The Script

ITAA

INTERNATIONAL TRANSACTIONAL ANALYSIS ASSOCIATION

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Public Safety Fostered by Transactional Analysis

by Laurie Hamilton

This article describes yet another setting in which transactional analysis concepts are being used productively, demonstrating that it is now part of the culture-at-large.

My eyes were drawn to the front-page article in *The New York Times* (National Edition, 8 November 1995): "In Texas, Pistol Packers Must Know Psychology" blared the top headline. The article, by Sam Howe Verhovek and titled "In Texas, the 'Inner Child' Has Finger on the Trigger," started off, "To carry a concealed weapon here in Texas, a person must pay a $140 application fee, have no history of major crime or mental illness, demonstrate an understanding of use-of-force laws and pass a shooting proficiency test with a .38-caliber revolver or a 9-millimeter semiautomatic handgun. And one other thing: the applicant must be in touch with his or her inner child" (p. 1). The article went on to say, "Borrowing from pop-psychology classics of the 1960's and 70's like "Games People Play" and "I'm OK—You're OK," the official state gun-class curriculum requires that applicants for a gun permit know about the three 'ego states' said to exist within everyone: the parent, the child, and the adult" (p. 1).

The conflict-resolution/gun-safety training was developed by Captain Mark Warren, head of the training academy of the Texas Department of Public Safety (of the Texas Police Department). In the *Times* article he was quoted as saying, "In terms of trying to resolve any conflict with people, one of the things, regardless of whose philosophy you subscribe to, is to speak with equity rather than speaking down to them or speaking up to them." As I read the article I thought, "What a super grass-roots application of transactional analysis theory. I want to get to know more about this fellow."

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First ITAA President from Latin America Takes Office

Keeping the Spirit of Quality Alive

by Gloria Noriega

As I write my first article for *The Script* as ITAA president, many warm memories and mixed feelings of joy and sadness come to mind. Emilio Said and I became members of the ITAA in 1980 when we first met Muriel James and her husband, Ernie Brawley, at the Hacienda Cocoyoc, close to Mexico City, during a joint conference between the Latin American Transactional Analysis Association (ALAT) and the Mexican Transactional Analysis Association (MEXAT).

Muriel had been invited by the conference committee as the keynote speaker. At that time she was ITAA president and we were Teaching Members of ALAT, without any interest in the ITAA because of a lack of information and communication between the two associations.

All this happened in a very informal way. Ernie, who spoke Spanish well, began to talk with some of our trainees, so without thinking about it, he was the link to introducing us to a wonderful friendship. Thank you, Ernie. We love you, and you will live forever in our hearts. I couldn't start this period of my life without honoring your memory.

The first ITAA conference that Emilio and I attended was in Boston in 1981. I remember how impressed we were with seeing such a well-organized association, and how we felt the welcome and warmth of all those we met. People were patient in helping us to understand, beyond language barriers, and they even apologized for not speaking Spanish. That was, for us, a living testimony of the "I'm OK, You're OK" position. At that time, we also realized how much we could learn about the high training standards of the ITAA, so we signed our own training contracts in order to become candidates for BOC exams.



"Think about all the people who, having heard you talk about transactional analysis, have felt faith and love."

After all, at that time, I never thought that 15 years later I would become the first Latin American ITAA president! Definitely not in my plans. This shows how ITAA is now a truly international association.

From then until now, the ITAA has developed in many ways. Through these years I have been involved in several committees. First, as cochair of the international relations committee I was involved in starting the TAlent idea and the social service of Teaching Members traveling around the world. I was also a member of the training standards committee for several years and had the opportunity to be on the board of trustees when Ellyn Bader and Lucy Freedman were each president. Currently, I am still a member of the editorial board of the *Transactional Analysis Journal* and happy to be working once again with Ted Novey.

Over the years I have also met many wonderful people from Europe. Recently, and especially after the designated conference in Singapore, I also met many loving people from India and the South Pacific region. For me, as for many of you, one of the most exciting things about the ITAA is the opportunity to meet people from around the world who share the common language of transactional analysis.

I am aware that I am taking leadership of the organization at a difficult moment of transition. The Burr House has finally been sold. We have money in the bank, and we have paid our debts, but this does not mean that we do not have a deficit budget. The money from the

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Spectacular Venue and Spiritual Theme: Come to Calgary!

by Sharon Pearce-McLeay

In this interview, the co-founder of the Calgary conference, Dr. Alex Lawson, talks about how Calgary, Alberta, Canada, became the site for the 12-18 August 1996 international conference and how the "Celebrating Wholeness" theme was chosen.

Sharon: Why was Calgary chosen as the site for the ITAA conference?

Alex: When we began to talk about Calgary as a possible site, Jack Dusay—and many others—commented on how an ITAA conference would provide him with an opportunity to see a part of the country he has always wanted to see.

We think Calgary is an ideal place to hold a transactional analysis conference. It gives us a chance to combine the friendliness of a western handshake with the warmth of transactional analysis. I think Calgary's wonderful hospitality is known worldwide through such events as the 1988 Winter Olympics and the annual Calgary Stampede.

Then, of course, there's tremendous opportunities to explore our spectacular attractions. The Rockies sit atop Calgary's doorstep, with Banff and Lake Louise only 1½ hours up the road. Did you know that the Canadian Rockies occupy an area 50 times the area of Switzerland? The road that connects Banff, Lake Louise, the Columbia Icefields, and Jasper offers one of the world's most

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EDITORIALLY YOURS

by Laurie Hamilton

Everything Old Can Be New Again

I am pleased that several of the articles and comments in this *Script* draw attention in one way or another to key questions the ITAA must address to remain a nonentropic organization (i.e., expanding and growing rather than shriveling up and drying out). The issues raised are efficacy, image, and marketing, all of which are related to long-term viability.

As illustrated by the article on the use in Texas of transactional analysis in gun-safety training, some of the basic components of our theory are easily utilized in nontherapeutic venues. The fact that the police officer who developed the program first learned transactional analysis theory in an undergraduate sociology course supports the need for transactional analysis to be taught at the college level. This is an opinion voiced by many members, including Muriel James in a letter in the November *Script* and Tim Schnabel in his article in this issue.

As reported in the *New York Times* article (3 November 1995) and in member John Lovelace's comment, transactional analysis is viewed as pop psychology, a fossil of the "feel good seventies" when (certain groups of) people were given an unbridled license to "get in touch with their inner child" and other arguably hedonistic pleasures. In this decade, as we are consumed with anxieties over armed conflicts and personal safety, as well as budgetary, economic, and inflationary difficulties, self-discovery is often viewed as a luxury. Dealing with matters related to productivity—such as major mental illness, post-reactive stress disorders, and ineffective communication—assume greater importance. But aren't all these issues addressed within the body of transactional analysis theory?



"Some of the basic components of our theory are easily utilized in nontherapeutic venues."

A fad is described by *Webster's Unabridged Dictionary* (1983) as a British Midlands term used to describe "a custom, hobby, or style adopted and pursued by many people for a time, with undue zeal." But what separates the pop or faddish from an integral part of a society's outlook, behavior, and/or mores? I suspect the answer lies in how the activity is regarded as to degree of seriousness (versus playfulness) and its validity (or proven usefulness). For example, the historical use of leeches for blood-letting was discredited as a fad in the early 1900s. It could be said that this was a fad in that excess blood was blamed for a variety of physical and mental ailments. Interestingly, the medical use of leeches has been reintroduced for a number of medical situations in which a patient's blood clotting is problematic.

Sometimes, a reemergence after a period of dormancy can make an old approach seem new and fresh. But for long-term durability, harder issues must be tackled. As transactional analysis seeks to substantiate its validity (through studies such as those undertaken by Gisela Zemsch of Nürnberg, Germany) and its seriousness (through marketing in both the public and professional sector), the limitations of its applicability may become more apparent. For example, is transactional analysis a "complete" theory or a "companion" theory? Some articles in the *Journal* this year will address aspects of this question. I also invite you to submit your thoughts on this topic to *The Script*. □

The Script ITAA

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INSIDE VIEW

by Susan Sevilla

Happy New Year!

