INTERNATIONAL TRANSACTIONAL ANALYSIS ASSOCIATION VOLUME XXIII NUMBER 3 APRIL 1993

The Script®

Special Insert on 1993 Minneapolis Conference - page 5

AN INTERVIEW WITH CARL GOLDBERG

Revealing the Roots of Shame

by Richard Erskine

The treatment of shame will be the focus of a continuing education symposium organized by Richard Erskine, PhD, for the October 15-17, 1993 ITAA/USATAA Conference in Minneapolis (see pages 4-7 of this issue for full details on the conference). This focus is in keeping with the overall conference theme: "Addiction in Society: Shame, Addiction, and the Child Ego State." As Erskine says, "The topic of shame has received relatively little attention in the TA literature, yet clients continually present shame-based issues in therapy. If clinical transactional analysts are to be effective, they must be prepared to address these issues."

The symposium—consisting of four speeches, seven workshops, and a roundtable discussion—will highlight various theoretical and treatment models and provide a forum for synthesizing ideas related to the psychotherapy of shame-based syndromes. Featured speakers include Carl Goldberg, PhD (New York); Sam James, EdD (Boston); Barbara Clark, PhD (College Station, Texas); Hanna Hyams, MA (Geneva, Switzerland); Marye O'Reilly-Knapp, DNSc (Philadelphia); and Kenneth Evans, Dip. Soc. Admin. (Nottingham, England).

The following interview with Dr. Goldberg was conducted by roundtable moderator Richard Erskine, PhD (New York). Dr. Goldberg, the author of Understanding Shame *(Aronson, 1991), has written nine other books and 90 professional publications. He is Associate Clinical Professor of Psychiatry at Albert Einstein College of Medicine and Adjunct Associate Professor of Social Sciences at New York University. He also has a private practice in New York City and is a Fellow of both the American Psychological Association and the American Group Psychotherapy Association.*

RE: You were saying to me earlier that you had met Eric Berne.

Anything that is important to one's personal identity, to whom one feels one is and seeks to be, has the potential for causing shame.

CG: Yes, when I was a student in the analytic psychotherapy program at Washington School of Psychiatry I observed Berne do a group when he visited there. Most of the analytic students had never heard of Berne, although I had. My impression of him in person was quite different from the one I had gotten from reading his book, especially because his picture on the cover made him look a bit smug and the book was written in a rather smug, clever way. But in the group he came across as humble, compassionate, warm, and curious. He wasn't particularly insightful or wise, but I was impressed with how interested in and curious about people he was.

RE: How does that compare to your own approach to psychotherapy?

CG: My approach has evolved over the years from a more psychoanalytic perspective to a rather interpersonal and practical one, so that now I appreciate Berne's model more. However, at the time I met him I was analytically trained, I had written a few books trying to say things that were wise and sagely, and nevertheless I wouldn't have wanted to present myself as Berne had.

But maybe the reason I became interested in shame would be of interest to your readers.

RE: Yes, I'm sure it would.

CG: There was a 10-year-old boy named Paul who had a collection of foreign coins, maybe a dozen, not worth much, but which meant a great deal to him. At a family gathering his uncle, a gruff and boorish man, asked to see the coins. Although Paul was frightened of his uncle, he had been taught to oblige his elders and so he showed his uncle the coins. The man grabbed half and said, "I'm keeping them kid. What are you going to do about it?" Paul, upset, ran to his mother who added insult to injury by saying, "You shouldn't cry. You have more coins, and besides, he's your uncle."

Experiences like that, as I understand them now, have a lot to do with being shamed very early in life and the effect that has on personal identity.

RE: Reading that story in your book, *Understanding Shame*, seemed to provide the members of our professional development seminar with permission to reveal their own experiences of shame.



Carl Goldberg

CG: That's ironic, because what I didn't say in the book was that Paul is really me. So although I revealed my shame, I couldn't do it directly. I think each of us has an existential reason for becoming a healer. My reason has to do with the way I have become sensitized through my own experiences of shame to why people do appalling things to other people and to themselves.

RE: Until the mid-1980s, the topic of shame was practically nonexistent in the psychotherapy and psychoanalytic literature, and it still isn't dealt with in the TA literature. However, there has been an increased interest in the psychotherapy of shame in recent years. Which writings affected your understanding of shame?

CG: One of the finest books written about shame and the one that affected me the most is Helen Lynn's *Shame and Personal Identity*. She saw the importance of understanding shame as it was discussed in Erik Erikson's work. Unfortunately, Erikson misunderstood the development of shame, partly

- continued on page 3

Becoming an Orphan

by Laurie Weiss

The following article was originally published in the Empowerment Systems Newsletter *(January-April, 1993) and is reprinted here with permission.*

My father showed me his "Living Will" several years ago, when he was healthy and vigorous. "Your mother and I want no extraordinary means taken to prolong our lives. Just keep us comfortable and let us go. You may have to make these decisions. Will you accept this responsibility?" Of course I accepted, hoping I would never have to make such choices.

The years took their toll. My mother, almost completely helpless, was cared for in a nursing home. The medical staff urged her to accept a feeding tube when she could no longer swallow. My father, in the same nursing home, recovering from the amputation of one leg, supported her refusal to accept the tube. I was not asked to help decide. By the time I arrived . . . , the decision was made, and she died peacefully.

Two months later, my father gave up hope of ever living independently again. His diabetes required constant monitoring, and the gangrene was advancing in his remaining leg. He ordered me to "close the apartment; I'll live here (the nursing home)."

I remember his Living Will, and I agree, reluctantly, to support him. "Good girl!" is his enthusiastic response.

His doctor urged a second amputation; his answer was a firm, "No, there will be no more amputations." The doctor argued: "Your mind is clear. You are strong enough. You can live much longer." The answer still, "No!" Alternative treatments? "No!"

I ask him why not; over several conversations, many different "reasons" emerge: "I hate this; I'm completely dependent. No one has anything interesting to say; one poker game and one bridge game a week isn't enough. I don't want to use up all my money and become a charity case. I've had a good life; I'm 82, and I've had enough. I miss Pearl."

Later, he says, "They're all upset (the staff) because I'm refusing treatment. If I take it, I could be stuck living for several years. Will you back me up?" I remember his Living Will, and I agree, reluctantly, to support him. "Good girl!" is his enthusiastic response.

At each visit, the doctor and staff ask me, "Do you still support your father's wishes? He can still change his mind." I know he has decided. "I support him, yes."



Laurie Weiss

During what we both know will be my last visit, I talk about how I will miss him. He brightens, recalling our twice-weekly telephone conversations, where he heard details about my life, and had become my cheering section. We looked at old pictures, remembering, and finally said goodbye. "Don't worry about me," he whispered. "I won't, but I'll miss you."

Several days later, my father died with dignity; I do miss him. □

EDITOR'S COLUMN



by Gerald Cartmel

Rolling On

Time goes you say? Ah, no!
Alas, Time stays; we go.
Austin Dobson (1840-1921)

The end of my term as Editor has come in view, and already I am asking myself what I had hoped to achieve and have not yet done. And is there still time left to do it? We now have Sub-Editors representing the organizational and educational fields, but none for clinical fields. No one has stepped forward as Sub-Editor of a Revision Corner, and I am disappointed. I am not qualified for this role. I have attempted to provoke responses with my relatively uninformed questions about TA in general, and no one has taken up the challenge.

In my last editorial I alluded to intuition. This editorial is being written before that one is published, and so I need to be my own Devil's Advocate, because I was not speaking for that part of me that is comfortable with empiricism--even scientific empiricism. I could not practice my profession if my work was not based on principles resulting from observation and measurement of behavior, both internal and social, in a way that can be replicated by others. Scientific empiricism requires clear definition of the phenomena to be tested, based on a theoretical model, and deduction of pragmatic principles from the results. People of the calibre of *TAJ* Editor Howard Douglass, who has spent a lifetime teaching this stuff, could express it better, as could many *Script* readers. So, I am about to float some ideas. Throwing out some bait in the hope of catching some fish--or at least a Sub-Editor for the Revision Corner.

I will start by repeating that transactional analysis is a theory of personality, communication and a method of analyzing systems and organizations (Stewart & Joines, 1987, p. 3). Is this a theory in its own right, or can it fit into one or more other recognized theoretical models? "A major attitude [perspective] of TA therapists is that the power of cure and change is in the patient. The patient is responsible for a behavior and a life course, while the therapist serves not as a responsible changer, but as a potent catalyst, someone who speaks simply and understandably and is dedicated to human growth" (ITAA, 1991).

What would William James, father of American psychology, say to that as a functionalist? How would John Watson and other behaviorists reply? Skinner said, "In order to understand human behavior we must take into account what the environment does to an organism before and after it responds. Behavior is shaped and maintained by its consequences" (Skinner cited in Coon, 1989, p. 9). That sounds like script. Also, the cognitive psychologists seem to remain within the perspective of TA, as do the psychoanalytics and the humanists, including Maslow. I think transactional analysis, even if somewhat eclectic, stands up well within these frameworks.

What I would like to read or hear is an imaginary debate or conversation with those greats in the history of psychology: the study of behavior, both internal and external. Such conversations could present arguments for more structured experiments in TA in order to support scientific empiricism and stimulate ideas for substantiation of our theories. Maybe an educationalist could interview significant figures in that field, as could organizational psychologists interested in control in the appropriate sense of that word.

What I would like to read or hear is an imaginary debate or conversation with those greats in the history of psychology.

Submissions, in small chunks of perspective, can be to *The Script* or to the relevant Sub-Editor. Maybe this idea could be taken up for an ITAA conference, where informed members would be invited to BE one of these figures. Or maybe you would like to brush up on your theoretical background knowledge by doing a comparison for yourself? Or has this been done before and I missed it?

Finally, I have been asked to suggest a list of potential candidates to replace me next December. What I did learn in my TA training was the concept of problem ownership. This is NOT my problem. All proposals will be gratefully received by our Managing Editor Robin Fryer, c/o the ITAA office. After next December I intend to revert to "Indian" status and enjoy just *being* for a while.

A man is known by the company he organizes.
Ambrose Bierce (1842-1914)

References

Coon, D. (1989). *Introduction to psychology* (6th ed.). St. Paul: West Publishing.

International Transactional Analysis Association. (1991). *International Catalog of Member Services*. San Francisco: Author.

Stewart, I., & Joines, V. (1987). *TA today*. Nottingham: Lifespace Publishing. □

EXECUTIVE DIRECTOR'S COLUMN



by Susan Sevilla

Face the Fax

Face it, you can't get away from them—the facsimile machines. You can resist for a while longer, but you cannot escape. They are everywhere. Hotels and shops have them. Local delis offer previously unheard of services: "Fax your order."

Everyday when I arrive at the office, I go first to review my stack of faxes. These days the fax pile might be higher than the pieces arriving by regular mail. And everyone wants their response by fax. Even salesmen beg "just fax me your specifications."

I began by hating faxes. Here is a brief list of what I hate most. How many of these do you relate to? I hate the slick thermal paper, which curls up and makes reading difficult. I hate missing important lines of text when phone lines have glitches. I hate machines (mine or yours) that run out of paper during a transmission. I hate having to redial many times to get a clear line to some out-of-the-way place. I hate receiving piles of what I consider unnecessary faxes, pieces that could easily wait a few days to come by ordinary post. I hate fax cover pages, which waste your paper and mine. I hate faxes with too-small print, which come through muddled and illegible. I hate faxes on colored or patterned paper, which fax very poorly, too. I hate fax/phone automatic switch-overs, because they never work except perhaps after the fifth redial, which drives up my telephone bill. I hate having a fax feeder I don't trust so that I feel compelled to stand by the sending machine to ensure that each page goes through correctly. I hate the use of liquid paper or "white-out" on faxes, which comes through as a giant visible blob. (Tip: To correct errors on something you are going to fax, use correction tape, not fluid.)

Those, however, are relatively minor annoyances. There are larger problems: One of the biggest is the emotional price of the fax revolution. The fax machine has added a new source of stress to my day. Our machine makes loud beeps when it receives a fax, noise which can be heard all over the office. We all feel great pressure when a fax so audibly arrives: pressure to drop whatever it is we are doing in order to respond to the fax. This attitude is self-defeating. Soon I am dropping earlier faxes to respond to new ones, and then my desk represents just so many piles of unfinished projects, each interrupted by more urgent business before I could complete it.

