given to the originator of a scientific concept. The contributions must be published in a professional bulletin, journal, or book at least one year prior to nomination, and must be judged to be a contribution to TA.

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.

We welcome and encourage the nomination of worthy candidates for this award.

Margery Friedlander, TAJ Editor

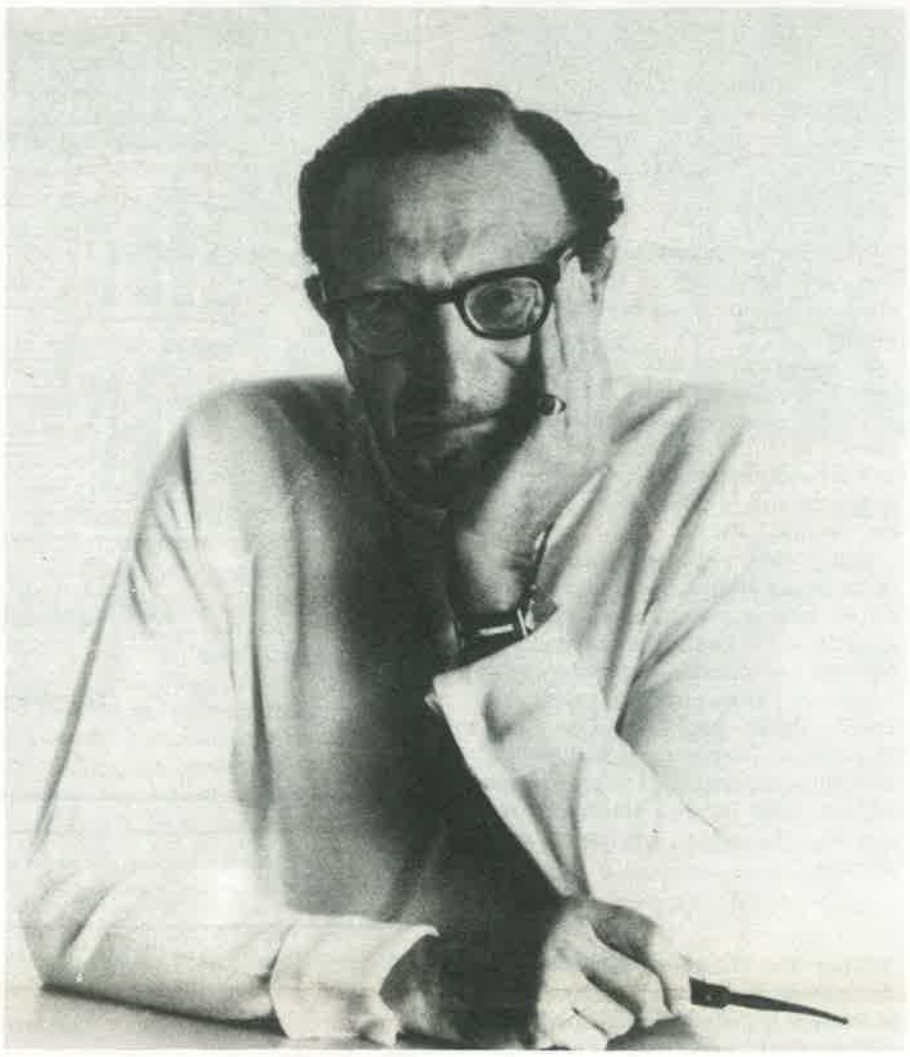
Transactional Analysis

by John M. Dusay, MD, and Katherine M. Dusay, PhD

Transactional analysis (TA) is the study of how people communicate. Eric Berne, originally a Freudian psychiatrist, began doing pioneering work in group therapy in the early 1950s. An astute and intuitive observer of human behavior, he discovered that messages that seemed straightforward on the surface often had secret or covert meanings. He observed that there were different levels of communication, and that many people demonstrate specific patterns of behavior that lead to predictable conclusions and accompanying bad feelings. Fascinated by these observations, Berne began a meticulous and profound examination of these stereotypical transactions. He classified and defined a new view of human interaction which he labeled "games."

Games are perhaps Berne's most singularly important discovery. His study of this class of human behavior is so true and lasting that games have become part of ordinary human parlance, from the lofty board rooms of great corporations to ordinary street talk. Berne, a prolific writer, published the immensely popular *Games People Play* in 1964 with inspiration from the early TA seminar participants. While students of human behavior can readily appreciate the profundity of its analysis, the now-classic *Games People Play* had universal appeal, becoming the all-time nonfiction best-seller.

