The Script

ITAA

INTERNATIONAL TRANSACTIONAL ANALYSIS ASSOCIATION

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Celebrating Community



by George Kohlrieser

Are you aware that the ITAA is celebrating its 40th birthday in 1998? Susan recently made me aware of this, and as I reflected on the significance of this anniversary, the idea of community came to mind. Actually I have been thinking a good deal about the subject ever since someone e-mailed me asking what I meant by "global transactional analysis community" in my last *Script* article.

The word community comes from the Latin "communis," which means "common, likeness, identity." As ITAA members we share a common interest with other members all over the world: namely, our wish to influence individuals, families, groups, organizations, and even society to foster positive development and effective communication. Transactional analysis is the means by which we promote these goals, and our emotional bond is to those individuals who use it.

I have always believed that the heart of the ITAA is its people—and a wonderful group of people it is. For us as ITAA members, community means to be together, to be connected, to support each other, and to share common goals through transactional analysis.

My first experience with community was as a child growing up on a farm in Wapakoneta, Ohio, in the United States. I had the honor of living in a nuclear family with three brothers and one sister with an extended family of 34 uncles and aunts, grandparents, and some 50 cousins all living within a 30-mile radius. There were also countless farming neighbors and family friends who regularly gathered around a huge open fireplace my father would make in our back yard or someone else's. People came and went freely. Food was generously shared. Talking and laughing was the heart of the social bonding. Whenever an emergency occurred or a need arose, everyone pitched in. There was a deep commitment to helping and to sharing resources.

> ***"Being part of something larger than oneself adds a distinctive sense of purpose and meaning to our lives."***

From this early experience I developed a genuine interest in people. I learned that people are more important than things and that there is a place for everyone. I also learned that a true interest in other people and the world around us lies at the very heart of moral social behavior.

Later, as a 13-year-old, I entered a Catholic seminary. For the next nine years, I lived in another kind of community. We slept in rooms with some 50 beds and had only a locker and a desk to ourselves. We ate, played, studied, worked, sang, and prayed together—always with the sense of belonging to a larger religious community and of supporting our missionaries around the world. In those days I never traveled far, but in my heart and mind I journeyed around the world with our priests.

From this experience I learned how to respect and value each person, how we can step beyond ourselves and, out of inner strength, use the force of our thoughts, feelings, and will to help each other develop. I learned how being interconnected gives rise to a team spirit or "family feeling," and that this unity creates more than the sum of the individuals. I learned that the forces that bring people together can give them strength, freedom, and inspiration, but they can also take away strength and energy and even work in a destructive way.

For me, many of these lessons seem poignantly relevant as I assume the leadership of our international association. In the ITAA, with members in 60 countries worldwide, it is possible to phone, fax, email, or even visit other people of like interests almost everywhere in the world. It is a blessed privilege and a marvelous opportunity to have this international social network, to know that you will be welcomed in almost any language and any culture.

While many may not be able or even want to travel outside their own country, the international character of our association touches each of us who belongs. It affects everything we do—from publications to conferences, from long-range planning to board decisions, from professional referrals to personal friendships, from how we think to what we do. Regardless of culture or language, because we share an interest in and a commitment to transactional analysis there is an immediate link between us, one that we can use to dialogue with, to learn from, and to understand each other.

And perhaps this is the most significant part of the transactional analysis community: the psychological feeling of belonging to a group of kindred spirits living throughout the globe.

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Psychotherapy in the 21ST Century

by Vann Joines

The following is excerpted from a keynote address given by Vann Joines at the 9th Annual Conference of the Transactional Analysis Association of Japan, which was held in May 1996.

What type of psychotherapy do we need for the next century, and what could it offer to help us deal with the difficult social problems that face us?

Balancing Efficiency and Humaneness

In attempting to answer this question, the first issue is the need for an effective psychotherapy that is both efficient and humane. In modern, highly industrialized, technological societies, the demands of everyday life take us further and further away from nature: both the natural world around us and our own human nature. It is difficult for most of us to find time to stay in touch with our bodies, our feelings, and nature. And with the evolution of computers and the Internet, we have less reason for direct human contact. We can now work, shop, study, bank, invest, and be entertained from the privacy—and isolation—of our own homes. In fact, I am sure that one day soon even therapy will be done over the Internet.

