INTERNATIONAL TRANSACTIONAL ANALYSIS ASSOCIATION

The Script

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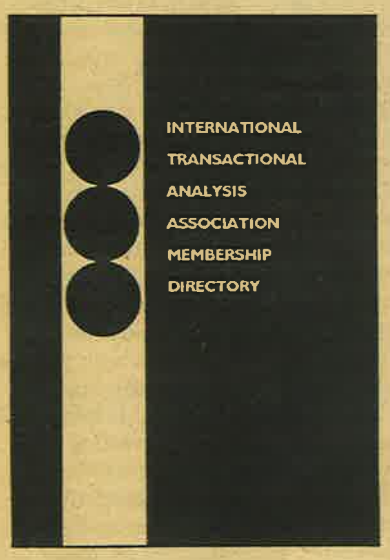

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This is your last chance to participate in international networking by taking out a business-card ad in the new ITAA International Membership Directory, scheduled for publication in 1994. Let other members know who you are and what you do.

Ads may be business-card size (2" tall by 3-1/2" wide; 5cm by 9cm) for $40, or double-size (4" tall by 3-1/2" wide; 10cm by 9cm) for $80. The deadline for receipt of camera-ready copy in the ITAA office has been extended to April 1, 1994. Ads must conform to the ITAA Professional Practice Guidelines (printed in the current ITAA Membership Directory).

And remember, for only $40 you will have a listing that will be referred to by members in 50 countries around the world for two years! What a deal!

New Deadline: April 1, 1994

Table of Contents:

Responding to Disaster 2
The Silver Lining 2
TAJ News 3
Poets' Corner 4
1994 USATAA Conference 5
ITAA News 6
1995 San Francisco Conference 7
Keeping In Touch 8
Simple People Helping 8

Dealing with Responses to Disaster

by Laurie Hamilton

A couple of years ago I became involved with a group of emergency service personnel and mental health professionals who volunteer their time to serve on "critical incident stress debriefing" teams. Critical Incident Stress Debriefing (CISD) and its parallel intervention "post-traumatic stress *defusing*" are interventions designed by Jeff Mitchell, PhD, and Grady Bray, PhD, specifically for the prevention of post-traumatic stress disorder (PTSD), especially among high-risk occupational groups such as fire fighters, emergency medical personnel, law enforcement personnel, public safety nurses, dispatch personnel, and disaster and combat personnel.

Stress is a state of psychological and physical arousal that develops as a result of a threat, challenge, or changes in a person's environment. Stress is a normal and natural response that is designed to protect, maintain, and enhance our lives. An understanding of how stress affects us physically, mentally, and emotionally helps to give a positive spin and an active emphasis on *eustress* (the positive aspects of stress). By understanding our natural reactions, we can develop an effective response to the negative aspects of stress (or *distress*).

Some of the more readily apparent negative aspects of stress are reflected in a decrease in mental efficiency. Short-term memory falters, concentration is difficult, and it is hard to learn new information. Our perception of problems changes so that minor problems appear to be major obstacles. The seemingly negative changes brought about by stressful situations actually tend to minimize the probability of emotional overload by producing a psychological barrier that enables a person to function with a minimum of distracting emotional energy during a period of intense stress.

This natural buffer state is appropriate for short periods of time, but when people are subjected to constant threat, either in their living situation or their work environment, the harmful aspects of stress become cumulative. For example, emergency services is one of our society's most challenging and potentially rewarding vocations. Yet many who enter cannot withstand the persistent pressure associated with the job. Few stressors have the destructive power one finds with caring for the sick or injured.

It was out of this concern for the emotional and physical health of emergency service personnel that CISD was developed. The formula is simple and can apply to many other human circumstances. The CISD team meets with the entire group of personnel who were involved with a particularly upsetting incident. One such meeting I was involved in concerned the death of an infant by beating that occurred during a blizzard here (the mountains of Western North Carolina) in March of 1993. The personnel at the meeting included the dispatcher, the police officers who first went to the house, the emergency room nurses, the radiologist, the chaplain, the pediatric ICU nurses, and the District Attorney. The group went through seven stages: (1) introduction of the intervention team (CISD), explanation of the process, and setting of expectations; (2) fact phase—each person involved in responding to the incident described the traumatic event from his or her perspective on a cognitive level; (3) thought phase—each participant described his or her cognitive reactions and began the transition to emotional reactions; (4) reaction phase—each participant identified the most traumatic aspect of the incident for him or her; (5) symptom phase—each person identified personal symptoms of distress and then made the transition back to the cognitive level; (6) teaching phase—the mental health team member educated group members about normal reactions and adaptive coping mechanisms (stress management), thus providing a cognitive "anchor"; (7) re-entry phase—ambiguities were clarified and preparation began for termination.

"When people are subjected to constant threat, the harmful aspects of stress become cumulative."

Recent experiences with hurricanes in the United States, the Yugoslavian conflict, the ongoing Middle East turmoil, and the US intervention in Somalia convinced Mitchell and Bray to create a "mass disaster" CISD model designed to mitigate "complex" post-traumatic stress disorder, whether engendered by combat, prolonged civil unrest, mass disasters, or prolonged community response operations. They felt that this model could prove useful in combating burn-out and cumulative stress as well. This model emphasizes direct ventilation of emotions as well as the importance of the constructive aspects of the experience (stages 4 and 5).

The mass disaster CISD model was designed to be used with disaster work crews who have

- continued on page 2

After the Shaking Stopped

Musings on the LA Earthquake

by Gerda Lawrence

I tremble as with cold even though the violent shaking has stopped. Several pieces of furniture are thrown about. Much of what I own is broken. Fallen plaster is everywhere. Adding insult to injury, a bottle of corn syrup and a jar of mustard are smashed among broken dishes and pots and pans. I think, I'm not physically hurt. I'm traumatized. Shit happens. Those thoughts and Ram Dass's one that says, deal with what you have to deal with, but that is not your essence, calm me. I get blankets, my camp stove for hot water, and seek out others. Four of us are now in one apartment, listening to the radio, waiting for daylight. Later, when I find I cannot physically clean up by myself, I hire a strong young man.

"I think: I'm not physically hurt. I'm traumatized."

Over the next days we work over 12 hours sweeping up shards, glass, and plaster while about much I say, "I'll think about that tomorrow." But for days there are times when I'm not able to speak coherently.

As people talk about how the quake makes them feel, I think of Claude Steiner: All events are but invitations to feelings. I have choices. I need that reminder. Best of all, friends come. They look in horror at the devastation. I accept invitations to spend nights away from my place and twice sleep for ten hours. I spend much time on the phone, sharing, commiserating, reassuring, offering and accepting help. By the third day I know I must invite friends for the eve of the Sabbath. On Friday night everyone lights a candle. We sing blessings, drink wine, eat, and celebrate life. We hold hands and chant "shalom," which means not only peace, but wholeness, the opposite of fragmentation. We connect with traditions and with what we can be to one another. We cry, laugh, and know the healing powers of relationships.