In 1958 Berne gathered together a group of mental health professionals from various backgrounds for regular meetings at his San Francisco apartment. In this context he encouraged an intense yet creative exploration of his observations. The fact that Berne chose to associate not only with formally trained physicians, but with serious students from all walks of life, had an enormous influence on the makeup of future TA practitioners. The original seminar participants practiced TA in their own varied settings, and today the International Transactional Analysis Association is comprised of people who use TA in many different settings.



Eric Berne, Founder of Transactional Analysis

The fact that Berne chose to associate not only with formally trained physicians, but with serious students from all walks of life, had an enormous influence on the make-up of future TA practitioners.

As Berne's work progressed, the levels of personality were more crisply defined and became called *ego states.* Berne once remarked that anyone practicing TA uses the concept of ego states, and anyone who does not think in terms of ego states is not practicing TA.

The easily understood language of TA, which uses simple and concise terminology, is widely accepted now, although it was not always. In his initial description of ego states, Berne used the terms Archeopsyche, Neopsyche, and Exteropsyche, but he soon chose the more familiar Child, Adult, and Parent. His decision was based on observing that psychotherapists frequently use large and complex words that patients cannot understand. Berne frequently quipped that doctors often hide behind professional jargon when they do not know what to say. He chided his students and colleagues to speak simply and concisely.

This attitude had a lasting impact on the psychiatric world. Berne employed the rule of Occam's razor with himself and his students: Concepts must be distilled to their simplest form and meaning. He said that a valid idea needed to be meaningful to the professor of symbolic logic at MIT as well as to the farmer

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Training and Certification in Transactional Analysis

The purposes of international TA training and certification programs are: "to ensure there will be competent, ethical practitioners of TA for individuals and organizations desiring help; to support the development, clarification, simplification, and evaluation of TA theory and methods; to promote competency-based evaluation of TA professionals; and to promote contractual application of TA in all areas of use."

Professional credentials may be obtained for the application of transactional analysis and for teaching and training others in TA in three areas of specialization at the present time: (1) clinical; (2) educational; and (3) organizational. Completion of training requirements and examinations is recognized by certified membership in the ITAA. Membership as a Certified Transactional Analyst member is available to individuals who have received training and have been certified by the Board of Certification as competent to practice TA in their field of specialization. Membership as a Certified Teaching Member is available to individuals who have received training and supervision and have been certified by the Board of Certification as competent to teach TA (Instructor) and to supervise others in the application of TA (Supervisor).

Most individuals who become interested in TA training have gotten acquainted with TA through reading, therapy, workshops, or contacts with colleagues or friends involved with TA. Becoming involved in TA training may be used to enhance overall skills and performance, as well as to open new avenues for professional development. In addition to learning the theory and methods of TA, trainees usually experience considerable personal development and establish professional associations through their training groups and the larger world community of the ITAA. By preparing for and going through the certification process, it is possible to obtain confirmation and recognition for competence in applying TA to a field of specialization. Certified members are listed alphabetically and geographically in the ITAA Membership Directory, which is used by members for referrals.

For further information on training and certification, please contact the Director of Certification, 1772 Vallejo St., San Francisco, CA 94123. □

International Transactional Analysis Association, 1772 Vallejo St., San Francisco, CA, USA 94123 * Phone: (415) 885-5992

History of the ITAA

by Eric Berne, MD

With additional comments by ITAA Executive Director Susan Sevilla

The International Transactional Analysis Association is a nonprofit educational corporation of approximately 5,000 members in 60 countries around the world who use transactional analysis professionally and personally. The founder of the ITAA, Eric Berne, MD (1910-1970), originated transactional analysis in the late 1950s as a theory of human personality, social behavior, and a comprehensive system of psychotherapy. The following article on the history of the ITAA is adapted from one written by Eric Berne and published in the *Transactional Analysis Bulletin*, Vol. 7, 1968.

* * * * *

The first formal training session in TA was held on February 18, 1958, 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.

Berne taught the first introductory course on transactional analysis, known as the "TA 101," on September 29, 1960.

The first official organization for transactional analysis was called the San Francisco Social Psychiatry Seminars (SFSPS); it 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.

By late 1964 there were more than 250 members from 24 states, and Canada, Costa Rica, and England had been added to the rolls. At the Annual Business Meeting of the SFSPS on October 20, 1964, the decision was made to form the International Transactional Analysis Association. This was done by simply changing the name on the charter of the SFSPS and making the necessary adjustments to the Bylaws. The SFSPS thus went out of legal existence, and the International Transactional Analysis Association was established.

The *Transactional Analysis Bulletin* was first published in January, 1962, and in the years to follow it grew thicker and more in demand. In order to make text books available to our members, Transactional Pubs was established in January 1964. Articles on transactional analysis began to appear in other journals.

By January 1968 there were 350 members from 33 states and 7 countries. A full-time secretary was needed to take care of all of the administrative work, and a headquarters office was opened at Fourth and Junipero Streets in Carmel on July 1, 1966.

