INTERNATIONAL TRANSACTIONAL ANALYSIS ASSOCIATION VOLUME XXII NUMBER 1 JANUARY-FEBRUARY 1991

# The Script

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# ITAA Now Owns Headquarters Building

**by Susan Sevilla**

The ITAA is proud to announce that it now fully owns its beautiful headquarters building, the Burr House at 1772 Vallejo Street in San Francisco. Literally thousands of international visitors have viewed the building and appreciated the beauty and charm of this Victorian historial landmark.

At their July 1990 meeting, the ITAA Board of Trustees discussed the future of the building in view of the fact that the mortgage balloon payment of $160,000 was due in January. They decided to borrow from the ITAA's Eric Berne Fund for the Future and the Scholarship Loan Fund to pay off the mortgage. The borrowing will be done at the current rate of interest, without jeopardizing the availability of income from the Funds for grants and loans. The internal loan is guaranteed, of course, by the value of the building, which is estimated to be between two and two-and-a-half million dollars.

The ITAA is justifiably proud of the headquarters building, its major asset. In 1974, then-President Jack Dusay engineered the purchase of the Burr House for only $261,105. The purchase was made with a $90,000 down payment, mainly donated by ITAA members via a Building Fund established in 1975.

This sturdy four-story wooden building withstood the big San Francisco earthquake of 1906 with no damage. Improvements made immediately after we purchased it included a complete sprinkler system and new steel reinforced concrete foundation and walls to virtually "earthquake proof" the building. In October 1989 the substantial 7.1 earthquake that rocked San Francisco left the building unscathed.

The Burr House was built in 1875 by San Francisco Mayor Ephraim Willard Burr as a wedding present for his son, Edmund Burr. The house, an Italianate mansion with slanted bays and mansard roof, is known as one of the best preserved, finest examples of the transition style of the later 1870s and one of the better designed examples influenced by the Georgian style. The building's color scheme of beige, burgundy, cream, and peach won first prize in the 1982 San Francisco Fair architectural contest for "Painted Ladies."

*In October 1989 the substantial 7.1 earthquake that rocked San Francisco left the building unscathed.*



*The Burr House—the headquarters of the ITAA and a San Francisco historical landmark.*

ITAA rents out the lower Garden Level to the Association for Humanistic Psychology, a nonprofit educational corporation, and the second floor, half of the third floor, and the garden cottage to the law firm of Stotter and Coats. The income from these rentals totals almost $5,000 per month. Since ITAA's loan payment to the Funds will be only $1,067 per month, the substantial positive cash flow generated by these rentals helps to offset ITAA reliance on dues income for normal operations.

You as ITAA members can be proud of your headquarters building, and you are all invited to visit us the next time your travels bring you to San Francisco. □

# Eric Berne Fund Invites Grant Proposals

**by Ann Moen**

The Eric Berne Fund and Distribution Committee invites individuals, schools, universities, research groups, and other interested organizations to apply for grants to help fund program budgets. This development fund consists of membership donations which are invested, with the annual interest from these investments then used for grants. In 1990 $3,000 was awarded in grants, and the same amount is available for distribution in 1991.

Many exciting projects and activities have been funded via the EBFF. In 1990 two awards were given. The New York State Ad Hoc Committee was awarded $820 for assistance on behalf of all TA members in New York State to promote state recognition for TA certification. In addition, $2,180 was awarded to the *Transactional Analysis Journal* for the publication of the upcoming *Volume of Selected Articles: 1971-1980*.

In 1989 three grants were made. Louise Cameron of Western Australia received $750 for assistance in publishing a TA teachers manual for use in the public schools. Professor M. Masiak of Poland received $500 for a research project involving TA and schizophrenia and neurosis. And Sissel Knibe and Everett Savage of Taiwan received $750 for assistance in translating *Games People Play* into Chinese.

In 1988 Jenni Hine of Switzerland received $250 to help initiate an international translation service which then translated information on ITAA and TA training into four languages.

In 1987 Linda Hargus of the USA received $535 to support her research project on ego state profiles of battered women.

Both members and nonmembers are eligible to apply for 1991 EBFF grants. Proposals will be given priority if they demonstrate an interest in various applications of TA theory, for example projects which will:

**Sponsor Research**—studies that advance or validate TA theory and its application.

**Promote the Use and Teaching of TA**—by sponsoring TA and training, and disseminating TA literature.

**Build Worldwide TA**—by promoting the reprinting and translation of important texts, books, and presentations.

**Support Professional Standards.**

The deadline for submitting proposals is April 1, 1991. Write for further information on requirements and for guidelines for writing a complete grant proposal to: The Eric Berne Fund and Distribution Committee, c/o ITAA headquarters.

*Ann Moen is ITAA Publications Assistant.* □

# New Script Editor Invites Involvement

**by Gerald Cartmel**

This is your publication, and I am inviting your active response—whether it be affirming, suggesting, or disagreeing. Without your input *The Script* cannot reach its full potential. The ITAA is made up of USA members and others. I live in Australia and am an "other," and I suspect that is one of the reasons I was invited to take on this job of editor. I am looking for a balance of contributions from members all around the world. In my travels I am aware of how ignorant I can be of both our human commonality and the wonderful differences between people from various parts of the world.

*Without your input The Script cannot reach its full potential.*

This edition of *The Script* includes sample contributions in two new areas. First, Sister Annie Maria, who lives in the lovely state of Kerala in India, writes under the title, "The Place Where I Live." I am soliciting similar articles from you out there, relating your victories and your failures, your highs and lows, and what life is like for you. Suggested titles include "How Did I Finish Up Here When I Thought I Was Going Somewhere Else?" My rationale for this series is to share the pain and loneliness of development and the price of delayed gratification some of us pay to achieve our targets in life.

(My rule of thumb is to use only words in my shorter English Oxford Dictionary, so I could not use "spochastic," but found "spodium" instead. The spondium is the fine powder obtained from various substances by calcination.) Please write and tell us about your spodium.

The TA community is about people. As a medical general practitioner I find my patients' stories endlessly fascinating. I like hearing them and usually they like telling them. I think this process could apply to *The Script* and make us less detached from one another. I will be addressing my ideas on the characteristics of those who are active in TA in a later editorial.

The next innovation in this issue is an introductory paper from Leo Hartley, writing under the heading of "What Are Other People Doing?" Leo is an

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EDITOR'S COLUMN



*by Gerald Cartmel*

## What's In Store

**Once the magnitude of the task I had undertaken in accepting the role of Editor of *The Script* had passed—and this took a few weeks—I decided to look into my crystal ball and see what the future had in store for *The Script* and me in the next two years. All I could see was a reflection of myself, and I was not sure if this was going to be good enough. So I pondered backwards and fowards in time and asked myself what I had to offer the ITAA. I concluded that the reasons that attracted me to transactional analysis back in 1976 were as valid as ever. Psychology has been described as the discipline that joins philosophy and science. My script model saw me as the Victorian gentleman in his study, learned in the sciences and philosophy. This was generated by stories from my father, who as a child ran messages between George Bernard Shaw, G. K. Chesterton, and my high church Anglican grandfather, who would swing the incense with a detached sense of humor. So it seems that I cannot escape from script and that my job in the next two years is to be the messenger boy connecting free and lively thinkers. The Puck of TA, for TA is truly global. A case of "Have Fax—Will Travel."**

**I am a general practitioner, and proud of it. There is a consensus that general medical practice is 40% about physical disease and 60% about psychosocial problems. One old Scottish doctor, in an attempt to dissuade his son**

*- continued on page 6*

PRESIDENT'S COLUMN



*by Julie Hay*

## What Next?

As we enter the new year, I have been reviewing the priorities for 1991. In my last column I described the ITAA's numerous achievements during 1990. Now it is time to look ahead to another stimulating year.