I also feel stress because the speed of my work has increased so greatly. In the old days, I could mail a business letter, then count on at least a week's delay before hearing about it again. Now, with the fax machine, a business response is often back to me within minutes and requiring more attention from me. The problem of speed is increased if you have someone in the communication loop who does not have fax access. Then everyone else goes a good ten steps forward in business while the non-faxer is still at step one. This causes stress to everyone involved.

Another stressor is the daily business of fax administration, for example, whether or not to send a confirmation copy. Faxes do get misdirected, arrive incompletely, or not at all. But mailing a duplicate copy can be wasteful and confusing to the recipient.

Another bother: I find I must do a mini-cost analysis each time I send a communication. If brief, a fax is definitely cheaper domestically than mail. It costs about $.25 to send a one-page fax anywhere in the US, as opposed to $.29 postage. However, a multipage domestic fax may be more expensive than the cost of overnight mail. You have to calculate it out with each communication. Internationally, the situation is even more complex: One page faxed internationally can cost from $1.50-$2.00 per page, depending on the amount of print on the page, whereas regular postage is just $.50. However, if you are in a rush for your communication to be received, you must factor in the 5-14 day mail delay. Overnight international mail costs $35 per one-pound package, so another factor analysis must be made to compute when it might be more economical to use that method. These are problems we simply didn't have before fax was invented.

Another challenge is the interesting legal questions raised by faxing. Can a fax be considered a contract? If you do business by fax, you might conduct negotiations or reach agreements on paper in a transaction for which there is no true "original" document, just copies and copies of copies. Yet if the contract is ever contested, courts require originals as admissible evidence. In addition, there are many avenues for fraud involving faxing, limited only by the imagination.

Like it or not, once you get used to faxing, you will never want to live without it.

Confidentiality is another other big legal issue. Short of telephoning first and asking your recipient to stand by the machine as you fax, how can you ensure confidential communication?

Technology should be a help, not a hindrance. But like it or not, the fax machine is part of our business and personal environment today. And like it or not, once you get used to faxing, you will never want to live without it.

The Script

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

The Script (ISSN 0164-7393), the newsletter of the International Transactional Analysis Association (1772 Vallejo St., San Francisco, California, USA 94123; phone 415-885-5992) is published monthly except January, May, and September by the International Transactional Analysis Association. The subscription rate is $10/year as part of dues for all classes of membership; *The Script* is not available by separate subscription. For information on dues rates for various membership classifications, contact the ITAA office at the above address. Second-class postage paid at San Francisco, California and additional mailing office. POSTMASTER: send address changes to *The Script*, 1772 Vallejo St., San Francisco, CA 94123. © 1993 International Transactional Analysis Association, Inc.

Recycled Recyclable

TA IN EDUCATION COLUMN



by Sheena Hudson

Where are the Boundaries Between Education and Therapy?

We are delighted to present our first TA in Education column with Sheena Hudson, MA. Sheena is a Certified Transactional Analyst specializing in education who lives and works in Wellington, New Zealand.

During the recent CTA exams in Auckland there was a lengthy debate as to exactly what constituted "therapy" and what constituted "education." For example, in which category would one put a stress management course? This debate prompted some present to set up an education caucus meeting. Those who attended the meeting requested that an education network be developed and that someone write a column on educational interests for *The Script*. I was at the caucus and agreed to take on the role of columnist.

I had thought that I was quite clear about the difference between therapy and education. I'd been a teacher for 20 years and a therapist for 8 years, so I knew when I was teaching and when I was doing therapy! However, as I listened to participants in the caucus, I was not quite so sure. There clearly were differences of opinion, and furthermore, I realized the issue tapped into some old wounds.

I thought I was clear about the difference between therapy and education. However, as I listened to participants in the caucus, I was not quite so sure.

Because I was in the position of having been both a teacher and a therapist, I decided I was interested enough to edit this column and to see what rationale there was for the development of education as a field for certification. I also thought that I might further the discussion about when TA is education and when it is therapy. However, to do that I need your comments, thoughts, and experience.

As I looked through the 1992-1993 Membership Directory, I found quite a sprinkling of members-in-training in education. I believe it would be of great benefit to hear from them as well as from those who are Teaching Members in Education. If there is confusion or varying interpretation about what education is, let's have a discussion in this column so we can be clearer in the future. I expect those who are doing clinical training will also benefit from such a discussion.

My exam process was testing, but fair and clear. I want to prevent a repeat of the anxiety experienced by some of my colleagues as they sat for their certifying exams in education. I also want to promote contact between members with similar interests in education. Please write Sheena Hudson, Department of Behavioural Sciences, Central Institute of Technology, Private Bag, Wellington Mail Centre, Wellington, New Zealand. □

ROOTS OF SHAME

continued from page 1

because he hadn't really observed children. If he had, he would have placed the origin of shame at a much earlier age and recognized it as more important than he did. Then there was Helen Lewis, an analyst who appreciated the role of shame clinically. Most other books about shame discuss it in limited ways, although they have raised consciousness about the importance of the topic with regard to people's everyday problems and the ways they present themselves.

RE: You distinguish in your book between shame and guilt.

CG: Yes, shame has to do with who we are, our personal identity. That's why it's so impossible to escape feelings of shame—we can't escape ourselves. We can escape the feeling of guilt, which involves a more cognitive, ideational experience. Shame takes over who we are. Guilt has to do with acts we commit or circumscribed aspects of the self. To feel guilty or to be guilty one has to have consciously and intentionally chosen and be responsible for some action or inaction that results in injury to other people or to oneself. With shame one doesn't have to be responsible, one doesn't have to have chosen an action. For example, you might feel ashamed that your grandfather was a convicted rapist, even though he died before you were born. Or one might be ashamed that a grandmother was cruel and abusive, or that someone on TV is singing the "Star Spangled Banner" in an obscene manner. Anything that is important to one's personal identity, to whom one feels one is and seeks to be, has the potential for causing shame.

RE: How do you describe the emotion that results from being humiliated, criticized, or put down?

CG: Well, that's the feeling of shame. However, with guilt we are more articulate and have more ways to deal with it—if one feels guilty, one can confess, be punished, redeemed, and forgiven. But we don't have language or concepts for shame, in part because it occurs preverbally. What we have is a kaleidoscope of pictures of these early shaming or humiliating experiences. In addition, when we are shamed, most of the time we don't register it as an emotion, but rather feel it as a jolt or some other physiological response, or we misidentify it as guilt or as a secondary reaction such as anger, rage, or aggression, or it gets transformed into some kind of addiction. Each addiction has at its base the experience of shame and the inability to control what happens to us. In fact, that's probably the root of shame—that things happen to us we can't control and we feel we've lost the safe and familiar.

RE: That is an interesting thought and one that is relevant to our upcoming Minneapolis conference. We are hoping that in your Friday speech and workshop at the conference you will talk to advanced clinicans about using the concept of shame in psychotherapy. Can you give our readers a preview of your presentations?

Each addiction has at its base the experience of shame and the inability to control what happens to us. In fact, that's probably the root of shame--that things happen to us we can't control and we feel we've lost the safe and familiar.

CG: Well, to begin with I will discuss the five basic steps in dealing with shame, the steps to healing. First and most important is recognizing that you're being affected by shame, that you're being shamed or shaming yourself, and how you've set yourself up or allowed yourself to be humiliated by others. Then one has to give one's experience of shame an articulate voice, to express it. Next, one has to be able to express those emotions to a caring, concerned other. I recommend, no matter how good the therapist is, that a person struggling with shame also be in some kind of support group: a therapy group, an AA group, or one focused on stopping some addiction. A person might think a therapist cares primarily because he or she is being paid, but in a support group people aren't paid, so if they care it must be real.

The fourth step is to redefine who one is because shame is tied up with personal identity. We have to stop shaming ourselves, to say "No" to the inner voice that condemns us and puts us down. This saying "NO!" is similar to how we should react to someone shaming or humiliating us. People who feel debilitating shame don't feel good about themselves and have difficulty defining themselves in positive ways. They need to begin with their ideal self—the self that they seek to be. Behaviorally we know that people begin to change when they act as if they are the self they seek to be.

RE: You sound like you're deviating from a traditional psychoanalytic perspective by integrating a behavioral change component.

CG: I'm not traditionally psychoanalytic—I don't even know what that means anymore. I'm not interested in techniques, in methods of therapy. I do whatever I can to be helpful.

RE: You sound like a transactional analyst.

CG: I'll do anything that enhances the person's sense of self, even give advice in instances where patients are putting themselves in jeopardy. If I feel I have some life experience that will be useful to a person, I'll share that. We can't wait until insights take hold if someone's life is in peril. If a suicidal patient calls in the night and I say, "Do you know how this relates to your childhood?" they wouldn't be around the next day. You have to deal with people where they are.

To finish with the five steps, once people begin to define themselves positively, they can get involved in activities that they had avoided because they weren't exceptional in them. In my experience, shame-prone people only do things that they do very well. For example, when a blown fuse caused the lights to go out during a supervision session, a famous cognitive behavioral theorist said, "I don't know about how to handle fuses; my wife always handles such things." Here was someone who talked about shaping behavior and all kinds of active things and yet he was incapable of changing a fuse. That's a classic example of a shame-prone person. Such specializing is a devastating manifestation of shame. Once people become aware of the effect shame has had on their lives, their whole world widens.

We need to change conditions in the world that shame others. I think psychoanalysis as well as many other therapies have magnified the importance of the individual and have not focused on our responsibilties to the world and other people. But when people help others they get the kind of appreciation they didn't get as a child, which is why they felt so ashamed, put down, incompetent, and inadequate. By helping others they realize they are people of worth themselves. It doesn't just come from trying to change the way you feel, but also from the kind of action and responsiblity you take toward others.

RE: It's interesting to hear you say that. Before we end, is there anything you want to add about what you will do in your Minneapolis presentations?

CG: I teach by dialogue, so I don't know exactly what I'll talk about until I meet the workshop participants and find out what they need, what will be most useful to them.

RE: I remember what you said about meeting Berne. Now you're doing in your own way what Berne did in his—something live where you can make a professional impact. I'm looking forward to your participation in our conference. Thanks for doing this interview. □

Shame has to do with who we are, our personal identity. That's why it's so impossible to escape feelings of shame--we can't escape ourselves.

Get Your *Script* Fast --If you are tired of waiting for your issue of *The Script* to arrive by second-class mail, send us the cost of postage ($5 USA; $15 all others), and we will send your copy by first-class or air mail for a year. Remember to include your current mailing address. (This offer applies to ITAA direct members only, and is not valid for affiliate members from EATA, CATA, or ICTA.

Organizational News

ITAA GENERAL MEETING

As specified in Article II, Section 2 of the ITAA Bylaws, the next regular meeting of the voting members of the ITAA will be held on Saturday, October 16, from 4:30-5:30 pm at the Sheraton Park Place Hotel, 555 Wayzata Blvd., Minneapolis, Minnesota.

At this important meeting, President Robin Maslen will report on the state of the Association, and Treasurer Tony Metcalf will offer a financial status report. There will also be a call for nominations from the floor for the 1993 election of Board of Trustees members and officers. Please see the March 1993 *Script* for the Call for Nominations.

This announcement supercedes previous announcements. The ITAA General Meeting of the Membership was previously advertised for Thursday. The correct scheduling is Saturday, October 16, 4:30-5:30 pm. □

Special January 1994
Theme Issue of the
Transactional Analysis Journal
on

"Ethics"

Guest Editor:
William Cornell, MA

Deadline for Manuscripts:
May 1, 1993

For Instructions to Authors, see the inside front cover of a recent *TAJ* or contact the ITAA office.

Special April 1994 Theme
Issue of the
Transactional Analysis Journal
on

"Shame"

Guest Editor:
Marye O'Reilly-Knapp, DNSc

Deadline for Manuscripts:
July 1, 1993

Manuscripts for the theme issue on "Shame" should focus on the concept of shame. Areas that might be considered include (but are not limited to): the impact of shame on the lives and relationships of individuals and/or societies; the impact of shame on the course of psychotherapy, e.g., how shame is identified, addressed, and resolved in psychotherapy; and how psychotherapy might facilitate the resolution or perpetuation of shame. For Instructions to Authors, see the inside front cover of a recent *TAJ* or contact the ITAA office.