My building has not been condemned. Life goes on.

EDITORIALLY YOURS

by Laurie Hamilton

Responding to Disaster

This issue of *The Script* focuses in various ways on the responses individuals have to disasters, especially those that occur in nature but which profoundly affect our lives. As with many people, I am both horrified and strangely drawn to observing disasters. I suppose this is one reason that illustrated news magazines are so popular worldwide, and why they so regularly feature full-color pictures of plane crashes, fires, floods, hurricanes, and earthquakes.

I am also much more interested in disasters that occur either near me and those I cherish or in places where I have lived. A picture of disaster in my neighborhood confirms my experience. When it shows something that took place near where I used to live, I feel a strange mixture of relief, luck, and guilt (survivor's guilt). When the scenes are of calamities from the other side of the globe, I feel horror and sympathy, but it is a strangely impersonal observing.

"As with many people, I am both horrified and strangely drawn to observing disasters."



All of these normal reactions are part of the repertoire of protective and rehearsing strategies we use to help us cope with disasters. We learn from the tragedies of others how we might prepare for similar circumstances. However, when we deny that such things could happen to us, or our denial takes the form of blame (i.e., bad things happen only to bad people), our protective mechanisms go underground, out of awareness, and cause havoc as random anxiety and inexplicable feelings of foreboding.

When TA theory refers to the protective, Nurturing Parent's ability to take care of the Natural Child, I believe we must include the capacity for awareness of dangers in the natural world. As the world population grows and as climatic patterns continue their cycles, we will undoubtedly experience more natural disasters rather than less. An earthquake occurring in a sparsely populated desert has far less destructive impact than when that same desert is massively populated.

Having lived for almost 20 years in Southern California, I have been especially concerned about the natural disasters that area has been subject to in the past six months. I have talked to numerous friends and have been interested in how they express their feelings—ranging from stoicism to embarrassment about their continued feelings of fear whenever the ground quakes.

I suppose if I were able to engineer the ideal disaster response it would be that a person could simultaneously remain calm and at the same time experience the healthy fear that dangerous situations naturally produce. Perhaps that is what most people call courage.

DEBRIEFING

continued from page 1

been exposed to multiple traumatic incidents during a disaster (such as the wildfires in California and Australia) and situations where disaster workers have experienced work in numerous disasters over time. It is clearly a model that can be used with the people caught up in the disaster as well. In Los Angeles after the January earthquake, by sharing with others what they were experiencing (anxiety, inability to sleep, startle responses, etc.), friends of mine were able to gain a healthy perspective about the experience and their responses to it. For debriefing to be successful, the incident and/or disaster must have passed, and the people involved must have been able to reconnect with family and friends. Otherwise, as far as the human response is concerned, the person is still in the middle of the stressing situation.

It is somewhat simplistic to note, perhaps, that our natural human responses can ultimately cause one's death. In keeping with Darwin's maxim of the "survival of the fittest," those organisms that survive genetically are those that most successfully overcome the dangers of their environment. Cumulative, unrelenting danger speaks to an inhospitable environment for human beings. Prolonged stress leaves an unforgiving mark on the human psyche. Our ability to nurture others in distress increases our longevity.

The Script

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

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INSIDE VIEW

by Susan Sevilla

The Silver Lining

Many kudos to new *Script* Editor Laurie Hamilton for the fine work she did on her first issue of the newsletter. Did you like the January/February issue? Write to Laurie and tell her so! And as always, feel free to send in your contributions to the newsletter for consideration.

Laurie tells me that the mini-theme of this March issue is "Responses to Natural Disasters." It is not hard to address that topic as our thoughts have certainly been on natural disasters lately. Here in the USA last year we had raging floods in the Midwest, an unprecedented winter freeze in parts of the Middle and Eastern USA, and a devastating 6.6 earthquake in the Los Angeles area. And in Northern California drought is still a concern: After six years of lower-than-necessary rainfall, followed by one good year of rain in 1993, we are once again facing water shortages.

"If there is any silver lining to natural disasters, it is that they can bring us closer together."



In other parts of the world there have been floods in Belgium, Germany, France, Great Britain, and The Netherlands. In Australia, they have seen devastating fires in Sydney and storms in Melbourne.

On the global level, we have so many environmental concerns: a growing hole in the ozone layer, the depletion of the rain forests, the contamination of the earth's water supply—the list goes on and on.

Talking about these conditions is serious and can be depressing. If there is any silver lining to natural disasters, it is that they can bring us—family and friends—closer together. They can also highlight for us what is important in life, such as food and shelter for our families. Although we all experience frustrations and anxieties in our daily lives, a natural disaster teaches us that none of these things are worth fretting about in the long run.

What can we do on a local or an individual level to help this planet? There are small steps you can take: Water consciousness is one of them. At my house we think of each gallon of water as precious. We are also recycling-conscious and separate each bit of trash for different uses. After several earthquakes in our area, we are survival conscious—we keep earthquake and camping supplies, water, and a first aid kit handy in case of disaster. There are also small, selfless things that you can do: A blood donation can save a life, and it is safe, easy, practically painless, and only takes a few minutes. Or you can help clean up your neighborhood; participate in a community project via your school, church, temple, or mosque; plant a tree; buy products with less packaging; or help keep your neighbor's homes safe through a neighborhood watch program.

Eric Berne, who had a strong belief in social action, would be proud of you. Remember Eric Berne's Birthday is March 14. And Earth Day is on Sunday, April 18.

ITAA President-Elect and Board Nominations Sought

The ITAA Nominating Committee is now accepting nominations for the 1994 election slate. Board members elected in 1994 will begin serving on January 1, 1995. The following positions are open:

- President-Elect
- One Board Member for the USA region
- One Board Member for "Other" Regions (non-European and non-USA)

Nominations require the name and consent signature of the nominee (it may be yourself), the name of the person making the nomination, and the name of the person seconding the nomination. Send nominations to Nominations Committee Chair, c/o ITAA, 1772 Vallejo Street, San Francisco, California, USA 94123, or fax them to 1-415-885-5998. The deadline for receipt of nominations submitted via the Nominations Committee is March 25, 1994.

As outlined in the ITAA Bylaws, there are three ways to nominate someone for ITAA Board or officer: 1) via the Nominations Committee, as outlined here; 2) by petition, with the signature of ten voting members; and 3) by nominating someone from the floor at the 1994 Annual Meeting of the Membership, which will be held on Saturday, October 29, at the 1994 ITAA Annual Conference at the Aruba Caribbean Raddisson Hotel in Aruba.