New centers, institutes, and branches of TA began around the country. Even more interesting is the "cultural growth" of the ITAA: the camaraderie, the use of common vocabulary, the necessary formalities of examining boards, and the hard work of the Board of Trustees. Transactional analysis has developed its own complete indigenous culture, with its own traditions, etiquette, character, contracts, and artifacts.

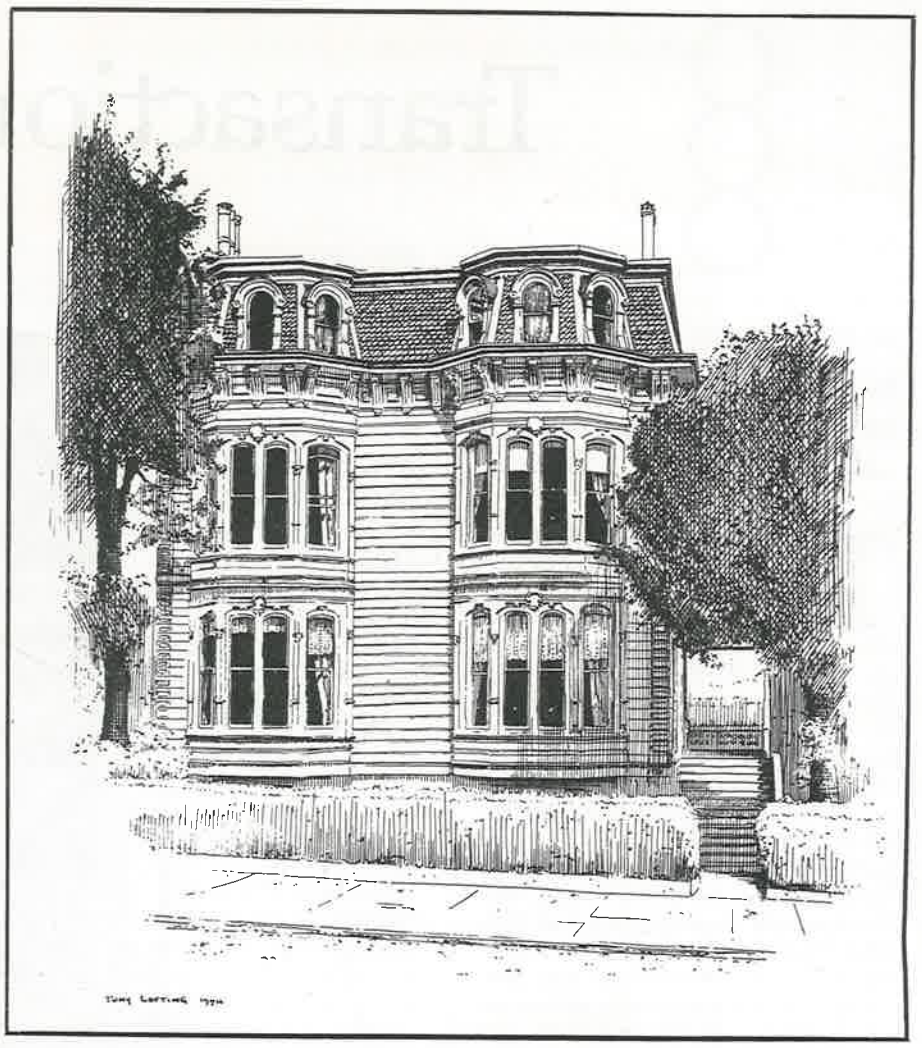
* * * * *

Today the ITAA enjoys worldwide success and popularity. The *Transactional Analysis Bulletin* was published until 1970, at which time it became the *Transactional Analysis Journal*, which is still published on a quarterly basis.

Currently there are four basic ITAA membership levels offered: Affiliate (non-voting), Regular (voting), Certified Transactional Analyst, and Certified Teaching Member. A nonprofit professional subsidiary corporation, the TA Training and Certification Council, oversees the rigorous training standards and examination procedures for TA certification. The ITAA continues to sponsor a summer conference and a winter meeting each year for the purpose of exchanging scientific findings, theories, and ideas, and reviewing social and professional issues. A variety of committees and task forces conduct the governance of the Association, and participation is open to all members in good standing.

Berne was President of ITAA until January, 1966, after which time Dave Kupfer, PhD, became President. The Presidents since then have been: Kenneth V. Everts, MD (1970-73), John Dusay, MD (1974-75), William H. Holloway, MD (1976-77), Ruth McClendon, MSW (1978-79), Muriel James, EdD (1980-81), Norman L. James, PhD (1982-83), Ellyn Bader, PhD (1984-85), Lucy Freedman, MAT (1986-87), and President-Elect Vince Gilpin, CSW, (1988-89). □

The International Transactional Analysis Association is a nonprofit educational corporation of approximately 5,000 members in 60 countries around the world who use TA professionally and personally.