When I wrote my first column as President a year ago, I said that I saw two priorities for the ITAA: viability and internationalism. We have come a long way on both. Thanks to excellent work by our Treasurer, Mervyn Hine, with sound support from Executive Director Susan Sevilla, we have cut costs, increased our efficiency, and taken steps to improve the long-term financial future of our Association. On the international front, we now have three affiliated associations, and over half of our membership is now in the ITAA via an affiliate. This means that services are operated closer to home, with all the advantages that can bring.

My hope for 1991 is to move even further toward the main priority I identified in my election address—to work in ways that invite others to join us and to find space for all who benefit from TA in various ways.

A major focus for this will be provided by the "Reach Out" strategy that was developed by the series of Long Range Planning events run in 1989 and 1990. Although the final wording of our intentions has still to be approved formally by the Board of Trustees, the themes of the strategy have emerged clearly from the working groups and the meetings held in Oakland and Brussels.

These will be our priorities for the foreseeable future: initiatives to bring TA to a wider audience, increased access to TA by providing information in ways that suit the recipients, continued demonstration of TA compatibility with other approaches, quality in all aspects of TA delivery, continued emphasis on professional competence, more focus on the personal application of TA, and raising funds to support these aims.

These priorities will be tackled in close cooperation with affiliates and other TA associations around the world. We need to tailor our activities to suit local conditions and local expectations. In this way, we maximize our chances of presenting TA and the ITAA in ways that will truly appeal to members and potential members, and at the same time, take care of our public image.

Looking outward, the main parts of the ITAA structure involved in reaching out will be the Research and Innovation and the Development Divisions.

The Development Division is already engaged in several activities aimed at bringing us to the attention of as many people as possible. The CaTAlog will make it easy for people to see what we have to offer. The *Volume of Selected Articles* will provide access to significant works for those who do not have earlier issues of the *TAJ*. Ongoing videotape sales enable purchasers to watch respected TA practitioners in action. I look forward to more exciting initiatives from this Division during 1991.

The Research and Innovation Division has a lower profile because the nature of its work is different. However, this Division is no less significant for our future. Research and Innovation are vital to the long-range vision and vitality of the organization and of TA itself. 1991 will see a lot more activity in this Division, as it builds on successes such as the Round Table event at the Brussels conference.

Looking inward, the bulk of the day-to-day activities of maintaining the ITAA has rested with the Operations Division. The new structure of the ITAA had allocated all standing committees to this Division. However, experience has shown us that this results in an unacceptably high workload for the Vice-President of this Division. The Executive Committee has therefore decided to explore options for a reallocation of responsibilities, so that financial matters are more clearly associated with the Treasurer and legal and affiliation issues are dealt with by the Secretary. Once we are satisfied that this will work better, the Board will be asked to approve a formal change in the structure. In this way, we hope to achieve better use of our precious volunteer resources and a more efficient organization.

Finally, let us not forget to look sideways. The Training and Certification Council is a separate legal entity but is essential to the future of TA. Since our two organizations were divided, the Council has been struggling with financial deficits in the same way that the ITAA has. ITAA is committed to the ongoing support of the Council; we demonstrate this support by paying a service fee on behalf of our members. During 1991 we will be working closely together to review costs and expenditures with the aim of helping the Council become financially viable. The continued success of the current high quality training and certification process will have a direct and beneficial impact on the strategic aims of the ITAA.

*My hope for 1991 is to move even further toward ways that invite others to join us and to find space for all who benefit from TA.*

EXECUTIVE DIRECTOR'S COLUMN



*by Susan Sevilla*

## New Zealand Awaits in 1992

Last November ITAA President Julie Hay and I had the pleasure of conducting a site inspection trip to Auckland, New Zealand, courtesy of free tickets provided by Air New Zealand. We were able to inspect hotels and conference venues, meet local members, and speak to travel agents and ground operators about making the 1992 Annual Conference—which will be co-sponsored by the New Zealand TA Association and the ITAA—a successful educational and travel experience for the 400 international delegates who are expected to attend.

Aside from the business aspects of the visit, we had a marvelous, if brief, trip. From the chill of the London and San Francisco winters, we flew into the beauty of spring in the southern hemisphere. Newborn ducklings in the streams, rhododendruns in full bloom, and all the other pleasures of spring await if you decide to attend the Auckland conference in November 1992.

Evan Sherrard will serve as the local conference coordinator. He has already gathered a substantial local TA interest group to help prepare for and host the conference. Julie and I had the pleasure of being hosted by Evan while in Auckland, and rest assured, you will like it!

Auckland is situated on the North Island of New Zealand. Although Wellington is the capital city, Auckland is larger and the destination of most international flights. It is a lovely place of picturesque, extinct volcanic cones, green and uncrowded, located on a narrow isthmus between two natural harbors. It is known as the City of Sails because of the thousands of sailboats that grace its waters. Not far north are the beautiful Bay of Islands, and south you will find the thermal areas and Maori cultural center at Rotorua.

Luckily Julie and I were able to time our visit to coincide with the 9th Annual Australasian TA Conference in Christchurch held November 15-17. If you have a chance to visit the South Island, you might experience the rambling Avon River and lovely gardens of Christchurch, the magnificent glaciated mountains of Cook National Park, or the beautiful fiords of Milford Sound.

The theme of the 1992 event—"Partnership"—is especially appropriate for a conference in New Zealand, where there are ample opportunities to study the indigenous peoples of the Pacific. We are considering a pre-or post-conference study tour to look at the culture, sociology, and welfare of the Polynesian, Maori, and Aboriginese peoples in the Pacific, New Zealand, and Australia. From what I learned of the government policies and programs for minority peoples, a study tour could prove most interesting and have relevance to citizens of any nation in dealing with their own minorities. Some of the special problems in New Zealand include land rights, urbanization of a rural people, and challenges in delivery of mental health systems.

There will also be many opportunities for tourism. Air New Zealand flights run nonstop from Los Angeles (or with only one stop in LA from London or Frankfurt), but you may also choose to linger in Hawaii, Fiji, Rarotonga, or Tahiti on a free stop-off. For very little extra a traveler can venture on to Christchurch on the South Island or to Sydney and tours of Australia. We are considering adding another post-conference study tour to Australia.