New Direct Members

JUNE 1992

New Member	*Sponsor*
Bihun, Martha	—
De Boer, Patricia A.	Vann Joines
Dyyert, Holly	—
Eisenhauer, Brenda	—
Johnson, S.P.	G. Hewitt
Lerman, Barbara	—
McCarthy, Merrily A.	—
Nishizawa, Toshiki	—
Piezze, Ilwicki Julien	—
Pugh, Terry J. Buford	—
Sanguyo, Mary Ann J.	—
Schiffman, Evalyn R.	R. Erskine

JULY 1992

New Member	*Sponsor*
Almeida, M.Das Gracas	—
Croce, Angelus	—
Grey, Autumne F.	J. D. White
Gremli, Margaret S.	—
Hammerseng, Kathryn	Jean I. Clarke
Kim, Inza	—
Lawson, Maureen E.	Enid Ware
Lopez-De Morales, B.	—
Rinear, Edwin A.	—
Rosenberg, Steven R.	—

AUGUST 1992

New Member	*Sponsor*
Caldwell, Helen	Muir Fraser
June Harrison	—
Chambers, Theodore	—
Emerson, Judith	—
Garst, JoAnne	—
Goldfinch, Timothy P.	John Warren
Herman, Philip M.	Vann Joines
Laguillon, Henry J.	Marcia Rosen
Mack, Kathryn Anne	Jean I. Clarke
Moore, Roger	—

SEPTEMBER 1992

New Member	*Sponsor*
Daure, Rena	—
Ike, Bernard U.	—
Kiko, Thomas E.	—
O'Neill, Rosemary	—
Summers, James C.	Vann Joines

OCTOBER 1992

New Member	*Sponsor*
Cubanski, Mary	—
De Lovinfosse, Anne	—
Haskins, Edward	T. Schnabel
Pollock, Ann	C. Gledhill
Smitham, Mark	Jan Grant
Wise, Mary H.	T. Schnabel
Woolner-Pratt, David	—

NOVEMBER 1992

New Member	*Sponsor*
Stein, Naomi	—
Grace, Norman John	John E. Warren
Breedlove, Garry E.	J. M. Doubles
Tsain, Shiouh-Meir	Annika Bjorck

DECEMBER 1992

New Member	*Sponsor*
Barkley, Philip H.	Mary Goulding
Batter, Veronique	—
Chung, Wen-Shen	Sissel Knibe
Falcon-Flores, Y.	—
Popadak, G.	J. Doubles
Rostohar, Mihajlo	Z. Milivojevic
Volkwyn, Lloyd A.	Jan Grant

JANUARY 1993

New Member	*Sponsor*
Aravamootham, K.	—
Arthikeyan, V.K.	—
Burnik, Zora	Z. Milivojevic
Fortune, Aileen M.	Jean I. Clarke
Iengar, H.V.R.	—
Mckinny, Kathleen	C. Conley
Narayanan, Sumathi	—
Ramesh, G.	—
Rogers, Matthew F.	Marcia Rosen
Sathyanarayaman, K.	—
Shrenik, M.	—
Venkatavaman, K.S.	— □

TA Publications Available

An almost complete set of the *TAB* and the *TAJ* is being offered to the highest bidder by a retired ITAA member. Included is the large ring-bound volume of the *TAB*, which begins with Vol. 1, No. 1 and goes through Vol. 9, No. 36. The *TAJ* set is complete with the exception of six issues: Jan. 1974, April 1978, April 1980, Jan. 1982, April 1987, and October 1988. For more information, please write JoAnn McKay, 1170 Ninth St., #16, Alameda, CA 94501, USA.

TA Books Available: Wayne Keller has the following books for sale at minimal cost: *Winning with People*($2), *TA Analysis Clinical Booklet #1* ($2), *The People Book* ($3), *Scripts People Live* ($4), *Everybody Wins* ($4), *Born to Love* ($3), *TA in Psychotherapy* ($2), *Principles of Group Treatmen* ($2), *Games People Play* ($1), *I'm Okay--You're Okay* ($1), *The Heart of Friendship* ($3), *The Structures and Dynamics of Organizations and Groups* ($2), *Affirmative Action for Women* ($3), and *Happy Valley* ($3). Also available are: *Fritz: An Intimate Portrait of Fritz Perls and Gestalt Therapy* ($3), *Gestalt Is* ($3), *On Becoming a Person* ($3), and *Reality Therapy* ($3). For more information, contact Wayne Keller, 11423 126th St. E. #215, Puyallup, WA 98374, USA.

TA CONFERENCES WORLDWIDE

May 7-9, 1993—Mainz, Germany. German TA Association Conference. Contact: DGTA, Samerberweb 3, D-8269, Burgkirchen, Germany.

May 19-23, 1993—Atlantic City, New Jersey, USA. Eastern Regional TA Association Conference. Contact: Fred Clark, ERTAA Registrar, 261 Spring St., Cheshire, CT 06410; phone: 203-271-3733.

May 27-30, 1993—Sao Paulo, Brazil. TA Association of Latin America (ALAT) Conference. Contact: Roberto Shinyashiki, MD, Rua Ibiracu 23, 05451 Sao Paulo, SP Brazil; fax: 55-11-864-8529.

July 5-8, 1993—Siena, Italy. European TA Association Conference. Contact: Ufficio Congressi dell' Università di Siena, Via San Vigilio, 6, 53100 Siena, Italy; phone: 39-0577-298379; fax: 39-0577-298377.

October 13-17, 1993—Minneapolis, Minnesota. ITAA Annual Conference. Contact: ITAA, 1772 Vallejo St., San Francisco, CA 94123, USA.

November 19-21, 1993—Adelaide, South Australia. Australasian TA Conference. Contact: George Filipowicz, 24, Da Costa Ave., Prospect 5082, Australia.

January 12-16, 1994--Madras, India. ICTA Annual Conference. Contact: S. Narayanan, 11, First Main Road, Indira Nagar, Adayar, Madras 600 020, India.

May 13-15, 1994—Near Frankfurt, Germany. German TA Association (DGTA) Conference/Designated site of ITAA Business Meetings. Contact: DGTA, Samerberweb 3, D-8269, Burgkirchen, West Germany.

July 10-14, 1994—Maastricht, The Netherlands. EATA Conference. Contact: Mrs. Yvonne van Praag, PO Box 1197, NL-3800 BD, Amersfoort, The Netherlands. Phone: 31-33-721764; fax: 31-33-759129.

Call for Nominations for *TAJ* Editor

The Editorial Board of the *Transactional Analysis Journal* invites nominations for the Editorship of this *Journal* for a three-year period, 1994-1996, to succeed Howard J. Douglass, whose term expires in December 1993. Nominees must be at least Regular Members of the International Transactional Analysis Association and should be prepared to begin receiving manuscripts in late 1993 for publication in 1994.

Both self-nominations and nominations of others are welcome. To nominate other candidates, submit a brief statement in support of the candidate; for self-nomination submit a brief statement of interest in the position. In addition, in both cases include a statement indicating that the nominee agrees to serve the term if appointed as Editor and five copies of the nominee's vitae.

NOMINATIONS SHOULD BE SUBMITTED AS SOON AS POSSIBLE, BUT NOT LATER THAN JUNE 1, 1993 to: Howard J. Douglass, Chair, Editor Search Committee, International Transactional Analysis Association, 1772 Vallejo Street, San Francisco, CA 94123-5009, U.S.A.

A committee composed of Editorial Board Members and members of the *TAJ* editorial staff will be established to consider the nominations. The Editor-Elect will be notified of his or her appointment on or about November 1, 1993.

ADDICTION IN SOCIETY

SHAME, ADDICTION, and the CHILD EGO STATE

USA TAA Joins in Sponsoring ITAA's 31st Annual Conference

MINNEAPOLIS, MINNESOTA USA

OCTOBER 12 TO 17, 1993

October 1993 You belong here. Minneapolis

October 1993 You belong here. Minneapolis

Plenary # 1 Wednesday Oct. 13 8:00 PM

TA Keynote Address:

Laurie Weiss, M.A. & Jonathan Weiss, Ph.D.

Clinicians, Educators, Authors: ***Recovery from Co-Dependency***

TA AND THE ADDICTION FIELDS- LEARNING FROM EACH OTHER

Laurie and Jonathan Weiss are known for their years of active involvement in developing the theory and practice of transactional analysis with applications as diverse as Re-parenting theory and Personal Development in Business. Throughout, their work has centered on developmental issues and the child within. Their insights have been applied extensively in the recovery communities and in their own program of Corrective Parenting.

They are exceptionally suited to teach people in twelve-step programs about the power of the child ego state and its relationship to inner child work. Their openness to all points of view allow them to appreciate the value of the 12-step program and to represent it clearly to clients and professionals who might otherwise dismiss or misunderstand it.

Plenary # 2 Thursday Oct. 14 9:00 AM

Guest Keynote Address:

Marilyn J. Mason, Ph.D.

Professor, Author: ***Facing Shame: Families in Recovery***

SHAME: THE RESERVOIR FOR ADDICTION THE HEALING JOURNEY TO RESPECT

Dr. Mason brings to this conference a unique contribution by making the complex issues involved in shame understandable without a compromise in theory. Shame is powerful yet helping professionals often overlook it. In recent years, her presentations on shame have found audiences as divergent as the US Navy and the Oprah Winfrey Show.

Besides presenting workshops and keynote addresses, Dr. Mason is on the faculty of the University of Minnesota, College of Human Ecology, and is a licensed Consulting Psychologist. She is also the founder of Journeys Inward, an outdoor "inventures," that sponsors programs which include biking in China, hiking/sailing in Greece, and backpacking in Africa. Her range of interests and activities earn her the title of Renaissance Woman.

ADVANCED SYMPOSIUM:

DYNAMICS OF SHAME

Guest Faculty

Carl Goldberg, Ph.D. Analyst, Author

Dr. Goldberg began publishing his findings about shame long before it was accepted as a significant factor in psychological development. His intensive writings pioneered the application of shame in the clinical setting. His book, *Understanding Shame,* was recently the featured selection of the Psychotherapy Book Club. He has a private practice in New York. His symposium address, *The Role Shame Plays in the Impediment of Self-Analysis,* reflects his most current research.

Samuel R. James, Ed.D. Educator, Clinician

Dr. James relates shame to the developmental issues put forth by Margaret Mahler. His own work focuses on clinical issues of sexual abuse. He is the author of "Shame and Incest" in *Psychotherapy for the 1990's.* A Clinical Fellow at Harvard Medical School, he is also on the staff of Massachusetts General Hospital. His symposium address, *Shame and Object Fusion,* lays the groundwork for understanding the dynamics of shame in clinical practice.



Jonathan & Laurie Weiss



Marilyn J. Mason



Carl Goldberg



Samuel R. James

See: Symposium Round Table and Individual Workshops

Additional Faculty
Transactional Analysts

Barbara D. Clark, Ph.D. College Station,TX
Hanna Hyams, MSW Geneva, Switzerland
Richard G. Erskine, Ph.D. Chairperson New York, NY
Marye O'Reilly-Knapp, MSN Philadelphia, PA

Gestalt Therapist

Ken Evans, DSA Nottingham, England

Symposium Programs can be identified by the letters "**CE**"

Plenary Sessions 3, 4, 5, Luncheons with Noted Speakers Thursday, Friday, Saturday 12 Noon to 2 PM

Luncheon Reservations must be made by Oct. 11, 1993

Thursday Oct. 14, 12:00 Noon

Robert C. Subby, Author, Clinician
Pioneer in co-dependency treatment
Speaking on:
Addiction And The Search For Identity And Intimacy

Friday Oct. 15, 12:00 Noon

Mary Goulding, MSW, Clinician, Author
Esteemed founding member of USA TAA
Topic:
Personal Perspectives on Addiction for Professionals

Saturday Oct. 16, 12:00 Noon

Bernie Saunders, Consultant, Educator
Regional integrator of TA and 12-step ideas
Speaking on:
Organizations, Addictions and Transactional Analysis

Greetings From Your Conference Chairperson

I invite you to this conference which has excited me on many levels. I first became excited as I researched the topic of shame. Reading the psych abstracts gave me new insights. As I read the works of our guest presenters I really grew. I am eager to hear them in person.