***Script* Themes and Deadlines**

Social Upheaval - May 1
Assisted Suicide / Euthanasia - June 1
Anger and the Disowned Self - July 1

JOURNAL ENTRY

By Ted Novey

Staying on the Cutting Edge

Having been a writer and a reviewer for the *Transactional Analysis Journal* for many years, I am honored to have been selected to be its editor for the next three years. Since its inception in 1971, the *Journal* has been at the heart of the development of transactional analysis theory and practice, and I aim to carry on the best traditions of the editors who have preceded me.

Howard Douglass has been honored by the ITAA for his editorship during the past three years, and he has been most helpful in getting me started in this publishing process.

I'd like to use this and future columns in *The Script* to let you know of publication plans for the *TAJ*, special issues with guest editors, changes in publication policy, and to enlist your aid as authors and reviewers to keep the *Journal* focused on the cutting edges of our profession. I'm interested in hearing about your ideas, themes, suggestions for improving the process, positive strokes for what we do well, Adult evaluative criticism for what we do not, but negative strokes? No, thanks.

"I aim to carry on the best traditions of the editors who preceded me."



We are catching up rapidly with our publishing schedule and expect to be current by the July issue, after a special issue on ethics in January with Guest Editor Bill Cornell and another special issue in April, this time on shame, guest edited by Marye O'Reilly-Knapp.

Please note the following:

1) Under my editorship, all manuscripts will have a review response within four months or a letter explaining why not.

2) If you have submitted a paper in the past and have not had a response, please write (815 Indian Road, Glenview Road, IL 60025, USA), call (709-729-5133), or fax (708-729-5336) me immediately so I can track down lost or strayed papers.

3) From now on, authors need only submit six copies of manuscripts rather than the eight or nine previously required.

4) We are putting out a general call for new manuscripts in addition to inviting papers for special themes to be announced. There is only a minimal backlog of manuscripts waiting to be published, so if you submit a paper and it is accepted, you can expect rapid publication. If this changes, I will keep you informed of the expected time until publication. At present I estimate the time from receiving a new manuscript to publication to be about nine months, assuming minimum revisions and rewriting and also assuming that you do not delay in your part of the publication process.

5) I expect to schedule two special theme issues each year. The time frame for these issues, from announcement to publication, is about one year. The first of these is announced here, with Guest Editor Pat Novey. I also want to do another issue based on conference themes as will be done with the April 1994 issue. Mary Goulding has agreed to be special editor for a memorial issue for Bob Goulding on "New Developments in Redecision Therapy" for late 1995 or early 1996. Other theme issues will be announced in *The Script* or the *Journal*.

6) If you have ideas for themes for special issues, are willing to serve as a Guest Editor, or are interested in serving as a resource reviewer, let me know. You are our creative writers, our resources, our customers. I'm very excited to be involved in the process in this way and to have this new contact with my many TA friends around the world.

Finally, I have asked Guest Editor Pat Novey to present to you some of her ideas about the April 1995 special theme issue on "The Person Who Is The Therapist."

"The Person Who Is The Therapist"

Guest Editor: Pat Novey, MS, CTA



The year was 1949. Carl Rogers was at the University of Chicago. I was 21 years old and had been unhappily married for a year. I knew of Carl Rogers because my husband was a graduate student in psychology.

Unhappiness was not a feeling familiar to me. I decided to see Carl Rogers and have him explain it to me. I called the Counseling Center and arranged for an appointment. I was living on the far north side of Chicago and the Center was on the far south side. We had no car. The travel time was over 1-1/2 hours.

When I arrived, the receptionist asked how much I could afford to pay. I could probably swing 50 cents (after all, I had to consider the 50 cents it cost me in transportation.) She told me to go to room D. A young man was seated behind a desk, not much older than I was. Clearly, I was not to see Carl Rogers. It didn't seem to matter. I just wanted someone to explain to me what I was feeling. I remember talking a lot. He told me to make another appointment at the desk, which I did.

When I arrived a week and 50 cents later, I was told to go to room E. The young man was still behind a desk. He spoke first. "I'm sorry, but I can't see you. I have sexual feelings for you. You'll have to see someone else." He left the room. I left the building. I did not ask for a 50 cent refund.

The years passed. I had two beautiful daughters, four and seven years old. The year was 1960. I was not feeling very well. I was diagnosed as having, somehow, contracted tuberculosis. I was sent to a sanitarium and quickly went into a major depression. A psychiatrist was called. He was a small man. He asked me who I was mad at. He didn't wait for an answer (it was probably just as well because it took me many years to finally figure it out) and prescribed medication. I went blind for two weeks. They said it was an extreme reaction to the medication. Six months later I had lung surgery and went home eight weeks after that.

Now it was 1970. Both my daughters were soon to be in college. We appeared to be a reasonably happy family. I knew better. There were major extended family health problems. I called a woman therapist. I told her what was happening to my mother and father and in my marriage. She told me I was behaving like a spoiled brat and to go home and be thankful for what I had.

I am not stupid. I had struck out three times. I was not going up to bat again. I am not a masochist. I did figure out, however, that there had to be other people in the world who needed a decent therapist.

I called Morris Haimowitz to ask about training. He invited me to a 101. I asked him what a 101 was.

Would you be willing to share who you are, how you became a therapist, and how your life experiences have shaped your approach to therapy? I truly hope you will.

Deadline for Manuscripts: August 1, 1994



Aruba Invites You

Think about it—how you'll feel in October, with the weather turning cold. Consider getting on a plane and stepping out a few hours later into the tropical warmth of the island of Aruba. Sound attractive? Then register today for the joint ITAA/ALAT Conference in Aruba, October 26-30, 1994.

Aruba offers something different: Seventy square miles of rocky deserts, sand dunes, cactus jungles, and some of the best beaches in the Caribbean. Strong trade winds keep the island cool and fuel its most popular sport: windsurfing. Snorkeling and diving are also excellent along the coral reefs that ring the island. Outside of modern Oranjestad, the capital, with its colonial fort, lighthouse, and historic museum, are tidy Dutch farm villages set in the middle of cactus fields and the rugged north shore, where you can explore prehistoric cave drawings.

Aruba has everything one could want in a resort: gourmet restaurants, chic boutiques, duty-free shopping, and glittering nightlife. Yet as befits an island located just 15 miles off the Venezuelan coast, its style is distinctively Latin.

Come see for yourself. Refer to the four-page Aruba Conference insert in the January- February issue of *The Script* or call the ITAA at 1-415-885-5992 or fax at 1-415-885-5998 for more information.

POETS' CORNER

by Marion Arenas

Caretaker Out of the Triangle

Rhina Espaillat's poems are about a kind of natural disaster, Alzheimer's Disease, and describe a loving attitude toward an elderly parent who is a victim of this malady, a *real* victim, meaning a person who is truly unable to help himself or herself. Rhina's approach avoids a fall into the Karpman Drama Triangle roles of Rescuer, Persecutor, and Victim (Karpman, 1968). Let us look at this predicament from that all too common triangle that family members frequently enter (James & Jongeward, 1971).