Please plan now to be with us for this outstanding conference. We look forward to welcoming you to New Zealand in 1992. □

The Script®

Editor: Gerald Cartmel, MB
Consulting Editor: Robin Fryer, MSW

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## NEW SCRIPT EDITOR

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optometrist who had never heard of TA and whose interests go way beyond the mechanics of refraction.

My rationale for this type of article is complex. First, we can get locked into our own map of the world with our own specialized language, especially if we are separated from an academic institution which provides a natural background for cross-fertilization. Second, I gain confidence in my own "maps" derived from TA if they are compatible with those in other disciplines. I found myself translating Leo's article into TA, NLP, and physiological nomenclature and found it compatible with these and adding depth to my understanding. I hope you also experience this in reading the article.

I have an aversion to smug, elitist language comprehensible to only the chosen few and which serves to raise barriers. To misquote Abe Wagner, if you cannot say it straight, you cannot say it. I invite you to solicit similar articles from those interesting people you must know.

Finally, for the moment, I want to develop the Letters to the Editor column. Letterists are a breed of their own, requiring a special ability to be succint. Letters that express constructive opinion and share interests and challenging ideas in the manner of the Bruce Loria/Landy Gobes debate in the *TAJ* foster togetherness and stimulate growth in an organization like the ITAA whose members are geographically dispersed. In this context I get a nice feeling as I hear or read thoughts expressed in language personal to the individual. In the critique of some of my papers published in the *TAJ* there was a nice and gentle reference to my idiosyncratic grammar. The message is, be you when you write your letters. I am hopelessly visual and so must say I hope to hear from some budding Samuel Johnson out there.

So, I am asking for your active involvement in what is essentially your community newspaper. What about the "Hows" of all this? I am asking for feedback, contributions, and suggestions. The cheapest and easiest way is by fax or letter. I need to know if your communication is for information only. If it is for consideration for publication, I would like to know this and would prefer to be given the opportunity to constructively critique the communication. I will not alter your meaning without your express permission. Please remember there is a significant gestation period between conception of your ideas and birth in print.

I am Gerry Cartmel. My address is PO Box 61, Sarina 4737, Queensland, Australia. Fax from outside Australia is 61-79-56-2448 (dedicated line, open 24 hrs/day). Or letters can be sent c/o Robin Fryer at the ITAA office in San Francisco. Like you, I do not get paid for all this, so please let us keep the cost down.

I look forward to hearing from you.

**Advertisers Take Note:**

Through *The Script* and the *Transactional Analysis Journal* you can reach more than 6000 ITAA members in 50 countries worldwide. For an advertising rate sheet, contact the ITAA office.

## THE PLACE WHERE I LIVE

# A Land of Coconut Trees, Paddy Fields, Beautiful People, and TA

**by Sister Annie Maria**

*Editor's Note: Sister Annie Maria's mother tongue is Malayalam, a melodious language reflecting a gentle and fiercely proud people. My experience of the subcontinent of India is that the English language has developed there in its own unique way, with words used like a paint brush. Therefore, Sister Annie Maria's story is printed here with minimal editing. I hope you will share with me the music therein.*

### The Story of Mahabali

Once upon a time there was a famous king in Kerala, India, whose reign was marked by equality, prosperity, justice, and peace. News reached the gods' court that King Mahabali and his people were living harmoniously and happily. The gods became jealous because they were threatened, and they plotted against the king. They decided to send Mahavishnu, the king of gods, in a disguised form to visit King Mahabali. The god, in the form of a poor Brahmin beggar, approached the king and asked for three feet of land to build a small hut. Now the Brahmins, whether they are rich or poor, are equally revered by everyone, and their wishes are to be granted. So the king, who was known for his generosity, agreed to give this poor man three feet of land against the wise counsel of his ministers, who suspected some kind of a deceit. The beggar dwarf became a giant, and with one foot he measured off the whole earth and with the other all of the heavens. Then he asked the king where he should put his foot next. The king gently bowed his head before the god, and the giant placed the foot on the king's head and asked him to go to the land of the dead. However, before leaving the king requested that he be allowed to visit his beloved people and country once a year, and this plea was granted. Accordingly, every year the people of Kerala wait for their king's visit and prepare themselves to receive him with due honor.

This is the story behind the Onam celebrations, the story that is told in song and dance, in play and drama, the story that plays a prominent role in the making of the script of the people and the state of Kerala.

During Onam all the courtyards are decorated with flowers for ten days, and on the last day a very special Onam lunch is prepared and shared by all family and friends. In earlier times the tenants would bring their offerings; vegetables and plantains and new clothes and money were distributed among the dependents. Today young girls come out dancing the whole day while the older ones sing songs about Mahabali. Everyone knows at least two lines of a popular song, "Maveli" (the short form for Mahabali)—"naadu vaneedum kalaam"—when King Mahabali was ruling the country.

The word Onam means bounty and festival. Hindu, Muslim, or Christian, Onam rings a bell in everyone's ears. If possible, all those who went out looking for jobs and a "good time" come back home during the Onam holidays to celebrate Onam among their own family and people.

### Life in Kerala

Kerala is one of the smaller states of India with a population of 33 million, whereas the total population of India is 838 million. Kerala has a unique position for a variety of reasons. Though by accepted indicators of development like GNP it is one of the poorer states, the quality of life is comparable to that in many developing countries. This offers a contrasting picture with that of the other states in India.

The literacy rate in Kerala among men and women is the highest in the country, thanks to the missionaries. Seventy-three percent of women are educated (the Chief Secretary of State at present is a woman), life expectancy is longer, and infant mortality and the number of births is the lowest in the country. The state is known for communal harmony so much so that one can find temples and mosques and churches side by side. People are highly politically conscious, and the day starts with reading the newspaper, which is distributed at the break of day in every house.

There are no special greeting rituals like "good morning" and "good night" except among the Western-educated people and those who are in the government, services where relics of the British system still prevail. Instead of greeting people formally, friends smile at each other as they meet and stop a while to exchange a few transactions,

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## WHAT ARE OTHER PEOPLE DOING?

# There is More to Vision Than Meets the Eye

**by Leo Hartley**

Behavioral optometrists deal mainly with spatial perception. Both behavioral optometrists and neuropsychologists maintain that humans have a three-dimensional inner representation of the spatial environment in which they move. This inner representation of the environment has been named the "eidolon" and has been shown to have multisensory input, i.e., visual, vestibular, proprioceptive, tactile, and auditory inputs. The corresponding inputs are thought to be interdependent and integrated.

This inner representational map of the environment becomes the basis for all motor movement. For example, when making an eye movement in space from a near point to a point further away, the primary stimulus for the resulting binocular and accommodative (focusing) change is driven by an initial alteration in attention within the eidolon. Likewise, if a person wishes to touch a perceived object, he or she must first have an alteration of the attention to the object within the eidolon.