Office E-Mail: We returned from the winter holiday with 16 e-mail messages patiently waiting for our attention. Most days, we have at least a half-dozen waiting when we arrive in the morning. Sometimes answering e-mail can take half a day.

It's a new age. Remember when the fax was the height of communications? Now more and more business cards are popping up with e-mail numbers instead.

E-mail is both a boon and a curse to business. On the plus side, it is fast and cheap, allowing us to communicate internationally for the cost of a local telephone call. We haven't yet developed a transactional analysis home page, but we are working on that. The potential for a transactional analysis network forum is there, as yet untapped. I've visited other groups' forums (e.g., the Scouting forum), but I haven't had a go yet at talking to transactional analysis members in real time.



"E-mail is both a boon and a curse to business."

To me, e-mail is overwhelming in the same way that the fax used to be. The urgency of e-mail calls: "Answer me now!" The e-mail system we employ offers a simple reply button on the bottom of the computer screen, which seems to demand that I send off an answer immediately, before turning my computer to another thing. Once I was putting the last line on my last e-mail of the day, only to see the little mailbox icon flash in the screen corner indicating that a new message had just come in: It was starting all over again.

In addition to the pressure to respond immediately, another disadvantage of e-mail is that file copies of e-mail are plain, without letterhead, which to my eye is unbusiness-like. Sometimes they can also be difficult to read. Have you noticed how some e-mailers tack their answer onto your question, creating file-copy confusion? Then some of these jumble-answers get copied on via the forward button to other people. It can be a mess.

I am also an admirer of reference libraries. I like to see books lined up in orderly fashion, waiting for a hand to pull them to the desk to research some important topic or statistic. But who needs books anymore? The on-line systems offer enough information to fill a million libraries. The problem is the inordinate amount of time that it takes a beginner like me to find her way around the on-line information highway and the frustrating downloading time. In addition, my shelves are getting clogged with boxes of software, software manuals, computer reference books, boxes of back-up disks, folders full of tip-sheets or class notes from computer instruction classes. It makes me long for a clean array of leather-bound books with gold-embossed titles.

Gloria Noriega Visit: We were honored to receive the visit of new ITAA president Gloria Noriega to the ITAA office in January. She spent a week in San Francisco in the early part of the month in preparation for the Amsterdam board meeting in March, her first as president. Issues on the agenda included long-range planning, budget and finance, the new ITAA investment policy, the upcoming ITAA bylaws revision, conference policy, setting sites for the 1997 conferences and beyond, and much more. Thank you, Gloria, for giving us your time and your commitment to excellence over the next two years.

Nominations: In 1996 we are searching for candidates to run for ITAA president-elect and two board members. The president-elect begins serving on 1 January 1997 and assumes the ITAA presidency on 1 January 1998. The presidency is a two-year position, followed by two years as past-president. The board positions available this time are one United States board seat and one Other Region (non-USA and non-Europe) board seat. These positions require a three-year commitment. You may nominate someone else or volunteer yourself. The deadline for submitting nominations is 25 March 1996.

Amsterdam: It's Not Too Late. You can still register for the advanced ego states conference at the Novotel Hotel in Amsterdam, 14-16 March 1996. Airfares have never been cheaper. The registration fee (after November 1995) is ƒ650 Dutch flanders (or about $412 US), which includes conference programs, plus two lunches, coffee/tea breaks, a copy of the conference proceedings, admission to the Thursday night buffet, and the Friday evening canal tour plus dinner. Send your registration by mail or fax to: Amsterdam Designated Conference (fax 31-23-420942), IAS International, Westerhoutstraat 48, NL 2012 JS Haarlem, The Netherlands. Direct any questions you have to Drs. Jindra Kessener at that address and fax, or call 31-23-420979. □

President Elect and Board Nominations Sought

The ITAA Nominating Committee is now accepting nominations for the 1996 election slate. President-elect and board members elected in 1996 will begin serving on 1 January 1997. The following positions are open:

* President-Elect
* One board member from the USA region
* One board member from "Other" region (outside of the USA and outside of Europe)

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 the ITAA, 450 Pacific Ave., Ste. 250, San Francisco, California, 94133-4640, USA, or fax them to 1-415-989-9343 or send by e-mail to 76734.2074@compuserve.com. The deadline for receipt of nominations submitted via the Nominations Committee is 25 March 1996.

As outlined in the ITAA bylaws, there are three ways to nominate someone for ITAA board or officer: 1) via the nominating committee, as outlined here; 2) by petition, with the signature of ten voting members; and 3) by nominating someone from the floor at the 1996 annual membership meeting to be held on Saturday, 17 August 1996 at the 1996 conference, to be held at the Sheraton Hotel in Calgary, Alberta, Canada.



JOURNAL ENTRY

by Ted Novey

Does Therapy Work?

I don't think that the question any more is, "Does therapy work?" This seems to be well enough established. Now the questions are, "How long need it take? Is it cost effective? How should it be paid for as a part of health insurance? How can therapy be managed with care instead of inadequately managed care?"

The medical model, at least the Western medical model, doesn't work well with the human change process. Healing a bone is one thing. Healing a mind is another. There are still too many unknown variables and human variations in motivation, resistance, and so on to make prediction reliable.

Here's where science might be expected to be of help. And when I speak of science and scientific method, I don't want to get into arguments with pro- or anti-science forces, constructivists, post-modernists, structure determinists or any of that ic, ilk, ists, or isms. We are talking about human curiosity, which drives humans to explore their animate and inanimate environment, and the tendency that human beings have to talk to each other, compare experiences, generalize about what they experience, and attempt to predict what is likely to happen in future experiences. I think that covers all of the above. In usual jargon, we attempt to "measure" what happens in a particular kind of therapy process and use these "measurements" to predict the answers to the questions posed at the beginning of this article. Any kind of predictability is a very desirable commodity in our civilization.

I know from research in the physical sciences that measurements are a lot easier to make when the objects of measurement are not acting in weird manners and are not actively resisting whatever measurements we are trying to make. Research of this kind is still difficult, and yet in comparison to research with living, creative human beings, it is easy.



"All kinds of therapists and therapies work well with differences not yet clearly discerned."

We have all read research papers on psychotherapy and have some awareness of the precautions necessary for reliable and valid results. The results come painfully slowly, even to prove reliably things that we already know to be "true," as, for example, that positive strokes help people to feel better about themselves and to act more effectively in their relationships. Most of these research papers give ill-defined results that are often far removed from actual practice situations.

Two excellent papers have been published recently that give an indication of another way to go in determining the validity of therapy in general and specific therapies in particular. They also give a strong response to the current attempt to manage therapy by HMO decision that you shall be healed in eight sessions or less.

I refer to the article in the November 1995 *Consumer Reports* (a publication of a US consumer product-testing organization called the Consumer's Union) on "Mental Health: Does Therapy Help?" It was based on data extracted from 4100 readers who responded to a set of questions on therapy experience in Consumer Union's annual questionnaire about the readers' use of soaps, TVs, cars, etc. The answer, of course, is yes, it works. Yes, it works better with longer-term (greater than six months) therapy than with shorter-term. Yes, all kinds of therapists and therapies work well with differences not yet clearly discerned.

The even more interesting paper was published in the December 1995 *American Psychologist* by Martin Seligman, who was a consultant on the *Consumer Reports* project. He gives a more detailed analysis of what was done and what the results showed. Seligman's most interesting conclusion, much to his surprise, was that the traditional type of scientific study under controlled conditions, with control groups, etc., which are labeled "efficacy" studies, are not the only or even the best way to find out what treatments work best in the field. He says that a well-done "effectiveness" study as carried out by the *Consumer Reports* staff can lead to empirically validated measurement of therapy effectiveness under actual working conditions.

I strongly urge you all to read these papers. They have great significance for the field of psychotherapy in general and for transactional analysis in particular and for the goals of the *Transactional Analysis Journal* "to advance the theory, principles and practice of transactional analysis." This is the kind of research that clinicians can easily participate in jointly and with little extra effort.