I had the same experience reading workshop proposals and the articles our members have written. I found myself again excited about TA. I read good theoretical work and excellent clinical interventions from our presenters. But there is more. TA is used in education and organizational development. There too I found myself intrigued by new applications especially in the area of preventing addiction.

Working with the many volunteers, program committee, conference papers, local hosts, publicity, entertainment, etc. is another reward. They committed to making the conference support the theme both theoretically and socially. Even the relaxation and fun of the conference relates to finding relief from addiction and shame.

Out of the ideas of many people, a solid learning experience has emerged. This is a conference for everyone who works with people: educators, development people, clinicians of all schools, psychologists, nurses, clergy, social workers, school counselors , and medical doctors will all find something worthwhile. From early morning dips in the hotel pool, to stimulating presentations, to shopping at the Mall of America there is something for the child in each of us.

Come to Minneapolis, bring a friend, learn, enjoy, grow together.

Jonathon Wagner, Chairperson
Minneapolis Conference Planning Committee
General Coordinator of USA Transactional Analysis Association

PRE-CONFERENCE INSTITUTES TUESDAY & WEDNESDAY OCT. 12, 13

SUCCESSFUL WORKAHOLISM

JULIE HAY, D.M.S.

Tuesday Oct. 12, 9 AM to 5:30 PM

I think we should rehabilitate the term 'workaholic' so that we do not need to be ashamed of it. There are a lot of useful characteristics associated with workaholism, provided we achieve conscious control of our behavior.

During this institute I will use a mix of short inputs, individual awareness exercises and small group activities to cover:

1. Stroking pattern analysis - comparing the organizational stroking patterns with our own preferences and needs for recognition.

2. Knowing what happens when we change - relating the cycles of development to changes made in our working lives.

3. Getting and giving support - how we create developmental alliances.

Julie Hay has over 30 years experience of working hard and enjoying it., She joins committees as a hobby and is Past President of EATA and ITAA. She lives in Watford, United Kingdom, and works internationally.

TRANSACTIONAL ANALYSIS THE COMPLETE THEORY

(TA 101)

FRANCES BONDS-WHITE, Ed.D.

JOANNA BEAZLEY RICHARDS, M.Litt.

Tuesday Oct.12, 2 to 6 PM and
Wednesday Oct.13 9 AM to 6 PM

From Analysis of transaction to Options and Organizations, this institute covers the Alpha and Omega of transactional analysis (TA). For the newcomer to TA, it provides a comprehensive overview of theory and application. For the certified Transactional Analyst, it offers review and a chance to experience new approaches to clinical and educational uses.

This institute leads to Regular Membership in ITAA, a recognition that the member knows basic TA theory. This institute is free for any person registered for the full conference program. Please indicate your intention to attend.

Frances Bonds-White, Ed.D., a clinician in private practice in Philadelphia, is Chairperson of The Training and Certification Council of Transactional Analysts.

Joanna Beazley Richards, M.Litt., a clinical psychologist, qualified special needs (LD) teacher, Principal of Counseling & Psychotherapy School, Sussex, England , hobby- competition horse carriage driving.

PERSPECTIVES ON ADDICTION

A two-part institute

Tuesday Oct. 12 1 PM to 5:30 PM

Section 1 Italian Perspectives : Prevention, Research, and Treatment of Addictions

Methods devised and applied by the presenters include ten years original research on treatment theory, a TA-based treatment, drug prevention programs, guidelines on dependence behaviors in school and family, diagnostic and specialized treatment procedures for drug addicts and alcoholism.

Dr. Carone, faculty & researcher Univ. of Bari; **Dr. Montuschi,** University faculty chair, Nat. Comm. on Drugs and AIDS; **Dr. Romanini,** University faculty, neuropsychiatry specialty; and **Dr. Soana,** Director of Training for Therapeutic Communities of North and Central Italy.

Wednesday Oct. 13, 9 AM to 5:30 PM

Section 2 Treatment Models Tour:

A.A. Twelve Step program, CREATE Inc., a mental health perspectives, along with a tour of Hazelden

Includes staff presentations of the Minnesota Model Twelve Step A.A. program and CREATE, Inc., an alternative program that focuses on choices and health. These presentations along with a tour of the Hazelden facility will connect participants with the historic roots and developments of modern addiction treatment. Lunch and transportation provided.

SPIRITUAL DEVELOPMENT & RECOVERY FROM ADDICTION

VINCE GILPIN, C.S.W.

Wednesday Oct. 13, 9 AM to 5:30 PM

Addiction discounts our legitimate needs for validation, acceptance and support by using substances to displace these needs.

Central to the philosophy of the effective Twelve-Step programmes is their focus on a deep awareness of self, an acknowledgement of a higher power, a healthy relationship with that higher power, and responsibility in all relationships. These spiritual values can best be cultivated through spiritual development.

Through spiritual development the individual gains a positive self-esteem, enters relationships with a spirit of mutual respect, and addresses the events of life with equanimity and self-confidence. The unity which arises out of spiritual development satisfies the individual's need for validation, acceptance, and support which the addiction discounts.

This experiential workshop focuses on the shared experiences of the participants. We will discover how spiritual development can be facilitated and how spiritual practices like meditation can become positive addictions.

Vince Gilpin, lives in Ottawa, Ontario, Canada where he is a therapist in private practice. A past-president of ITAA and CATA, he is known worldwide for his gentle spirit and keen mind.

October 1993 You belong here. Minneapolis

WAYS TO MAKE CONNECTIONS AT THIS CONFERENCE

SUPPORT GROUPS

Support groups provide a daily opportunity to process your feelings, make personal connections, and discover new friends. Scheduled at the end of the day, 5:40- 6:40, they provide a transition to evening social events.

Indicate your interest on the registration form and you will be assigned a group which will meet three times.

FIRST-TIMERS BREAKFAST

Thursday morning there is a continental breakfast for all first-timers to an ITAA sponsored conference.

12-STEP GROUPS

12-Step groups are scheduled in the evening for the convenience of those persons who desire them.

SOCIAL CENTER

Across from the registration desk is a hospitality suite. The suite is open daily from 7 AM to midnight for coffee, tea, snacks, conversation, and videos.

To the left of the registration desk is an area where you can connect with friends, leave messages, hang out, and sign up for special table conversation groups called Table Talk held at the luncheons.

CAUCUSES

There have been several requests for caucuses. These groups, which include a Men's Group, A Woman's Group, A Gay/Lesbian Group, are scheduled for Sunday morning at 8:30. As a conference registrant you are invited to attend one of these caucuses.

CONFERENCE REGISTRATION

	Non-Members	USATAA or ITAA Members	
Registration until Jun 1	$260.00	$200.00	_____
Registration Jun 2-Sept 1	285.00	225.00	_____
Registration after Sept.1	295.00	235.00	_____
Student regs. until to 9/1	170.00	110.00	_____
Student regs. after 9/1	210.00	150.00	_____
One day registration (for calendar day of: _____)	120.00	100.00	_____
Guest registration (See Registration Details column 3)	45.00	45.00	_____
All 3 Luncheons w/reg.	48.00	48.00	_____
Thurs. Lunch w/ **Subby**	20.00	20.00	_____
Fri. Lunch w/ **Goulding**	20.00	20.00	_____
Sat. Lunch w/ **Saunders**	20.00	20.00	_____
Total Conference Registration			_____

☐ **I want to join a support group** Free

Fees fully refunded if you notify Barbara Beystrom, Treasurer, in writing by October 9, 1993 that you are unable to attend.

INSTITUTE REGISTRATION

	Without Conference	With Registration	
Tuesday - Workaholism	$130.00	$80.00	_____
Tues/Wed. - Perspectives	130.00	80.00	_____
Tues. only - Italian Perspectives	50.00	30.00	_____
Tues/Wed. - TA Theory (TA101)	130.00	Free	_____
Wednesday - Spirituality	130.00	80.00	_____
Total Institute Registration			_____

ASSOCIATION MEMBERSHIPS

If not a member join now

Associate Membership ITAA	$60.00	_____
Membership in USA TAA	$25.00	_____
Conference Registration Forwarded		_____
Total Due		_____

The following workshops have limitted enrollment. Check box if you desire to reserve a place. See Program desriptions for topics.

Thurs. PM ☐ **W-7R** ☐ **W-8R** **Fri. AM** ☐ **W-17R**
☐**W-20R** **Fri. PM** ☐**W-25R** **Sat. AM** ☐**W-35R**
Sat. PM ☐**W-40R** ☐ **W-43R** ☐ **W-45R** ☐ **W-47R**

REGISTRATION DETAILS

The **Registration fee** covers all conference addresses, workshops, special interest groups, receptions, parties, and hospitality suite. It does not cover pre-conference institutes, the luncheons, or Night-on-the-Town excursions. The **Guest Registration** covers conference social activities for a guest of a conference registrant. Guests will enjoy attending the luncheons, register now. Please Print Clearly to assure proper credit!

Name _____ **Tel.** _____

Address _____

City _____ **State** _____

Country _____ **Code** _____

Member ☐ ITAA ☐ USATAA **Charge my** ☐ VISA

☐ MasterCard # _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _

Valid Thru _ _ / _ _ **Signed** _____

Guest Name _____

Make checks payable in USA funds to **Minneapolis TA Conference**. Send Registration to:

Barbara Beystrom, Treasurer
16535 9th Ave. N.
Minneapolis, Mn. 55447 USA

Tel. 612/473-1840 (Tel/Fax)

PROFESSIONAL PROGRAM

Institutes, Plenary Sessions, Symposium on Shame, Workshop Presentations, Professional Interest Groups

Symbols Used With Number: I = Institute, W = Workshop, SIG = Professional Special Interest Group, R = Limited Attendance - Reserve a Space
Symbols Before Presentation Room: Workshop applies to: c = Clinical, e = Educational, o = Organizational Usage; Workshop is: = Advanced or Specialized Theory, = General Usage, = Easy to Understand; = Audio Tape Available, Place Order with Conference Committee

PRE-CONFERENCE INSTITUTES

TUESDAY

I-1R SUCCESSFUL WORKAHOLISM
Tuesday 9 AM - 5:30 PM c e o Terrace 2
Julie Hay, United kingdom

TUESDAY-WEDNESDAY

I-2R PERSPECTIVES ON ADDICTION
Section 1, The Italian Perspective
Tuesday 1-5:30 PM c e o Terrace 1
Discussion of treatment and prevention issues by Maria Teresa Romanini, Ferdinando Montuschi, Anna Rita Carone, Vittorio Soano, Italy

Section 2, Treatment Methods & Tour
Wednesday 9 AM-5:30 pm c e o Tour
Presentations on the Minnesota AA 12 Step and CREATE, Inc. Mental Health treatment modelsby staff, tour of Hazelden, lunch in cluded in tour.