San Francisco Victorian mansion that serves as headquarters building for the International Transactional Analysis Association

An Invitation To Join

International Transactional Analysis Association

1772 Vallejo St. San Francisco, CA, USA 94123
Phone: 415-885-5992

Benefits of ITAA Membership

* *The Transactional Analysis Journal* (quarterly)
* The *Script Newsletter* (nine times a year)
* The International ITAA Membership Directory
* International Summer and Winter Conferences
* International networking and training possibilities, camaraderie, contacts
* Professional practice guidelines
* An international code of ethics, and a forum for resolution of ethical concerns
* Inclusion on the special information lists for general inquiries from potential clients seeking experienced TA practitioners
* TA publications and communications available from Trans Pubs bookstore
* Money-saving discount programs on car rentals, group travel arrangements, conference registrations, etc.
* Special group insurance programs for medical, disability, and life insurance (USA only)
* Access to the ITAA staff services, library, and information

Dues: $45/yr (Check or money order in USA currency payable on a USA bank.

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Name and Degree

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FOUNDER OF TRANSACTIONAL ANALYSIS

Eric Berne

by Warren D. Cheney

The following article is comprised of edited excerpts from a biographical sketch of Eric Berne written by Warren D. Cheney and published in the January 1971 issue of the ***Transactional Analysis Journal.***

Early Life and Education

Born May 10, 1910 in Montreal, Quebec, Canada, Eric Berne was the son of David Hiller Bernstein, MD, a general practitioner, and Sarah Gordon Bernstein, a professional writer and editor. His only sibling, a sister named Grace, was born five years later. The family came to Canada from Poland and Russia. Both Eric's parents graduated from McGill University, and Eric, who was close to his father, spoke fondly of how as a small boy he was allowed to accompany his father on rounds.

When Dr. Bernstein died of tuberculosis at age 38, nine-year-old Eric took the loss hard. From then on Sarah supported herself and her two young children by working as an editor and writer. She became ambitious for Eric, encouraging him to enter medicine, which he did, receiving his M.D. and C.M. (Master of Surgery) from McGill in 1935.

Pre-War Years

After receiving his medical degree, Eric did his internship in the United States at Englewood Hospital in New Jersey. In 1936 he started his psychiatric residency at the Psychiatric Clinic of Yale University School of Medicine where he worked for two years. Sometime around 1938-39, Eric became an American citizen and shortened his name from Eric Lennard Bernstein to Eric Berne. His first appointment was as Clinical Assistant in Psychiatry at Mt. Zion Hospital, New York City, a post he held until 1943 when he went into the Army Medical Corps.

By 1940 Berne had established a private practice in Norwalk, Connecticut. There he met and married his first wife, by whom he had two children. From 1940 to 1943 he also commuted from his Westport home to practice concurrently in New York City. In 1941 he began training as a psychoanalyst at the New York Psychoanalytic Institute and became an analysand of Paul Federn.

Army Medical Corps

Because of the demand for army psychiatrists during World War II, Eric served from 1943-46 in the AUS Medical Corps, rising from First Lieutenant to Major. His assignments included Spokane, Washington, Ft. Ord, California, and Bingham City, Utah. During the latter two years he practiced group therapy with civilians at nearby Ogden, Utah, in addition to conducting group therapy in the psychiatric wards of Bushnell General Hospital.

Upon release from uniform in 1946, Berne, now divorced, decided to relocate in Carmel, California, an area he had fallen in love with while stationed at nearby Fort Ord. Before the year was out he completed writing *The Mind in Action* and signed a contract for its publication with Simon and Schuster of New York. That same year he resumed his psychoanalytic training at the San Francisco Psychoanalytic Institute. In 1947 he became the analysand of Erik Erikson, with whom he worked for two years.

Family Life in California

Soon after beginning analysis with Erikson, Eric met a young divorcee whom he wanted to marry. Erickson said Eric could not marry until after finishing his didactic analysis, and so it was not until 1949 that Eric and Dorothy exchanged vows and set up home in Carmel. Dorothy brought three children to the marriage, and she and Eric eventually had two sons of their own.

Eric loved the *pater familias* role, relishing his large group of offspring and tending to be, if anything, overly permissive, a nurturing parent more often than an authoritarian one. However, he also knew how to make time for his writing. He had an isolated study built at the far end of his large garden, well out of earshot of his healthy youngsters. In that study he did most of his writing between 1949 and 1964, when he and Dorothy divorced on the friendliest of terms.



Eric Berne and young friend

Berne set to work, determined to develop a new approach to psychotherapy by himself, without benefit of blessings or support from the psychoanalytic fraternity.