Next month I want to discuss in some detail how we might use this approach to keep track of our therapeutic effectiveness within the field of transactional analysis and in comparison to other modalities. □



RESEARCH FILE

Research in the New Year

Thank you for all the support you have shown during this past year. I look forward in the coming months to many new beginnings, continuations, and completions. Please continue using this column in whatever way you choose.

In 1996 we have many exciting conference venues, starting with Amsterdam, which should provide an excellent opportunity for brushing up, appraising, and developing theory on ego states. Remember, research workshops/papers can also be presented at conferences. Contact the scientific program organizers.



"A study being done in Germany will seek to answer many questions about transactional analysis."

Research Project in Germany

A study being done in Germany (n=30) will seek to answer many questions about transactional analysis, such as: 1) Can transactional analysis theory and diagnosis be effective? Are there meaningful transactional analysis operationalizations for the major concepts of DSM-IV? 2) What effects of transactional analysis therapy will be found? Which effects will persist after, for example, two years? 3) How can a treatment plan be expressed verbally in terms of transactional analysis concepts? How can it be evaluated?

The experimental design of this study contains some well-known questionnaires to measure symptoms and the change within and after treatment. The therapist in the study will also be evaluated by interviewers, who will not know the identity of the transactional analysis measurements for diagnosis, treatment planning, and effects and work with them.

The financial backing for this study is provided by private individuals. Questions, comments, or feedback about this research can be addressed to Gisela Grunewald Zemsch, Breitscheidstraat 34, 90459, Nürnberg, Germany; phone: 0911 45 73 28; fax: 0049 91032154.

Thanks to Gisela for this contribution. Keep writing in!

Elana Leigh
Vice President, Research and Innovation

Continuing Education

Due to ITAA's continuing education provider status with the California Psychological Association, it is now possible for TSTAs (and PTSTAs under training contract) to offer the TA 101 with continuing education credits accepted by the American Psychological Association (i.e. Category I credits). If you are interested in offering a TA 101 with APA-recognized Category I credits, you must contact Laurie Hamilton, Ph.D. (101 Ledbetter Road, Arden, NC 28704, USA; phone 704-687-8741) at least three months prior to your course date to facilitate the course-approval process. The CEU fee is nominal and can be included in the course fee charged for the TA 101.

KEEPING THE SPIRIT ALIVE

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Burr House is not income for the ITAA; it is an asset that we must keep and care for so that it will not lose value over the years. We also need to find ways to increase the ITAA's income. First we need to recover a balanced budget, and then later, if possible, we need to increase our funds.

The affiliation agreement with EATA is over now. It cannot function anymore the way we expected it to, but I am sure that with our good will and mutual spirit of cooperation, we will find a way to keep valuable direct membership of Europeans in the ITAA.

Recently some people have been talking about the survival of the ITAA in these critical times. Nevertheless, I feel optimistic—perhaps because I live in a country in which survival is part of life, so I do not see this problem as exclusive to the ITAA. I think nowadays it is a human problem that we can confront with the courage and love of what we are.

Thinking of this, Eric Berne's words in *What Do You Say After You Say Hello?* come to mind. I have always liked this part of our philosophy as transactional analysts: to fight against the four horsemen of the Apocalypse—Hunger, Plague, War, and Death (Berne, 1972/1973, p. 15).

In my understanding, hunger is the need for strokes, which can be cured with love, recognition, and the maintenance of a nurturing environment. Plague is the illness and despair of an ailing group (Berne, 1963, p. 244), which can be solved with healthy relationships in which goodwill and win-win negotiations may bloom. War is anger and aggression, which can be exchanged for the peace that grows when we respect ourselves and others. And Death is the lack of faith and confidence, which can be exchanged for the courage for life.

With these words, I am asking you, as part of the whole transactional analysis community around the world, for your support and love so that we can make these things happen at least in our own small transactional analysis world. Think about all the people who, having heard you talk about transactional analysis, have felt faith and love.

The importance of life is not based on how many years we live, but in the quality of life that we can have. Let us stop asking ourselves how many more years there will be an ITAA, and let us together have a common goal—to keep the quality of the ITAA high, which means the quality of its people.

Together with the Board of Certification, we have an excellent training and certification process, an efficient administrative staff in the office, enthusiastic members around the world, and much more that I will not mention now. What I am inviting you to do is to keep the spirit of quality that we learned from the people who founded the ITAA, investing more energy and love as a revitalizing transfusion.

What I meant in fighting is to continue developing the ITAA while taking care of what we are: our identity, our essence, the love and respect for each other as well as the professional spreading of transactional analysis all over the world. We are exploring new ways of growing. Many ways have been successful; others need to be reevaluated. After all, we are learning through the process.

There is much to be done, and the way is not always clear. Please let me know your opinions and your ideas for making these things happen. I look forward to keeping in close contact with you.

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Berne, E. (1963). *The structure and dynamics of organizations and groups*. New York: Grove Press.

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□

ITAA News

Europeans Invited to Join International Association Directly

In 1996, for the first time in five years, ITAA members residing in Europe will receive individual billings for their membership dues. Until now, European members have been affiliate, or indirect, members, paying dues to their local association, which in turn paid group dues to the ITAA. By being a member in the national or local organization, they were automatically members of both the European Association for Transactional Analysts (EATA) and the ITAA. On 1 January 1996, this automatic membership in ITAA ceased to exist.

The leaders of the ITAA and EATA decided to finish the affiliation agreement. Your representatives (EATA) and chosen officers (ITAA) in the negotiations decided that involuntary membership is fundamentally contrary to the principles of autonomy and choice. This insight was strengthened by realizing the impossibility of both organizations meeting each other's financial needs. EATA wanted to pay less to the ITAA, and the ITAA needed more money from EATA.

Some people are sad about the loss of cohesion and fearful for the future. Many other members have expressed their relief and excitement for the future, with hope for a new and positive outcome ahead.

One thing is certain: The ITAA and EATA (and other transactional analysis associations) share the core framework of transactional analysis. They also share their commitment and dedication to advanced training in transactional analysis. The Training and Certification Council of Transactional Analysts (T&CC) and its committees—the Board of Certification (BOC) and the Training Standards Committee—continues to be recognized as the institution that covers worldwide containment of transactional analysis theory, ethics, training, and certification. For its part, the ITAA provides containment for worldwide transactional analysis.

Now, as a result of the decision to end the ITAA/EATA affiliation, transactional analysts all over the world can be direct members of the ITAA. The ITAA will provide central services, and local services will continue to be given by local associations. In addition, regional transactional analysis associations, such as EATA, will continue to provide regional services that are in line with T&C and ITAA regulations.

We hope that you agree with and approve of the decision made by your leaders. European members should be free to choose international membership or not. Most Europeans want to belong to the worldwide transactional analysis community.

Europeans who join ITAA directly will receive ITAA services directly, including:

* Quarterly ***Transactional Analysis Journal*** ($22 subscription price)
* ***The Script*** **Newsletter**, nine times a year, included in your fee
* **The International Membership Directory**, to be revised in late 1996 and released in early 1997 and to include complete alphabetical and geographical sections
* Two exciting and stimulating **conferences** per year (March 1996 in Amsterdam, Holland, and August 1996 in Calgary, Canada)
* International **networking, training, camaraderie**, and contacts
* **Professional practice** guidelines, an international **code of ethics**, and a forum for resolution of ethical concerns
* **Certified Transactional Analysts** are included on special informational lists provided to individuals seeking experienced transactional analysis practitioners
* Money-saving discount programs on conferences and car rental and group travel arrangements
* Access to ITAA staff services, library, and information

European services (e.g., COC exam sites, contract filing, conferences, publications) will continue to be available to EATA members.

The ITAA and EATA agree that it is a strong hope that all those under contract for certified transactional analyst or Teaching and Supervising Transactional Analyst (CTA or PTSTA) and all who are Teaching and Supervising Transactional Analysts (TSTA) will become direct members in the ITAA, although this is not compulsory.