If the eidolon is inaccurate or warped, the resulting motor movement will tend to be inaccurate and will need to be refined with ongoing sensory motor feedback as movement commences. Research indicates that when making an eye movement it is the accuracy of the shift of attention within the eidolon which determines the accuracy of the initial eye movement. Subsequently, this eye movement is refined by smaller eye movements as the visual system "reaches out," "grasps," and "manipulates" to derive information from the object of regard in space. Because this shift of attention is under voluntary cognitive control, the accuracy of the attention shift can be significantly affected by cognition.

This concept of the eidolon having an integrated interdependent multisensory input suggests that if one of the inputs varies from its usual value, then conflict resulting in a distortion or warpage of the eidolon is likely to occur. For example, if a subject balances on one foot with eyes open he or she is more likely to be stable than if the eyes are closed because peripheral vision, vestibular, and proprioceptive inputs normally integrate to orient the subject in space.

Certain parts of the visual field integrate or coordinate more closely with the other senses, e.g., peripheral vision (ambient)—which is normally responsible for gross object perception, night vision, and most importantly, for visual orientation and mobility—integrates closely with proprioceptive and vestibular sensory inputs. Central vision (focal), which is more important for recognition of detail and color vision, is closely integrated with auditory and tactile inputs.



*Leo Hartley*

Distortion of the eidolon can occur in many ways. For many years, behavioral optometrists have observed that lenses and prisms can distort a person's visual space, such that their motor responses (e.g., eye and body movements or posture) can alter significantly. Many readers who wear glasses will remember the unusual sensation they experienced when their lens prescriptions were altered. Because the new lenses distorted their previous eidolon, the vision-vestibular-proprioceptive-tactile relationships were altered resulting in the necessity for the spectacle

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# Members Forum

*Editoral Policy: We welcome letters to the editor (c/o the ITAA office), and in editing for taste, accuracy, and length, our intent is to retain the author's meaning. Neither the Editor nor the ITAA necessarily hold or support views and opinions expressed in The Script.*

## APPRECIATION FOR TALENT PLAN

Dear Julie Hay:

In the name of the ITAA members in Mexico, we want to express our gratitude to all members in other countries, to the Board of Trustees, and especially to Jenni Hine (who invested much energy in this project) for having accepted the TAlent as a noble gesture of solidarity with countries with economic disadvantages.

If our world leaders could have the same understanding as you did, we would live on a more peaceful and healthy planet.

We will try to encourage all the people here who are interested in TA to becomes members of the ITAA.

We wish you all a Happy New Year.

*Gloria Noriega and Emilio Said, Mexico City, Mexico*

## REGARDING ADDICTION, ADDICTION

Dear Editor:

I am writing regarding Bill Cornell's article on addiction in the November 1990 *Script*. I agree with his statements. I am a recovered alcoholic, thanks to my willingness to listen to great people/therapists like Bob and Mary Goulding. I chose to remove my self from the label and I am proud of me. I realize you don't know me, but believe me, I've brought myself up from the pits. In the here-and-now on with living and to hell with labels!

To Bill Cornell: Keep up the good work. I plan to follow your example.

*Lois Myers-Pelton, Aberdeen, South Dakota, USA*

Dear Editor:

In Bill Cornell's piece on addiction in the November *Script*, he argues that self-help groups based on the 12-Step Program do not have a real place in a TA conference, and he implies that these groups do not have ultimate usefulness in the real world. I disagree.

Persons who have learned their behaviors in dysfunctional families (indeed, that is most of us) stay connected to those behaviors unless they build a new support system they can use as a resource for rebuilding their lives on a day-by-day basis. Returning to a TA Group for an extended period of time can provide a model for that support system, but at considerable expense. Visiting a 12-step program does not eat into cash flow, and it provides a coterie of available people who know how difficult it is to keep from drinking, from taking drugs, from hitting, from oversexing, *and* how much strength there is in common reinforcement for each other while they learn the language of new behaviors and the magnificent personal strength to own how significant it is for each of them to grab hold of those new behaviors.

I dislike the limitations of some 12-step programs intensely. But I believe they are the best way out of bondage into freedom for many people, and that includes some of us who are really great and beautiful TA people, who may be directionally or intentionally OK without being free.

The Eastern Regional TA Conference, to which Bill alludes, was proud to include an Alcoholics Anonymous (AA) and an Adult Children of Alcoholics (ACOA) meeting in its schedule, along with many process groups, which also serve a support function for people who are struggling with personal reactions at a location far from home. It is neither bad form nor sick to struggle with these reactions. In a world that is increasingly sensitive to all kinds of slips and blips (and we had some at that conference) among therapists and teachers and parents and politicians and ministers and all others, it is good form to struggle these things through, and it is healthy to figure out who to share with and how to share appropriately with strangers or even friends.

Service and social clubs, certain lodges, feminist groups, gay bars, potlucks, churches, discos, and music groups from rock to jazz to opera offer connections to travelers by welcoming strangers from afar into a sympathetic ritual with which they are familiar. None of these is as useful to real strugglers as 12-step programs, which speak volumes of support even to silent participants. I believe there is a place for these groups at TA conferences, and more importantly, I believe there is a major place for them in the therapeutic process of which TA and TA groups may also be a significant part.

The particular illustration that Bill began with seemed valid. I do not think we can extrapolate from it the conclusions he makes. I think that he has overlooked the evangelical commitment of 12-step people to being there, without charge, in their meetings, to welcome new strugglers. There is a meaning in proceeding one day at a time, and in saying honestly to newcomers that will be their challenge from now on.

The ideal therapeutic process may result in graduation from many rituals, even TA rituals. It is not true that only the people who have removed themselves from rituals are cured, or that the family one chooses to be part of will always have the resources one needs. It is likely, however, that someone will. Making use of the right someones at appropriate times and in appropriate ways is an indication of cure. Getting to that point, and staying there, can require a lot of learning.

*Tom Nissley, Stamford, Connecticut, USA*

## Call for Officer and Board of Trustees Nominees

The Nominating Committee is now accepting nominations for the 1991 election slate. The following openings are anticipated:

- Vice-President of Operations
- Vice-President of Development
- Vice-President of Research and Innovation
- Secretary
- Treasurer
- Two Trustees: North America (1) and Other (1)

Nominations require the name and consent signature of the nominee (it may be yourself), the name of the person making the nomination, and the name of the person seconding the nomination.

Send nominations to the Nominating Committee, c/o the ITAA office, by April 15, 1991.

Note: Because of changes in the scheduling of the annual ITAA conference, there will be no nominations made at the 1991 annual membership meeting. Instead, members may be nominated through the nominating committee as outlined above and by using the form below or by petition with the signatures of 10 voting members.