During these seminal years in Carmel, Eric kept up a demanding pace. He took an appointment in 1950 as Assistant Psychiatrist at Mt. Zion Hospital, San Francisco, and simultaneously began serving as a Consultant to the Surgeon General of the U.S. Army. In 1951 he added the job of Adjunct and Attending Psychiatrist at the Veterans Administration Mental Hygiene Clinic, San Francisco. These three appointments were in addition to his private practices in both Carmel and San Francisco.

Break With Psychoanalysis and the Creation of TA

Probably the most significant traces of the origins of transactional analysis are contained in the first five of six articles on intuition Berne wrote beginning in 1949. Already at that early date, when he was still working to gain the status of psychoanalyst, he was daring to defy a rigid Freudian concept in stating "the word subconscious is acceptable since it includes both the pre-conscious and the unconscious" (Berne, 1949a, p. 1).

When he began training in 1941 at the New York Psychoanalytic Institute and later when he resumed his training at the San Francisco Psychoanalytic Institute, Eric obviously believed that becoming a psychoanalyst was important. However, in the end that coveted title was withheld; his 1956 application for membership was turned down with the verdict that he was not yet ready, but, perhaps, after three or four more years of personal analysis and training he might reapply. For Eric the rejection was devastating but cathartic, spurring him to intensify his long-standing ambition to add something new to psychoanalysis. He set to work, determined to develop a new approach to psychotherapy by himself, without benefit of blessings or support from the psychoanalytic fraternity.

Before 1956 was out he had written two seminal papers based on material read earlier that year at the Psychiatric Clinic, Mt. Zion Hospital, San Francisco, and at the Langley Porter Neuropsychiatric Clinic, U.C. Medical School: "Intuition V: The Ego Image" and "Ego States in Psychotherapy." Using references to P. Federn, E. Kahn, and H. Silberer, in the first article Eric indicated how he arrived at the concept of ego states and where he got the idea of separating "adult" from "child." In the next article he developed the tripartite schema used today (Parent, Adult, and Child), introduced the three-circle method of diagramming them, showed how to sketch contaminations, labeled the theory "structural analysis," and termed it "a new psychotherapeutic approach."

The third article, titled "Transactional Analysis: A New and Effective Method of Group Therapy," was written a few months later and presented by invitation at the 1957 Western Regional Meeting of the American Group Psychotherapy Association in Los Angeles. With the publication of this paper in the October 1958 issue of the *American Journal of Psychotherapy,* transactional analysis, the name of Berne's new method of diagnosis and treatment, became a permanent part of the psychotherapeutic literature. In addition to restating his concepts of P-A-C, structural analysis, and ego states, the 1957 paper added the important new features of games and scripts.

The Seminars

From the beginning Eric utilized his regular Thursday evening clinical seminars in Monterey as a testing ground for his new theory and methods. In 1950-51 he began a Tuesday evening seminar in San Francisco; this became incorporated in 1958 as the San Francisco Social Psychiatry Seminars in order to handle funds required for the publication of the *Transactional Analysis Bulletin,* which first appeared in January 1962 with Eric as editor.

In 1964 Eric and his San Francisco and Monterey seminar colleagues decided to create a TA association, naming it the International Transactional Analysis Association in recognition of the growing number of TA professionals who resided outside the USA. The new organization was designated successor to the San Francisco Social Psychiatry Seminars, and the San Francisco seminar changed its name to the San Francisco Transactional Analysis Seminar in recognition of the fact that it was only one of the many branches of the ITAA.

The Last Years

The years from 1964 to 1970 were restless ones for Eric. After his divorce from his second wife, his personal life became chaotic as he tried to find another mate. His frustration in this area led him to work longer hours at his writing, but when he did remarry in 1967, he did not give up any of his increasingly complex writing commitments. By early 1970 he was once again divorced.

Strangely, during the two weeks before his fatal heart attack, Eric told his friends how well he felt. He had just completed two books, *Sex in Human Loving* and *What do You Say After You Say Hello?,* and was pleased about how they had turned out. He actually allowed himself some weekends of pure play, with no writing. However, on June 26, 1970, he suffered the first sharp pains that went though his chest and back. After a brief hospitalization and EKG tests in the normal range, Eric was told to return home and to take it easy. A few days later he suffered a massive heart attack, but after a week in the hospital he seemed improved.

Several days before he died, Eric admitted that he had to begun to feel

- *continued on page 6*

TA Associations Worldwide

Europe (EATA) — President: Ger Heester, Opweg 1, 2871 Na Schoonhoven, Utrecht, Netherlands

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(ERTAA) — Contact: Bruce Loria, 1 Pleasant St., Box 257-10, Pemberton, NJ, 08068

(FENPAT) — President: Nelida Gomez, PO Box 86O9, Fernandez Juncos Statio, Santurce, Puerto Rico OO9lO

International (ITAA) — President: Lucy Freedman, 1772 Vallejo St., San Francisco, CA, USA 94123.