If you have not yet received your notice about 1996 membership, please contact the ITAA for an application form for individual direct membership. We look forward to your continued commitment and active involvement in both the ITAA and EATA. □

WANTED

For challenging and fulfilling positions in a dynamic organization beginning in the year 1997

ITAA is seeking:

- President-Elect
- Board of Trustees member from the USA region
- Board of Trustees member from Other Region (non-USA and non-Europe)

The deadline for nominations is 25 March 1996. Contact the ITAA to apply: 450 Pacific Ave., Ste. 250, San Francisco, CA 94133-4640, USA; phone: 415-989-5640; fax: 415-989-9343; e-mail: 76734.2074@compuserve.com.

SPECTACULAR VENUE

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scenic drives.

If conference participants or their families are interested in dinosaurs, we have Drumheller badlands to the east of Calgary. Paleontologists have found more dinosaurs in these badlands than anywhere else in the world, and the Royal Tyrrell Museum was constructed to display them.

To the south of Calgary there are two World Heritage Sites. At *Head Smashed In Buffalo Jump* Indians drove buffalo over the cliff for thousands of years. *The Waterton National Park*—just named a World Heritage Site—is only three hours from Calgary and shares the border with Glacier National Park in Montana. If you are driving from the USA, you can follow the Trail of the Great Bear from Yellowstone National Park to Glacier, Waterton, and Banff national parks. It's a trip to remember.

On the practical side, Calgary is only a few hours flying time from ITAA's head office in San Francisco. The Canadian dollar is fairly weak right now, which means our southern neighbors can trade their US $1 for about $1.28 Canadian. And Calgary is a clean, safe city. In fact, we're advising everyone coming from outside Canada to leave their guns at home; they'll be confiscated at the border. When Canadians say you have a right to bear arms, they mean you can roll up your sleeves.



Dr. Alex Lawson

Sharon: How did the "Celebrating Wholeness" theme come about?

Alex: With the growing awareness that we are all spiritual beings, it seemed a natural choice. We were not meant to be earth-bound with worries, stress, conflict, fear, and depression. We were created for life and all of its fullness. Only our contaminated beliefs about ourselves and others limit us and cheat us of the joy of living. When we change our beliefs, we change our thoughts, feelings, and behaviors. Our relationships are more intimate and rewarding. We become more productive and our work is fulfilling.

At times we are invited to refer to ourselves as body, mind, and spirit, but we are an indivisible entity. When I look at bookstores, much of what is on the shelf focuses on pathology. We wanted the conference to focus on health and wholeness.

Transactional analysis has much to contribute to our understanding of how our beliefs affect all of our lives. Yet the idea that our beliefs are part of transactional analysis theory does not come through as a major emphasis in transactional analysis literature (it is rarely listed in indices). But Erskine and Zalcman, winners of the Eric Berne Memorial Scientific Award, demonstrated how core beliefs support rackets and color our view of the world. And that giant of transactional analysis, Bob Goulding, certainly saw beliefs as part of script.

A major contribution to our understanding of how a person's beliefs and attitudes contribute to wellness or illness comes from transactional analysis member Blair Justice. In his book *Who Gets Sick*, Dr. Justice draws on many scientific studies to establish how our attitudes and beliefs can change the very self of the brain and impact the neurotransmitters that play such a central role in our health. Dr. Justice has shown how our thoughts can create disease and, conversely, how we can participate in our own healing.

Transactional analysis therapists have long known that third-degree games can result in tissue damage. It is my hope that this conference will highlight how we can be effective healers by learning how to care for the whole person.

What the Conference Includes

The Calgary Conference—to take place 12-17 August 1996 in Calgary, Alberta, Canada—will feature Muriel James, Vince Gilpin, and Richard Erskine as keynote speakers. The eminent Mary Goulding will also bring us up-to-date on redecision therapy. There will be three full-day institutes on each of the three preconference days: August 12, 13, and 14. In addition, BOC exams will be held in Calgary on 14 August 1996. Thirty-six half-day workshops will offer something for everyone.

In addition to the exciting academic program, a three-day family program will be available. This will include one day each at the Royal Tyrell Museum, the Calgary Zoo, and at western Canada's largest amusement park, Calaway Park.

The conference social program includes an opening night cocktail party on Wednesday, 14 August, a western barbecue and dance on 15 August, and a gala banquet and dance on 17 August.

For further information, contact Bob McLeay, Suite 260, 800-6th Avenue, S.W., Calgary, Alberta, Canada T2P 3G3; fax (403) 263-1985. □

Call for Proposals



John Dusay, MD



Taisaku Katsura, MD

On 12-13 August 1996, in conjunction with the Calgary Conference, John M. Dusay, MD, and Taisaku Katsura, MD, will cochair a preconference institute on "Egograms: Research, Clinical Application, and Energy Theory." The two-day institute will consist of a overview of energy theory by Dr. Dusay (of the University of California Medical School and the developer of egograms) and an overview of research by Dr. Katsura (of Nihon University and an expert on psychosomatic medicine). Following their talks will be a number of 30- to 40-minute presentations by other individuals interested in the subject. Also included will be critiques of the presentations and a final "bright idea" session on the second day. Japanese-to-English translation will be provided by Kazumi Fujimora. If you are interested in submitting a proposal, please send it to John M. Dusay, MD, 2709 Jackson St., San Francisco, CA 94115 or fax him at 415-346-0639.

Members' Forum

More on Transactional Analysis in Sweden

Dear Editor:

As the new chairperson for the Swedish Transactional Analysis Association, I have some short comments concerning Mi Årling's letter in the April 1995 *Script*.

I perceive Mi Årling's letter as directed to the Board of Certification (ITAA) and the Commission of Certification (EATA) and not specifically to the Swedish Transactional Analysis Association. The Swedish sponsors, of course, follow the COC instructions for the CTA and TSTA training.

From her letter, I gather that Mi has other information than I have regarding the requirement necessary for entering a transactional analysis training program as well as the official university education in psychotherapy (called level one and level two).

Since I was not absolutely certain of all the facts, I called the University of Karlstad to find out if there had been any recent changes in the requirements for entering the university course. This is the information I received:

To enter the university psychotherapy training program for level one, you must either 1) have passed senior high school; or 2) be at least 25 years old, have four years of work experience, have knowledge in English and Swedish equivalent to senior high school, and have passed a specific written test called "Högskoleprovet" (university test); *and* 3) have passed one vocational training program that included at least 150 hours or 20 university marks in sociology, psychology, pedagogy, or psychiatry. The categories with vocational training could be MDs, psychologists, social workers, nurses, lay workers, priests, occupational therapists, and mental health nurses.

For entering the level-two university course, the requirement is: 1) that you have one basic education program and practical experience from one human service profession (those listed above under #3, and 2) that you have one basic education program in psychotherapy corresponding to 30 university marks.

In Sweden, however, the education in psychotherapy is usually organized and offered by private institutes, and as far as I know, the institutes are following the same standards as just mentioned.

Today there is no real difference between entering a transactional analysis training program and entering the university education in psychotherapy. To sum up, you don't need an academic degree to enter any of the training programs, but if you passed your exam at the university, you get one.

I appreciate that Mi Årling wants to get transactional analysis fully recognized as a psychotherapy in Sweden, and probably her proposal to approach the university, which is already a reality in Great Britain, is a good and possible strategy.

The situation at the moment in Sweden is that the Swedish Transactional Analysis Association is presently active in negotiating with the Swedish government committee concerning the issue of accepting transactional analysis training as a fully qualifying education in psychotherapy.

Bengt Palo, Mullsjö, Sweden

Member Moving Home

Dear Friends:

This letter is to tell you that I moved to my father's home town of Pereyaslav, Kiev region, the Ukraine, as of December 1995. I bring dreams and preparations of a lifetime to this venture, and now, also, what I hear as a divine call to serve among my people.

Friends can use the following address to reach me: c/o Florence Blake, 574 North St., Teaneck, NJ 07666-1647, USA. Eventually I will have a telephone and an e-mail address in Pereyaslav and a mailbox in Kiev for express mail. Your visits will always be welcome.