**Sandy Landsman Ph.D. & Roberta Roth L.C.S.W.**

*Invite You To Join Internationally Acclaimed Leaders, Authors & Teachers*

**Elisabeth Kübler-Ross • Kevin Ryerson • Barbara Marx Hubbard**
**Gerald G. Jampolsky • Diane V. Cirincione • John Harricharan**

**BALI EARTH CONFERENCE II**

***APRIL 19-28.*** *The overwhelming success of the first Earth Conference in Egypt 1990 has prompted the scheduling of Earth Conference II in Bali. The conference will provide time to reflect on the new millennium and uncover ways to create consciousness for positive change.*

*Week II— Flight of the Spirit*

*Join* **Roberta Roth L.C.S.W.** *and* **Sandy Landsman Ph.D.** *for a powerful and exciting week of self-exploration in the beauty of Bali. Roberta and Sandy will facilitate powerful opportunities for positive personal and planetary change.*

**FOR MORE INFORMATION CONTACT ROBERTA OR SANDY**

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Attention Health Professionals: Optional tax deductions and CE credits are available for these tours. Inquire for details.


## Update of List of TSTAs Willing to Travel

In April 1987 we published a list of Teaching Members who were willing to travel to other countries to teach and train for little or no honorarium. We are in the process of updating this list to include current information and to add to it any PTSTAs who wish to participate.

The project was initially offered through the then-International Relations Committee with the special help of Conchita de Diego, who coordinated it. It was designed for groups of ITAA members and TA associations around the world who were interested in continuing their growth and development by inviting a well-known TA Teaching Member to present a seminar, workshop, or training group in their country. Many of these teachers agreed to work without a fee, on a date to be negotiated, if the organizing country or group would cover the cost of round trip air fare, accommodations, and meals during the days of the event, plus one day before and one day after. The service is available only to countries and associations which cannot afford current fees and where organizations are not making a profit.

All TSTAs and PTSTAs interested in participating in this project by having their names on the new list should send the response form printed here to the ITAA office no later than May 1, 1991. Note: Participants on the 1987 list must resubmit this updated form in order to be included on the new list.

**TSTA AND PTSTA TRAVELING TRAINERS**

Name _____

_____

Membership Level _____

_____

Topics Offered _____

_____

_____

Working Languages _____

_____

_____

Return this form by May 1, 1991 for publication in the July issue of *The Script*.

**NEW VOLUME OF SELECTED ARTICLES**

**The upcoming *Volume of Selected Articles: 1971-1980* from the *TAJ* will bring together key articles in the development of TA theory and practice. To reserve your copy at the special discount price of $20 (regular price: $25), by March 1 send your check (payable to ITAA, in US funds only) or credit card information (name, Visa/MC number, expiration date, signature) to the ITAA, 1772 Vallejo St., San Francisco, CA 94123, USA.**

# 1991 CATA Spring Conference

*"When Walls Crumble . . . Rebirth"*

**Designated Site of the ITAA Spring Board and Committee Meetings**

April 26-28, 1991 * Mississauga, Canada

## Special In-Depth Workshops

### TREATING THE WOUNDS OF CHILDHOOD ABUSE: THE RESTORATION OF MEMORY, FEELING, AND SELF





*William Cornell, MA, & Karen Olio, MA, MEd, Facilitators/Trainers*

This two-day workshop presents a comprehensive approach to the individual and group treatment of adults sexually or physically abused as children. Based on a TA model, the workshop emphasizes an active and interactive method of treatment. Topics covered will include typical symptoms, consequences of abuse, and initial treatment interventions with particular attention paid to the central defense mechanisms of denial and disassociation and to direct therapeutic work with memory and feelings in restoring an alive, full sense of self.

This workshop will be held from 9am to 5pm on Monday & Tuesday, April 29-30. The cost is $175 CAN for members and $195 CAN for nonmembers.

William Cornell, MA, PTSTA, is a certified Radix therapist with 15 years in private practice. He has taught throughout the US and published articles on TA and neo-Reichian body-centered therapy.

Karen Olio, MA, MEd, author of "Memory Retrieval in the Treatment of Adult Survivors of Sexual Abuse," is Director of New England Mental Health Services and in private practice in Norwalk, Connecticut.

### TRAVEL

Air Canada is the designated Conference Airline. For special rates call toll-free: 1-800-361-7585 (Canada & USA). Refer to *Convention I.D. Number 91-7027*. Car Rental/Special Rates can be arranged at the same time.



WHEN WALLS CRUMBLE... REBIRTH

### REBIRTH OF OUR WOMANNESS



*Lucie King, MSW, LCSW, Facilitator*

Living in the "fast lane" has led us to disconnect from ourselves to keep up with society. In that process, we finally ask, "Is that all there is?" We regress to helpless little girls who cannot stand life or we become the cold and unreachable "bitch." We become frozen, addicted to substances, food, sex, or work; we become co-dependent.

This didactic and experiential workshop addresses the lack of womanness in our lives. We will search for the woman within and the awareness of the sisterhood available to each of us for support.

This workshop meets Friday, April 26, from 9am to 5pm. The cost is $95 CAN for members and $115 CAN for nonmembers.

Lucie King is a lecturer, trainer, and psychotherapist in private practice in the Chicago area. She is an ITAA Teaching and Supervising Transactional Analyst, a Licensed Clinical Social Worker, a certified DMA instructor, and a Senior Trainer for Process Communication Management.

### RAMADA HOTEL AIRPORT WEST

Located 15 minutes from the Toronto International Airport, the Ramada Hotel Airport West provides free shuttle service and features an indoor/outdoor pool, saunas, and games and exercise rooms. CATA has arranged special hotel rates for participants, quoted below in Canadian dollars. Please arrange accommodations directly with the Ramada Hotel and identify the Conference Sponsor (CATA). Cost for a single/double is $78 CAN per night.

**Exchange Rate** (as of 12/90): approx. CAN$.85-.90 = US$1.00.

**For Room Reservations:**
Ramada Hotel Airport West
5444 Dixie Road
Mississauga, Ontario L4W 2L2
Telephone: 1-416-624-1144
FAX: 1-416-624-9477

A list of other hotels in the immediate area is available upon request; please contact Judith Ryan, CATA Spring Conference, 280 Leslie Street North, Newmarket, Ontario L3Y 3E6 Canada.

### FROM HURT TO HOPE TO HEALING: THE ADULT CHILD'S JOURNEY



*Donna Dupuis, MSW, Facilitator*

This day-long workshop is for individuals who identify themselves as having been raised in a dysfunctional family or who wish to explore this issue. Group exercises will allow the sharing of "experience, strength and hope." The latter part of the workshop will focus on the "recovery process" and what it might look like for each individual. Participants are encouraged to wear loose, comfortable clothing.

The workshop meets from 9am to 5pm on Friday, April 26, and the cost is $95 CAN for members and $115 CAN for nonmembers.

Donna Dupuis, MSW, is a registered social worker in private practice in Calgary, Alberta who combines TA and psychodrama with her work with recovering alcoholics and adult children from dysfunctional families. In the USA Donna is a group leader at ONSITE, a residential treatment program for co-dependents, and in Calgary she runs a five-day residential program, Transformations. Donna is the President of the Canadian TA Association.

### AN INTRODUCTION TO TRANSACTIONAL ANALYSIS



*Janice Dowson, Teacher/Trainer*

The TA 101, an introductory course, teaches the basic concepts of TA and is relevant to professionals in all helping professions as well as to those who want to better understand themselves and others. Learning occurs through didactic teaching and experiential exercises.