TRANSACTIONAL ANALYSIS

(continued from page 3)

in Kansas with a third-grade education.

A major attitude of TA therapists is that the power for cure and change is in the patient. They are responsible for their behavior and life course; the therapist serves not as the responsible changer, but as a potent catalyst. Patients are provided with permission to change, and they learn specific tools, techniques, and theory to make it possible. A simple and easily communicated psychological theory is essential for this to succeed. TA therapists are not mystical authority figures who hide behind big words; instead, they are potent catalysts who speak simply and understandably and who are dedicated to human growth.

In the latter years of his life, Berne focused on *scripts,* which pertain to childhood decisions that are manifested in lifestyles, and on the need for *strokes,* the motivation for human behavior. This enabled TA to become a complete theory of personality and distinguished it from many of the newer psychologies.

Following Berne's death in 1970, many of his associates and students rapidly expanded his theories. This phase of TA was influenced by many of the innovative California therapies of the sixties and seventies, including encounter, marathons, psychodrama, and the Gestalt techniques of Fritz Perls emphasizing a here-and-now approach. Many enthusiasts of various new psychologies have turned to TA because of its cohesive personality theory and written record. Also prominent in this newer phase of TA were the redecision techniques and theories developed by Robert and Mary Goulding which combined Berne's theories, Gestalt techniques, and other humanistic approaches. Likewise, new methods of treating schizophrenia, passivity, and other difficult problems evolved. Significant new developments are now emanating from TA practitioners in Europe, Asia, and South America. The Eric Berne Memorial Scientific Award has been given fifteen times since 1970 to recognize developments that have become part of accepted TA theory.

Today TA is practiced by members of the International Transactional Analysis Association (ITAA) which has about 5000 members in over 60 countries worldwide. In addition, the original Eric Berne Seminar still meets every Tuesday evening in San Francisco and is now the longest ongoing group and relationship seminar in the world. Other TA seminars are held regularly in cities throughout the world.

Because TA has an easily understood and communicated body of knowledge, it has been successfully applied to various types of mental health programs as well as in business, industry, program administration, schools, hospitals, prisons, and government. The vast array of TA literature includes scientific and popular books as well as the official ITAA publications, the *Transactional Analysis Journal* and ***The Script*** newsletter.

John M. Dusay, MD, a psychiatrist in private practice in San Francisco, California, USA, and Associate Professor at the University of California School of Medicine, San Francisco, was one of the original members of the Eric Berne Seminar. He is a Certified Transactional Analysis Teaching Member, a former President of ITAA, and a winner of the 1973 Eric Berne Memorial Scientific Award for his work on egograms.

Katherine M. Dusay, PhD, is a psychologist in private practice in San Francisco, CA, USA, and a Regular Member of the ITAA. She has also co-authored two books and is a regular columnist for **The Script** *newsletter.* □

ERIC BERNE

(continued from page 5)

unusually tired. He was noticeably discouraged when he called the San Francisco Seminar the night of July 14, saying "the road ahead seemed full of curves." The next morning after breakfast he started choking; the whole staff was there in a flash, but they were unable to save him. An autopsy showed that the original attack from coronary thrombosis had been so massive that his heart had been hopelessly damaged. The date was Wednesday, July 15, 1970. □

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BOOKS, CASSETTES & POSTERS ON

TRANSACTIONAL ANALYSIS & RELATED MODALITIES

Members Forum

Editorial Policy: We welcome letters to the editor (c/o ITAA office). In editing for taste, accuracy, and length, we strive to retain the author's meaning.

TA SIMPLE, BUT NOT SIMPLISTIC

Dear Editor:

I am writing to continue the dialogue on TA and "The Dilemma of Simplicity" begun by Lucy Freedman in the May-June 1987 issue of *The Script*. I write from my own personal experience with TA, first as a patient and then as a clinical practitioner.

When I began using TA as a patient many years ago I made great strides, partly as a result of the simplicity that Lucy Freedman values. Later, as a fledgling clinician with no previous experience in the helping professions, I learned fast and well in large part because the power of TA theory made it easy to learn to be effective.

As I matured as a clinican I nonetheless found that my effectiveness in helping more seriously disturbed clients has improved markedly as I learned more about constructs such as character structure, patterns of defense, developmental object relations theory, and systems of diagnosis — concepts that are assuredly not simple. I continue to value greatly the power of TA theory, and like many other TA practitioners, am excited about the challenge of attempting to integrate it with other approaches.