Often we hear, "Now that she's old, their positions are switched and the child is the parent, the parent the child." This sentimental cliché encourages the caretaker child-turned-parent to fall into the triangle and run around in it with her parent-turned-child. I will call this pair Mother and Daughter.

Although much in the adult relationship of Mother and Daughter will follow predictably from earlier years, the following scenario proposes a hypothetical Daughter unexpectedly designated as caretaker of her Alzheimer's-stricken Mother.

Daughter begins this new phase as Mother's Rescuer, of course, (since she is daughter-turned-mother) thinking, "Poor Mother, a Victim of Alzheimer's, I will do everything for you." Mother, in the inevitable progress of the disease, fails to respond positively to Daughter's help and does not acknowledge Daughter's effort. Mother may not have to do anything to assume any or all of the roles in the triangle, as she may be in the triangle *only in the daughter's perception*. Mother may be seen as Persecutor, as she continues to lose memory, stops caring about her appearance, and/or enters a paranoid state. Daughter can then easily fall into the Victim role, thinking, "This is just awful, I can't cope with it! What have I done to deserve this?" or Daughter becomes annoyed, then angry, runs to the Persecutor role, with, "You're impossible to give to! And you weren't such a great mother, either." She may then visit Mother less often. This seldom lasts, because Daughter feels uncomfortable as Persecutor. Daughter runs back to Rescuer where she again feels unappreciated, so settles into the martyrdom of Victim for the long stay, saying, "If it weren't for you, I could lead a normal life." This is further encouraged by family and friends who tell her she is "wonderful" to "sacrifice" so much for her helpless parent.

"Rhina Espaillat's poems are about a kind of natural disaster, Alzheimer's Disease."



Many years ago while visiting in a nursing home, I overheard an angry Daughter hiss through her teeth to her bedridden Mother, "You told me you didn't eat your lunch. The nurse said you ate everything! You lied again!" The woman in the bed turned her head to the wall, not responding, a good example of Daughter as Persecutor, Mother as Victim.

Our poet, Rhina Espaillat, tells us, "Most of what I write springs from my feeling for the people in my life, my friends and family. That includes, of course, the joy of having them, but also the sense of inevitable loss that is part of normal living, because what time does best is take people away, either all at once or piecemeal. Many of my poems are an attempt to make peace with those losses, remind myself of how much is left, and prepare myself for losses to come by looking closely at what outlives us.

"The poems about my mother, an intelligent, lively, beautiful woman being disintegrated by Alzheimer's Disease, do for me what the arts generally do: They impose a kind of order on the cruelly senseless events that alter lives, and communicate to others, which I always find comforting. I suppose there is a kind of 'survivor's guilt' present in any situation of this kind, however undeserved, as if it should be possible to pass on some of our own youth and good health to aging parents. These poems help me to defuse that guilt by putting my mother's illness, like my father's early death, in perspective as part of the pattern of ordinary lives."

Rhina is a Dominican-born former high school English teacher who has been widely published and continues to win prizes for her poetry, most of which she writes in the formalist tradition of sonnets ("The Changeling"), rhyming couplets ("Visiting Day"), and other forms utilizing rhyme and meter, hard to accomplish effectively in the current poetry scene of so-called free verse. She is married to the sculptor, Alfred Moskowitz, and has three grown sons.

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Karpman, S. (1968). Fairy tales and script drama analysis. *Transactional Analysis Bulletin, 7*(26, 39-43.

James, M., & Jongeward, D. (1971). *Born to win.* Reading, MA: Addison-Wesley



Visiting Day

by Rhina P. Espaillat

She still remembers me, she strokes my face.
She made me in her body's deepest place

and fed me from herself. I was her moon.
I comb her hair and feed her with a spoon

and dress her in clean clothes. She understands;
she pats her empty purse with eager hands

and walks about the grounds with me. She knows
but cannot always say this is a rose.

The words she taught me are the shapes I see:
because she spoke the sun, it came to be;

she called me out of nothing, and I came.
Will I still be when she forgets my name?

Changeling

by Rhina P. Espaillat

I want to tell myself she is not you,
this sullen woman wearing Mama's eyes
all wrong, whose every gesture rings untrue
and yet familiar. In your harsh disguise
I sometimes need to find you, sometimes fear
I will, if I look closely into her.
I want to tell myself you are not here,
trapped in this parody of what you were,
but love was never safe: it lives on danger,
finds what can't be found by any other
power on Earth or over it. This stranger
is you, is all the you there is, my mother
whose gentler face is gone beyond recall,
and I must love you so, or not at all.

Poems and drawing from *Lapsing to Grace*, by Rhina P. Espaillat, (1992) Bennett & Kitchel, East Lansing, MI., available from Ms. Espaillat, 12 Charron Dr., Newburyport, MA 01950, USA; US$14.00

TA CONFERENCES WORLDWIDE

March 7-13, 1994—New Delhi, India. Sixteenth Annual TASI Conference. Contact: Rita Kaul, TASI President, c/o B-332, Sarojini Nagar, New Delhi-110023, India.

May 13-15, 1994—Nürnberg, Germany. German TA Association (DGTA) Conference/ Designated site of ITAA Business Meetings. Contact: DGTA, Samerberweb 3, D-8269, Burgkirchen, West Germany; fax: 49-911-995-2911.

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.

August 10-14, 1994—Albuquerque, New Mexico, USA. USATAA Conference. Contact: USATAA Conference, 121 Cardenas NE, Albuquerque, NM 87108, USA; phone: 515-255-1551; fax: 515-255-4503.

October 24-30, 1994—Aruba. ITAA Conference. Contact: ITAA, 1772 Vallejo St., San Francisco, CA 94123-5009, USA; phone: (415) 885-5992; fax: 415-885-5998.

November 17-20, 1994—New Zealand. Australasian TA Conference. Contact: Geraldine Lakeland, 2 Trilids Lane, Churton Park, Johnsonville, Wellington, New Zealand; phone: 04 4783-258; fax: 04 5784-258.

January 1995—Bangalore, India. 22nd Annual ICTA Conference. Contact: Carlos Welch, UTC Quarters, 97 Nandidurg Rd., Bangalore 560046, India.



April 19-23, 1995—Bushkill, Pennsylvania, USA. Eastern Region TA Association Conference. Contact: Fred Clark, Registrar, 261 Spring St., Cheshire, CT 06410, USA.

Exam Help Urgently Needed

Examiners are urgently needed for exams in Tokyo, Japan, May 26-27, 1994, and in Wellington, New Zealand, November 16, 1994. If you can help, please contact the Board of Certification (1772 Vallejo St., San Francisco, CA 94123; phone 415-885-5992, fax: 415-885-5998) as soon as possible.

TA 101 CALENDAR

March 19-20, 1994: Cleveland, England. Cost: £90. Leader: Christine Lister-Ford, PTSTA, or Jennie McNamara, PTSTA. Contact: Stockton Psychotherapy Training Institute, 77 Acklam Rd., Thornaby, Cleveland TS17 7BD, England; phone: 0642 611292.

