The Script

INTERNATIONAL TRANSACTIONAL ANALYSIS ASSOCIATION

VOL. XXVII, NO. 2 MARCH 1997

ITAA Grants and Awards

Eric Berne Fund for the Future Grants: Available to members and nonmembers. Priority given to proposals that evaluate the effectiveness of transactional analysis theory applications and to projects expected to generate particular benefit in region/community served by applicant. Also considered: the appropriate use of transactional analysis; educational or philosophical merit of program; uniqueness of organization or program; and how ethical, fiscal, and administrative responsibility will be assured. Guidelines provided (no forms); **priority filing deadline: 1 June**; up to $3000, depending on circumstances.

Scholarship Grant Fund: Available to any ITAA member. Primary purpose is to provide training in transactional analysis for members with limited financial means. Grants may be given for: transactional analysis training, ITAA conference attendance (funds limited), and ITAA dues. If money remains after these needs are satisfied, ITAA committees and/or board may apply for funding for projects benefiting ITAA membership. Guidelines/forms provided. **1 June priority filing date for study**, but applications are accepted all year long; for conferences apply three months prior; board or committees apply by 15 November; maximum $600 per 6-month period ($3600 total); conference grants given only once.

Hedges Capers Humanitarian Award: Recognizes ITAA members who have made significant, enduring contributions to humanity in keeping with the ideals and ethics of the ITAA. These are activities promoting humankind's welfare, especially through alleviation or elimination of pain and suffering. Significant, enduring contribution at the cost of personal risk and/or sacrifice are of particular consideration. Activities may form lifelong pattern or be expressed in single, widely noted occurrence. Guidelines provided; **deadline: 6 months prior to annual conference**; award: lifetime membership in ITAA; plaque and honorarium to be decided on by award committee subject to board approval.

Muriel James Living Principles Award: Honors ITAA members who have advanced the growth of transactional analysis, primarily by personal example as well as by contributions of an exceptional and lasting nature. Personal example involves consistently living the principles of transactional analysis as enumerated in the guidelines. The nominee will have demonstrated commitment, concern, and caring for both individuals and the world community and be active in the

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The ITAA Opts for Growth

"True to its heritage and the tenets of transactional analysis, the ITAA has made a commitment to growth and development as it moves into the future." So says Denton Roberts, chair of the streamlining task force (STF) appointed by the board of trustees last August. In his introduction to the report he prepared for the board, Roberts wrote: "At times of crisis, we can either act boldly or shrink back. The task force report is based on acting boldly with prudence. . . . It is based on streamlining governance structure, prioritizing efforts, and optimizing resources. By authorizing these recommendations, *what* we do will not change; *how* we do it will change."

"At times of crisis, we can either act boldly or shrink back. The task force report is based on acting boldly with prudence."

With a less astute and visionary person in charge and a less courageous board of trustees, streamlining could easily have been a euphemism for downsizing. In fact, the task force looked at four options for the future of the ITAA: the growth model (expanding our influence and image, membership growth), the phase-out model (cease operations within five years), the downsize model (drastic reductions in services and efforts), and the absorption model (merging with other like groups). It asked hard questions:

- What ITAA services are absolutely necessary?
- How can the budget be reduced by 25%?
- What are the best ways to present transactional analysis to the professional community?
- What is the best strategy for attracting new members?

Roberts indicates, "The answers we received, from a wide variety of people in the organization, suggested two things: (1) that people want the organization to continue to exist and (2) that services considered essential by members can realistically only be supported by increasing ITAA's resources, especially its non-dues income."

After looking at the organization's functioning from all sides, the task force concluded that to continue to exist and to support essential services it is imperative for the

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Memories from India

by Gloria Noriega Gayol

This is my first day at the office after my trip to India, where we had the ITAA Designated Conference in Coimbatore, a beautiful city in the south of that country. I'm full of wonderful memories, some of which I want to share with you. But first I want to thank conference convener P. K. Saru and the other conference organizers who worked so hard to make this a successful conference with over 400 participants. They did a wonderful job! It was amazing to see the enthusiasm and the way that transactional analysis has been developed in this part of the world.

I was very excited about this trip, my first to India, because for many years I have been attracted to this rich and multifaceted culture. Before I left, my son gave me *Glimpses from India*, written almost 30 years ago by Mexican poet Octavio Paz (winner of the Nobel Prize in Literature) while serving as the Mexican ambassador to India. Octavio Paz met his wife there and married for the first time in his mid-forties. Reading his book, I learned about the cultural, artistic, political, and philosophical mark that India left on his life. I felt something similar after leaving India. The book, a dialogue with the human condition as well with ourselves, inspired me to talk in my conference opening remarks about contact

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Some of the Coimbatore conference organizers at the registration area



Steiner to Lead Off Berne Workshops

by Laurie Hamilton

In anticipation of the Eric Berne Training Workshops to be held in San Francisco July 19-20 and July 26-27, I thought it would be nice to have mini-interviews with the four presenters: Claude Steiner, Fanita English, Steve Karpman, and Jack Dusay. I began with Claude, who lives in Berkeley, California, and is hard at work preparing his book on emotional literacy for publication by Avon Books this fall.

Laurie: So how's it going Claude?

Claude: Well, it's exciting to have another book being published, but it's very tedious work. I end up having to make four drafts of the whole work!

Laurie: Can you summarize what emotional literacy is and what you plan to cover in the Eric Berne Training workshop?

"Transactional analysis techniques are perfectly suited for the analysis and development of emotional literacy."

Claude: Ignoring our emotions in an attempt to deal with life's challenges is a common and self-defeating strategy because our emotions are an important and powerful aspect of our personality. Emotional literacy is the sophisticated understanding of what we and others feel, how strongly and why, and how emotions affect each other's lives. Based on orthodox transactional analysis theory and practice, emotional literacy training has an important role in everyday empowerment in personal relationships, at work, and in the community.

Laurie: How will you teach this in the workshop?

- *continued on page 6*

New EBTW Accommodations—See Page 7 for Registration Form for Hotel and Workshops

EDITORIALLY YOURS

by Laurie Hamilton

Looking to the Light

In my investigations into the biochemical basis of spiritual experience, I have uncovered many fascinating bits of information. Not surprisingly, certain experiences are replicated throughout various major spiritual and religious belief systems. I thought you might be interested in one of the bits that I have been working on, one that relates to the use of light, both in therapeutic treatment and religious experience.