> ***"A psychotherapy for the next century must be able to address individual dynamics as well as to be proactive in restructuring society."***

There is no denying, of course, that we live in a complex world in which time is of the essence; we must learn to do things with greater and greater efficiency, including psychotherapy. On the other hand, several recent research studies, such as ones described in *Consumer Reports* (1995) and *USA Today*, have shown that psychotherapy patients who are in treatment for longer than six months fare better than those whose treatment is shorter. However, the possible use of technology is not the problem in shortening treatment; rather, the problem is that shorter therapy diminishes the very ingredients that make us human: having time to build trust, develop a relationship, deal with our deeper feelings. Dispensing with these may speed up "treatment," but it also robs us of that which psychotherapy is designed to do—help us to become more fully who we are.



Clearly, psychotherapy for the 21st century must balance efficiency with humaneness. We desperately need to keep sight of the fact that psychotherapy is an art as well as a science. We need the best technology available, but we need to deliver it with compassion, empathy, and patience.

Addressing Social Issues

The second major issue that I see is the need for a psychotherapy that addresses societal issues as well as individual concerns. In the 25 years I have practiced psychotherapy, I have seen a continual increase in the number of personality disorders in individuals coming for therapy and in the amount of antisocial behavior in

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Exciting New Releases from the ITAA

A new videotape by Claude Steiner and two new books—one by Muriel James and one by Richard Erskine—are now available to enhance your professional development in transactional analysis.

Claude Steiner's video, *Emotional Literacy and Transactional Analysis,* was recorded at the 1997 Eric Berne Training Workshop in San Francisco. (For further details, see ad page 5.)

Muriel James's book, *Perspectives in Transactional Analysis,* offers 20 previously published articles and book chapters (many of which are no longer available elsewhere) covering a wide variety of topics related to transactional theory and practice as well as some fascinating accounts of her own life and her relationship with Eric Berne.

Richard Erskine's *Theories and Methods of an Integrative Transactional Analysis: A Volume of Selected Articles* chronicles his evolution from his early days in transactional analysis to his integration of concepts from transactional analysis, gestalt therapy, and psychoanalytic theories such as object relations, self psychology, and the intersubjective approach.

To purchase any of these new products, please contact the ITAA office. □

EDITORIALLY YOURS



Little Fascists, Big Bullies, and Good Buddies

There is a war between the rich and poor,
a war between the man and the woman.
There is a war between the ones who say "there is a war"
and the ones who say "there isn't."
Why don't you come back to the war?
Why don't you come back to the war?

Leonard Cohen, 1974

I certainly can't speak for everyone (though I've lost count of the number of times I've wanted to), but I do know I listened to a lot of Leonard Cohen during my divorce, especially as I looked at various ugly and unrealistic aspects of my personality and ways of doing things.

As I finished my interview with Claude Steiner for the last *Script*, I knew I'd be writing my next column out of that conversation. It was a fine talk. The opening of Leonard Cohen's song "There Is A War" floated through my head as Claude was talking about Berne's struggle with his pessimism and his concept of the "little fascist." It floated back again as my phone and fax heated up with calls and letters in reaction to Ted Novey's "Dear Santa" column in the January/February *Script*.

In the interview Claude said that in the ideas of the Daemon, the little fascist, and the player piano, Berne was trying to decide whether we had control over our script or not. As we talked, Claude wondered aloud, "Does the 'I'm OK, You're OK' philosophy fit with the idea of a little fascist inside people? It doesn't really, and he [Berne] never made his mind up."

One of the qualities that I most admired in Berne as a therapist and a writer was his philosophical dedication to an optimistic and humanistic viewpoint while struggling with his own personal pessimism (quite apparent in each of his books) and with the clinical reality he and each of us faces daily—that people can do really lousy things to one another. Berne may never have resolved the issue for himself, but his struggle informed and enriched his writing.

I was not at all sure that I agreed with Claude, at least as I understood him in our interview, but his comments took me back to Berne's *Hello* book. In it Berne wrote, "Every human being seems to have a small fascist in his head. This is derived from the deepest layers of the personality (the Child in the Child). In civilized people it is usually deeply buried beneath a platform of social ideals and training, but with proper permissions and directives, as history has shown again and again, it can be liberated into full bloom."

Now this sort of comment shows up in Berne's writings now and again and is the sort of thing that probably makes Melanie Klein smile up from her grave while her children pile more dirt on her plot. Berne seemed to believe (or struggled to believe) that our internal "fascism" was pitted against a fundamentally creative and procreative force that he called "physis." But he knew as a clinician we cannot afford to avoid conflict and our nastinesses.