April 7-8, 1994: Crowborough, England. Cost: £82.25. Leader: Joanna Beazley Richards, PTSTA. Contact: J. Beazley Richards, 2 Quarry View, Whitehill Rd., Crowborough, East Sussex TN6 1JT, England; phone: 0892 655195.

April 23-24, 1994: London, England. Cost: £80. Leader: Charlotte Sills, TSTA, or Barbara Traynor, PTSTA. Contact: metanoia, 13 North Common Rd., Ealing, London W5 2QB, England; phone: 081-579-2505.

WHAT ARE YOU DOING AUGUST 10-14, 1994?

Outstanding TA Practitioners Will Be Having the Time of Their Lives at

THE USATAA NATIONAL CONFERENCE

THE ALBUQUERQUE HILTON INN • ALBUQUERQUE, NEW MEXICO

CONFERENCE THEME: "From Despair to Optimism: Challenges in the Delivery of Care and Healing"

***Located in the heart of the* Land of Enchantment, *the Albuquerque Hilton Inn will be ablaze with the energy only a TA Conference can generate. If you haven't been to a New Mexico hosted conference you haven't experienced why this is truly the* Land of Enchantment.**

THREE KEYNOTE SPEAKERS



Dr. Claude Steiner



Dr. Jack Dusay



Dr. Jane E. Myers

The Conference theme will be highlighted each day with a keynote address, on Thursday by **Dr. Claude Steiner** and on Saturday by **Dr. Jack Dusay**, both well known Transactional Analysts. The keynote address on Friday will be presented by **Dr. Jane Myers**, Past President of the American Counseling Association and a specialist on aging.

A FEW PROGRAM SLOTS ARE STILL AVAILABLE!

Proposals for the open 2-hour progam slots will be accepted until April 15, 1994.

·All programs are two hours in length.

·Topics related to the Conference Theme will be given preference.

·All Program Proposals must include the following information in order to be considered:

1) Title of Program; 2) Name(s), Degree(s), TA or other Certification or licensure of each Presenter; 3) Biography of up to 50 words for each Presenter for Program Book; 4) Abstract of up to 100 words for Program Book; 5) Room set-up desired (i.e. classroom, theatre), equipment needed, etc.; 6) Area of TA (Business/Organizational, Clinical, Educational); 7) Skill level (i.e. Beginning, Established Professional, Advanced Professional); 8) Other Information.

SEND PROPOSALS TO: USATAA Conference, 121 Cardenas NE, Albuquerque NM 87108

PRE-CONFERENCE INSTITUTES

Wednesday, August 10
(*Additional fee required)

A. *Training Group Therapists: An Experiential Approach.* **Mary Goulding,** MSW. (Limited to 15 therapists).



Mary Goulding

B. *Wellness Evaluation of Lifestyles: Empowering Self and Others.* **Thomas Sweeney,** Ph.D.,a developer of this new measurement tool.



Thomas J. Sweeney

C. *Quality Management, TA and Functional Empowerment.* **Denton L. Roberts,** M.Div. (a soon to be published book).



Denton L. Roberts

D. *The Enhancement Model: A Frame of Reference for People Workers.* **William Krieger,** Ed.D. Learn to view people as ineffective rather than sick, abnormal or not fully functioning.



William Krieger

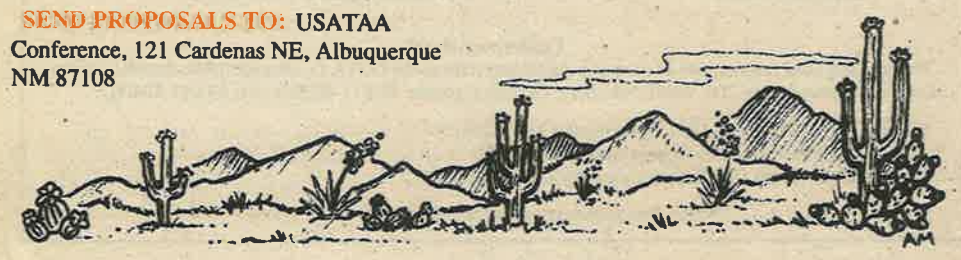
THE ALBUQUERQUE HILTON INN

The Albuquerque Hilton Inn has all the amenities of any major hotel. Newly redecorated in a southwestern motif, it features excellent meeting facilities, two First Class Restaurants, outdoor and indoor pools, spa and exercise room, and two tennis courts.

· Room Rates: $72 Single or Double.

· Deadline for Reservations: July 10, 1994.

· Call the Hilton at 505-884-2500, and state that you are attending the **USATAA Conference.**



CONFERENCE OVERVIEW

Wednesday, August 10:
· USATAA Board Meeting
· Clinical Exams
· Men's and Women's Caucuses
· Pre-Conference Institutes (*additional fee required):
A. Mary Goulding; B. Thomas Sweeney; C. Denton Roberts; D. William Krieger

Thursday, August 11:
· Keynote Address by Dr. Claude Steiner (8:00 am)
· Programs
· Stroke Room Open
· Special Events

Friday, August 12:
· Keynote Address by Dr. Jane Myers (8:00 am)
· Programs
· Mexican Buffet Luncheon (included in registration)
· Stroke Room Open
· Special Events

Saturday, August 13:
· Keynote Address by Dr. Jack Dusay (8:00 am)
· Programs
· Stroke Room Open
· Special Events
· Banquet with Special Entertainment (included in registration)

Sunday, August 14:
· Programs (beginning at 9:00 am - you may sleep later!)
· Closing Event (11:15 am-12:15 pm)

Sunday-Tuesday, August 14-16:
· Training Endorsement Workshop (TEW)

REGISTRATION FORM — USATAA CONFERENCE

One Form Per Registrant, Please Print or Type

IF YOU KNOW YOU ARE COMING, REGISTER EARLY AND SAVE!

CONFERENCE REGISTRATION:

[ ] Early Bird Registration	(by April 15)	- $250	= $ _____
[ ] Pre-Registration	(by July 15)	- $275	= $ _____
[ ] On-Site Registration	(on-site)	- $300	= $ _____

NOTE: Full-Time Students may register at 50% of the above Conference Registration rates.

PRE-CONFERENCE INSTITUTES (Additional Fee Required):

Check Institute Desired:
[ ]A. Goulding - [ ] B. Sweeney - [ ] C. Roberts - [ ] D. Krieger

[ ] Early Bird Institute	(by April 15)	- $50	= $ _____
[ ] Pre-Registration Institute	(by July 15)	- $75	= $ _____
[ ] On-Site Institute	(on-site)	- $90	= $ _____

ADDITIONAL MEXICAN LUNCHEON & BANQUET TICKETS:

(Registration includes Luncheon & Banquet; additional meal tickets may be purchased for guests).