I will continue my ITAA membership in the years to come. As soon as I can I will let *The Script* know that we are ready for our charter TA 101 course in Pereyaslav! Then we will have our own Ukrainian transactional analysis association!

May your days be blessed, your health complete, and your life lived in tranquility and joy.

Nadya Spassenko

Democratic Opportunity Appreciated

Dear Editor:

I am grateful for the opportunity to vote for the individuals nominated for vice president of development and members of the board of trustees. I think that I do not have enough information about the activities of electoral bodies of the ITAA and thus I will not use the given opportunity.

The way the candidates consider the tasks of the ITAA seems to me important and timely. I wish success in the realization of their plans.

Galina Ananyeva, Kazan, Russia

Transactional Analysis Image Needs Updating

Dear Laurie:

Regarding our ITAA family, I hope that it continues to grow in 1996, but clearly it has to shed its image as a seventies pop psychology "fossil" to do so. I'd like to see the organization called ***TRANS/ACT PSYCHOLOGY, INTERNATIONAL***. That would reflect the proper order of things: human interaction, the study of it, worldwide. I think the organization has had its priorities seriously out of order for quite a while now. My view is from my organizational psychology and business management standpoint.

As John Bradshaw's success has demonstrated here in the United States, transactional analysis is inherently interesting. So why are we losing ground? Those with whom I work in the mental health community acknowledge transactional analysis as a once important movement, but none of them consider it current or very relevant now. If it wasn't for John Bradshaw's direct mentioning of Eric Berne and transactional analysis, I think transactional analysis would be considered dead and buried already by most in the United States.

During a recent PBS (Public Broadcasting Service) broadcast of Bradshaw's, I was delighted to hear him give credit to Berne and transactional analysis. This elation quickly turned to despair when he pulled out an ancient illustration of P-A-C. It was a cartoon, drawn years ago by a friend, of a big head with three icons inside: The top icon was a Victrola stacked with records representing Parent; below it representing Adult was supposed to be a computer, but it looked like a ticker-tape machine; and below that, representing Child, was a child's face happily eating melting ice cream. Only the last icon did justice to transactional analysis concepts. It seemed symbolic of what is wrong with the ITAA. The basic theories are still the most effective and efficient way of conveying psychology's dynamics, but the images are outdated.

Finally, maybe we can take a lesson from the recently renewed success of the Beatles. Their content hasn't changed, and their music is still relevant and popular, but Capitol Records continues to update their marketing strategies to the point where annually, 40% of Capitol's revenues are generated directly or indirectly by the music the Beatles created!

"With Love From Me to You" (Da-da-da, da-da, dom-da!)

John Lovecraft, Princeton, New Jersey, USA

Strategies for Survival into the 21st Century

by Tim Schnabel

Flash! January 1, 2001: "The Executive Director of the ITAA Announces Two of the Most Exciting Developments Ever for Revitalizing Transactional Analysis in the United States!"

"I am pleased to announce that all major professional psychotherapy organizations in the United States will now award 12 continuing education units (CEUs) for *all* Transactional Analysis 101 courses offered by *any* certified member of the ITAA! Through the diligent efforts of the CEU committee, the American Psychological Association, the American Association for Marriage and Family Therapy, the National Association of Social Workers, and the National Association of Professional Counselors have agreed to grant 12 core CEUs (Category I) toward license renewal for taking the TA 101.

"Also, as of today, any certified member wishing to conduct a TA 101 can apply for seed money up to $1500 for marketing (brochures, mailing, hotel space). The applicant agrees to repay the advance to the ITAA and to split all profits 80/20—the trainer receiving the larger percentage. The committee has $10,000 a year for marketing.

"The TA 101 is now both a professionally competitive and potentially lucrative endeavor for certified members and the ITAA. It is also a most attractive professional development activity for participants. Most therapists can now earn their core hours for license renewal in two days. The TA 101 could once again become the most attractive venue for future training programs in transactional analysis in the United States."

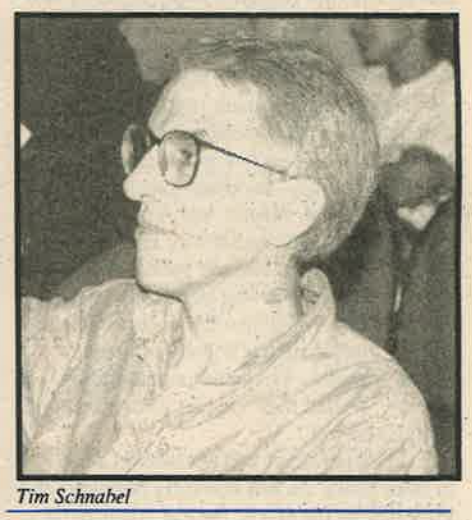
* * * * * * *

Just wishing out loud, folks—we're hardly there yet. In fact, we're in tough shape. There are few Transactional Analysis 101s being regularly offered in the United States, and aside from a couple of notables, not much training is currently being conducted either. In response to my article in the September-October 1994 *Script* titled, "Will There Be an ITAA in the USA by the Year 2000?," editor Laurie Hamilton inquired, "What do you think it would take for transactional analysis and the ITAA to survive in the USA?" This article is the result of my attempts to respond to that question. My theme reinforces an issue raised by Bill Holloway in his candid and stimulating contribution, "A View from History by One Who Was There" (April 1995 *Script*).

For revitalization of transactional analysis in the United States to occur and for the vibrant longevity of the ITAA to continue, it is essential for us to develop three strategies: first, inculcate transactional analysis into prominent graduate school curriculums that shape future therapists; second, have all TA 101s certified at the national level for core CEUs by all major mental health organizations; third, actively encourage and support certified members in conducting TA 101s on a regular basis. Without such a commitment, we will slowly but surely fade into obscurity.

For the past eight years I have guest lectured in the graduate school at Georgia State University in Atlanta. I was "discovered" through serendipity. The text used by the Department of Counseling and Psychological Services included a chapter on transactional analysis. Some of the professors expected students interested in a therapeutic modality to invite a local expert as part of their presentation. One graduate student interested in transactional analysis called the ITAA office, obtained my name, and asked me to appear. I showed up in the spring of 1988 and have been a frequent visitor ever since.

Every trip to Georgia State for the two-hour presentation has been one of the highlights of my week. It's fun, exciting, challenging, and warming. For those students interested in more, I provide information on the ITAA, USATAA, and even sell a couple of copies of *TA Today* (by Ian Stewart and Vann Joines). Generally, 70% of the class provide me their demographics for my database "for future



Tim Schnabel

programs on transactional analysis." When I regularly offered TA 101s, graduate students were extended a discount rate, and one or two always appeared. However, I have not taught a TA 101 in three years.

Now transactional analysis and I could soon become relics at Georgia State, not that I have offended anyone or that transactional analysis no longer sparks curiosity in students. Rather, as of this academic year, the text used by the department, *The Theory and Practice of Counseling and Psychotherapy*, no longer includes a chapter on transactional analysis. So, at Georgia State there will be no awareness of transactional analysis for students

- *continued on page 6*

Training News

Congratulations to Christchurch Examinees

The Board of Certification is pleased to announce that the following individuals successfully passed their exams on 25 November 1995 in Christchurch, New Zealand.