In *Hello* he went on to say, "These primitive strivings become interwoven with the injunctions, precepts, and permissions of the script, and form the basis for third-degree or 'tissue' games that draw blood. He who pretends that these forces do not exist becomes their victim." To my eye, in these marvelous words, Berne placed the facing and understanding of the "little fascist" squarely at the heart of the I'm OK, You're OK philosophy and of the responsibility and accountability that Berne demanded of himself, his clients, and transactional analysts. I don't think Berne expected people to always be nice and "OK" to one another, but I'm quite sure he expected people to take a close look when things start to get a bit ugly.

As I spoke with Claude, Leonard Cohen came to my mind in his darkly romantic and poetic fashion, and I thought of an essay I'd read last summer in the *New York Times Magazine* (13 July 1997): "Save Sigmund Freud" by Mark Edmundson. In this provocative essay, Edmundson observed, "If Freud looked into the American culture in the 1990s, I believe he would see us trying to evade the civil war in the psyche, the inner conflict that, from his point of view, is both painful and inevitable. From a Freudian perspective, we Americans simply will not accept this tragic lot. To be sure, ours is in many ways a therapeutic society, but not in the Freudian mode. Our bookstores teem with self-help books that promise to renovate the psyche, liberate us from anxiety and make us everlastingly happy. Freud will make no such offer." Neither, I believe, would Berne, at least not without a lot of effort.

As a writer, I try to upset the apple cart a bit (sometimes a lot), often writing in journals that I know will not warmly embrace my perspective. I try to write in a way that is confrontive, unsettling, engaging, and respectful. I do better at this sometimes than I do at others. I imagine this was Ted Novey's intent in his "Dear Santa" column in the January/February *Script*, though personally I think he missed the mark a bit. Numerous people have asked if I, as Editor, had seen and "approved" of Ted's column before publication. I did not see Ted's column before it was published, as I had just come on as editor. If I had, I'd have asked him to delete "icky," "yuck," and his post script; I would also have asked him to consider his tone a bit more carefully.

"I don't think Berne expected people to always be nice and 'OK' to one another, but I'm sure he expected them to take a close look when things start to get ugly."

In this issue, when you turn to the Members' Forum, you will see lively reactions to Ted's article. As in Ted's column, it is all there in these letters as well—Parent, nurturing Parent, self-righteous Parent, moralizing Parent, firm Adult, integrated Adult, less than integrated Adult, funny Child, pissed off Child, covert Child, competitive Child—all present and accounted for: The Good, The Bad, and The Ugly of human nature.

Let's not be so careful that we can't upset one another occasionally. When we upset one another, the deal needs to be that we'll look at it and talk and/or write about it. We have great examples here. As the new *Script* Editor, I hope people will write with as much frequency and passion when they are excited about something we do as when they are upset. Write to us, send ideas, send potential articles.

I was gratified to find out that my first column as editor (January-February *Script*) generated a lot of email. However, since it arrived just as I was changing Internet providers, I was dismayed to find that all of it was lost before I could read it. Of course, I imagine it was full of warm regard and welcomings, so if you wrote to me at the email address last posted please write to me again. My new (and permanent) email address is bcornell@nauticom.net

I want to close with a quote that is only somewhat related to this column but that is too good to pass up:

Interviewer (February, 1998): Is it a burden sometimes to be Bob Dylan?

Bob Dylan: Well, it would be easier for me to be me than it would for me to be you.

I usually manage to see Bob Dylan perform once a year. It's not always pretty. I had the privilege of seeing Dylan and Van Morrison perform at Madison Square Garden this past January. It was very pretty. Thrilling. Moving. Stunning. Just give it half a chance and life sustains its passion and its humor. □

The Script ITAA

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Deadlines for copy and advertising—first of the month prior to the month of publication. (*The Script* is not published in January, May, or September.) Deadlines: 1 May for the May-June issue.