I-3R TRANSACTIONAL ANALYSIS
Tuesday 2-6 PM & Wednesday 9 AM-6 PM c e o Terrace 4
The Complete Theory (TA 101)
Frances Bonds-White &
Joanna Beazley-Richards, United Kingdom

WEDNESDAY

I-4R SPIRITUAL DEVELOPMENT & RECOVERY FROM ADDICTION
wednesday 9 AM - 5:30 PM c e Terrace 2
Vince Gilpin, Canada

CONFERENCE PROGRAM

PLENARY Session #1 TA KEYNOTE
Wednesday 8 PM Park
TA and the Addiction Fields- Learning from Each Other
Jonathan B. Weiss & Laurie Weiss

THURSDAY

PLENARY Session #2 KEYNOTE
Thursday 9:00-10:00 AM Park
Shame: The Reservoir for Addiction- The Healing Journey to Respect
Marilyn Mason

PROFESSIONAL SPECIAL INTEREST GROUPS
Thursday 10:30 - 11:30 AM
Friday 8:15- 9:15 AM
Saturday 8:15 - 9:15 AM

SIG 1 Organizational Issues: For discussion of supervision, developing your consultation company, services to businesses and organization.
Convener: K. Ramakrishnan Courtyard 1

SIG 2 Educational Issues: For discussion of supervision, developing educational programs from within and without educational institutions.
Convener: Jan Grant, Australia Terrace 1

SIG 3 Supervision - Consultation: For discussion of issues in getting and giving supervision for continuing work as a therapist, educator, or business consultant.
Convener: Landy Gobes Courtyard 2

SIG 4 History & Herstory: For those who are interested in hearing the stories of early members in order to understand our theory and organization more fully.
Conveners: Katie Barber &
Russ Osnes Terrace 2

SIG 5 Professional Issues: For discussion of practice standards, ethics, maintaining skills and developing a practice. The focus at this conference is on ethical protection with sexual issues, fee charges, etc.
Conveners: Sheryn Scott &
Frances Bonds-White Terrace 3

SIG 6 MPD & Dissociation in TA Practice: This group will focus on the specialized issues of treating multiple personality and dissociative disorders as TA practitioners.
Convener: TBA Courtyard 3

SIG 7 Relationship Issues: This group will focus on issues in relationships from fostering stable families to repairing broken relationships to love addiction.
Convener: Brenda Schaefer Courtyard 4

SIG 8, Social Responsibility Discussion: Gender issues, insurance companies and 3rd party paayments, physical health, general moral development as it relates to being "politically correct".
Convener Carla Haimowitz Courtyard 5

PLENARY Session #3 LUNCHEON
Thursday 12:00-1:00 PM Park
Table Talk

Thursday 1:00-2:00 PM
Addiction and the Search for Identity and Intimacy
Robert C. Subby Park

THURSDAY 2:30-5:30 WORKSHOPS

W-1 Four papers on Addiction
TA Trait Typology, Maria Teresa Romanini, Italy; *Primary Prevention of Drug Addiction: Research Hypothesis and Educative Directions,* Ferdinando Montuschi, Italy; *The Medical-Psycho-Social Approach to Alcohol Related Problems: The perspective of TA,* Anna Rita Carone, Italy; *The Typology of Substance Abuse,* Vittorio Soana, Italy c e o Terrace 1

W-2 Healing the Family Within
Robert C. Subby Terrace 2

W-3 Shame- Identity and Intimacy: Working It Through
Marilyn J. Mason c Terrace 3

W-4 An Action Plan for the Inner Child: Parenting Each Other in Support Groups
Jonathan B. Weiss & Laurie Weiss
c e Terrace 4

W-5 Psychological Abuse in Marriage
Valerie N. Chang c Courtyard 1

W-6 Working with Partners of Sexual Abuse Survivors
Fred C. Clark c Courtyard 2

W-7R Children Molesting Children: Sexual Compulsion in the Making
Marion G. Harcourt c Courtyard 3

W-8R Using the Group to Create Change
Frances Bonds-White c e o Courtyard 4

CE-1 Engagement in the Treatment of Shame
Marye O'Reilly-Knapp, C.E. Faculty-
c Courtyard 5

W-9 Working with Adult Children of Alcoholics
Laurie Kahn c Courtyard 6

W-10R Multiple Family Therapy: Recovery from Addiction
Natalia R. Boorman &
Jacqueline M Doubles c Summer

FRIDAY

CONTINUING ED. SYMPOSIUM #1
Friday 9:30-11:30 AM c Park 2
CE-2 Shame and Object Fusion
Samuel R. James, C.E. Guest Faculty-
CE-3 The Role Shame Plays in the Impediment of Self-Analysis
Carl Goldberg, C.E..Guest Faculty-

FRIDAY 9:30-11:30 AM WORKSHOPS

W-11 Time Management for Workaholics
Julie Hay, England c e o Terrace 1

W-12 The Wounded and Healthy Child in the Self
Ted Novey & Pat Novey c Terrace 2

W-13 The Dynamic Child
Peggy Blackstone c Terrace 3

W-14 The Mind, Body and Soul of Violence
Joel Ziff, & Emily Hunter Ruppert
c Terrace 4

W-15 Compulsive Behavior: Numbing Against the Fear of Being Fully Alive
Vann S. Joines c Courtyard 1

W-16 Motivational Interviewing: Treating Substance Abuse Problems
Gordon C. Hewitt & Sheena Hudson,
New Zealand c e o Courtyard 2

W-17R Shame and Dreams
Susana Ifland, Chile & John B. Houck
c Courtyard 3

W-18 TA in Therapeutic Communities for Drug Addicts- A Healthy Partnership
Roland Johnsson, Sweden
co Courtyard 4

W-19 Time Addiction and Intimacy: Scripts-Archescripts and Holoscripts
Joel Bennett c Courtyard 6

W-20R Hearing and Healing the Voices of the Child Within
Carol F. Kuechler c Courtyard 5

W-21 Help! Understanding Drug Abuse Prevention
Carole Gesme e o Summer

PLENARY Session # 4 LUNCHEON
Friday 12:00-1:00 PM Park
Table Talk

Friday 1:00-2:00 PM
Personal Perspectives on Addictions for Professionals
Mary Goulding Park

FRIDAY 2:30-5:30 PM WORKSHOPS

CE-4 Facing Inner Shame:
Gaining Self Respect and Transformation of One's Script
Hanna Hyams, Switzerland, C.E. Faculty-
c Terrace 1

CE-5 The Role of Intersubjective Shame in the Healing Process
Carl Goldberg, C.E. Guest Faculty
c -Terrace 2

CE-6 Resistance: A Misnomer for Shame in Groups
Samuel R. James, C.E. Guest Faculty-
c Terrace 3

W-22 How Committed Are You? The Dilemma of Commitment Phobia
Valerie Redman, Australia
c e o Terrace 4

W-23 Attachment Theory and the Difference between Dependency and Addiction in Treatment
Sheryn T. Scott c Courtyard 1

W-24 Family Systems- Traumagenesis and Injunctions in Alcoholism
Robert Massey c Courtyard 2

W-25R Permissions Within: Powerful Resources in the Family Systems
Tom Nissley c Courtyard 3

W-26 In Light We Grow
G. Diane Hill c e Courtyard 4

W-27 False Memory Syndrome-Fact or Fiction: Issues in Memory Retrieval with Adult Survivors of Sexual Abuse
Karen A. Olio c Courtyard 5

W-28 From Denial to Empowerment
Jean Illsley Clarke
e o Courtyard 6

SATURDAY

CONTINUING ED. SYMPOSIUM #2
Sturday 9:30-11:30 AM c Park 2
C. E. Faculty Round Table on Shame

CE-7 How Do I Shame Thee? Let Me Count the Ways
Barbara Clark, Presenter

CE-8 Shame: A Transactional Analysis Perspective
Richard G. Erskine, Moderator

Faculty- Respondents
Ken Evans, England
Carl Goldberg
Hanna Hyams, Switzerland
Samuel R. James
Marye O'Reilly-Knapp

SATURDAY 9:30-11:30 WORKSHOPS

W-29 TA Therapy with Drug Addicts Researched - Presentation of Findings
Thomas Ohlsson, Sweden c Terrace 1

W-30 Second Degree Structure and Functional Subdivision in the Child
Maria Teresa Romanini, Italy
c Terrace 2

W-31 Making Your Couple Relationship Work
Jan Grant, Australia c e Terrace 3

W-32 Proceed with Caution: How Therapists Retraumatize Their Clients
Laurie Kahn, Sheryn T. Scott
Jonathon J. Wagner c e o Terrace 4

W-33 Profiles to Heal Adult Children of Crisis
Jim McKenna c Courtyard 1

W-34 Keys to Drug Abuse Prevention
Donald Brundage & Marion London
c e o Courtyard 2

W-35R Stories We Tell
K Ramakrishnan, Republic of Singapore &
Mary Ann Glascow c e o Courtyard 3

W-36 The Diagnosis and Treatment of Dissociative Disorders in an Addicted Population
Susan Lynn Pollack c Courtyard 4

W-37 The Recovery of TA
Marilyn Zalcman c Courtyard 5

W-38 Shame - Addiction - and the Child of the Parent Ego State
Landy Gobes c e o Courtyard 6

W-39 Healing the Child Versus Supporting Parentification and Powerlessness, Paper 1 hr
Sharon Davis Massey c Spring

PLENARY Session #5 LUNCHEON
Saturday 12:00-12:45 PM Park
Table Talk

Saturday 12:45- 1:30 PM
Organizations, Addictions and Transactional Analysis
Bernie Saunders Park

SATURDAY 2:30-4:30 WORKSHOPS

CE-9 Healing Shame, A Gestalt Perspective
Ken Evans, C.E. Faculty England
c Terrace 1

CE-10 The Psychotherapy of Shame and Righteousness
Richard G. Erskine, C.E. Faculty
c Terrace 2

CE-11 Use of Empathic Transactions in the Treatment of Shame
Barbara Clark, C.E. Faculty c Terrace 3

W-40R Recovering the Child in Recovery
Jacqueline M. Doubles c Terrace 4

W-41 Silencing of the Child
Janet Migdow c Courtyard 1

W-42 Performance Freedom: Reducing the Impact of Shame on the Child Ego State
Jacalyn Schneider Boreson
c Courtyard 2

W-43R TA- Ethics and Addiction
Charles L. Pelton & Lois Myers Pelton
c e o Courtyard 3

W-44 The Medicine Wheel - A Recovery Path to Personal Growth
Elaine Childs-Gowell c Courtyard 4

W-45R Enabing in the Schools: Its Effect on Students- Staff and the Organization
Sandra Keiser e o Courtyard 5

W-46 The Role of Metaphor In The Healing Process
Edward Zerin & Marjory F. Zerin
c Courtyard 6

W-47R Target Specific Self Talk
Russell E. Osnes c Spring

W-48 Beyond Politics: Building Effective Work Relationships by Getting Off The Drama Triangle
Bernie Saunders e o Summer

SUNDAY

PLENARY Session #6 PANEL
Sunday 9:45 AM to 12:00 Park
Bringing It Home: Internatonal Ideas on How To and Not To Apply Addiction Theory In Society

Norman James, Moderator

Jan Grant, Australia
Hanna Hyams, Swiss
Nick Williams, U.K.
Ted Harrison
Marjory F. Zerin
Lucy Freedman
Greg McDonald

Auxiliary Services

Shea Books

Norm Shea will again bring his friendly and knowledgeable service with a full service bookstore. He will stock the current writings of our guest presenters and a full complement of books on transactional analysis, addictions, shame and other current topics. Conference attendees who have books, tapes or other professional items to sell can make arrangements with Norm Shea to handle the product if you do not want to rent a display table.

Display/Vendor Tables

Agencies and individuals wanting to promote a service or product may rent a display table by contacting Kathryn Hammerseng at 7801 47½ Ave. N. New Hope MN 55428 USA. Tel. 612- 533-6264. Full, 2 feet by 8 feet, or half tables are available for one day, two days or the full conference.

Sales of appropriate professional items allowed as well as informational displays of services. One square foot of free display space for informational fliers is available to members attending the conference.

Massage sessions

Need to relax? Do you develop muscular tensions, stroke deprivation while at a conference? A trained massage therapist is available during the conference at a normal fee for persons who desire the services. Ask for details at the registration desk.

CEU s

Three forms of Continuing Education Units are available for appropriate administrative fees. ITAA/USATAA Conference Committee will provide a certificate of attendance for each workshop. Secondly, CEU s from various professional groups have been applied for. Approved workshops may vary according to the decision of the professional group. Thirdly, some workshops will qualify for Minnesota's graduate education CEU s.

Translation

The official language of the conference is English. Translators for Spanish and Italian are available. Spanish translation is available for at least two different workshops in each time period. Make arrangements at registration.

Official Meetings

Concurrent Meetings

ITAA Meetings

Official Committees
T& C Council **All day Tuesday**
Board Of Certification Examiners **Tuesday 5:30 pm**
BOC Candidates Briefing **Tuesday 6:30 pm**
BOC Exams **All day Wednesday**

The Annual Business Meeting of the Association is scheduled for **Saturday at 4:40 pm in the Terrace 3**

The Board **Sunday 1-6 pm**

Training Endorsement Workshop **All day Monday, Tuesday, Wednesday Oct. 18-20.**

USA TAA Meetings

The annual business meeting of the association is scheduled for **1:30 pm. on Saturday Oct. 16 in the Park Ballroom** immediately following the Luncheon Plenary session. The meeting will consist of a brief report on the business of the association, necessary elections, and regional caucuses.