New CTAs
Patricia Brockett (C)
Annie Rogers (C)
Robert Trett (C)
Rory Truell (C)

Exam Coordinator: Geraldine Lakeland
CTA Exam Supervisor: Charlotte Daellenbach

Thanks to Christchurch Examiners
Helen Campbell
Curt Fisher
Gordon Hewitt
Judith Kime
Geraldine Lakeland
Sean Manning
Karina May
Marie McCrea
Peter Reid
Evan Sherrard
Victoria Smith
Diana Warren

CTA Process Facilitators
Helen Campbell
Geraldine Lakeland □

EXAM CALENDAR

Exam	Exam Adm.	Exam Date	Location	App. Deadline
CTA Oral	COC COC BOC BOC	April 14, 1996 July 6, 1996 Aug. 15, 1996 Nov. 9, 1996	Rome, Italy Budapest, Hungary Calgary, Canada Sydney, Australia	Dec. 1, 1995 Mar. 1, 1996 May 15, 1996 Aug. 9, 1996
TSTA Oral	COC BOC	July 6, 1996 Aug. 15, 1996*	Budapest, Hungary Calgary, Canada	Mar. 1, 1996 May 15, 1996
CTA Written (Essay)	All Regions (Non-Europe)	Your choice	To be submitted to Regional Exam Coordinator after payment of $50 recording fee to T & C Council	Your choice
Training Endorsement Workshops	COC TSC TSC	July 11-13, 1996 Aug. 9-11, 1996 Nov. 11-13, 1996	Budapest, Hungary San Francisco, USA Sydney, Australia	March 1, 1996 April 1, 1996 July 1, 1996

*subject to availability of examiners

To make arrangements to take a BOC exam, contact the T&C Council, 450 Pacific Ave., Ste. 250, San Francisco, CA 94133-4640, 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. **TSC Training Endorsement Workshop fee:** $395 payable in US dollars to T&C Council, c/o the T & C Council office, 450 Pacific Ave., Ste. 250, San Francisco, CA 94133-4640, USA. **COC Training Endorsement Workshop:** to take a COC TEW, contact the European TEW Coordinator, c/o the EATA office.

TA 101 CALENDAR

24-25 February 1996: London, England. Cost: £80. Leader: Geoff Mothersole, PTSTA. Contact: The Metanoia Trust, 13 North Common Rd., Ealing Common, London W5 2QB; phone: 0181-579-2505.

11-12 March 1996: Salisbury, England. Cost: £94. Leader: Joanna Beazley Richards, TSTA. Contact: Wealden College, 2 Quarry View, Whitehill Rd., Crowborough, East Sussex TN6 1JT, England; phone/fax: 01892 655195.

23-24 March 1996: Cleveland, England. Cost: £90. Leaders: Christine Lister-Ford, TSTA, or Jennie McNamara, TSTA. Contact: Stockton Centre for Psychotherapy & Counselling, 77 Acklam Rd., Thornaby-On-Tees, Cleveland TS17 7BD, England; phone: 01642 611292.

1-2 April 1996: Crowborough, England. Cost: £94. Leader: Joanna Beazley Richards, TSTA. Contact: Wealden College, 2 Quarry View, Whitehill Rd., Crowborough, East Sussex TN6 1JT, England; phone/fax: 01892 655195.

11-12 April 1996: London, England (in conjunction with the ITA conference). Cost: part of conference registration. Leader: Val Cunningham, PTSTA. Contact: Marsha Lomond, phone: 01279 413716.

27-28 April 1996: London, England. Cost: £80. Leader: Barbara Traynor, PTSTA. Contact: The Metanoia Trust, 13 North Common Rd., Ealing Common, London W5 2QB; phone: 0181-579-2505.

28-29 May 1996: Salisbury, England. Cost: £94. Leader: Joanna Beazley Richards, TSTA. Contact: Wealden College, 2 Quarry View, Whitehill Rd., Crowborough, East Sussex TN6 1JT, England; phone/fax: 01892 655195.

11-12 June 1996: Crowborough, England. Cost: £94. Leader: Joanna Beazley Richards, TSTA. Contact: Wealden College, 2 Quarry View, Whitehill Rd., Crowborough, East Sussex TN6 1JT, England; phone/fax: 01892 655195.

STRATEGIES FOR SURVIVAL

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(even *TA Today* cannot be found in the library). I was so dismayed that I contacted the author, Gerald Corey, PhD, a professor at California State University at Fullerton.

Upon receiving my letter, Jerry graciously called me. Refreshingly, I quickly learned I am not the only one who has already exclaimed, "Hey, what the hey!" in response to the disappearance of the chapter on transactional analysis. Jerry indicated his decision for the deletion was nothing personal or professional. His fifth edition was governed by two factors—the need to include a chapter on family systems theory and to maintain the same size of the text. His board of advisors was almost unanimous in suggesting that the transactional analysis chapter be eliminated. In his fourth edition five years ago, the chapter on reality therapy was discontinued. Not surprisingly, the chapter was reincluded in the current edition because reality therapy folks complained to him and the publisher. We will need to do the same—be politically vocal. Jerry also informed me that a comparable text used in many graduate schools, *Current Psychotherapies* by Corsini and Wedding, has recently deleted their chapter on transactional analysis as well.

I said earlier that I had not offered a TA 101 in three years. As it is currently packaged and marketed by the ITAA, the TA 101 is not a very attractive professional endeavor for licensed therapists. My comment is not in any way directed to course content. My opinion has to do with the appeal of the offering, such as an endorsement by the professional community at large, and that directly relates to the awarding of core CEUs.

Under my original arrangement with the Georgia Composite Licensing Board, I could offer as many TA 101s as I wanted within a two-year period for one series of paperwork and fees. Now, general CEUs are handled through the universities, but the *required* CEUs for license renewal are awarded through the state professional organizations, and each TA 101 would be handled as an independent entity. For each offering I would have to submit more money and paperwork. Because of the royal hassle, increased obstacles, diminished profits, and a never-ending struggle at the local level, I simply surrendered.

If I offer TA 101s again, I won't do it alone. I would want and need financial, organizational, and collegial support to consider conducting TA 101s twice a year. If we offer training grants with minimal restrictions to virtual newcomers in the ITAA, then let's extend financial assistance to experienced certified members who want to conduct the official introduction to transactional analysis!

Do I miss conducting 101s? Yes! Especially when I attend some boring "professional" program pursuing my own CEUs and a TA 101 grad from the past approaches me saying something like, "That transactional analysis course I attended a few years ago with you was one of the most stimulating programs I have ever taken for CEUs. I learned a lot and had fun." While I take the stroke, the moment is mildly bittersweet. Once in a while I receive a call from a mental health professional in the community inquiring when I will be doing a 101 again. I usually reply, "I don't know." If they were to call this very moment I would say, "Soon, and definitely before the year 2001!"

Tim Schnabel is chair of the ITAA fund distribution committee. He lives and works in Lilburn, Georgia, USA. □

TRANSACTIONAL ANALYSIS CONFERENCES WORLDWIDE

14-16 March 1996: Amsterdam, The Netherlands. IAS International and INITA Conference on Ego States and Transactional Analysis (designated site of ITAA business meetings). Contact: IAS International, Westerhoutstraat 48, NL-2012 JS, Haarlem, Netherlands; phone: 31-23-420-979.

11-14 April 1996: London, England. Institute of Transactional Analysis (ITA) Conference. Contact: ITA, 32 Wilberforce Court, Kings Drive, Edgware HA8 8AZ, United Kingdom; telephone: Jenny Bridge (011-44-181-878-7388) or Rachel Hewitt (011-44-181-940-8010).

10-12 May 1996: Freiburg, Germany. German TA Association (DGTA) Conference. Contact: Dr. Anne Kohlhaas-Reith, Birkenweg 3, D-79183 Waldkirch, Germany; phone: 0049-7681-6179.

6-9 July 1996: Budapest, Hungary. Twenty-first EATA Conference. Contact: Myrtill Varrai Iroda, 1124 Budapest, Fodor U. 78, Hungary; phone: 36-1-202-6221.

12-18 August 1996: Calgary, Alberta, Canada. Canadian Transactional Analysis Conference (designated conference of the ITAA). Contact: Bob McLeay, Ste. 260, 800-6th Ave., SW, Calgary, Alberta, Canada T2P 3G3; phone: 403-263-1977; fax: 403-263-1985.

8-10 November 1996: Sydney, Australia. 13th Australasian Transactional Analysis Conference. Contact: Elana Leigh & Jan Grant, 158 Wellington St., BONDI, NSW 2026, Australia; phone: 612-300-9907; fax: 612-300-9801.

13-16 August 1998: Montreux, France. Second Major International Transactional Analysis Conference (sponsored by the European Transactional Analysis Association). Contact: Peter Lüthi, Brunngasse 4, CH 8001 Zurich, Switzlerland.