I initially became interested in understanding the phenomenon of perceived light in relationship to the lifting of depression. People would describe the physical sensation of objects looking clearer and lighter, as if a veil of darkness had been lifted. The use of mental imaging of light has been part of various healing arts for eons. But what happens when a person images light in the mind?

My research points to some underlying neurochemical shifts that occur when people close their eyes and imagine that they see light, whether it be a ball of light, a candle, a light-filled crystal, or a figure surrounded by light. In essence, the mental "seeing of light" triggers the same biochemical process that occurs during relaxation, sleep, and some spiritual experiences.

From a survival perspective, I am not sure why the mental imaging of light would have this response, unless it is purely a trigger to allow the human organism the ability to replenish and restore the psyche, much as sleep does for the body. However, it is fascinating to me how the world's religious systems all incorporate the use of light in some integral manner.



"The mental 'seeing of light' triggers the same biochemical process that occurs during relaxation, sleep, and some spiritual experiences."

For example, Zoroastrianism, founded by an ancient prophet of Persia called Zarathustra, believes that fire is sacred. A flame is always kept burning in temples. Prayer and meditation are integral elements in most religious systems. Candles are common aids to prayer and meditation. In Roman Catholicism prayer or votive candles are often used to "light the path of the prayer."

Numerous religions have festivals of light. The Hindus celebrate Divali (associated with the goddess Lakshmi) at the Hindu New Year, which falls in November. Divali celebrates the knowledge that the lights represent, and numerous lamps and candles are lit everywhere as people exchange presents and cards.

For the Jewish faith, the festival of lights (Hanukkah) is also held in November or December, and a Menorah with nine candles is used. The weekly celebration of the Sabbath (Shabbat in Hebrew) begins and ends with the lighting of candles. Christmas, the celebration of the birth of Christ, is held in the Western Hemisphere on December 25, although the actual date of Jesus of Nazareth's birth is not known. Emperor Constantine chose December 25 to coincide with the Roman sun festival (Saturnalia). In some Christian churches children carry candles in oranges to represent "the Light of the World," whom many believe Christ to be.

The convergence of Christian rituals with underlying native religious practices has created other similar light-filled celebrations, such as Luciadagen or Lucia Day in Scandinavia, which occurs on December 13, the winter solstice. This celebration is notable in that people wear crowns of lighted candles. In Thailand, the festival of Loy Krathong or the "floating lotus cups" is celebrated in mid-November as a time of renewal. Thousands of floating lotus "boats," filled with various tokens and lit with candles, are set afloat on the rivers. Kwanza, a new tradition drawing from Black cultures, has a ceremony lighting seven candles on successive days near the end of December.

Lest you think that I have merely written a "light piece," I'd like to close with a comment on transactional analysis. Part of the work we need to do in the ITAA community is to give scientific support to the knowledge we have accumulated by more intuitive means, just as I have been suggesting about the neurochemical basis of spiritual experience. I believe that the work that Elana Leigh and her research committee are pursuing is an important part of this effort. I strongly encourage more efforts in this direction!

The Script ITAA

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450 Pacific Ave., Ste. 250, San Francisco, CA 94133-4640, USA. Phone: 415-989-5640
Fax: 415-989-9343
E-mail:itaa@itaa-net.org or 76734.2074@compuserve.com
Web Page: http://www.itaa-net.org

Editor: Laurie Hamilton, PhD
Managing Editor: Robin Fryer, MSW
Executive Director: Susan Sevilla, MA
Publications Assistant: Elizabeth Ott
Journal Entry Sub-Editor: Ted Novey
Research Sub-Editor: Elana Leigh

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INSIDE VIEW

by Susan Sevilla

Reflections on Coimbatore

The 24th Annual Conference of the Institute of Counselling and Transactional Analysis (ICTA) of India was the first time that the small city of Coimbatore hosted an international conference. The 1997 conference brought together 420 transactional analysis professionals from all over the world, some to share their rich experience with participants and others to help gain greater awareness of transactional analysis as a theory, a tool, and an OK philosophy. In fact, registration was limited to 420 participants, and many applicants had to be turned away due to physical space limitations of the venue. In spite of this, the conference drew delegates from every state in India as well as from many countries around the world.



ITAA Executive Director Susan Sevilla with Coimbatore Conference Coconveners C. Suriyaprakash and Mohan Rajia.

The conference organizing committee did a marvelous job. P. K. Saru, ITAA board member and conference convener, pulled together a terrific team. Not only was the conference program of superior caliber, but the team of organizers were a tower of strength, efficiency, and cooperative spirit. Coconveners C. Suriyaprakash and Mohan Raj worked for two years to help put on the conference. Other team members included V. Karthik, marketing chair; Sr. Sophia, cultural chair; Jones Bosco, who put together the proceedings booklet, the *ICTA Souvenir;* Sr. Josephine, communication chair; K. R. Naagessh Babu, social chair; Shashisharan Nair, souvenir committee; Balasundaram, venue committee; and Udayashree Badiga, food chair.

"The conference drew delegates from every state in India as well as from many countries around the world."

There was a splendid program of six simultaneous presentations in four broad categories: personal development, organizational, clinical, and educational/social. Two Transactional Analysis 101 courses were offered, one in English cotaught by Sr. Annie and Jones Bosco, and the second in Malayalam, taught by Fr. George Kandathil.

Five two-day pre-conference institutes were taught by an illustrious line-up: Marijke Wuston of Holland on "Living with Joy," Saraswathy & Usha of India on "Psychophysical Exercises to Increase Awareness and Integrate Body-Mind," Shashi Chandran of India on "Developing Communication and Counseling Skills," Julie Hay, UK, on "Integrating NLP with Transactional Analysis," and Sr. Candida Kandathil, India, on "Enneagram."

The Institute for Counselling and Transactional Analysis is headed by Fr. George Kandathil, President, along with President Prakash Chandy and Treasurer K. Sebastian. Fr. George is the inspiration and spiritual leader of transactional analysis training in Southern India and intimately linked to the activities of advanced training groups in Coimbatore, Chennai (Madras), Bangalore, Cochin, Aruvankadu, and Triruvanathapuram.