The Coordinating Council meets on **Wednesday Oct 13, at 4:00 pm. and Sunday Oct. 17, from 1:00 to 6:00 pm.**

Other Meetings

Other official associations of the international transactional analysis community are welcome to schedule meetings by contacting the conference planning committee chair Jonathon Wagner at tel. 314-962-0099 in the USA.

About Minneapolis
(The Little Apple)

Autumn in Minneapolis is a blaze of colors. Temperatures can vary from the high 60's to the low 40's Fahrenheit. As a metropolitan area Minneapolis ranks in the top 15 USA centers. Although it is populous, it has not experienced the rising crime rate of most large USA urban areas. It is truly a mid-western town with the tailored landscapes of the East and the spaciousness of the West.

THE CONFERENCE HOTEL

SHERATON PARK PLACE HOTEL
5555 Wayzata Boulevard
Minneapolis, Minnesota, 55416 USA
Reservations Tel. 800-542-5566

This conference is being held in a delightful mid-sized suburban hotel, just four miles from downtown Minneapolis, with its own park and pond . Airport transportation is offered by Airport Express and is paid by the Sheraton Park Place. Meal service includes the hotel's fine restaurant and a variety of selections in nearby shopping centers. Lunch plans are made easy by the selection of the three plenary sessions with lunch served. The hotel and meeting rooms are accessible to the physically challenged. If you need assistance please contact us.

Rooms are being held until September 27, 1993. After that date rooms at conference rate will be given upon availability. With the Mall of America attracting large weekend crowds from around the world it would be prudent to reserve your room early.

Your room choices are:

Rooms $71.50 plus 6.5% tax. Single or Double , additional persons $12 each. Rooms have either a king size bed or oversized doubles, in-room movies, clock radio, telephone.

Lanai Suites $110.00 plus tax. Single, double, triple, quad featuring oversized bedrooms, separate parlor with sofa bed, portable bar, two telephones, overlooking the garden atrium.

Luxury Suites $500.00 plus tax. spacious living and dining room with wet bar, two luxurious king bedrooms, three bathrooms with jacuzzi, 3 televisions, 6 telephones.

TRAVEL- ACCOMMODATIONS

The Sheraton provides free parking for conference attendees. People traveling by car will find the Hotel at I-394 (old US 12 Wayzata Boulevard) and Hwy 100. A variety of economy motel accommodations are available within ten minutes of the conference hotel. Persons desiring these accommodations or a roommate at the Sheraton should call Barbara Beystrom, Registrar at Tel. 612-473-1840 (tel/fax).

Official Airline: Northwest Airlines will provide discount fares to USA and Canadian attendees and their families- ask your Reservations Agent or call 1-800/328-1111, specify code O7218. Both airports in Minneapolis are International facilities with currency exchanges during business hours.



SOCIAL EVENTS

TUESDAY 6:00-7:30 PM ***Early Bird Party:*** Meet other early birds, find old and new friends to dine with.

WEDNESDAY 7:00-8:00 PM ***Celebrations:*** Greeting old friends, meeting new ones, congratulating exam takers, making "international connections," an hour of guided connections with celebration and joy.

WEDNESDAY 9:30-11:00 PM ***Theater Party:*** Light refreshments, a touch of food, something to quench your thirst, old and new friends, and a short (50 minute) drama, *The Shame of It All*, performed by a traveling troupe of actors.

THURSDAY 12:00-1:00 PM ***Table Talk:*** Sign up for a topic of your choice to discuss at the Luncheon.

THURSDAY 9:00-11:00 PM ***Connections- An Antidote to Addictions:*** There are a myriad of ways to be connected and this event offers a variety of ways to come together, in conversation, on the dance floor, through art and music, with the power of the earth on the outside and the power of the spirit within.

FRIDAY 12:00-1:00 PM ***Table Talk:*** Sign up for a topic of your choice to discuss at the Luncheon.

FRIDAY 7:30 PM ***A Night On The Town:*** Three options arranged by a commercial excursion company (1) Mall of America, 7:30-12:00 PM. Transportation, mall hostess, surprise gift $11 (2) Old Log Theater, 7:30-12:00 PM. $24 (3) Gasthof Zur Gemutlichkeit, 7:30-12:00 PM. Bavarian restaurant, music, dancing, $12.

SATURDAY 12:00-12:45 PM ***Table Talk:*** Sign up for a topic of your choice to discuss at the Luncheon; if you are a USA TAA member or USA resident sit with your region and start your caucus early.

SATURDAY 9:00-11:00 PM ***Child's Play- An Answer to Addictions:*** Children play in many ways in many nations. With nurture on your shoulder, bring your inner child to sample the fun. If you like, bring a costume or a game or a toy or a story to share from your culture. There will be spaces for quiet enjoyment and room for noisy fun kid stuff.

SUNDAY 12:00-12:30 PM ***Closings—Good byes:*** Every ending takes its own course, words, song, hugs seem to be preferred to drifting apart.

Members Forum

Editorial Policy: We welcome Letters to the Editor (c/o the ITAA office). In editing for taste, accuracy, and length, our intention is to retain the author's meaning. Opinions offered in this column do not necessarily represent the views of the Editor or the ITAA. Readers are invited to digest letters within the framework of TA theory.

LESS SCIENCE, MORE ELECTICISM URGED



Dear Gerald:

This letter is a commentary on Mary Goulding's thoughts in the August 1992 *Script*, with most of which I am in agreement. I was receiving therapy and training from Mary and Bob as far back as 1968.

At that time I considered TA to be the most accurate and understandable explanation of what makes people tick. Having had four years of psychoanalysis I considered the confrontational techniques of therapy major breakthroughs. Encounter groups were already in existence, but without a solid basis of the etiology of feelings and transactions, wounds were opened and often not repaired. TA gave both etiology and therapy in easy-to-understand terms.

Your comments, and Mary's, refer to the kind of bringing-into-the-fold of other psychotherapeutic technologies as being detrimental to the organization. Have we forgotten the almost second-nature inclusion of Gestalt? And in the way of communication awareness, both conscious and unconscious, the insightful work of John Grinder and Richard Bandler (never mind their showmanship and criticisms) has added new dimensions to every field of therapy. And no matter how we conduct our therapy in our own offices, using a TA framework to understand our ego states, certainly the inclusion of some Ericksonian techniques can be of help.

Virginia Satir was a long-time friend of most of us. We utilized her techniques and marveled at her insight. She was always considered a great friend of TA therapists, but I don't remember her doing therapy with ego states broken down into so many parts that it took a review team to find them.

Perhaps a full psychodrama hour like the Morenos' was rarely used in TA therapy groups, but there is a lot of similarity when we encourage a Child ego state to relate to a Parent and find awareness and revelations in the doing.

It is a rare day that one of my patients has not slipped into an altered state of consciousness. The more I have learned about hypnosis (classical and Ericksonian) in the last 15 years, the better able I am to utilize my abilities as a therapist.

I am now utilizing what some of my TA friends long ago thought might be of help. Many TA practitioners have wanted to add *Spirit* as a fourth ego state in transactions and structure. I am now utilizing a shaman as a referral source for Soul Retrieval. We now have over 30 patients who have been pleased and have benefited with awesome help from a spiritual plane of existence.

My patient, my shaman friend, and I are excited about many potentials for utilizing a spiritual aid from the world of non-ordinary reality. The relationship of my mind, my soul, my psyche, my soma, my Self, and my God is only now becoming clear to me. I have been thrilled with my own explorations into journeying and recognizing the availability of direct contact with the spiritual source of my soul's existence.

Psychotherapy and healing are similar to the spokes on a wheel; at the perimeter the psychotherapeutic techniques may seem 180 degrees apart, but the closer to the hub (truth) these radii are, the more similar they become. I am glad to say I have become very eclectic. I am more interested and excited with my work than ever before, and I am doing better therapy.

I have written several treatises on therapeutic techniques that differ in a number of ways from those of many of my friends. Each patient may benefit to some degree with almost any therapy. Just ventilation therapy as my doctor grandfather used it a hundred years ago was a help. And our warm compatriot, Dr. Carl Rogers, helped a lot of people with nothing more than *being with the patient.*

TA is a great framework to work from. When therapists first learn about it, as with our foreign peers, it is new, effective, and like a therapeutic bonanza. Once learned, I began to use it as second nature. I blend it into all the things that I do with NLP and find it a great help. The very concept of Child ego state is even more popular with the masses when John Bradshaw calls it *The Child Within.*

However, once I have learned my numbers and how to add and subtract, I can go on to utilizing that basic knowledge and get into more complicated mathematics. Once I have learned my letters as a child, how they fit together to become words and how the words become sentences, I no longer need to spell in my mind the words that I am using when I talk with you. Nor do I need to be so scientific when I am writing that I have to give you a bibliography of grade school arithmetic or fifth-grade grammar.

I agree with Mary on *TAJ* articles. They are too scientific. I recently had correspondence with Dr. Howard Douglass regarding an article I thought might be of interest; it was about the inordinate use of the words *you know*. He and others have a perfect right to their opinion as to what is required for scientific articles and to be enthusiastic in making a science out of TA. I don't think it will happen.

TA has some basic premises that are nicely utilizable in nearly all therapy. I find it constantly usable to explain intrapsychic and interpersonal transactions to all my patients. I will continue to use it. The concepts are basic for me. I use it *live* and weave it into the art of therapy. I, and apparently others also, am not interested in miniscule dissection of every named piece. It is enough for me to have a visual image and an idea without knowing the anatomy of the retina and the biochemistry of a brain synapse. I learned that in medical school.

TA was new with Eric Berne. As therapists have learned what it is and how to use it, each has woven it into his or her already successful techniques of doing therapy and have improved his or her success rate for patient wellness. When I learned how to do long division I was no longer interested in going back and investigating addition.

If some therapists use only TA for themselves and their patients I am sure that they will help a lot of people feel better. However, since a lot of therapists who got their training in other ways have seen fit to add TA to their armamentarium, I would hope that TA therapists might find benefit by using other approaches. I find the blend very appealing. I'm willing to use whatever seems to work best for each individual patient.

TA is my forte. I have had patients with psychosomatic symptoms come in and tell me how well they are since they listened to Oral Roberts. Or maybe they read a self-help book or listened to some other sermon. So to them I say, "Mazel tov." I don't know all the reasons people feel better, but I'm sure that TA isn't the only way.

The decline in membership will occur whenever therapists become skilled in its use and weave it into their own fabric. It doesn't mean it's no good. Let's not expect more out of it than is there. And let's stop thinking it has to be a new scientific discovery that needs a more powerful microscope to understand it. It works. I don't need any further explanations. If someone finds a new function for it, fine. I don't think we'll discover any new use for a horse when every farmer has had one for this long.

William Mundy, Merriam, Kansas, USA

TA AND GAYS IN THE MILITARY

Dear Editor:

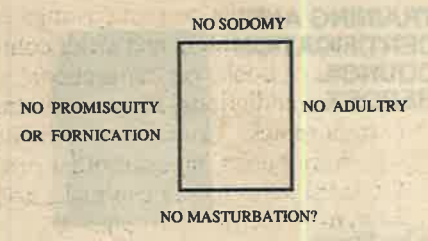
The furor raised in the USA over President Clinton's determination to lift the ban on gays in the uniformed services was discussed in a recent TA 303 Study Group with the following analysis.

We began by listing our fears of allowing gays to serve in the military:

1. We might become homosexual, or at least be tempted to try it.
2. They might weaken our military structure.
3. Rampant venereal disease and AIDS with high medical expense.
4. Gays might be undependable in battle.
5. Breakdown of esprit de corps.
6. A general lack of unity in the armed forces.

All of these fears stemmed from "I'm Not-OK, You're Not-OK" or "I'm OK, You're Not-OK," and none of these seemed to me to touch my basic fear.