[ ]Friday Luncheon Ticket(s)	# _____	@	$20 ea.	= $ _____
[ ]Saturday Banquet Ticket(s)	# _____	@	$30 ea.	= $ _____

TOTAL ENCLOSED: = _____

Name: _____ Telephone: _____

Address: _____

_____

MAIL TO: USATAA Conference, 121 Cardenas NE, Albuquerque NM 87108

ITAA News

Summary of the Minutes of the Minneapolis Board Meeting

The November 1993 *Script* featured a preliminary news release on some of the outcomes of the October 1993 Board meeting. We are pleased to report on a few other matters of interest from that meeting.

New Board Members Appointed: Three new members of the Board were appointed from the Affiliate Council—Mary Cox of England, Pio Scilligo of Italy, and Moideenkutty Unnikammu of India—to represent EATA and ICTA, respectively.

Bylaws Revision Underway: The Board is in the process on revising the ITAA bylaws. Members with an interest in this process may contact Past-President Robin Maslen for information.

While Building Sale Sought, ITAA Commits to Remaining in San Francisco: While we await the right buyer for the ITAA headquarters building, the ITAA Board decided to leave the ITAA headquarters office in San Francisco, renting space on a five-year renewable lease after the building sale.

Global TA Action Funds Available: The Board will distribute approximately $3,400 remaining from the Global TA Action Project (1988-1989) in small grants of books and videotapes for the purpose of fostering the growth of TA in developing areas around the world. Submit grant proposals to the ITAA President, c/o the ITAA office.

Designated Conference Sites: Although the ITAA will not put on annual conferences after 1995, the Board will continue to meet twice a year at designated conference sites. The Board approved the following schedule for designated conferences: early 1995 in Singapore; early 1996 in Australia; middle or late 1996 in Calgary, Canada; early 1997 in Europe; middle or late 1997 in South Africa.

Members to Direct Future Board Policy: The Board looks forward to receiving your member need/opinion survey back (mailed in January) and plans to use the data collected as a point of departure for long-range planning to be conducted at their next meeting in May in Nürnberg, Germany.

Guidelines on Two Awards Approved: The Board approved revised guidelines for the nomination and granting of the **Hedges Capers Humanitarian Award** and the **Muriel James Living Principles Award.** Deadline for nominations is April 24. Write for information and submit all nominations to the ITAA Office.

Trademark Protection Abandoned: The Board decided to discontinue protection of the ITAA three-circle logo outside of the USA. This was largely a financial consideration, and the Board urges other national TA associations to protect the logo within their jurisdictions.

Revised Affiliation Agreements Approved for Three Affiliates: Affiliation reviews were completed for the CATA and ICTA affiliations and revised contracts were approved. The Board accepted continuation of the 1992 EATA/ITAA Cooperation Agreement with no changes in fees for 1993 and 1994. EATA and ITAA will be negotiating in early 1994 for revision of the 1995 agreement.

Scholarship and Eric Berne Grants Approved: The Board approved recommendations from the Scholarship Loan Fund for distribution of $6,000 and the Eric Berne Fund for 6 research grants totaling $11,550.

Being Yourself Bookstore an Official TA Source: The Board authorized Kevin Smallwood bookstore in England as an official source of TA books and materials in Europe.

ITAA Membership Directory Publication Postponed: The Board decided to postpone publication of the *1994-1995 International Membership Directory* until June in order to allow our biggest affiliate (EATA) an opportunity to submit the 1994 rosters for inclusion. Business card advertisements (low cost at only $40) will be accepted until April 1.

Volume of Selected Articles on TA in Organizations: The Board authorized Thomas Steinert and Sari Van Poelje to serve as co-editors of this volume. All member input regarding contents is welcome. Budget approval is pending.

TA Databank In Progress: Former Vice-President of Research and Innovation Maria Teresa Romanini was appointed to continue with her valuable work to compile a TA Databank. A specimen for the 1990 year has already been produced.

Change in Advertising Policy for Members: The Board approved a revision to the ITAA Professional Practices Guidelines to permit members to advertise their ITAA membership category and/or professional status with abbreviations rather than writing it out. Although it is still preferable to write out membership category and certification status whenever possible, official approval was given for the following:

Membership Category: Certified Members may now advertise themselves as CMC (ITAA), CMO (ITAA), CME (ITAA), or CMK (ITAA). Members who are Teaching Members may list themselves as TMC (ITAA), TME (ITAA), or TMO (ITAA).

Certification Status: Certified Transactional Analysts may now advertise themselves as CTA (TCCTA), Provisional Teaching and Supervising Transactional Analysts may list themselves as PTSTA (TCCTA), and Teaching and Supervising Transactional Analysts may list themselves as TSTA (TCCTA).

EXAM CALENDAR

Exam	Exam Adm.	Exam Date	Location	App. Deadline
CTA Oral	COC	Apr. 8, 1994	Roehampton, England	Jan. 1, 1994
	BOC	May 26-27 , 1994	Tokyo, Japan	Feb. 25, 1994
	COC	July 10, 1994	Maastricht, Netherlands	April 1, 1994
	BOC	Aug. 10, 1994	Albuquerque, USA	April 8, 1994
	BOC	Oct. 26, 1994	Aruba (Caribbean)	July 26, 1994
	BOC	Nov. 16, 1994	Wellington, New Zealand	Aug. 1, 1994
	COC	Nov. 19, 1994	Berlin, Germany	Aug. 1, 1994
	COC	Mar. 19, 1995	Namur, Belgium	Dec. 1, 1994
	BOC	Aug. 9, 1995	San Francisco, USA	June 9, 1995
	COC	Nov. 1995	Germany	Aug. 1995
TSTA Oral	BOC	May 26-27, 1994	Tokyo, Japan	Feb. 25, 1994
	COC	July 10, 1994	Maastricht, Netherlands	April 1, 1994
	BOC	Oct. 26, 1994	Aruba (Caribbean)	July 26, 1994
	BOC	Nov. 16, 1994	Wellington, New Zealand	Aug. 16, 1994
	COC	Mar. 19, 1995	Namur, Belgium	Dec. 1, 1994
	BOC	Aug. 9, 1995	San Francisco, USA	June 9, 1995
CTA Written (Proctored)	N. Amer.	July 8-9, 1994	Your choice	April 9, 1994
CTA Written (Open book)	All Regions (Non-Europe)	Your choice	To be submitted for reading through the ITAA office	Your choice
Training Endorsement Workshops		July 15-17, 1994	Maastricht, Netherlands	March 15, 1994
		Aug. 15-17, 1994	Albuquerque, USA	April 8, 1994
		Oct.31-Nov.2,'94	Aruba (Caribbean)	June 30, 1994
		Aug. 14-16, 1995	San Francisco, USA	May 14, 1995

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 94123-5009, USA.