Participation in this workshop is the requirement for Regular Membership in the Canadian Association for Transactional Analysis (CATA) and the International Transactional Analysis Association (ITAA).

The TA 101 meets Thursday & Friday, April 25-26, from 9am to 5pm. The cost is $125.00 CAN for members and $145.00 CAN nonmembers.

Janice Dowson, a therapist and ITAA Provisional Teaching Member with 15 years experience in community social agencies and private practice, integrates her respect for human process with knowledge and skill in the use of TA to facilitate change. She emphasizes developmental and feminist approaches. She has been a member of CATA's Board of Directors and is the past editor of CATALOG.

### 1991 CATA SPRING CONFERENCE REGISTRATION

Name (Please Print) Membership Category

Street Address City

State/ Zip or Postal Code/ Country Phone (Daytime) Phone (Evening)

Registration Fees (In Canadian Dollars): Check the Events You Wish to Attend:

| | Members | Nonmembers |
|---|---|---|
| Keynote Address & Cocktail Party (ONLY) | CAN $35.00 | CAN $35.00 |
| Introduction to Transactional Analysis | CAN$125.00 | CAN$125.00 |
| One-Day Conference | CAN $75.00 | CAN $95.00 |
| Full Conference (Friday Eve.—Sunday Brunch) | CAN$150.00 | CAN$170.00 |
| Pre-Conference Institutes (check one only): | | |
| "Rebirth of Our Womanness" | CAN $95.00 | CAN$115.00 |
| "From Hurt to Hope to Healing" | CAN $95.00 | CAN$115.00 |
| Post-Conference Institute: | | |
| "Treating the Wounds of Childhood Abuse" | CAN$175.00 | CAN$195.00 |
| TOTAL ENCLOSED: | $ _____ | $ _____ |

Registration received after April 15, 1991, will not be acknowledged prior to the conference. Onsite registration will be available. For further information contact Dale Perrin, Conference Chair, 1-416-890-5999. Payment: All funds must be paid in *Canadian dollars*. Make checks and money orders payable to "CATA Spring Conference." Send registration to: Judith Ryan, CATA Spring Conference, 208 Leslie Street North, New Market, Ontario L3Y 3E6, Canada. **Refund Policy:** Your fee is fully refundable if written notice is received by March 22, 1991.

# Training News

**TRAINING AND CERTIFICATION COUNCIL REPORT**



*by Ian Stewart*

## COC Clarifies Position on "Working Language"

The European TA Association (EATA) Commission of Certification (COC) met in Aix-en-Provence, France, on November 9, 1990. Commission members greeted their new Chairperson, Mary Cox. The following summarizes decisions made at the meeting that are of immediate significance to COC exam candidates and their sponsors.

**Working Language:** COC considered ways to clarify the question of what working language(s) are to be offered at exam venues organized by national groups (e.g., the German TA Association organized exams in November 1990 or the exams to be run on EATA's behalf by the Italian organizations in April 1991.) The decision was that at such exams, both English and the national language of the exam venue will be available. That is to say, candidates at these exams will always be guaranteed an English-speaking board or a board in the language of the country where the exams are being held.

**EATA Handbook:** *The EATA Training and Examination Handbook* is to be updated annually in May. The price of the *Handbook* has been increased from UKL12 to UKL15 to reflect increased printing and postage costs.

**Exam Venues:** No new COC exam venues were added to those previously agreed upon. (See exam calendar.) Exam Supervisor at Venice will be Ian Stewart; Supervisors at Oldenburg will be Jan Hennig (Level II) and Ilse Brab assisted by Mary Cox (Level I). There will be no COC exams in autumn 1991.

**Documents to Bring to Level I Exam:** Candidates at COC Level I oral exams will now be required to hand in their curriculum vitas and Training Logs to the Exam Supervisor at the candidate's meeting held before the exam. Tape transcripts and other documentation related to tapes should be taken into the oral exam itself, as it is done presently.

*******

**Errata:** The COC exam in spring 1991 (Level I only) will be on April 13 on the island of San Giorgio, Venice, Italy, in conjunction with a TSTA/PTSTA meeting and a convention sponsored by one of the three Italian National Associations, SIAT. The 1991 Italian National Congress will take place in November at a location to be decided. All Italian National Associations of TA (AIAT, SIAT, and SIMPAT) have been invited to participate in organizing this Congress. □

**EXAM CALENDAR**

| Exam | Exam Adm. | Exam Date | Location | App. Deadline |
|---|---|---|---|---|
| Level I Oral | COC | April 13, 1991 | Venice, Italy | Nov. 1, 1990 |
| | BOC | April 23, 1991 | Perth, Australia | Jan 23, 1991 |
| | BOC | April 26, 1991 | Toronto, Canada | Jan. 26, 1991 |
| | COC | July 7, 1991 | Oldenburg,Germany | April 1, 1991 |
| | BOC | Oct. 23, 1991 | Stamford, USA | Jul. 24, 1991 |
| Level II Oral | BOC | April 26, 1991 | Toronto, Canada | Jan. 26, 1991 |
| | COC | July 7, 1991 | Oldenburg,Germany | April 1, 1991 |
| | BOC | Oct. 23, 1991 | Stamford, USA | Jul. 24, 1991 |
| Level I Written | BOC | March 8/9, 1991 | To be announced | Dec. 8 1990 |
| | BOC | July 12/13, 1991 | To be announced | Apr. 12, 1991 |
| | BOC | Oct. 23, 1991 | Stamford, CT, USA | July 23, 1991 |
| | BOC | Nov. 8/9, 1991 | To be announced | Aug. 8, 1991 |
| Training Endorse. Workshops | — | Oct. 27-29, 1991 | Stamford, USA | July 24, 1991 |
| | | July 13-15 1991 | Oldenburg, Germany | May 10, 1991 |

**To make arrangements to take a BOC exam,** contact the T&C Council, 1772 Vallejo St., San Francisco, CA 94123, USA; **to arrange to take a COC exam,** contact your EATA Language Coordinator: German-speaking—Ingrid Wandel, Schwedenschanze 7 C/D, D-7750 Konstanz, Germany; French-speaking—Chantal Merat, Avenue du Kouter 14, B-1160 Bruxelles, Belgium; Dutch-speaking—Nelly Micholt, Eikenboslaan 25, B-3200 Leuven, Belgium; Italian-speaking—Carla Melvyn, 4, Chemin de Vert-Pre, CH-1213 Petit-Lancy, Geneve, Switzerland; English-speaking—Mary Cox, Cambrai House, Calderbridge, Seascale, Cumbria CA20 1DH, England; Spanish- and Portuguese-speaking—Conchita de Diego, Guzman el Bueno 135/13, 28003 Madrid, Spain.

**Training Endorsement Workshop fee:** $395 payable in US dollars to T&C Council, c/o the T & C Council office, 1772 Vallejo St., San Francisco, CA 94123, USA.