I confess to a certain puzzlement about why TA is undervalued by other mental health practitioners and why they perhaps unknowingly cheat themselves out of such a powerful tool. However, I believe that one part of the answer lies with us. When I read the *Journal* I sometimes cringe at what I experience as a certain "cuteness." The ostensible level of communication is that the simplicity of TA appeals to the Child, but at the psychological level it can hide a rebellious, anti-establishment view. This stance serves us poorly since it ignores the context of the professional literature which has a tradition of seriousness in its mode of presentation and results in our work being discounted as "simplistic" rather than "simple." Moreover, it is unfair to our non-TA colleagues since other personality theories and practices have evolved considerably since the birth of TA.

In short, this is a plea for us to be aware of how we communicate. The content may be simple, but the process needs to be respectful of our own ideas and those of our non-TA colleagues.

Stephen Karakashian, CM, New York

CONCERN RAISED ABOUT USE OF TA THEORY

Dear Editor:

My purpose in writing this letter is to raise our collective consciousness about two issues: the use and abuse of TA theory and the evaluation of material published in *The Script*. The stimulus for my concern was the article on "TA at Tyrone Elementary" published in the Educational Uses of TA column in the January-February 1987 *Script*.

In my opinion the article described how children are oppressed (1) by the concept of "discipline," (2) by sexism, and (3) by inadequate understanding and application of theory. Unfortunately, in this case the theory was transactional analysis.

I was surprised by the author's description of how she confronted little Jimmy about alledgedly hitting little Karen. To me, it took on aspects of an interrogation. This style of confrontation, described by the author as tangential redefining and referenced to Schiff (1975), is not appropriate with children. When used in the way described, it can take on a tone of psychological violence that terrorizes the child, forcing him or her to comply with authority and to adapt to an unjust situation. Perhaps it would have been better to start with, "Jimmy, you got pretty mad at Karen, huh?" Such a tuning in to Jimmy's feelings might have laid the groundwork for helping him make the connection between his feelings and his inappropriate action.

I was also put off by the sexism implied by the fact that apparently no effort was made to check out Jimmy's story with Karen's. This smacks of prejudice: that little boys are violent and hit little girls, not vice versa. This kind of simplistic sexism indicates the degree to which we all contribute to the very oppression women have struggled so long to overcome.

Finally, I am concerned about the fact that this article was published in the first place. As the author acknowledged when I spoke with her on the phone, the incident presented in the article never actually happened; it was made up to serve as a prototype of how reframing could be used with school children. It is one of many pieces in *The Script* that are published after only superficial perusal and without thoughtful consideration of such issues as oversimplification and jargonization. Such articles, in addition to other material that makes *The Script* seem like a corporate newsletter, give one the unfortunate impression that this publication is quacking along in self-absorbed promotion. I think we can do better than that.

Alan Jacobs, Chicago, USA

FRENCH EDUCATOR LOOKING FOR WORK

Dear Editor:

I am a French educator who is looking for work abroad, perhaps in California. I have been acquainted with TA for eight years, initially through Isabelle Crespelle (co-founder of the French TA Association, IFAT), my ex-teacher and therapist. TA now has an important place in my personal and professional activities.

My main qualification is in foreign language teaching to adults using the developmental perspective (15 years experience). I am also doing research in the pragmatics of communication. One of my favorite and most successful professional occupations has been working out situational group games or activites, starting from given communications ideas and/or functions in order to help people learn through play and interaction.

I would like to hear from anyone who might have information about potential job leads. Please write me at Argeleas — Saussines, 34160 Castries, France.

Philippe Longone, France

SCRIPT AD RATES

Guidelines: send only camera-ready copy. Please take into account second-class mail delays of up to two months when planning your publicity.

Deadlines: first of month prior to month of publication (September 1 for October *Script*; no issues printed in September, January, or May).

Classified Ads: $2/line, 5 line minimum.
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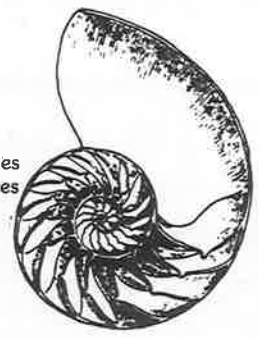

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Keeping In Touch

REGION I — PACIFIC, ASIA, AFRICA

Christine Blake of Kowloon, Hong Kong, writes that she is doing some sharing and support groups with women with Premenstrual Syndrome.