At the closing of the conference, P. C. Chanko received an award for his inspiring work in bringing a basic understanding of transactional analysis to people in Kenya. In addition, Charlotte Daellenbach was recognized for her tireless work in leading BOC examinations and Training Endorsement Workshops in Southern India over the last four years. Finally, at the end, Saru said, "We don't say good-bye, we stay connected."

AWARENESS ACTION INTEGRATION

JOURNAL ENTRY

by Ted Novey

Comparing Bernian and Freudian Personality Models

In an attempt to establish a generally accepted definition of the relationship between Bernian and Freudian personality models, I propose that we publish in the *Transactional Analysis Journal* the following general statement as a guide to authors writing in this area. Because there have been differences among authors on this subject, I want to invite your comments and/or suggested changes to this statement before publishing it. Challenges to these definitions will, of course, always be acceptable; however, some justification, theoretical or empirical, should be presented to support such challenges.

There seems to be a great deal of controversy about the connections between Freud's id/ego/superego approach to mental structure and Berne's ego-state approach. Many writers want to refer to the ego states as states of the ego, and some then point out that ego-state theory is an incomplete description of the human personality, self, mental system (however you choose to label the complete human system) because it does not cover much of the out-of-awareness or preconscious or unconscious areas of the id and superego, which have a large influence on our inner experience and external behaviors.

It is not easy to track down what Eric Berne intended concerning this in his development of transactional analysis. The general statement that id, ego, and superego are concepts and Parent, Adult, and Child are phenomenological (inner experience) and behavioral observables seems somewhat thin on further consideration. Certainly, the effects of the contents of id and superego as well as ego are somehow connected to the same human qualities as the ego states are.



"There is no simple connection between the Freudian structures and the Bernian ego states."

Going back to the most important transactional analysis source, *Transactional Analysis in Psychotherapy*, to look once again for some firm place to stand on this subject, it is reasonably clear that something changed between Berne's discussion of Weiss's and Federn's approach to ego states as expressions of the ego on pages 18-20 and the discussion in Chapter 20, section 6, pages 238-244, about psychic apparatus, in which Berne writes of determinants (which resemble the concepts of id, ego, and superego), organizers (psychic organs), and phenomena (ego states). It seems quite clear on these later pages that all three of the determinants contribute to each of the organizers, and all three of the organizers can contribute to each of the types of ego states.

There is some discussion of these points in many current texts on transactional analysis; however, the most detailed consideration is by Robert Drye in his article on "Psychoanalysis and Transactional Analysis," in *Techniques in Transactional Analysis* by Muriel James and collaborators (1977, Reading, MA: Addison-Wesley, pp. 187-204). Drye made some detailed comparisons of the Freudian and the Bernian structural models which clearly show that he considers them as overlapping with no particular gaps. As far as the statements that Berne's ego states do not include the unconscious, although Berne did not discuss the unconscious much in his transactional analysis writings, he did not hesitate to use the term when talking about ulterior transactions, games, and script, where the terms "out of awareness" and "unconscious" were used interchangeably. He did give a considerable discussion of his views of the unconscious in his pre-transactional analysis book, *A Layman's Guide to Psychiatry and Psychoanalysis*, in Chapter 4, "Dreams and the Unconscious" (1947/1957, New York: Simon and Schuster, pp. 102-120).

In the transactional analysis literature there are also two articles by Michele Novellino (*TAJ*, 1990, *20*, pp.168-172, and 1987, *17*, pp. 271-276) in which the unconscious and its involvement in ego-state theory is extensively discussed. Novellino noted many of Berne's references to the unconscious and concluded that the criticism that transactional analysis neglects the unconscious is unfounded. There is no simple connection between the Freudian structures and the Bernian ego states. Mixing the two theories easily leads to further confusion. Indeed, as Berne pointed out in Figure 20 (Chapter 20 in *Transactional Analysis in Psychotherapy*), there is not necessarily a one-to-one connection between any single psychic organ and any particular ego state. So each ego state may include contributions from all three Freudian structures and vice versa. With these definitions the ego states do include the preconscious and unconscious areas discussed in psychoanalytic theory and form a complete description of the human system, as do the Freudian structures.

In summary, ego states, as defined by Berne, are not simply related to any Freudian concept/structure such as ego. Each ego state may contain contributions from all of the Freudian structures, including the areas of the unconscious. Conversely, ego, id, and superego, as defined by Freud, are not simply related to any Bernian ego state, but rather, each Freudian concept/structure may contain contributions from all of the Bernian ego states.

RESEARCH FILE

Research Task Force Formed

The Coimbatore conference was a great success. We had an excellent research panel, which turned into a productive meeting at which we decided that research needed to have a higher profile in both the world of transactional analysis and the broader psychological world. A task force was formed to address certain issues, including:

– research should be included in the Training and Endorsement Workshop and at Level 2 training/ preparation and certification



"Research needs to have a higher profile in the world of transactional analysis."

– a research instrument should be developed and made available to individuals requesting it. This instrument would need to be user friendly and congruent with transactional analysis. People who are thinking about carrying out research need to be supported, and one way to do this is for a group of specialists in the field of research to devise an instrument and then offer it to the general public.

– research projects being done around the world need to be coordinated so that people have access to this information

– regular research articles need to be published in the *Transactional Analysis Journal*

– a web page covering research in transactional analysis will be created

– regular workshops and panels on research need to be part of all conferences

– transactional analysis needs to represent itself at more psychological conferences to increase its profile

During the coming months, the task force will be considering these issues and reporting back to the board at their meeting in Caracas. If you have comments or contributions, please contact me or write to this column.

A reminder: Please start thinking about the Eric Berne Memorial Award for 1998. This is an important award, one that needs input and nominations from more people so that it carries the weight that it deserves. Thanks to those who continue to show support and give their time in this valuable area.

Elana Leigh,
Vice President of Research and Innovation

ITAA GRANTS AND AWARDS

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international advancement of the principles of transactional analysis, professionally or personally. Guidelines provided; **deadline: 6 months prior to annual conference**; award: lifetime membership in ITAA; plaque and honorarium to be decided on by award committee subject to board approval.

Eric Berne Memorial Award in Transactional Analysis: Recognizes individuals who have published an original and significant contribution to transactional analysis in one of four categories: theory, research, practice applications, or comparison and/or integration of transactional analysis theory or practice with other theories or approaches. Nominee must be an ITAA member; contribution must have been published in a professional publication at least one year prior to nomination. Guidelines provided; **deadline: 1 January**: award: plaque; honorarium to be decided on by award committee subject to board approval.