### EXAMINERS NEEDED

We need qualified examiners—those who have or will complete the Board of Certification Examiner Training Workshop before exams—for Level I and Level II Oral examinations in Toronto, Canada, on April 26, 1991.

Please complete this form and return to T&C Credentials Department, 1772 Vallejo Street, San Francisco, CA 94123, USA, by March 26, 1991 if you can help. Our telephone number (415) 885-5992, Fax (415) 885-5998.

___ Yes, I will serve as an examiner for the Level I Oral exam

___ Yes, I will serve as an examiner for the Level II Oral exam

Name and Membership Status (Please print)

_____

_____

Address and telephone number

_____

_____

### WHAT'S IN STORE

*continued from page 2*

**from following in his footsteps, said a GP was "'nowt but a body's body," which roughly translates to not belonging to yourself and at the beck and call of anyone at any time. There is a lot of truth in that statement, and this has been both a privilege and a burden, one I would choose again given the chance. And TA helped fill the enormous gap left by the two half-days devoted to psychiatry in my student training days.**

**When I looked at the membership figures for the ITAA (July 1990 *Script*)—35% with doctorates, 47% with masters degrees, including 9% with MDs, 22% with PhDs, 6% with EdDs or MEds, and 5% with pastoral counseling degrees (DDivs or MDivs), and not forgetting the organizational/management members and those with minds not contaminated by formal education (more of that another time)—I realized what an influential group we are. There are an awful lot of Body's Bodies out there! Hullo to you all. I think we have a lot in common. I want to know who you are, where you are, and what you do.**

**One of my hopes in becoming Editor is that through this column I can stimulate us to think about areas in which TA could have a positive social influence. We are an informed group and in a position to influence society at a personal and social level. For example, in Australia in excess of 40% of single-car accident deaths involve alcohol. One in 500 babies is born with the devastating fetal alcohol syndrome with the attendant congenital abnormalities. The problems in the causation and results of excessive alcohol consumption involve the social, psychological, and physical aspects of our society, and alcohol is big business. This just about covers all our "fields." Surely the ITAA membership can have an influence here. I invite articles and letters from members expressing their concerns for their own society.**

***Saying of the Month: Not all men are heroes, and not all heroes are men.***
***Joseph Conrad***

**Contact Editor Gerald Cartmel c/o the ITAA or directly at PO Box 61, Sarina 4737, Queensland, Australia. Fax: 61-79-56-2448.** □


### CLASSIFIED ADVERTISING

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NEXT SEATTLE TRAININGS
Dates: May 22-26, 1991
August 21-25, 1991
November 20-24, 1991
Tuition: $725
Room & Board: $195

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# COOPÉRATION AU LIEU DE COMPÉTITION

12. KONGRESS der DEUTSCHEN GESELLSCHAFT für TRANSAKTIONS-ANALYSE

zusammen mit dem

KONGRESS der EUROPÄISCHEN GESELLSCHAFT für TRANSAKTIONS-ANALYSE

12th CONFERENCE of the GERMAN ASSOCIATION of TRANSACTIONAL ANALYSIS

with

CONFERENCE of the EUROPEAN ASSOCIATION of TRANSACTIONAL ANALYSIS

12. CONGRÈS DE L'ASSOCIATION ALLEMANDE de L'ANALYSE TRANSACTIONNELLE

avec

LE CONGRÈS DE L'ASSOCIATION EUROPÉENNE de L'ANALYSE TRANSACTIONNELLE

8. - 11. 7. 1991
OLDENBURG i. O.
GERMANY



**Beitragsanmeldungen:/Presenters Proposal Form:/Votre Contribution:**
Werkstatt Psychologie, Wiemkenstraße 25, 2902 Rastede-Ipwege • Germany

**EATA - DGTA**

**Kongreßanmeldungen:/Registration: Inscription:**
Frau Eva Eisenbach, Taunusstr. 60, 6365 Rosbach • Germany



# FOUR-DAY INTENSIVE ON ERICKSONIAN THERAPY

# 1991

## May 2-5
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**Stephen Gilligan, Carol Lankton**
**Stephen Lankton, Bill O'Hanlon**
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For more information or to register, contact:
The Center for Personal & Family Development
1221 West Lakeview Avenue, Pensacola, Florida 32501

**(904) 648-3089**

# 1991
# INTENSIVE TRAINING AND SUPERVISION INSTITUTE

## FRIDAY, OCT. 11, 1991 — FRIDAY, OCT. 18, 1991

***Preceding the ITAA/USATAA/ERTAA Conference In Stamford, Connecticut, U.S.A.***

**TRAINERS:**
**Bill Cornell, Vince Gilpin, Suzanne Robinson & Marilyn Zalcman**

**PARTICIPANTS:** Persons who have Training Contracts to become certified in TA at Level I or Level II; Certified Transactional Analysts; Certified Teaching Members; and experienced clinicians with a background in TA.

**DESIGN:** A residential training program emphasizing the teaching, application and critique of TA theory and technique. The content and structure of the Institute will be developed with the participants and based upon individualized learning contracts. With a ratio of one trainer for every 4 to 6 participants, the program will offer maximum flexibility for meeting participants' specific learning goals.

### TRAINING OBJECTIVES

- **Advanced Theory:** evolving a comprehensive theoretical perspective; exploring unexamined assumptions; and developing critical thinking
- **Individualized Supervision:** comparing theoretical and practical frameworks for supervision; acquiring skills in giving and getting supervision; using group process and peer learning to enhance supervision; and sharpening skills appropriate to the level of training
- **Personal Development:** providing individual feedback on presentation skills, collegial relationships, and personal issues with opportunities for personal work in small groups
- **Exam Preparation:** offering mock exams and preparation guidance for Level I and Level II exams in Transactional Analysis
- **Recreation & Social Time**

**COST:** $1,700 USD (*before* June 1, 1991);
$1,800 USD (*after* June 1, 1991)
[tuition, accommodations, and meals included]
**DEPOSIT:** $400 USD non-refundable
**LOCATION:** Phoenicia Pathwork Center in Phoenicia, New York, near Stamford, Connecticut and New York City

***For More Information or Registration, Contact:***
Marilyn J. Zalcman, M.S.W., ACSW
6018 Balsam Drive; McLean, VA 22101; U.S.A.
(703) 534-6999

# Aquagenesis Workshops

SANDRA G. LANDSMAN, PH.D.

March 6 - 10, 1991

*The goal of each five day workshop is to achieve a balance between mind, body, and spirit. We will use meditation, past life regression, ancient spiritual cleansing and healing rituals, and prenatal regressive therapy in water to connect to ourselves and the universe.*

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Fee $500 • Deposit $100 • All Fees Payable in U.S. Funds • Deposits are Non-Refundable

## KERALA, INDIA

*continued from page 3*

inquiring about their well-being, although they soon switch over to political topics. Even small children are aware of the political situations in the country and outside.

Men and women have separate seats in the buses, and before marriage boys and girls seldom mix with each other. One can see the girls going to schools and colleges in their own company, chatting and laughing and walking gracefully with their dancing steps. They have shining dark eyes, and their dark long hair flows loosely after the morning bath.