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

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ZÜRICH MITAC UPDATE

Exam Help Needed

Just prior to the Zürich MITAC—on Thursday 11 August 1998—COC/BOC exams for CTA and TSTA will take place, with meetings for participants on Monday 10 August at 5 pm. We need your help to make the exams a good experience for candidates: Certified Members are invited to assist as examiners, volunteers are needed as supervisees for the TSTA exams, and everyone is welcome to join the audience for the teaching part of the TSTA exam. If you are interesting in helping, please contact Dr. Georg Pelz, TSTA, EATA Commission of Certification, Schwandorferstr. 16, D-93059 Regensburg, Germany; fax 49-9404-8880. □

Hotel Accommodations

Participants of the EATA MITAC, which will be held at the University Irchel in Zürich, 11-15 August 1998 (TACC and board meetings 7-11 August), must make their own hotel reservations (for list of possible hotels see MITAC ad page 8). By special arrangement, a limited number of rooms are available at the luxurious Zürich Marriott Hotel in the city center, on a direct tram line to the conference site. The Marriott features an American buffet breakfast, fitness club, sauna, and indoor swimming pool for the special rate of Sfr. 245 (about $174) per night and room, double or single occupancy. An extra bed in the room costs Sfr. 55. Prices include breakfast, service charges, taxes, VAT, and use of fitness and pool facilities. For a copy of the Marriott hotel registration form, please contact the ITAA office. □



RESEARCH FILE



German Study Seeks to Validate Transactional Analysis

by Gisela Grünewald-Zemsch

This month's column reports on a validation study of transactional analysis therapy. We in transactional analysis need this kind of research, which can tell us via scientific instruments (A_2 and CP+) truths we can already know intuitively (A_1) and from experience (A_2). Gisela's work moves in the direction taken by some other clinical models (e.g., cognitive psychology, psychoanalysis), which have attempted to validate the effectiveness of their interventions, although often with much larger projects. She is asking important questions—Is transactional analysis effective? Can it explain diseases such as those classified by ICD-10?—and we are, therefore, interested not only in the results of this study but also in the discussion it can stimulate. Although the number of participants in this study is not large, it is not negligible either, and the methodology chosen (an interview and a control through a diagnosis) is interesting. For these reasons (A) we look forward to Gisela's report in Zürich (P), and in the meantime we are enthusiastic (FC) about the work so far. Long life to transactional analysis researchers!

Marco Sambin,
Vice President, Research and Innovation

In September 1996 the ITAA Eric Berne Fund for the Future awarded us $1,000 to be used to support a data-collection project that I established in Germany to demonstrate the efficacy of transactional analysis therapy. Eventually titled "The Small Project" because of the relatively small sample used, the aim of the study is to obtain data from a limited number of ongoing transactional analysis therapies in order to demonstrate the effectiveness of transactional analysis therapists. In addition, questions are raised about whether transactional analysis theory can explain neuroses and other problems as well as whether transactional analysis diagnosis can effectively describe ICD-10 diagnoses (ICD-10 refers to the International Classification of Diseases, tenth volume).

Now, more than a year after initiating the project, Ilse Bachmüller, the coordinator of the study, has collected considerable data from what was originally 16 clients, now reduced to 12. These clients were or still are in therapy with three female therapists in Nürnberg, Germany, in different offices. The clients include 9 female and 3 male patients, ranging in age from 35 to 62. Some of these clients underwent therapy for only six months; others will remain in the project for its duration, that is, until July 1999.

The large amount of data that has been collected must now be processed. We believe it will produce some interesting statements that, although perhaps not statistically significant because of the small sample size, are still indicative of meaningful trends. The client-participants, the interviewers (Elfriede Fischer, Bernd Wehner, and Monika Hundemer), the control diagnostician (Dr. Johannes Schneider), and the therapists (Dr. Gudrun Hennig, Ulrike Steiner, Gisela Grünewald-Zemsch) are highly motivated to complete the research, and we are all looking forward to hearing about the first results, which will be presented at the Major International Transactional Analysis Conference (MITAC) this August in Zürich.

The consulting statistician for the project is Dr. Werner Grünewald (my brother), a population statistician with the European Union in Luxemburg. He is interested in developing statistical methods to process psychological or social data in a more relevant social or psychological sense. He provides this initial comment about our study: "Concerning the statistical part of the project, all possible preparatory activities are done or currently in process. A database structure as well as the rules for the data input have been developed. The data input itself has been started with the data of the first wave. At the moment, cross-sectional analysis of the first-wave data is under preparation. This involves analyzing the data from one point in time across different sections or categories, the first step in the project. The second and third steps will use longitudinal analysis, which involves the data from different measurement times. That should be possible in about six months, after we process the data from the second and third measurement points."

"We believe the study will produce some interesting statements that will be indicative of meaningful trends."

We are pleased with the way the project is proceeding and wish to once again thank the ITAA and the Eric Berne Fund for the Future for both the financial and moral support they have extended. We believe that this kind of research benefits us all—clients, practitioners, and associations that comprise the international community of transactional analysts.