At this point we constructed the box we live in which defines our sexual values. The sides of the box looked like this:



Then we looked at how airtight these values actually are in our own lives. Does no sodomy mean no oral sex? Does no masturbation mean NO masturbation? Does no promiscuity/fornication mean none at all? Does no adultry mean absolutely no adultry? And we decided that, while these limits might be alright applied to other people, they applied to us only in a limited way, often atoned for by feelings of guilt. I can wink at masturbation and embrace heterosexual oral sex, but I felt repulsed by male homosexual oral or anal sex. This is a position of "I'm OK, You're Not-OK."

We redrew the box to say "NO SODOMY FOR HOMOSEXUALS, NO MASTURBATION FOR HOMOSEXUALS, NO PROMISCUITY FOR HOMOSEXUALS, AND NO ADULTRY FOR HOMOSEXUALS." This definitely established the basic position of "I'm OK, You're Not-OK."

And this touched my basic fear. I like to think that I live by the traditional box of values even though I don't hold them as absolutely authentic for my own life. And by allowing gays to openly affirm their sexuality in public I feel that I have compromised my values. I am threatened by a "hole in the dike," a weakness that may lead to a total collapse of societal values. So I am threatened by a total collapse of my world!

It is not different than my yesterday fears about allowing black and white and red and yellow integration. It is not different than my fears about allowing women to assume combat roles in wartime.

I decided to redraw my value box with only one side. My only moral restriction is that I do not violate other people. Gays and heterosexuals have the right to express their sexuality so long as they do not violate other people. That, it seems to me is "I'm OK, You're OK" morality.

H. D. Johns, Rockville, Maryland, USA

Credit Cards: Remember that you can pay certain fees to the ITAA by Mastercard or Visa (sorry, no American Express), including dues payments, the fee for receiving your publications by air mail, training and exam fees, and certain conference fees. Always include the type of credit card, the card number, the expiration date, and your signature. We hope this makes it easier for you to pay for certain ITAA services.

Training News

TRAINING AND CERTIFICATION COUNCIL REPORT



by Ian Stewart

TO ALL TSTAs AND PTSTAs

The following is a summary of resolutions passed by the Training Standards Committee (TSC) in Auckland, New Zealand, November 1992:

1. **Exceptions**: Send requests for PTSTA contract renewals to Jerrold Paul (221 Wardman Rd., Kenmore, NY 14217, USA). Send all other requests for exemptions or definitions to Gordon Hewitt (30 Totara St., Eastbourne, New Zealand, fax: 64 4 562 7101).

2. **TSTA Curriculum**: The draft curriculum prepared by Petruska Clarkson, Maria Gilbert, and Christine Lister-Ford was adopted and will be published in the *Manual*. Nelly Micholt will prepare an organizational version for the TSC. An education version is still needed.

3. **TA 101 Instructor Category**: The TSC agrees that CTAs be allowed to teach TA 101s on completion of a TA 101 supervised and approved by a TSTA (not a PTSTA), the approval to be forwarded to the T & C Council office with an appropriate filing fee. CTAs who qualify may call themselves TA 101 Instructors. It was emphasized that this is an extension of the rights of CTAs, not a new level of membership. The ITAA membership code will be CM(I). There will be no grandfathering for those who had a contract under the old TA 101 Instructor scheme. This change will take effect in November 1993 and does not apply to members in Europe who fall under the jurisdiction of the EATA COC.

4. **Removal of Wait Between CTA Exam and TEW**: The TSC considers the 12-month waiting period to be useful. Exemptions have been and will be granted for those with a strong need to go to a TEW within the 12-month period.

5. **PTSTA Annual Summary Reports**: PTSTAs and their trainers are required to keep the annual reports, of which the candidate must bring copies to his/her exam. It is no longer necessary to send them to the T & C Council office on an annual basis. The T & C Council may request copies from either the trainer or the PTSTA at any time as evidence of progress in training and/or readiness for examination.

EXAM NEWS FROM EUROPE

Applying for EATA Contract Exceptions: EATA contract exceptions are currently handled by Mary Cox, Chair of the EATA Commission of Certification (COC). Send requests to Mary accompanied by the necessary supporting documents (training plans, etc.), *but do not enclose any copies of the original contract.* When you receive the letter from Mary approving the exception to your contract, *then* send three copies of the original contract plus a copy of the letter of approval and a copy of the bank transfer for your fee to the *EATA Executive Secretary.*

Statement of Purpose of the COC Written Exam: The EATA COC adopted the following statement of purpose for the COC written exam: "The purpose of the CTA written examination is to give a written description to the examiner of the candidate in his/her work environment and to describe the process of his/her way of applying and thinking TA over an ongoing period of time. This process involves the relationship and the interconnections of his/her professional development, his/her theoretical thinking, and his/her work with the client."

CTA Exam Assesses Competence: The COC reminds EATA trainers and candidates that the CTA exam examines competence to practice as a transactional analyst in a chosen field; it does not exmine any aspects of the candidate's competency to supervise or to use other specific non-TA skills.

Pass/Defer Evaluations: The COC has determined that, where a CTA candidate receives one Pass and one Defer evaluation of his/her written exam, both must be included in the candidate's log for submission to the oral exam board.

Exam Supervisors Needed: The COC needs more Exam Supervisors. You may wish to volunteer yourself or to suggest to a colleague that he or she volunteer. Anyone interested in becoming an Exam Supervisor should contact Mary Cox, COC Chair, Cambrai House, Calderbridge, Cumbria CA20 1DH, England; phone 44-946-841-239.

New Italian COC Exam Coordinator: The COC welcomes Raffaele Mastromarino as the Italian Language Group Coordinator (Via Paganini 4, 00198 Roma, Italy; phone 39 6 8535 3946).

Examiner Training: At the TSTA/PTSTA meeting and COC exams in Paris, March 1993, Nelly Micholt will lead an examiner training session focused particularly on norms and standards for the marking of the COC written exam.

New Scales for Written Exam: A working group from the COC has been examining aspects of the COC CTA written exam. Their next step will be to develop a written exam rating scale using a more clearly standardized system.

PTSTA Contract Expansions/Exceptions: The following arrangements for expansions/exceptions have been approved:

1) For expansions to a PTSTA contract the standard routes are available.

2) For exceptions the procedure is: a)the TSTA must apply; b) the PTSTA must also apply; c) the TSTA must verify his or her competence in the field of the trainee (PTSTA) by giving a curriculum vitae; d) if the TSTA does not have sufficient experience in the PTSTA's field, a second supervisor (a TSTA in the field) must be involved in 20% of the supervision of the PTSTA.

Stockholm Exam Supervisors: In the November 1992 issue of *The Script*, the names of the July 1992 Stockholm exam supervisors were inadvertently left out of the exam credits. They were Nelly Micholt (TSTA exams) and Mary Cox (CTA exams). □

EXAM CALENDAR

Exam	Exam Adm.	Exam Date	Location	App. Deadline
CTA Oral	BOC COC BOC	May 19, 1993 July 4, 1993 Oct. 13, 1993	Atlantic City, USA Siena, Italy Minneapolis, USA	Feb. 19, 1993 April 1, 1993 July 13, 1993
TSTA Oral	BOC COC BOC	May 19, 1993 July 4, 1993 Oct. 13, 1993	Atlantic City, USA Siena, Italy Minneapolis, USA	Feb. 19, 1993 April 1, 1993 July 13, 1993
CTA Written	N. Amer. N. Amer. N. Amer. Non-Euro/ N. Amer.	May 19, 1993 July 9/10, 1993 Nov. 12/13, 1993 Your choice	Atlantic City To be announced To be announced To be submitted for reading through the ITAA office	Feb. 19, 1993 April 12, 1993 Aug. 13, 1993
Training Endorse. Workshop		July 10-12, 1993 Oct. 18-20, 1993 July 15-17, 1993 Oct. 31-Nov.2,'94	Siena, Italy Minneapolis, USA Maastricht, Netherlds. Aruba	March 10, 1993 June 19, 1993 March 15, 1994 June 30, 1994

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. Check with the EATA office or the EATA Newsletter for the name of the appropriate Language Group Coordinator.

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.

The *Statement of Ethics and Guidelines for Handling Ethics Violations Within the ITAA* are available on request from the ITAA office.

TA 101 CALENDAR

April 20-22, 1993—Cochin, India. Cost: Minimal. Leader: Fr. George Kandathil, TSTA. Contact: ICTA, Santigram, Cochin University PO, Cochin 682 022, Kerala, India.

May 14-16, 1993—Chur, Switzerland. Cost: Sfr. 450. Leader: Willem Lammers, PTSTA. Contact: IAS Davos AG, Scalettastrasse 31, CH-7270 Davos Platz, Switzerland.

May 19-20, 1993—Vilnius, Lithuania. Cost: Free. Leader: Michele Benoit, CPTSTA. Contact: Isabelle Crespelle, 55 Av. Charles de Gaulle, 95160 Montmorency, France; phone: 003-983-2020.

May 19-20, 1993—Atlantic City, New Jersey, USA. Cost: $70 or free with ERTAA Conference registration. Leaders: Bruce Loria, TSTA, and Marty Walrath, CTA. Contact: Fred Clark, ERTAAC Registrar, 261 Spring St., Cheshire, CT 06410, USA; phone: 203-271-3733.

May 20-22, 1993—Wilhelmsburg/St. Pölten, Austria. Cost: öS 5.400. Leaders: Anne Kohlhaas-Reith, CTSTA, and Werner Vogelauer, OPTSTA. Contact: Werner Vogelauer, Hippolyt-Institut, Himmelgasse 6, A-3100 St. Pölten, Austria.

May 26-28, 1993—Berlin, Germany. Cost: Closed group from AWO/Women Counselors. Leader: Pam Levin, TSTA. Contact: Carpe Diem Institut-Christian Growth. 48 5000 Koln 41 Dominique Vercruysse, Germany; phone/fax: 0221-493414.

May 28-29, 1993—Chapel Hill, North Carolina, USA. Cost: $225. Leader: Vann Joines, TSTA. Contact: Southeast Institute, 103 Edwards Ridge, Chapel Hill, NC 27514, USA; phone: (919) 929-1171.

July 17-18, 1993—Cleveland, England. Cost: £70. Leaders: Christine Lister-Ford, PTSTA, or Jennie McNamara, PTSTA. Contact: Stockton Psychotherapy Training Institute, 77 Acklam Rd., Thornaby, Cleveland TS17 7BD, England; phone: 0642 611292.

July 27-29, 1993—Cochin, India. Cost: Minimal. Leader: Fr. George Kandathil, TSTA. Contact: ICTA, Santigram, Cochin University PO, Cochin 682-022, Kerala, India.

August 6-7, 1993—Minneapolis, Minnesota, USA. Cost: $80. Leaders: Jean Illsley Clarke, PTSTA, Russell Osnes, TSTA. Contact: Jean Illsley Clarke, 16535 9th Ave., N., Minneapolis, MN 55447, USA; phone: 612-731-1840.

October 5-7, 1993—Cochin, India. Cost: Minimal. Leader: Fr. George Kandathil, TSTA. Contact: ICTA, Santigram, Cochin University PO, Cochin 682-022, Kerala, India.

October 10-11, 1993—Minneapolis, Minnesota. Cost: $75. Contact: ITAA, 1772 Vallejo St., San Francisco, CA 94123-5009, USA; phone: 415-885-5992.

Following is . . .

AN OFFICIAL ITAA MINI-EXAM

1. The multiple choices offered in life, from which one must make selections, in addition to how one fills in life's _____s, can make significant (as well as statistical) differences in:

- ☐ professional excitement, as in gaining ideas and expanding competence
- ☐ personal pleasure of shared exposure to new places and people
- ☐ earning power that comes from skill-building
- ☐ all of the above

2. ITAA's choice for location of the 1994 Annual Conference, October 24-30, is . . .

- ☐ ARUBA, a small and inordinately lovely island in the Caribbean, a Dutch protectorate, offering trade winds, an intriguing geography, and (extracurricular) activities including all known water sports, horseback riding, deep sea fishing, and a sparkling night life--all this set among descendents of more than 40 countries who delight in sharing their quaint and diverse tropical home
- ☐ someplace else

SPONSOR: THE CONFERENCE COMMITTEE

3. This site was chosen for its accessibility (*) to members--plus their friends and colleagues and perhaps some who have not become members yet . . .