STREAMLINING

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ITAA to move from a "paranoid" structure to one of **trust** in which creative, get-on-with-it people—officers, volunteers, and staff alike—are given support and authority to move quickly and efficiently on development projects that will further spread the ideas and ideals of transactional analysis around the world.

Public relations and improving our image is a primary task. The task force emphasized the importance of all boards, committees, task force, volunteers, and staff agreeing to operate using transactional analysis principles: OK/ OK position, win-win problem solving, and game-free transactions.

To achieve these goals, the governance structure of the organization has to be revised so that the board focuses on policy making and does not micro-manage the association's everyday affairs. According to the report, "The overall goal of this change is to use this governance structure to place decision making directly in the hands of members, as opposed to relegating it to staff."

Among the concrete steps recommended by the task force and approved by the board of trustees are the following:

– **The president and the executive committee were authorized to make decisions regarding conducting operations between board meetings,** including the necessary financial and administrative policy guidelines.

– **The public relations firm of Kamer-Singer of San Francisco will be hired to help the ITAA produce a professional media kit** for use worldwide in achieving recognition for transactional analysis as a contemporary theory and practice.

– **Several development division projects were approved**, including two volumes of selected articles (one by Muriel James and another by Richard Erskine and Rebecca Trautmann), follow-up editing and another printing of the Spanish translation of the October 1995 *TAJ*, and further development of the ITAA Web page using consultant Krysia Jacobs.

– **Staff adjustments** will include reduction of the executive director's time to 80% and movement toward allocating 50% of staff time to development activities.

– **Implementation of a streamlined accounting system** recommended by our accounting consultant.

The next step in this growth process is for the streamlining task force and the long-range planning committee to work together to draft two-year and five-year plans for implementation, growth, and development. These will be submitted to the board during the Caracas meeting in late September.

Our thanks to Denton Roberts for his dedication to this sometimes difficult task; to task force members Carlo Moiso of Italy and Michiko Fukazawa of Japan, president Gloria Noriega, president-elect George Kohlrieser, and all those who replied to the task force survey for their valuable input; and to executive director Susan Sevilla and the staff for their support in helping the task force prepare its report.

The ITAA is now poised to move forward in some exciting and challenging areas, and we are eager for you, the membership to have input. Send your ideas and comments either to Denton Roberts at 1864 Silverlake Blvd., Los Angeles, CA 90026, USA, or to George Kohlrieser at Residenza Seminario 351, Milano Due 20090 Segrate-Milano, Italy.

MEMORIES FROM INDIA

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because I felt moved by the spiritual aspects of the Indian culture.

By contact I mean contact with ourselves and with other people, which is different than just meeting someone. Contact means presence, awareness, consciousness, and acceptance of diversity in the here and now. Octavio Paz called one of his chapters "Babel"—as in the Tower of Babel, in which everyone spoke a different language and could not understand each other. It refers to the multiple languages and dialects spoken in India. Something similar occurs in the ITAA—we use English as a common language, but our membership actually combines many cultures, races, and languages. But we have more than English to foster understanding: We have transactional analysis as a common philosophy, subculture, and frame of reference, a nonverbal language that allows us to join together in working toward the unique goal of autonomy.

The theme of the Coimbatore Conference was "Awareness, Action, Integration." I believe that contact—first with ourselves and then with the world around us—is the way to achieve this. To be in contact with oneself means to be aware of one's feelings, thoughts, and behaviors. This can be done easily using transactional analysis, and I am sure it helps also to use meditation techniques learned from

"We have transactional analysis as a common philosophy, subculture, and frame of reference."

the Indian culture.

After being in contact with and aware of the person one is, action is inevitable, a spontaneous choosing from the full range of options in feeling, thinking, and behaving from all ego states. This leads us to the integration of different parts of ourselves, accepting first the person one is and then living in the here and now. We do not have to look for bliss outside of ourselves; this fountain of love and joy is within. Berne did not use the word "contact" explicitly, but it was implied in his writing, especially when he wrote about intimacy, which involves a game-free relationship in which confidence and acceptance exists.

We lived these principles during the Coimbatore conference. The organizers were a great model of teamwork. Saru said their goal was to present a successful, interesting, and enjoyable conference, and they achieved it. The team members took care of the details and the well-being of participants; they provided a true example of loving, contactful relationships. I was honored when Saru and the team came to welcome me and my sister (who joined me for the trip) at the airport. They brought flowers for her and an artistic adornment to hang on my neck; I was also honored to accept the beautiful saree they gave me and proud to wear it that night.

The opening celebration began with a procession, followed by beautiful dances (performed by some ICTA members who are professionals in this area), the lighting of the lamp, and then the opening speeches, which were very moving. We then shared a lovely dinner. It was all fantastic!

The next day the keynote speeches and the workshops and panels began. The program was interesting and of high quality. Everyday we enjoyed a lunch buffet of delicious Indian cuisine. The closing ceremony was also very moving, with statements from several participants and a well-deserved homage to Fr. George Kandathil, the director of ICTA.

During the committee and board meetings before the conference it was exciting to see efforts underway to revitalize the ITAA. I'm happy and proud to say we were able to approve a balanced budget for 1997! This was followed by the approval of several plans for improving the image of the ITAA around the world and a well-designed plan for streamlining the organization. I want to express gratitude to the trustees, committee members, our executive director, Susan Sevilla, Liz Ott and Ken Fogleman at the office, and Robin Fryer, who is in charge of our publications, for their support and commitment to the ITAA. We owe to them the success of these revitalizing efforts. We also owe this success to our source of inspiration: transactional analysis, which is a treasure, a powerful tool that works like a fountain of knowledge for everyone, beyond cultural differences. This is the main strength of the ITAA. Let us continue spreading the word about transactional analysis!

I want to finish by sharing a short poem I read at the opening ceremony in Coimbatore.



A saree-clad Gloria Noriega honors ICTA founder, Fr. George Kandathil

It was written by Rabindranath Tagore, a wonderful Indian poet who won the Nobel Prize in Literature in 1913: "I was invited to this world feast, therefore my life was blessed. My eyes have seen and my ears heard. My part at the feast was to play this instrument; and I have done what I could. And now I ask you: Is it not yet time for me to come in, and see your face, and offer you my silent greetings?"