Gisela Grünewald-Zemsch, has been a psychotherapist in private practice for more than 12 years. She has been interested in research since she received her diploma in 1984. She is a Certified Transactional Analyst (clinical) and is in psychoanalytic training. She lives in Cadolzburg, Germany. □

JOURNAL ENTRY



Crespelle, Grégorie, Schlegel, Vanwynsberghe

By Ted Novey

The names in the title of this column are probably unfamiliar to English-speaking transactional analysts outside of Europe. They are all Europeans who have been working in this field for many years and have been publishing their articles either in the Belgian French-language journal, *Actualites en Analyse Transactionelle,* or the German journal, *Zeitschrift für Transaktions Analyse.* These journals began mostly as translation journals for *Transactional Analysis Journal* articles, but they now include more and more original articles. The logical next step is to translate articles from these journals into English and republish them in the *TAJ*.

In recent years communication with Véronique Sichem, editor of *Actualites* and currently associate editor of the *Transactional Analysis Journal,* as well as with the editor of the *Zeitschrift,* Fritz Wandel, has led to the selection of a series of excellent articles for translation. The translation of an article on "Stages for Success" by Gysa Jaoui, winner of the first Raymond Hostie Award in 1987, had already been published in the *TAJ* in 1988 (Laurie Hawks did that translation), and during my editorship, we translated the article "Learning Disabilities and Script" by Raymond Hostie award winner Véronique Sichem (July 1995 *TAJ*).

This year you will have the opportunity to read translations of Raymond Hostie Award-winning articles by Jacques Vanwynsberghe, Alain Crespelle, and José Grégorie. Jacques's article about developing good contracts in treatment of alcoholics appears in the April 1998 issue. Alain's article about roles and ego states will appear in the July issue, and José's article about boundaries between applications and training in various specialty fields will appear in the October issue.

It involves a lot of extra work by loyal members to do these translations. Jim Allen has been our translator for this year's articles in French, and his steady assistance with this and other projects is much appreciated.

The last article on the list, by Leonhard Schlegel, has been translated from the *Zeitschrift* by Silvia Callegari, a Certified Member (clinical) in Zürich, Switzerland. This was a difficult job. The article is an extensive and very worthwhile paper on "What is Transactional Analysis?" by a well-known Swiss psychiatrist.

"I hope that this collaboration between international transactional analysis journals will enrich our publications and our learning from each other."

Dr. Schlegel was instrumental in inviting a number of trainers (including myself) to Zürich and organizing a number of long-term training groups there that have produced a series of new advanced members in Switzerland. Schlegel in Zürich, like Raymond Hostie and Salomon Nasielski in Belgium, became interested in Berne's writings before there were training programs in Europe. He studied transactional analysis literature and began to teach it to his students in Zürich. He never received formal training or supervision in transactional analysis, enlisting ITAA and EATA Teaching Members to do the formal training for his students.

Schlegel wrote an excellent textbook in German on transactional analysis that covered all of the theory, and he has written numerous articles for German-language publications. His psychotherapeutic roots are in classical depth analytic therapy and psychoanalysis so he writes about transactional analysis having feet solidly planted in both worlds. There have been many articles published in the *Transactional Analysis Journal* about the interface between transactional analysis and other approaches that also covered the areas of cognitive-behavioral and depth analytic psychotherapy. However, Schlegel's article, in my opinion, gives the best view of the connections between transactional analysis and these fields. If you have wondered how transactional analysis theory and application fits with modern cognitive-behavioral therapy and with depth analytic therapy, this article lays it all out clearly and in excellent detail.

The quality and depth of Schlegel's article induced me to relax the article length limits for the *Journal.* Schlegel's article will appear in the October issue, the last issue for which I will be the editor.

Schlegel himself reminds me somewhat of Eric Berne: both MD psychiatrists; both analytically trained; both at first glance giving a somewhat formal appearance; both with a very strong Adult, a caring and protective Parent, and a somewhat hidden but available and very smart Child. When, in the early eighties, I gave a 101 to Schlegel's student group, he sat quietly watching the rapid and sometimes heavily emotional work that developed as the group learned transactional analysis by doing it. The expected Swiss reserve and formality quickly melted in the enthusiasm for this new approach to psychotherapy. I guess that he was satisfied with the permission and protection offered, and I saw little of him in later groups. However, his influence continued as the students went on with their formal education at the Institute for Applied Psychology so it was an excellent and serious collaboration with which I and other trainers were well pleased.