New Membership Category for Retired Members

At their meetings in San Francisco in August 1995, the ITAA Board of Trustees approved a new membership category for retired members.

The ITAA now offers retired members (with a minimum of 15 years of membership)—who would be willing, if they were able, to pay their dues at the Regular Member, Clinical Member, and Teaching Member levels—to remain active in the organization by offering them membership dues in the category of "Life Member" at the 1995 annual dues rate of $62.

The Life Member dues will be adjusted to be equivalent to the amount paid annually for the Associate Member dues level. Life Members who are certified will maintain all rights and status appropriate to their certification (CM-L or TM-L), which will be noted in the ITAA Directory. It is understood that "retired" is defined as someone who no longer works to earn a living. □

Notes on Transactional Analysis Around the World

From Western Australia

The Western Australian Association of Transactional Analysts (WAATA) was founded in August 1981 in the home of Tony White. Other founding members included Pifa Derham, Ivan Holman, John King, Jo Malcolm, Helene Merriman, Jeff White, John Callender, Sister Columba Howard, Eve Ackerman, and others. The group was founded to provide a meeting point for those involved in transactional analysis both as practitioners and as trainees; a place to network, share experiences, and have fun; and a point of contact for itinerant associates.

WAATA currently meets for two hours on the first Saturday of each month. The first hour consists of a business meeting about running the organization. In the second hour, either a guest speaker(s) provides a topical presentation or the group discusses a case study. New presenters are always welcome.

WAATA has a library of over 150 books which is growing rapidly. Each of the classic transactional analysis texts are available along with recent *TAJ*s. The organization is always looking for more donations of texts on transactional analysis, Gestalt, rational emotive therapy, and other approaches. It is particularly interested in hearing from those willing to donate old *TAJ*s. The library serves as an important resource in Perth for trainees and qualified transactional analysts alike.

For those interested in joining WAATA, meetings begin at 10 am at 482 Fitzgerald St., North Perth. For more information contact: president Nicolas Gurr at 335-4659; secretary Penny Johnson at 384-7452, treasurer Judy Morris at 381-8442, or librarian Madeleine Hicks at 377-0464.

From Minnesota

Old friends and new greeted and talked and laughed and hugged and said how delighted they were to be together. That was on 11 June 1995, when 14 Minnesotans and 3 people from Singapore, all of whom are interested in transactional analysis, met to talk about what they do and to think about the future.

In early spring, Valerie Chang, who is the membership chairperson for the USATAA region that includes Minnesota, wrote asking me to call together Minnesota people to see whether they wanted to have some kind of regular meetings.

When Carole Gesme and I were at the Singapore transactional analysis conference we learned that Sng Tong Hai, Teresa Sng, and Tonya Sng were coming to Minneapolis in June. They wanted to meet transactional analysis people. We sent invitations to all of the Minnesota folks for whom we had addresses and received several letters from people saying they would be out of town, but to please meet again and let them know when because they were interested. Thus we gathered on the evening of 11 June for dessert.

Russ Osnes started transactional analysis in Minnesota. His early workshops were attended by Al Wiger and Ted Edwardsen. Dick and Jean Clarke and Carole Gesme are almost old-timers. Jim Aubele, Susan Clarke, and Teresa Kamrath represented the group who are in a training program right now. Millie Dosh and Jerilyn Wiederholt were at the meeting expressing an interest in learning more. Every person in the room was using transactional analysis in a different way—from prenatal support to team training in business.

The group decided to meet in spring, summer, and autumn.

— Jean Illsley Clarke

From Finland

The Finnish Transactional Analysis Association, FinTA, was founded in 1986 and today has about 40 members who are working to make transactional analysis better known in Finland.

In May 1995, for the first time in our history, FinTA had a visit from Mary Cox, the then-president of the European Transactional Analysis Association (EATA). In a two-day seminar titled "Hitting the Right Note," which was about levels of communication and intervention, Mary presented her own model for the first time in Finland. Although based on Berne's ego state system, in her model inside the ego, the "I," there is the Real self (me, myself, identity) which one wants to protect. I can tell you about me and I can think and control the Real self.

In communication and transaction you might have problems on three levels. The first one is between I (ego) and environment; this is the level everyone recognizes, but we usually think that we are right and someone else is wrong. For example, I want to do it, but my boss does not let me. This is the "Yes, But" game. Instead of playing this game, you have to ask, "What do I want?"

On the second level there is your personal history, such as the Parent, Adult, and Child ego states and script, the things your parents gave you. Transactional analysis will help you to recognize problems at this level.

On the third level there are difficulties between ego and Real self. Problems at this level are the most difficult to notice. In the end you have to admit who you are.

Mary's model can be used to diagnose and choose the depth, level, and type of interventions in problem solving in clinical, educational, and organizational settings. In this particular seminar, participants came from all these sectors: teachers, consultants, business people, and social workers. Mary's broad experience allowed her to illustrate the theory with revealing examples. All the participants got many new ideas for their work as well as for their personal growth.

We are all grateful to Mary. In Finland there is a small but enthusiastic transactional analysis group, and we hope that Mary as well as other transactional analysis professionals will visit us in the future.

— Marja-Kristjina Lerkkanen is a senior lecturer and Paula Ojala is a lecturer in the Department of Teacher Training at the University of Jyväskylä, in Jyväskylä, Finland.

PUBLIC SAFETY

continued from page 1

In a phone conversation with Captain Warren, I learned that after 18 years as a Texas state police officer, 11 of which have been at the police academy, he finds himself in the position of department head and in charge of training instructors. When Texas Senate Bill 60 was passed allowing for the possession of concealed handguns (as of 2 January 1996), the Texas state legislature insisted that nonviolent conflict and dispute resolution be taught to the instructors who would be vetting citizens for the handgun privilege. In designing this program, Warren drew on two areas of his own background and training: the ego states of transactional analysis and "verbal judo."

"Transactional analysis is not some refried psychological theory—it is fresh and in the present."

It was while he was at St. Edward's College (Austin, Texas) 20 years ago that Warren first learned of transactional analysis in an introductory sociology course taught by Don Post. Warren's understanding of ego states was reinforced when he was selected to attend the 157th session of the Federal Bureau of Investigation (FBI) National Academy. As part of the criminal psychology unit, Robert McCarthy focused on transactional analysis and executive leadership, particularly defining leadership styles in transactional analysis terms.

The instructor's training course that Warren developed (which determined what they pass on to citizens in their classes) is an unbelievably short three hours. However, although it covers a lot of ground, it is done with enough humor and realism to allow for more effective learning than the short time would imply.

The first hour focuses on ego states. The instructors are taught that under stress the average person becomes a "child," selfish and self-referential, and that a Parent-to-Child interaction (transaction) produces a Child-to-Parent reaction. The only way to resolve conflict is in the Adult or thinking mode. Captain Warren uses video clips to teach the ego states. Quoting Eric Berne, he has the participants focus on voice, vocabulary, and posture as a guide to assessing which ego state they are observing. Actor Clint Eastwood's memorable *Dirty Harry* line, "Go ahead . . . make my day!," is a classic example of "the Child."

With these hard-to-forget examples of ego states firmly in mind, instruction switches focus in the second hour to the top-ten list of signs of impending emotional disturbance (à la David Letterman). Captain Warren spells out the physiological and psychological signals based on Hans Selye's work on the "general adaptation and/or arousal syndrome." Classic signs include rapid breathing, red or mottled complexion, sweating, clenching fists, stuttering speech, and an intense or fixated stare. All are outward manifestations of the autonomic nervous system's response to threat or danger in the fight-or-flight mode, which is part of the Child ego state's survival apparatus.

In the final hour of training, Captain Warren focuses on the art of "verbal judo" developed by George Thompson, Ph.D. Warren is one of a handful of verbal judo instructors in the United States. Two acronyms are used to focus attention on the nonreactive posture needed in conflict resolution: LEAPS (listen, empathize, ask, paraphrase, summarize) and PACE (the four elements of an encounter: problem, audience, constraints, and ethical presence). The central premise of this, of course, is that if a person can *think* about how to resolve the confrontation, rather than just react, he or she can move into Adult more easily.