ITAA ANNOUNCES NEW VIDEOS FOR SALE!



Muriel James, Ed.D
Self-Reparenting
Theory and Process
For Group Leaders

Muriel James, EdD, in her dynamic informal style, leads a workshop for mental health professionals on self-reparenting. This technique, which has been tested with standardized psychological tests and control groups, was developed by Dr. James as a group process to be used in intensive four- or five-day workshops. However, it has also proven successful in private practice with clients who want to improve the quality of their lives by breaking free of negative pasts. Dr. James is a psychotherapist, educator and well-know author.

Muriel James, Ed.D.
Ego State Boundary
Problems:
Diagnosis and Treatment

This video is designed for mental health professionals who are interested in using transactional analysis to help clients solve existential problems or to deal with issues related to personality disorders. The theory of ego state boundaries was developed by Eric Berne, M.D, who believed that these boundaries should be semipermeable so that a person's energy can shift by use of the will and/or in response to situational change. In this video, Muriel James, EdD, leads an informal workshop on four common ego state boundary problems and how they effect personality structure and interpersonal relations. Dr. James, past president of the International Transactional Analysis Association, is a psychotherapist, educator, and the author of 17 books (which have been translated into 20 languages) and 16 research articles.



Vann Joines, Ph.D
Diagnosis and Treatment
Planning from a
Transactional Analysis
Perspective

This video provides a comprehensive framework for diagnosis and treatment planning using transactional analysis concepts and integrating them with traditional diagnostic information. Vann Joines is a well-known transactional analyst and winner of the Eric Berne Memorial Award for his work on personality adaptations and the integration of transactional analysis with other theories and methods. In this video Vann integrates information on life positions, scripts, games, rackets, escape hatches, personality adaptations, and self and other boundaries with DSM IV categories, levels of functioning, types of interventions, and contracts.

ORDER FORM

Name_____

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☐ Muriel James, Self- Reparenting Theory and Process For Group Leaders
☐ Muriel James, Ego State Boundary Problems: Diagnosis and Treatment
☐ Vann Joines, Diagnosis and Treatment Planning from a Transactional Analysis Perspective

Price: All videos are US$45.00 ITAA Members/US$55.00 Non Members.

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Please return this form to: ITAA 450 Pacific Avenue, Suite 250, San Francisco, CA 94133-4640, USA. Please specify PAL or VHS. PAL is an additional US$5.00.

Coimbatore Gallery



Fr. George Kandathil and P. C. Chanko, both of whom were honored at the conference for their work spreading transactional analysis



Living Up to Expectations

by P. K. Saru



P. K. Saru presents Charlotte Daellenbach with appreciation award



Andrew Kohlrieser charms Indian admirers

My birth story is that my mother experienced my kicks in the womb as more vigorous than those of her other children. She also said her labor pains with me were different. So I am scripted to be different, and all these years I have lived up to that expectation. Recently, the drivers "Be perfect," "Try hard," "Please others," and "Be strong" worked in unison toward the goal of "being different" in coordinating the 24th Annual Conference of the Institute of Counselling and Transactional Analysis (ICTA) in Coimbatore.

At last year's ICTA conference, Coimbatore was chosen as the venue for the 1997 conference, and I was unanimously selected as the convener. The immediate response was, "We can expect a good conference; Saru will do it well." So, just as my mother placed on me the responsibility of being different, ICTA President George Kandathil and my transactional analysis colleagues and friends placed trust in me to give them an interesting conference. The difference is that transactional analysis has made living that message not a struggle, but a pleasurable experience.

We heard that the ITAA was looking for a place for a designated conference in early 1997. After brief discussion, ICTA had strong support from advanced transactional analysis trainees in Coimbatore, Madras, Bangalore, and Cochin for suggesting Coimbatore be that place. The training group in Coimbatore brainstormed a theme, dates, venue, and other details, then drafted a proposal to the ITAA. When it was approved, the enthusiastic team was jubilant. Thereafter, we planned and worked together to make this conference a success, thus living up to everyone's expectations.

The conference was a unique example of teamwork from an "I'm OK, You're OK" position. The organizers lived the theory of open communication espoused by transactional analysis. All were motivated by positive strokes for what they were doing and being, and interdependence was nurtured and emphasized. The Coimbatore group made all important conference decisions consensually. Fr. George, Sr. Annie, and well-wishers far and near contributed support, suggestions, and wisdom. The trainees of Madras contributed in standing ways as well, and the Bangalore trainees did not lag behind.

As convener, I gave energy and ived energy. Everyone had specific responsibilities and lived up to the trust and confidence placed in them. While all contributions were valuable, coconveners C. Suriyaprakash and Mohan Raj assumed maximum responsibility for execution and performed efficiently and competently. The whole team strokes them for that.

So, my message to "Be Different" was again lived out in being the convener, in by making the 24th Annual ICTA Conference a beautiful example of teamwork, and in making this conference a success in every way.



Opening night cultural program



Servaas van Beekum and George Kohlrieser confer



Coimbatore Conference Opening Ceremony



Keynote speaker Fanita English



Sashi Chandron



Indian group at conference workshop



(from left) Sr. Annie Maria, P. K. Saru, and Sr. Sophie

Members' Forum

Remembering the Spirit

Dear Fellow ITAA Members:

I recently rejoined the ITAA after 20 years. I've been trying to get a feel for what has been going on in the field and the organization since I first learned transactional analysis in the mid-1970s. I remember the wonder I felt when I learned that by controlling my ego states, I could control my life. And I was awestruck when I learned the Karpman drama triangle and the rules on how not to Rescue!

I proceeded with my life, freed of my stifling script. I put the tenets of transactional analysis to the test by living them. I've staked my life on them, and the lives of my children, now grown. I taught them simple things. Remember? "It's OK to feel what you feel," "It's OK to be afraid and do it anyway," "You are not responsible for us." All simple, beautiful, joyful messages.

Do you remember what the spirit of the organization was 25 years ago? The reason for your existence was the joy of discovery, of teaching, of feeling, of knowing. And remember the bold and audacious spirits of the old-timers! They infused transactional analysis with the spirit that made it something we all wanted to hear. They had spark and potency. Don't lose that spark, because if you do, you will have nothing special to offer, and you'll stifle the creativity from which transactional analysis sprang!