The 9th Annual Conference of the Japan Association of Transactional Analysis (JATA), held February 7-8, 1987 in Tokyo, was attended by over 400 people. The first day included a session for beginners given by Professor Mineyasu Sugita from the Kassui Women's University in Kyushu Pres. (136 participants) and one for advanced members taught by Dr. Nobuaki Kuniya, CM, (56 participants). On the second day Professor Yujiro Ikemi of Kyushu University (who first introduced TA to Japan), Professor Hiroshi Minami of Hitotubashi University (who translated *Games People Play*), and Professor Hiroshi Motoaki of Waseda University (who translated *Born To Win*) gave impressive sessions on Evolutionary Change in Society and TA to an audience of 241 people. Following these sessions a panel discussion was held with JATA President Masanori Kano and members of the Board of Directors on "Focusing Development of TA in Japan." In addition, there were five two-hour workshops with approximately 45 participants in each.

EUROPE

A Keynote Speeches Booklet is available from the 1986 EATA Conference in Noordwijkerhout. It contains unabridged transcripts of the following speeches: Mart Bolten on "Hunger and the Four Horsemen," Richard Erskine on "A Structural Analysis of Ego," Graham Barnes on "Transactions," Marilyn Zalcman on "Games Analysis and Racket Analysis," and Paul McCormick on "Taking Occam's Razor to the Life-Script Interview." Copies of the booklet are available by mail from: EATA Editor, Old School House, Kingston-on-Soar, Nottingham NG11 ODE, England. All proceeds go to EATA. Price includes postage: SFr. 20; Nfl. 30; UK L 6.50; US $10.50. Please send payment with order. Funds must be payable directly into a United Kingdom bank account (e.g., IMO, Eurocheque) and made out to EATA.

REGION V — UNITED STATES

Tax Tip — George Imperato sends word that for 1987 and 1988 only, 100% of the cost of a meal provided as part of a seminar, annual meeting, convention, etc. is deductible if at least 40 people are in attendance, at least 50% of the attendees are from out of town, and there is a speaker at the meeting. Check with your accountant for details.

TA 101 CALENDAR

August 15-16, 1987 — San Antonio, Texas, USA. Cost: $150, includes lodging and lunch. Leader: Felipe Garcia, CTM. Contact: Felipe Garcia, La Escondida Ranch Retreat Center, Rt. 15, Box 234C, San Antonio, TX, USA 78238.

August 17 — September 21, 1987 — Sydney, Australia. Cost $60. Leader: Jan Grant, PTM. Contact: Jan Grant, 27 Edward St., Narraweena, N.S.W.; phone: (02) 98 0398.

September 12-13, 1987 — St. Paul, Minnesota, USA. Cost: $75. Leader: Alfred Wiger, CM, Certified 101 Instructor. Contact: Center for Creative Living, 128 E. Thompson Ave., W. St. Paul, MN, USA 55118; phone: 612-451-7363.

October 2-4, 1987 — Muenchen, W. Germany. Cost: DM 300. Leader: Charlotte Christoph-Lemke, CPTM. Contact: Charlotte Christoph-Lemke, Paradiesstrasse 10, 8000 Muenchen — 22, W. German; phone: 089-297596.

December 5-6, 1987 — London, England. Cost: L45. Leader: Accredited TA Trainer from "metanoia." Contact: Dr. Petruska Clarkson, 11 Tring Ave., London W5 3QA, England.

EXAM CALENDAR

Exam	Exam Date	Location	Application Deadline
Level I (CM/SFM)	November 5, 1987 November 7, 1987 December 1, 1987	Sydney, W. Australia Bad Soden, W. Germany Perth, W. Australia	September 2, 1987 August 7, 1987 September 1, 1987
Level II (CTM/SFTM) Exams	November 7, 1987	Bad Soden, W. Germany	August 7, 1987
Level I (CM/SFM) Written Exam	Nov. 13 or 14, 1987	To be announced	Aparil 13, 1987
Training Endorsement Workshops*	August 3-4, 1987	Chicago, Illinois, USA	May 4, 1987

Call for Proposals

R-I-O

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Deadline: December 1, 1987. Please print or type.

Name (as you want it in the program, including highest academic degree and membership level) _____

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Presentation

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Enclose on two separate sheets of paper a 300-word abstract describing your presentation for review by the selection committee and a 50-word abstract which we will print in the program if your presentation is selected.

Specifications

Conference Proposal For: _____paper _____panel _____workshop

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Level of information I will present is:
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Co-presenters, if any. Please give name, address, and highest academic degree attained for each presenter, and please note: YOU ARE RESPONSIBLE FOR CONTACTING CO-PRESENTERS AND ENSURING THEIR ATTENDANCE OR REPLACEMENT

_____

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Regular Members and Non-Members submitting proposals are required to include the written endorsement of an ITAA Advanced Member with their program proposal.

RETURN YOUR PROPOSAL TO: THE 1988 RIO CONFERENCE, ITAA, 1772 VALLEO ST., SAN FRANCISCO, CA, USA 94123. PRESENTATION PROPOSALS MUST REACH ITAA BY DECEMBER 1, 1987.