As of the beginning of January, over 53,000 permit packets have been completed, and 14 instructors' classes have received their training. Captain Warren laughs as he relates that he never thought he would use "this TA stuff" when he was learning it 18 years ago. Not only has he found it useful as a teaching model, it is material that is quickly understood and integrated. It is not some doctoral-level "psychobabble"—it is real life. He has also been impressed at how excited his instructors are with the material. It is not some refried psychological theory—it is fresh and in the present.

For a state with an almost mythic macho image of laconic cowboys, trucks equipped with gun racks, and a "shoot first, ask questions later" mentality, the Texas legislature's insistence on dispute resolution training is refreshing. That transactional analysis plays such an important role in that training is delightful. The fact that this training is so well received (one man quoted in the *Times* article said, "A lot of this stuff is really interesting. . . . It makes you think") is quite thought-provoking. It appears that average citizens (not to mention police officers) can use transactional analysis in their daily lives. In addition to its multiple therapeutic uses, transactional analysis can be an integral part of public safety. □



Captain Mark Warren

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Keeping In Touch

Region III—Europe

Correction on Transactional Analysis in Italy: Carlo Moiso indicates that the Italian government does not recognize a "theory" for certification as previously reported in *The Script*. Rather, it recognizes various institutes as being certified to provide training. The current work to get "recognition" focuses on the institute, not the theory. Transactional analysis is recognized as a major theory of personality and psychotherapy.

Region V—United States

The M & M Award (named after Mary Goulding and Muriel James) for service to the USA Transactional Analysis Associaiton went this year to **Gladys Baez-Dickreiter** and **Sheryn Scott**. Gladys was honored for her service to the organization as a regional representative to the southwest region and her service as membership coordinator. Sheryn was honored for serving for years as the USATAA liaison to the ITAA. During her tenure, the details of the USATAA/ITAA affiliation were worked out. Sheryn also guided USATAA in the formation of its position on ethics and helped to determine program plans and direction.



Gaylon Palmer was honored with a special plaque from USATAA for her excellent work as chairperson of MITAC '95 in San Francisco. Gaylon also serves as coordinator of program for USATAA.

Alan and Krysia Jacobs have recently published on the Internet a new electronic journal entitled, *IDEA: A Journal of Social Issues*. It is devoted to exploration of cults, autocratic power, totalitarianism, violence, murder, mass murder, holocaust, and genocide. Articles, speeches, book reviews, and quotes are featured. Fanita English, and the noted authority on cults Dr. Margaret Singer, will have articles up soon. ITAA members are encouraged to look in and leave comments, to submit articles, or to copy for their training. The address is http://homepage, interaccess.com/~ajacobs/ or do a Yahoo search for "Alan Jacobs."

Fanita English is the first recipient of a new award given by USATAA: the New Wine award. USATAA plans to give this award periodically in recognition of significant contributions to the development of transactional analysis theory. Fanita, one of the charter members of USATAA, was honored for her creative contributions to the body of transactional analysis knowledge. Fanita also has recently published an article, "A Pair as Archetype for the Self: Address to Ulysses and Penelope," in the *Journal of Couples Therapy* (Haworth Press, Vol. 5, No. 1/2, 1995). The article was also included in a book, *Power and Partnering*, edited by Barbara Jo Brothers (Haworth Press, 1995).



Abe Wagner wants the transactional analysis community to know that transactional analysis continues to be alive and well in organizations throughout the world. He is a management consultant and trainer who teaches core people-skills using transactional analysis as his foundation model. His contracts for 1996 are with corporations and government organizations in Singapore, Malaysia, Japan, Canada, the United States, Mexico, England, Scotland, Wales, Ireland, and Wales.

Our condolences to **Estelle Ames**, AM, of Mapleton, Maine, on the sudden death of her husband, Reginald, on 5 October 1995.

Fr. Jim Koelsch, CPTM, of Phoenix, Arizona, died suddenly of a heart attack at home on 25 November 1995. Jim was the director of the Arizona Institute of Transactional Analysis.

All Regions

New Traumatic Memory Research Highlighted: The October 1995 issue of the *Journal of Traumatic Stress* features nine research and review articles addressing children's narrative memory, brain systems associated with memories for stress and trauma, characteristics of memories for traumatic events in the general population and in clinical samples, and factors influencing recall of childhood sexual abuse. Several of the articles deal with recovered memories of childhood abuse. Single copies are available for $20 from the International Society for Traumatic Stress Studies (ISTSS), 60 Revere Dr., Ste. 500, Northbrook, IL 60062, USA; phone: 708-480-9028; fax: 708-480-9282; e-mail: ISTSS@ripco.com. ISTSS is a nonprofit society dedicated to the discovery and dissemination of knowledge and to the stimulation of policy, program, and service initiatives that seek to identify and reduce traumatic stressors and their immediate and long-term consequences.



(from left) John Parr of England and Bea Conroy and Sharon Kalinko of South Africa visited the Burr House before it was sold.



It was great to see George Kohlrieser; his wife, Cinzia; her daughter, Giulia; and their three-month-old son, Andrew, at the San Francisco conference. (George also has an older son, Paul, not pictured here.)

TAJ to Consider Issues Related to Regressive Therapy

An upcoming issue of the *TAJ* on regressive therapy, edited by Theodore B. Novey and guest editor Linda Azzi, will consider issues such as: What have therapists trained in reparenting methods been doing in this area in recent years? What approaches are still being used? What has changed? How has short-term regressive therapy evolved? What are current ideas and provisions for adequate protection for clients and therapists? What are safe ethical and legal limits to regressive therapy? Do these problems have solutions at all or are there basic flaws in the theoretical approach that will inevitably cause ethical and legal problems? Issues of interest include the areas of long-term regression and parenting contracts and restructuring of Parent ego states. *The deadline for receipt of manuscripts is 15 January 1997.*

Manuscripts are also still being accepted for the upcoming theme issue on "Postmodernism, Constructivism, and Transactional Analysis," with guest editors James Allen and Bruce Loria. *The deadline is 15 July 1996.*

Professional Achievements in Transactional Analysis

Kay Jacobson of Provo, Utah, recently finished teaching a Brigham Young University class that was mainly about transactional analysis. There were 10 students, and the class was co-taught with Maraia Weigarten.

Dr. Ervey González Urroz has, since 1968, spread transactional analysis at the Universidad Nacional Autónoma de México (UNAM), where he has taught future doctors in his medical psychology class with good results. In addition, he has prepared psychotherapists at the Colegio Nacional de Medicina Psicosomática (CONAMEP) as a charter member and president. More than 5,000 people have obtained the benefits of Berne's ideas through Urroz's 27 years of teaching. Dr. Urroz was awarded a medal and a diploma in 1994 at Mérito Universitario. He has also written articles about transactional analysis in newspapers and magazines and has recently authored a chapter in a book published by Roberto Shinyashiki of Brazil entitled, *Los Analistas Transaccionales Hoy*.

Frances Bonds-White sends news of her professional achievements. She was recently reappointed as a clinical professor of psychology in psychiatry at the University of Pennsylvania, and in August was elected to the board of directors of the International Association of Group Psychotherapy. She also serves on the board of directors of the American Group Psychotherapy Association. Early this year, she will have a chapter entitled, "Female Perspective on Working with Men in Groups," published in a book edited by **Michael Andronico**, a redecision therapist and ITAA member. The book is titled, *Men in Groups: Insights, Interventions and Psychoeducational Work*. Finally, at the conference of the International Association of Group Psychotherapy in Buenos Aires, Argentina, which met in August 1995, Frances, along with **Concepcion de Diego, Marguerite di Boni, and Elisa Lion**, gave a panel presentation entitled, "We Still Want to Cure the Patient: Transactional Analysis Moves into the 21st Century." While in Buenos Aires, Frances and Concepcion gave presentations in a day-long workshop sponsored by the Argentine Transactional Analysis Association. **Jorge Close** and **Juan Jose Tapia** also presented.