DGTA

May 13-15, 1994
Scandic Crown Hotel
Nürnberg, Germany

"Dependence and Addiction as an Individual and Social Problem"

* Designated Site of ITAA Board and Committee Meetings *

Keynote Speakers: Jonathan & Laurie Weiss
"Healing the Inner Child--A Systematic Model for the Diagnosis and Treatment of Co-Dependency"

"The conference theme is derived from the 1993 ITAA/USATAA Conference in Minneapolis and is a symbol of our solidarity with the international community. We are eager to learn how this problem is dealt with in other parts of the world and to share how we deal with it in Germany."

Gudrun Hennig, President of DGTA

Registration

Registration fee includes lunches, coffee breaks, and the Ball. Send reistrations in Deutsch-Mark checks only to DGTA Conference, Evamarie Eisenbach, Taunusstr. 60, 61191 Rosbach, Germany. Fax for information: 49-911-995-2911.

Registrations before April 1, 1994:	
- Members of DGTA/EATA/ITAA	DM 310,00 (approx. US$190*)
- Others	DM 375,00 (approx. US$230*)
Registrations after April 1, 1994:	
- Members of DGTA/EATA/ITAA	DM 380,00 (approx. US$233*)
- Others	DM 450,00 (approx. US $275*)
Students--Members	DM 260,00 (approx. US$160*)
Students--Others	DM 300,00 (approx. US$184*)

Conference Hotel

Please make hotel reservations as soon as possible and refer to the DGTA Conference 1994: Scandic Crown Hotel, Valznerweiherstr. 200, 90480 Nürnberg, Germany; phone: 49-911-4029-0; fax: 49-911-404067.

Rates--Single Room: DM 195 (approximately US $120*)
Double Room: DM 245 (approximately US $150*)
Breakfast: extra DM 25 (approximately US $15/person*)

(* Based on exchange rate as of 1/94: US $1 = DM 1.635)

The International Transactional Analysis Association Presents:



The First Major International TA Conference (MITAC)

August 9-13, 1995
*Nikko Hotel * San Francisco, California*

Mark your calendar and plan to participate. Please consider serving on the planning committee, and/or presenting at this major international event. Write for a Call for Proposals application form. For information, contact Gaylon Palmer, LCSW, MITAC Conference Coordinator, c/o ITAA MITAC, 1772 Vallejo Street, San Francisco, California, USA 94123-5009; telephone 415-885-5992; fax 415-885-5998.

On Sale!

Volume of Selected Articles from the *Transactional Analysis Journal* 1971-1980

This historical volume features over 60 key articles from the *Transactional Analysis Journal*, including many written by Eric Berne Memorial Scientific Award winners as well as other important articles that are currently out of print.

Special Sale Price: $19 US, plus shipping and handling
(Surface Mail—USA/Canada/Mexico $2; Europe $4; others $8;
Air Mail—Americas: $7; Europe: $12; others: $15)

Please complete this form and send with a) credit card information, or b) check or money order (payable to ITAA in US funds only) to ITAA, 1772 Vallejo St., San Francisco, CA 94123-5009, USA. Make sure to include postage for each volume ordered. Fax: 415-885-5998.

Order Form

Name _____

Address _____

City/State _____

Country/Postal Code _____

_____ Enclosed is a check or money order in US funds drawn on a US bank.

Credit Card: _____ Mastercard _____ Visa _____

Card Number _____ Exp. Date _____ Signature _____

Be sure to indicate which type of mail you wish to use in sending your copies and then add to your total below the correct postage for each volume ordered (or ask the ITAA).

Surface Mail ($2/$4/$8): _____

Non-USA Air Mail ($7/$12/$15): _____

Number of Copies: _____ Total Enclosed: _____

Note: The rates in this ad supercede those in all previous ads.



Robert L. Goulding, MD "Scripts" (Taped Live)

At the 25th Annviersary Summer Conference of the International Transactional Analysis Association, held in Chicago in July 1987, Robert L. Goulding participated as one of ten faculty to teach the Introductory Course in Transactional Analysis, TA 101. The portion of the course Bob taught was "Scripts".

The entire TA 101 Course was professionally edited and is available for purchase as a 2-volume video set (220 minutes). In it, the ten original founding members of the International Transactional Analysis Association present an overview of TA theory, of interest to therapists, managers, and consultants.

This video represents the unedited footage of Bob's "Scripts" presentation, recorded in Chicago in 1987. In it, Bob Goulding discusses life scripts for 55 minutes. It is some of Bob's finest work, taped live as it was presented.

In addition to watching this tape for your own skill development, this tape has important historical value. It is a unique opportunity to witness a Master at work, teaching as only Bob Goulding can. All or parts of this video can be used to supplement your own advanced training, supervision, or teaching. For trainers and supervisors, you can bring Bob's wisdom on scripts right into your own office.

Our Guarantee

If, after viewing this videotape, you are not completely satisfied that this is a valuable historical and teaching tape, simply return the tape to us within 21 days of receipt, and your investment will be totally refunded, without question.

Two convenient ways to order your videotape

1. Enclose a check or money order for $45 (ITAA Member), or $55 (Non-ITAA Member) U.S. Currency, made out to ITAA (includes tax and airmail postage)
2. Charge to VISA or MasterCard

Complete the form below now and return it with payment.

ORDER FORM

Yes, I would like to try at no risk the Goulding Scripts Video. Enclosed is my payment of $45 (ITAA Member) or $55 (Non-Member).

Please charge my _____ VISA _____ MasterCard

Signature _____

Card Number: _____ Exp. Date: _____

Name: _____

Address: _____

City / State / Zip: _____

Send: ☐ VHS ☐ Beta ☐ PAL. Include $5 surcharge for Beta or PAL.

_____ Please send me information on the ITAA and training in transactional analysis.

ITAA Professional Videotape Library
1772 Vallejo Street
San Francisco, California 94123, USA

Keeping In Touch

REGION I—ASIA, AFRICA, THE PACIFIC

The 11th Australasian TA Conference drew 65 delegates and, even though the numbers were smaller than in the past, the atmosphere was cozy in a lovely hotel overlooking the beach. Robin Maslen writes, "Lucy Freedman did a good job and stayed on a few days to travel to remote Kangaroo Island on the South Coast. Nick Nickodym was also here along with Ramon Talob from the Philippines. Gordon Hewitt and his fiancee, Pam, came and went on to Alice Springs for a holiday and to get married. Charlotte Daellenbach, with husband Hans, attended also. Charlotte conducted the exams, which went well, with good boards and all candidates passing."