If you must, deorganize and rebel against pompousness and too many rules and regulations. The ITAA must exist, not to maintain itself, but to teach people that they have within them the power to live their lives to the fullest. I hope everyone in the ITAA will do his or her part to maintain the climate in which this spirit of empowerment will flourish.

Lois Post, State College, Pennsylvania, USA

A Fond Farewell

Dear ITAA Friends:

I read with mixed emotions about your campaign to rebuild membership. I am departing to circumnavigate the world in a sailboat—a trip that has been 15 years in preparation. Because of tight financial circumstances, I will not be renewing my long-standing Clinical Membership.

I have been inactive as a member for several years, but have used my transactional analysis foundation in my work as a therapist in both a community mental health and a private practice setting, as well as in my own life. Because after a long struggle they would not license me here unless I literally went back to school for a year (taking classes I've taught), and because of the calamity of managed care, I have decided to pursue different career directions when we return in five or six years.

We will be traveling primarily off the beaten track, but I will look for transactional analysis affiliates and spread the word as much as possible. I am sorry to be a statistic in a direction opposite to what you seek, and wish you all the very best.

Annabelle Westling, Pittsfield, Vermont, USA

STEINER TO LEAD OFF

continued from page 1

Claude: I'll do the workshop half as theoretical presentation and half as experiential. I will teach the basic, everyday transactions by which one learns emotional literacy in three stages: opening the heart, surveying the emotional landscape, and taking responsibility. I will illustrate, and participants can experience, how these transactions can move the person from emotional numbness or chaos, to emotional awareness, and eventually to empathy and emotional interactivity.

Laurie: I know that you also have an interest in transactional analysis and the Information Age and, in fact, have an article coming out on this subject in the January *TAJ*. How do you think this technological, computer-driven age is going to impact our emotional literacy?

Claude: The increasing interaction between human beings and information machines certainly creates a progressive interlocking of our hearts and minds with these machines, and the emotional landscape of society dramatically alters. Essentially human elements—our emotions—are driven from our lives.

Laurie: How grim!

Claude: Well yes, but you need to understand that transactional analysis is a cutting-edge, information-age psychology and psychiatry. When Eric first put out his theory, he wanted to focus on the things one could observe, which of course was a handy way of getting distance from the confusion of psychoanalysis. Transactional analysis techniques are perfectly suited for the analysis and development of emotional literacy, as well as love and cooperation, the essential skills required to preserve our uniquely human essence in these times of dizzyingly machine-driven change.

Laurie: It is exciting to me that you are helping in a proactive way to illuminate something that I must admit I have some techno-phobia around. You know, you were the first transactional analyst author whose writing I could apply to my professional work.

Claude: Oh really? Which book?

Laurie: I was working on Skid Row in Los Angeles, in the early 1970s, and found *The Games Alcoholics Play* to be quite helpful. I was young and inexperienced, and it opened a new world for me.

Claude: I'm really glad to know that.

Laurie: Well, I'm excited about the things you're working on now. Anything else going on?

Claude: I'm pretty well spending my time doing mediations, being a paterfamilias, and working on the book and articles. It's nice to be able to talk about it, but now I'm ready to get back to work!

Register for the 1997 Eric Berne Training Workshops NOW ! Registration and hotel forms on next page

USATAA & ERTAA
present
Community & Relationship

- **Come Create** ... the art, science, fun, & spirit of community
- **Come join** ... with elders of TA for conversation
- **Come Play & Enjoy** ... beauty, history, culture & leisure

Location: Endicott College, Beverly, MA, on the beach, 45 minutes from Boston. Easily reached from Logan Airport.

Schedule: Welcome – Wednesday evening, July 30. Closing Sunday morning – August 3. Write or call for flyer for details.

Fee (Conference only):
Before Jan 1, 1997 $85.00
Before June 1, 1997 100.00
June 1 and later 135.00

Mail check payable to USATAA/NE97:
Rachel Palazzini, Registrar
46 Cove Road, Harrisville, RI 02830
(401) 568-3749

Registration Form

Name: _____
Street: _____
City: _____ State: ____ Zip: _____ Country: _____
Phone: (____)_____ Fee Enclosed: $_____
Three topics of interest for group exploration: _____
_____
_____



New England '97
July 30 – August 3

1997

INTEGRATIVE PSYCHOTHERAPY WORKSHOPS

with
Richard G. Erskine, Ph.D.
Rebecca L. Trautmann, RN, MSW

July 18 - 27: Ten-day workshop
August 4 - 10: Seven-day workshop
Before and just after the USATAA Conference in Massachusetts

Both of these workshops will focus on the theory and clinical practice of Integrative Psychotherapy. Various methods of working within the therapeutic relationship will be taught and demonstrated and may include contact, inquiry, affective attunement, involvement, and modes of empathy in individual and group psychotherapy.

The workshop is for mental health professionals who want to apply theory into clinical practice and enhance their own effectiveness through identifying aspects of contact interruption, life script, and countertransference. An opportunity will be available to discuss specific cases from your own practice.

Cost: July 18-27–$1950.00 for tuition, room and meals
August 4-10–$1450.00 for tuition, room and meals
Reservation Fee: $450.00 non-refundable.
Location: Near New York City at the Old Chestnut Inn, with spacious grounds, gardens, and swimming.

The Institute for Integrative Psychotherapy is approved by the American Psychological Association to offer continuing education for psychologists and by the National Board of Certified Counselors for counselors. The Institute for Integrative Psychotherapy maintains responsibility for the program. Other professional CE credits also available.

Institute for Integrative Psychotherapy
500 East 85th Street, New York, NY 10028
212-734-5291; 212-879-6618 (fax)

New Hotel *Option for July 26-27 EBTW*

Holiday Inn

The ITAA is pleased to announce that it has negotiated a great room rate with the Holiday Inn Financial District, but *only for the 26-27 July Eric Berne Training Workshops.* This hotel is only a short walk from the ITAA office where the workshops are being held. We have reserved a limited number of rooms, so mention the ITAA and make your reservations early!

ITAA Eric Berne Training Workshop Hotel Registration

Reservation deadline: 26 June 1997 (after this date there is no guarantee on room rate or rooms available). Note: July is high season is San Francisco. Please make reservations early. Call Holiday Central Reservations at 1-800-243-1135.