*Sister Annie Maria in Santigram courtyard.*

Marriages are arranged mostly by the parents with the consent and concurrence of the children, and the girls take a huge sum of money and jewelry to the husband's house. Though they get to know each other after the marriage, most of the marriages stick, and family ties are very strong. It is the duty of the parents to educate the children, to secure wealth for them, and in turn the children in general love and respect their parents and look after them in their old age. Old people are especially respected, and their blessing is considered as the source of happiness and prosperity.

Kerala is one of the thickly populated states in India. The nature is boutiful with two monsoons and 43 rivers flowing west through a narrow strip of land of 560 kms length and 160 kms average width. The coconut trees, paddy fields, and rubber trees give an exquisite beauty, and Kerala is known for its spicies, such as pepper, cardamum, nutmeg, and cashew nuts.

Trade existed through the area's recorded history. The eminent historian, Pleny, in his writings, complained that the Roman ladies emptied their coffers buying spices from Malabar (the former name of Kerala). It was because of trade that Christianity reached Kerala's shores as early as 52 AD with St. Thomas, one of the disciples of Christ. Few may be aware that the first and oldest European settlement in India was not Madras, Delhi, Bombay, or Calcutta, but Fort Kochi in Kerala.

Vasco de Gama set sail from Portugal to discover the sea route to India and in search of exotic spices and other commodities of trade. He beached at Kozhikode on the western coast of South India in 1498. Two years later on December 24, 1500, a fleet of Portuguese ships docked at Kochi and with the consent of the king they engaged in their quest for trade. How this has influenced the fate of the country and the then existing Christian community are part of history. They built a church in Kochi which has stood the test of time and survived the ecclesiastical battles between the Portuguese Dutch Reformists and the Anglicans. Vasco de Gama was buried in the church of St. Francis.

The higher rate of literacy, dense population, and economic backwardness caused a unique situation where people have to strive hard to survive in a context of limited opportunities. The reality is far from what they have heard in the songs of Mahabali and his times. In spite of all the odds we can manage because "we are a special people, clever and daring" is a common belief.

One of the ambitions of young people is to secure a univeristy degree and get a job abroad. Though people go abroad their longing to return home is very strong. Several lakhs of people from Kerala are working in the Gulf, though many have returned due to the recent crisis in Kuwait. Among all the states, Kerala has one of the highest incidences of mental disorders. This could be as a result of higher awareness of the possibilities of obtaining professional help and consequently cases being recorded.



*Founding Friends of ICTA (from left): Prof. D.C. Checko, John P. John, Fr. George Kandathil, and John Kandathil (advocate).*

### TA in Kerala

In 1971 Father George Kandathil, a tall, lean Jesuit priest, returned from the United States after having done training in pastoral counseling in California and TA training with Muriel James. Muriel writes in *Techniques in Psychotherapy*, "In India the TA movement is growing rapidly because people such as Mary and Robert Goulding and Katherine and Jack Dusay have gone there to give lectures, but also because people have come from India to the US and then returned to teach and treat others. An example is Fr. George Kandathil, who came to the TA Institute in Lafayette, California, and studied TA intensively for nine months. When he returned to India, to the State of Kerala, Fr. George gathered together a group of interested professionals. He trained some of them, encouraged others to train in the United States, and started publishing a journal in the native language." Incidently, it is Muriel James who laid the foundation stone for Santigram, the academic block of the Institute, which was completed in 1980.

The first TA book in the vernacular was also brought out by Fr. Kandathil in 1977. The book had four printings and the next is in the press.

The committed friends of Fr. Kandathil registered themselves into a nonprofit Society in 1973. The names and objectives of the Society are given in the bylaws thus: to promote study of TA, conduct research on how TA could be applied in Indian culture, to disseminate knowledge of counseling through publications, etc. This Society is now affiliated with the ITAA. At present several professionals are undergoing training in the Institute with a view of going for ITAA accreditation.

The Institute of Counseling and Transactional Analysis (ICTA) is a dream come true. It is a tiny embodiment of the past. At the Institute people from all walks of life, belonging to any religion or no religion, come together to share, to learn, and to savor the peace of Santigram, where the beautiful coconut tress nod their heads in assent and hum the tune of cosmic song.

Fr. George and his colleagues are in great demand to run programs for groups of all kinds—teachers, managers of industrial concerns, professional students, police officers, etc. The State government even wants us to conduct programs for all the local development officers.

*Sister Annie Maria is Vice-President of ICTA.* □

## BEHAVIORAL OPTOMETRY

*continued from page 3*

wearers to reorganize their visual space worlds.

Also, behavioral optometrists have recognized for many years that stress—cognitive and emotional—can significantly alter a person's eidolon. For example, people may partially suppress or ignore the vision from one hemifield as a result of visual, emotional, or cognitive stress. Their eidolon may warp such that their perceived visual midline moves away from the suppressed hemifield and their eidolon warps such that their space world moves away from them on the side of the suppressed hemifield and closer to the opposite side. Subsequently, this will result in a postural change in the person, giving an unusual distribution of weight on the feet when walking or standing and causing a head turn and tilt while doing near visual tasks. Interestingly, patients who have had long-term suppression of one hemifold find it difficult to walk in a straight line when blindfolded.

Other patients may suppress their peripheral vision causing the eidolon to warp away from them, resulting in a postural change where head and neck are pushed forward while the pelvis is tilted back causing the typical posture of the short-sighted or myopic person.

People under excessive emotional, cognitive, or sensory stress will experience warps in their eidolons. A student who is under pressure to pass an exam (cognitive stress) may study for prolonged periods under poor lighting (visual stress) with bad posture (proprioceptive and vestibular stress). Excessive stress may temporarily or permanently warp the student's eidolon so that she finds her awareness of her peripheral vision is decreased and her distance vision becomes blurred. She experiences slight incoordination when she walks, tends to bump into things, and has difficulty sitting and standing in a correct posture. This slight disorientation can alter her mental affect and make her appear unusually absent-minded to her friends.

These are some examples of how this model of vision explains various alterations in visual space as a result of visual, emotional, or cognitive stress.

Through the use of lenses, prisms, and vision therapy which manipulate the relationship between vision, vestibular, proprioceptive, and tactile inputs into the eidolon, behavioral optometrists can reverse or modify the warps or changes in the eidolon creating greater efficiency in the visual process. Patients who have undergone visual therapy have often reported not only an alleviation of their visual symptoms, but a significant alteration in their emotional and cognitive states.

*Behavioral optometrists have recognized for many years that stress—cognitive and emotional—can significantly alter a person's eidolon.*

*Leo P. Hartley is a behavioral optometrist in private practice in Mackay, North Queensland, Australia. He is a Fellow of the Australasian College of Behavioural Optometrists and holds the office of Vice-President of the Australian Optometrical Association of Queensland. Reprints are available from him at PO Box 120, Mackay, Queensland 4740, Australia.* □

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