- ☐ in Central and South America
- ☐ in North America and Canada
- ☐ in Europe and Africa
- ☐ from around the world

4. The choice for conference theme is "Anger and the Disowned Self." One aspect of this concept--the anatomy and process of relationships--has been well delineated by the conference keynote speaker:

- ☐ George Steinbrenner
- ☐ Saddam Hussein's mom
- ☐ Harville Hendrix, PhD (#)
- ☐ Vojislav Seselj
- ☐ I. M. Upset
- ☐ Fernando Xavier Castro II

5. Other aspects of human conflict and its antidotes will be offered by an array of presenters well-known in and out of the TA community worldwide who will be presenting alongside fresh new faces and thinkers which we hope will include . . .

- ☐ you. (A Call for Proposals will appear in an upcoming *Script*. Take note.)

* Special air fares from various areas will be published in an upcoming *Script*. Early booking usually results in significant savings.

\# Harville Hendrix, PhD, is the developer of Imago Relationship Therapy and the author of *Getting the Love You Want: A Guide for Couples* and *Keeping the Love You Find: A Guide for Singles*.

The screened image behind this text is that of a trade wind sculptured Watapana or divi divi tree, symbol of Aruba.

GOOD GRIEF RITUALS

BOOK AND WORKSHOPS

BY

ELAINE CHILDS-GOWELL

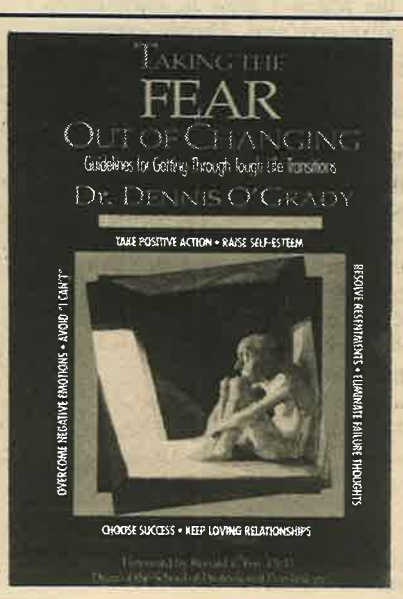
Riituals and tools for handling issues of grief and loss. This book provides the reader with clear tools and methods for healing common difficulties people have when dealing with feelings associated with loss and change.

Published by Station Hill Press
Barrytown, N.Y. 12507
To order, call 914-758-5840 or
206-781-0839

Cost $8.95 plus $3.00 postage and handling
GOOD GRIEF RITUALS: TOOLS FOR LOSS

CLASSIFIED ADVERTISING

MEMORIZE THIS NUMBER! TRY IT SOON. (And write it down, too.) [USA]-(203) 877-6300, ext. 822. The Eastern Region TA Association invites you to make use of its new interactive TA Fax Service. Here's how: Dial [USA]-(203) 877-6300 from your fax machine, in voice mode (handset at your ear). After the greeting, enter the code 822. Or you can enter TAA and get the same response. Follow the directions, hang up, and press "start." We'll keep conference registrations for all major conferences and other TA information on line, including how to use the TA FAX line, 24 hours a day. We hope, soon, to post some articles, too. If your association or institute wants to post something, write to TA FAX AT, 109 Mayapple Rd., Stamford, CT 06903, USA; or send us a fax message at [USA] 203-322-0604.



ABOUT THE AUTHOR:
Dr. Dennis O'Grady is a Dayton, Ohio, USA psychologist, business consultant and professional speaker who is a certified Transactional Analyst. "This is a book written to stimulate the thinking, the feelings, and the actions of readers in such a way as to help them with the difficult process of change." - Dr. Ronald E. Fox, President, American Psychological Association.

TO ORDER:
This 488 page book is available for $19.12, which includes postage, from:

New Insights,
3077 S. Kettering Blvd. Suite #214,
Dayton, Ohio 45439-1949, USA
(513 298-0505)

FOR SALE

Conference Center and 30 Acres of Grounds

Former location of the
Western Institute for Group and
Family Therapy
262 Gaffey Road,
Watsonville, California

I am offering $50,000 cash to the person who finds the buyer for the WIGFT property (actual buyer, not a realtor). The property includes 30 acres of beautiful grounds, 10,000 square feet of buildings, including 15 bedrooms with baths, an office, conference room, commercial kitchen, Norwegian log cabin, swimming pool, and hot tub. Price: $1,200,000.

This property would be perfect for a church group, a half-way house, a treatment center, or a business "hide-away." Find the right group and win the $50,000.

Contact: Mary Goulding at 415-433-9558.

Note: Publication of advertising in *The Script* does not imply endorsement by the newsletter, the Editor, or the ITAA.

Keeping In Touch

REGION I—ASIA, AFRICA, THE PACIFIC

The 1993 Australasian TA Conference will be held November 19-21 at the Ramada Grand Hotel—Glenelg, in Adelaide, South Australia. The conference theme is "TA Tomorrow—Recession, Regression, Resolution," and presentations will focus on the "old TA," a view of future TA, and present-day TA practice with an emphasis on change and creativity. For more information, contact George Filipowicz, 24, Da Costa Ave., Prospect 5082, Australia.

The 100th monthly study meeting on TA was held in Osaka, Japan, on December 9, 1992. As Y. Sone writes, "I think this news is a nice Christmas present to the ITAA." In addition to the news, the Study Group sent a self-standing white board as a gift to the ITAA office to commemorate the occasion. Thank you, Mr. Sone and members of the Study Group!

REGION II—CANADA

The British Columbia TA Association (BCTAA) sent the ITAA office a copy of their newly formatted newsletter, which we were very pleased to receive. BCTAA Chairperson Janice Dowson, the newsletter committee, and especially Gerry Boretta and Scott Carruthers are to be commended for the fine job they are doing! BCTAA holds monthly meetings, and the program for the spring looks interesting, with presentations scheduled on parenting, working with the narcissistic personality, and psychodrama. For more information, contact BCTAA, Box 29019, Haney PO, Maple Ridge, BC V2X OC5, Canada.

REGION III—EUROPE

The European TA Association (EATA) has appointed a special committee for Eastern Europe as part of its development committee. Isabelle Crespelle, who has been very involved in working in some Eastern European countries, has been named Chair of the Eastern Europe Sub-Committee. She will deal with matters of training and building local associations, reporting to John Parr, Chair of EATA's Development Committee. Ms. Crespelle can be reached at 55 Avenue Charles de Gaulle, F-95160 Montmorency, France.

Servaas van Beekum, ITAA President-Elect, traveled to Praha, Czechoslovakia, in February to teach the first TA training group there. He has organized a group of five PTSTAs to cooperate in the project to make the training group an ongoing one.

The 20th EATA Conference is planned for July 10-14, 1994, in Maastricht, The Netherlands. The conference theme is "Social Systems & TA." The deadline for submitting proposals for conference presentations is December 1993, although priority is being given to proposals received by June 1993. For more information, contact Conference Coordinator Servaas van Beekum, PO Box 1197, NL-3800 BD Amersfoort, The Netherlands.

REGION IV—CENTRAL AND SOUTH AMERICA

Roberto Shinyashiki, President of the Latin American TA Association (ALAT), writes that the ALAT Congress in Caracas, Venezuela, was a big success. Among the work presented there was information about the use of TA with orphans of peasants who were killed by the "Sendero Luminoso" in Peru, a study of the consequences of nonvoting among the indigenous and campestral population in Venezuela, and the application of TA with 70,000 workmen from the electricity system in Mexico. The next ALAT Congress will be May 27-30, 1993, in Sao Paulo, Brazil.

REGION V—UNITED STATES

Natalie and Morris Haimowitz are going to celebrate their 70th and 75th birthdays, respectively, by running in the Boulder to Boulder run on May 29, 1993. This five kilometer race takes place in Boulder, Colorado. They will be joined by their three children and five grandchildren, with a birthday celebration afterward. In spite of ice and snow and below-zero temperatures, the Haimowitzes began the new year by dancing, and have continued with aerobic exercise, walking and running daily. These folks practice what they preach! □

POET'S CORNER



by Marion Arenas

Depression, Bad Therapy, and Suicide

The three poems presented here were written by a friend and poet who has published more than 50 poems in literary journals, but who is not ready to publish further details of her life, except under the pseudonym, "Anna Jason."

She attempted suicide in the late 1940s in a severe post-partum depression. She was already seeing an Adlerian psychiatrist, whom she begged for electroshock treatments, as they had helped her mother's depression. She felt so bad, she told him, so helpless, that she was planning to kill herself. His response was, "You will never do this because you are a passive person and your husband is the opposite. Therefore, it will not happen." He also refused her the electroshock. Her further actions are described in the poem, "The Suicide."

Now in her early seventies, and as a result of her suicide attempt a wheelchair-bound bilateral amputee with only three and two inches of femur left on each leg, she has done well with her life. A mother and grandmother, Anna Jason has been married for more than 50 years. She worked for 25 years as a sculptor, was recognized as an artist and sold her work through major shows in an Eastern city. She also found satisfaction and joy as a recreational therapist in a day hospital, where she worked for many years teaching arts, crafts, and poetry.

She has written poetry ever since high school, but only took her writing seriously in the past 20 years, after taking classes to better her craft.

This craft is evident in her poems, which exemplify a basic of modern poetry: that it be condensed, distilled, and that unnecessary words be omitted. What is unsaid speaks between the lines, more powerfully for being left out. In general, words that come from the grouping commonly called "Anglo-Saxon" are better than "Latinate" words. They pack more emotion, being closer to the earlier language, for example, *home* or *house*, rather than *domicile* or *abode*; *look* or *watch* versus *observe*; all the four-lettered "bad words," as well as *love*, *like*, and *hate*.

Aphorism for today: Poetry is the best words in the best order.

Send your poems to me, Marion Arenas, Poet's Corner, 694 Birchwood Dr., Wycoff, NJ 07481-1007, USA. Please include a self-addressed, stamped envelope with sufficient postage for return of the contents of your submission, as you would to any publication.

The Suicide

by Anna Jason

grinding rush of wheels
a train whistle wails

the light of my eyes darkens

butterflies wing to my breath
now shallow
now thin
pollen falls over my lip
then a leaf
then rain

i no longer will see the sun
or the moon wasting away

sounds of a siren split the sky
someone says i'm alive
someone else holds my life
in his arms

the engineer weeping over me
whispers his innocence
i look through his tears and tell him
i'm sorry
i'm sorry

The Fifty Minute Hour

by Anna Jason

He tells me who I am, my life listed
in his little black book.
"And why are you hear?" leaning back
in the black swivel chair.
"The parkways are crowded with cars
going 80 miles an hour and I'm afraid
one will crash into me and my notebook,
which is dancing skip-skip-skip,
metaphors playful as Puck,
skating the lines and singing."
His black eyebrows bush together.
"Continue," lifting his hand
like a conductor.
"No, I can't."
"Why not?"
"I don't know."
"Are you still sticking chewing gum
on the walls?"
"Yeah,"
"What do your guests say?"
"They pretend it's not there."
"Any dreams?" he questions,
rubbing his chin.
"Oh yes, they line up like veterans
in new uniforms, polished brass buttons
and shiny boots, march out saluting
the sun, carry swords
to cut out your tongue."
"I see," says he,
"I'm afraid it's time."

The Fifty Minute Hour was originally published in *Psychopoetica*, University of Hull, Hull, England, Summer, 1988.

Prozac

by Anna Jason

The pharmacist thrives on my scripts,
driving his Cadillac. The psychiatrist
who drives a Rolls Royce gives me pills
to sleep, to wake, to know who
and where I am and at the next visit
hands me a wonderdrug. Call me
if you faint, itch or suffer insomnia.

For three weeks I soar through heaven;
everyone forgiven, everything forgotten.
All the angels I drew in kindergarten
are alive and well. Earthly enemies
kiss my feet. I am whole again.

Then, without warning, the birds,
the flowers, trees, pets and people
disappear. I sing
"Sheep May Safely Graze"
forgetting my name, my house, my love.
I cannot read or write,
neither am I glad or sad
and I look up at the sky watching
God perspire, hear myself whisper,
Please pick up my pieces,
I want to go home.

Originally published in *Nimrod*, Tulsa, Oklahoma, Spring/Summer, 1991