Name: _____

Address: _____

City/State/Province: _____

Zip/Postal Code/Country: _____

Telephone: _____ Fax: _____

Arrival Date: _____ Departure Date: _____

No. Rooms Required: _____ Special Requests: _____

Room Rate (plus 14% city tax): $119 per room, single or double.

To confirm your reservation, a check for your first night (payable to The Holiday Inn) or credit card information is required. The one night deposit will be retained if your reservation is cancelled without 72 hours notice.

Credit Card Name/No: _____

Exp. Date: _____ Card Holder Name: _____

Signature: _____

Please fax your completed reservation to The Holiday Inn: fax: 415-296-9543 or mail to 750 Kearny Street, San Francisco, CA 94108, USA, or call 1-800-243-1135.

Congratulations to Successful Examinees!

SYDNEY, AUSTRALIA EXAMS—
7 November 1996

BOC Oral TSTA Exam
Evan Sherrard

BOC Oral CTA Exam
Wayne Hutchison
Lilian Wissink
Susan Dorland
Vanessa Caldwell

TEW Candidates
Margaret Bowater
Elizabeth Crichton
David Neustein
Bob Trett
Rory Truell
Gillian Hand
Rhae Hooper

Thanks to Sydney Examiners
CTA Exam Supervisor: Katherine Murphy
TSTA Exam Supervisor: Charlotte Daellenbach
Examiners: Lisa Ladd Kidder (chair), Geraldine Lakeland, Sean Manning, Jean Illsley Clark, Curt Fisher (chair), David Neustein, Valerie Redman, Jan Grant, Linda Gregory (chair), Anna Weatherly, Jan Coleman, Kate Meredith (chair), Gillian Hand, Servaas van Beekum (chair), Libby Chrichton
Process Facilitators: Gordon Hewitt, Charlotte Daellenbach, Robin Maslen

COIMBATORE, INDIA EXAMS—
13 January 1997
Abdul Salam (CTA) Organizational
Marco Sambin (CTA) Clinical
Anna Rotondo (TSTA) Clinical

Thanks to Coimbatore Examiners
CTA Exam Supervisor: Sr. Annie Maria
TSTA Exam Supervisor: Charlotte Daellenbach
Examiners: Julie Hay, Gloria Noriega, Isabelle Crespelle, Nancy Porter-Steele, Charlotte Daellenbach, Sr. Annie Maria, Geraldine Lakeland, P. K. Saru, Robert Massey, Marijke Wusten, Jones Bosco, Shashi Chandran
Process Facilitator: George Kohlrieser
Translators: Cinzia Kohlrieser, Marco Sambin
Supervisees: Sr. Josephine, Carolyn Murray
Exam Coordinator: Thomas Mathew Kottukappilly



Successful Coimbatore examinees (from left): Anna Rotondo (Italy), Abdul Salam (India), and Marco Sambin (Italy)

1997 Eric Berne Training Workshops Registration

(Return this form with payment to the ITAA. One form per registrant. Please type or print.)

Package
☐ All sessions; 7/19-20/97 & 7/26-27, including reception; $285 members*, $325 nonmembers = $_____

Weekend Combinations
☐ Steiner/English; 7/19-20/97 (2 days); $150 members*, $170 nonmembers = $_____
☐ Karpman/Dusay; 7-26-27/97(1½ days) plus reception; $125 members*, $145 nonmembers = $_____

Individual workshops
☐ Steiner workshop; 7/19/97 (full day); $85 members*, $95 nonmembers = $_____
☐ English workshop; 7/20/97 (full day); $85 members*, $95 nonmembers = $_____
☐ Karpman workshop; 7/26/97 (full day); $85 members*, $95 nonmembers = $_____
☐ Dusay workshop; 7/27/97 (half day); $55 members*, $65 nonmembers = $_____
☐ Yes, I will attend the reception on 7/27/97 from 12:30-2:30 pm.

☐ Yes, I want APA credit @ $10/course for _____ courses. = $_____
The courses for which I want credit are: _____

* Join ITAA now and pay member rates above. 1997 Associate Membership: $72 = $_____

Total Amount Enclosed = $_____

Payment must be in US dollars drawn on a US bank, payable to the ITAA. Send registration form and payment to: ITAA, 450 Pacific Ave., Ste. 250, San Francisco, CA 94133-4640, USA; phone: 415-989-5640; fax: 415-989-9343; e-mail: itaa@itaa-net.org.

☐ Check enclosed Charge my ☐ Visa ☐ MasterCard ☐ JCB

Card Number _____ Expiration Date _____

Signature _____

Name _____

Address _____

City/State _____

Country/Postal Code _____

Phone _____ Fax _____ Email _____

EXAM CALENDAR

Exam	Exam Adm.	Exam Date	Location	App. Deadline
CTA Oral	COC	April 3, 1997	Keele, England	Jan. 3, 1997**
	BOC	July 30, 1997	Beverly, MA, USA	April 30, 1997
	BOC	Oct. 1, 1997	Caracas, Venezuela	July 1, 1997
	COC	Nov. 7, 1997	Paris, France	Aug. 8, 1997**
	BOC	Nov. 15, 1997	Christchurch, N. Zealand	Aug. 15, 1997
	BOC	Nov. 15, 1997	Germany	Aug. 15, 1997**
	BOC	April 22, 1998	Philadelphia, PA, USA	Jan. 22, 1998
	COC	Spring 1998	To be determined	To be determined**
	COC	Aug. 11, 1998	Zurich, Switzerland	May 11, 1998**
TSTA Oral	COC	April 3, 1997	Keele, England	Jan. 3, 1997
	BOC	Oct. 1, 1997	Caracas, Venezuela	July 1, 1997
	BOC	April 22, 1998	Philadelphia, PA, USA	Jan. 22, 1998
	COC	Aug. 11, 1998	Zurich, Switzerland	May 11, 1998
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 Endorse. Workshops	COC	Apr. 3-6, 1997	Keele, England	Dec. 1, 1996
	TSC	Aug. 4-6,1997	Beverly, MA, USA	Apr. 4, 1997
	TSC	Oct. 6-8, 1997	Caracas, Venezuela	June 1 1997

** If COC CTA exam candidates are also doing the COC written case study, this must be submitted no later than six months ahead of the oral exam date. Full details and application papers can be obtained from the COC Language Group Coordinators.

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.