REGION III—EUROPE

The St. Petersburg Institute of TA writes to say that they are pleased to now be affiliated with the European TA Association (EATA). "We have been evaluating our progress as a study group since 1987. It has not been easy. We faced several losses, but at the same time, we were accumulating knowledge and wisdom in our efforts to be true to ourselves and close to the rest of the world. Our country is now changing rapidly and experiencing pain, doubts, and, at the same time, we are searching for new and old, forgotten ways to be human and to live in peace. And we as professional people want to contribute to this process. Many people from the USA, England, and other countries have contributed to our growth and development. We want to first mention Grainger Weston of Texas, who had the courage and devotion to begin a training program here and who continues to assist us in many ways. With love and admiration we want to thank our first teachers—Tom and Delphine Frazier—who ran the first TA 101 in Russia and who continue to come to St. Petersburg to share their knowledge with us."

Tom and Delphine Frazier recently traveled to Lithuania and Russia. Tom writes, "This was my first trip to Lithuania, having been preceded by the Pope by two hours. Isabelle Crespelle, CTA from France, had been there earlier this year and had made training contracts with two psychologists, Raimundas Milasiunas and Andrejus Kaleinikovas. Lithuania is a proud country. They liberated themselves from the Russians in January 1991 and wasted no time in removing the Russian street signs. As in Russia, the psychiatrists 'have never learned to do therapy,' and their expertise lies in knowing the major neuroses and psychoses and in prescribing pills. The psychologists who know a little about interviewing must not do therapy, and they get supervision from the psychiatrists.

"The people-helper population is very young (e.g., the head of a 400-bed psychiatric hospital is only 30). They are eager—like dry sponges—to learn TA, and Isabelle Crespelle had done an excellent job laying the groundwork. When I offered therapy, may people went into their heads (Adult), separating themselves from their hearts (Child), which remained anxious. They loved getting strokes, but often got them 'around the corner' (dishonestly). There was a gentle atmosphere as well as a large pool of sadness, which may be culturally determined. I gave an all-day workshop on 'Anger as a Racket' (with 90 people present). People are touched by the simplicity of the concept, and several reported the next day that they had been able to put the ideas into practice with their families. The reception was loving and generous, although the hot water in my apartment was turned off for five days!

"This was my eighth trip to Russia. St. Petersburg now has an official TA group that is affiliated with EATA. My work in St. Petersburg is increasingly supervision, therapy, and helping the organization 'get their act together.' This has been a slow process. With an earlier impetus by Isabelle Crespelle, Michelle Benoit, Petrūska Clarkson, Jennie MacNamara, and others who have worked with this group, I moved into personal issues as well as into organizational effectiveness. I feel hopeful about TA developing and contributing to the world of therapy and human relations in Lithuania and Russia."

REGION V—UNITED STATES

Congratulations to Dr. Laurie Weiss, who was recently awarded her PhD from Columbia Pacific University.



RE-VISION

by Frank Morris

Simple People Helping

"You stay here!" The Neanderthal command coming forth critically from my lips surprised me. My wife, who is also a transactional analyst, does not respond well to comments like that, but I was already out of the car and rushing to the overturned vehicle on the expressway.

A moment before I had seen a small pickup truck hit a bridge abutment, fly up in the air in a 180-degree turn, come down on its side, and slide to a halt with fire coming out from beneath it. The momentum of our car took us past the wreck. I pulled over, and after my chauvinist grunt, took off running. From all directions on the expressway men were coming—small men, big men, fat men, thin men. A black man jumped out, leaving three children in his car, and ran beside me. Together we tried to pry open a door so the man inside would not be roasted. Our hands worked on twisted hot metal, but we were oblivious to the sensations. A red-haired, crewcut Marine took the role of comforter to the trapped man, and with the tenderest of tones, talked confidently and nurturingly: "We're here. You'll be OK. Can you move your arms and legs? Good, nothing is broken." A man with a fire extinguisher as large as he was started dousing the fire and yelling instructions: "Someone reach in and turn off the motor." None of the men by the window could squeeze an arm through; I saw a woman's arm reach way into the car, and I knew who it was without a second of reflection—a transactional analyst who takes no orders from a man, Neanderthal or Pleistocene.

The fire went out. Standing there for a few more minutes it was clear that we had all risked our lives for a person who did not care that much about his own. A broken bottle of cheap wine was on the floor beside him. As in trances, the group stayed until the state police and an ambulance came. Then, without even speaking, we returned to our cars. Several hundred yards down the road I began sobbing, a relief reaction in part. The words that burst from my lips startled me: "Why can't people be that loving all the time?" My partner reached out and took my hand with silent confirmation. We spend our lives trying to figure out the answer to that question.

I am not a hero. If I had spent several minutes thinking about it, I would not have run to that burning car. There is something deep, far below consciousness, that bubbles up and hurries to save a life. This is certainly the major psychological lesson of all tragedies. Humans care from some enormously deep part of themselves. Almost everyday we see it on television: people tearing at bombed out buildings with bare hands, mothers clutching babies to their chests and walking ungodly distances to save them, people risking their lives on a subway to help someone. "Ain't It Awful" sells newspapers; the beauty of simple people helping receives scarce mention.

I also watched as the blood-soaked stretchers of eight dead student nurses were carried out of an apartment house near 100th and Crandon on the South Side of Chicago. That afternoon a man came to counsel with me; he had discovered Corazon Amurao on the ledge as she hid from Richard Speck. The man, a very good man, had been dry for 17 years and was a staunch AA member. He had gone in and seen the bodies with the first arriving policemen. He said to me: "Frank, I need a drink." With, I hope, uncharacteristic bluntness, I replied, "I do, too." (Before you think bad of me, we did talk it through so he did not return to his addiction.) Also in the afternoon of the day Speck used his knife, something different emerged in the community of Jeffrey and Merrionette Manors in Chicago. People came forth from their urban caves and shared fears and other feelings; they spoke in hushed and confidential tones with neighbors with whom they had not previously talked. Something beautiful resulted from the ugliness of what Speck did—a sense of togetherness usually not there in the harsh city. Three days later people were back in their caves and no longer spoke. Life was back to its pre-tragedy routine.

When you think of the gross ugliness humans have visited on each other (100 million dead in wars of this century), you wonder what is prior in human psychology: hate or love. Immediate reactions to tragedy reveals the automatic good underneath. Up against the worst, humans reveal their best. That may seem a nonsignificant philosophical point because on the surface humans fight for territory and privilege, are competitive and struggle over petty matters.

Berne concentrated on the individual desiring a full life. TA provides a good number of clues about how to spend energy for the good: free the spontaneous, life-loving Natural Child; build in Nurturing Parent; get people to develop strong Adults; work for the victory of love over hate, spontaneity over frozenness, awareness over obliviousness, and intimacy over isolation. Sometimes that does not seem enough. The Natural Child in me wants to yell, "Hey, let's not let survival scare run us; let's live friendly all the time!"

But we get in our cars, close our city doors, sob from our depths, and go on. And those of us who are therapists often turn our concentration onto individuals in our practices. It beats cursing the darkness.

"There is something deep, far below consciousness, that bubbles up and hurries to save a life. This is certainly the major psychological lesson of all tragedies. Humans care from some enormously deep part of themselves."