Keeping In Touch

Region I—Asia, Africa, the Pacific

The Sydney, Australia, Conference in November 1996 was a great success. In keeping with the theme, "Uses and Abuses of Power," the Australian trainers met to discuss transactional analysis in Australia. A task force was established with all states in Australia represented. This group will continue to address Australian national transactional analysis issues.

Paddy Glasgow, RM (ITAA), PTSTA (WPATA), writes that she and her husband are now settled in Sumatra, Indonesia, as Australian Volunteers Abroad. They are "educational motivators" at a boarding school for adolescents. At the moment they are teaching English, and Paddy is also teaching relaxation, meditation, and visualization as part of a quit-smoking course. "Here nearly all males smoke very heavily. Being a very strict Muslim society, the women do not smoke." Paddy will be counselor and therapist with the students and perhaps the staff "as soon as my Indonesian is adequate. I have submitted a 101 course outline to the boarding school administrator, and it has been accepted." Paddy ends her letter, "So you see I am not at all inactive! In fact, I am bringing transactional analysis to West Sumatra."

Region V—United States

Tim Schnabel, PTSTA, has accepted a new position (as of 1 October 1996) as a managing associate with The DiBianca-Berkman Group, a leading-edge consulting firm based in Flemington, New Jersey. DB specializes in change management, large-scale reengineering, and the transformation of Fortune 500 companies. It operates in conjunction with its parent company, CSC Index. While he is excited about his new possibilities, Tim is also challenged by an incredibly sharp learning curve. He will be traveling to client sites from his home in Lilburn, Georgia, a suburb of Atlanta.



Australian transactional analysis trainers unite during Sydney conference



Lois Johnson, TSTA, died 4 February 1997. Lois, a long-time, well-known member of the ITAA, suffered a stroke a month ago. During the last few years her mind was not as clear as it had been, and she would not always know to whom she was talking. However, she still loved being with her grandchildren and great-grandchildren, and until two weeks before her death she was with her family. We will miss Lois and send our condolences to her family and friends.

Saroj and Carlos Welch sent a lovely holiday letter updating us on their current activities. After living and working in India for 41 years, they arrived in the United States in January 1996, where they have been working in the Wellness Program and the orientation and training programs of the Mission Resource Center of the General Board of Global Ministries of the United Methodist Church in Atlanta, Georgia. The Welches have also been sent abroad to conduct personal growth and team-building workshops for individuals working in particularly stressful conditions. They have been enjoying opportunities to see family in the states as well as on their continued travels. After retirement they will be living in Baton Rouge, Louisiana, although they plan to visit India as often as possible.

AVAT/ALAT/ITAA Annual Conference

CARACAS, VENEZUELA

September 28-October 5, 1997
BOC Exams and Training Endorsement Workshop

Transformation and Evolution
Transformación y Evolución

Correction on Caracas Hotel Numbers

Please note new phone and fax numbers for the Hotel Tamanaco Intercontinental in Las Mercedes, one of the hotels listed in the December *Script* publicity for the September 28-October 5, 1997 Caracas Conference: phone: 58-2-909-711; fax: 58-2-919-7116 or 58-2-909-7165.

CARACAS 1997 CONFERENCE REGISTRATION

(One form per registrant; please type or print and keep a copy for your records)

Full Conference Registration includes: 3-1/2 program days, opening event, coffee breaks, and administrative expenses. Guest Package includes: keynote speeches, opening event, coffee breaks.

Three Ways to Register

By Mail:	*By Fax:*	*By Phone:*
Caracas Conference/ITAA 450 Pacific Ave., Ste. 250 San Francisco, CA 94133-4640, USA	415-989-9343	415-989-5640

Name (first/middle/last): _____

Address: _____

City/State/Postal Code: _____

Telephone: _____ Fax: _____

Registration	Mar.1-Sept. 1
ALAT/AVAT	$240
ITAA Member*	$275
Nonmember	$295
One-day registration	$125
Guest package	$ 99
TA 101	$ 75
Group discount	deduct $25 each before July 10

*ITAA Associate Membership: Join now for $72 and pay member conference registration fee.

TOTAL AMOUNT ENCLOSED = $ _____ (Payment in US dollars only)

Check enclosed (must be drawn on a US bank) ❑ Visa ❑ MasterCard ❑ JCB

Card #: _____ Expiration: _____ Signature: _____

Cancellation Policy/Refunds: Full fee is refundable (minus a $40 administrative fee) if cancellation is received in writing by 28 June 1997, although a $100 penalty applies. After 28 June 1997 there will be no refunds.

Looking for a Few Good Leaders

Who do you know that is a good leader? Someone who gets things done, who takes initiative and responsibility, who has good ideas and lots of enthusiasm? The ITAA Nominating Committee wants the names of such folks—including you if you fit that description and want an interesting, challenging, and fun way to participate in the transactional analysis community. Ask anyone who has served: The positions vary in terms of their responsibilities, but each puts you in frequent contact with other ITAA officers, trustees, and members around the world, and each allows you to use skills you already have as well as to develop new ones. You will enjoy a wonderful feeling of accomplishment and the satisfaction of knowing you are impacting the future of this organization.

Individuals elected this year will begin to serve 1 January 1998. 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. Please send nominations to the Nominations Committee Chair, c/o the ITAA, 450 Pacific, Suite 250, San Francisco, California 94133-4640, USA; fax 1-415-989-9343; e-mail ITAA@ITAA-net.org. *The deadline for nominations is 31 May 1997.*

Officer Positions
Secretary, 1998-1999 (2-year term)
Treasurer 1998-2000 (3-year term)
Vice President of Research and Innovation, 1998-2000 (3-year term)
Vice President of Operations, 1998-2000 (3-year term)
Vice President of Development, 1998-1999 (2-year term)
Vice President of the T&C Council, 1998-1999 (2-year term)

Board Positions Elected "At Large" (3-year term, 1998-2000)
Board of Trustees, USA Region
Board of Trustees, Other Regions (non-USA and non-European)

Election Procedures

As per the ITAA bylaws (revised 1996), if there is no more than one candidate per position, there will be no ballot, and election results will be announced in *The Script*. When there is more than one nominee for a position, a ballot will be mailed to all voting members within sixty (60) days of the close of nominations. Election results will be announced within thirty (30) days after they are determined and to the voting membership as soon as practical thereafter.