I look forward to presenting this article and Leonhard Schlegel to you. I hope that this collaboration between the various international transactional analysis journals will continue to enrich our publications and our learning from each other. □

ITAA News

1998 Business Meeting Announced

The 1998 ITAA membership meeting will be held 13 August 1998, 6:45-7:45 pm, at the University Irchel in Zürich, Switzerland, during the EATA-sponsored MITAC. Watch the May-June 1998 *Script* for further details.

Trustee Nominations Deadline

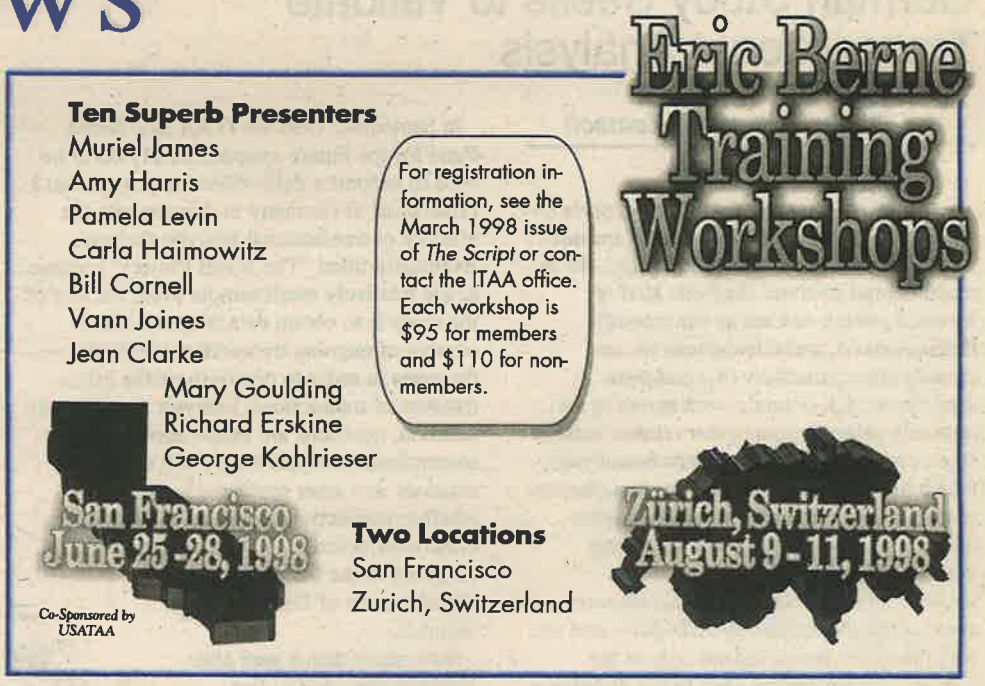
The deadline for nominations for the 1998 election of trustees is **25 May.** There are two positions for Europeans open; the three-year term runs 1 January 1999 through 2001. To nominate yourself or someone else, contact the ITAA Nominations Chair: Vince Gilpin, 464 Somerset Street West, Ottawa, Ontario, Canada K1R 5J8; phone: 613-235-6586; fax: 613-237-1078; email: Vgilpin@inasec.CA. You may also contact Vince Gilpin via the ITAA office.

Grant Deadline

The priority deadline for Eric Berne Fund for the Future grant applications for 1998 is 1 June. Contact the ITAA office for application guidelines.

Set of TAJs Available

David Landy wishes to donate a complete set of the *Transactional Analysis Bulletin* and the *Transactional Analysis Journal* to a worthy recipient, especially one from a third-world country (he will pay postage). For details contact him 322 Sycamore Ave., Shrewsbury, NJ 07701, USA; phone: 732-747-1617. □





Maui, Hawaii 1999 Call for Proposals

Theme: "West Meets East"

An ITAA/USATAA Conference * 24-27 January 1999

Deadline for Proposals: 15 June 1998

I. INFORMATION COVER SHEET

PRESENTATION TITLE

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ADDRESS: Street

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COPRESENTER(S):_____
(Give name(s) & highest academic degree. Note: You are responsible for contacting copresenters and ensuring their attendance or replacement.)

Format: □ Lecture □ Discussion □ Panel □ Paper
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Duration: □ One day □ 1.5 hours □ 3 hours □ Paper (50 minutes)
Area: □ Clinical □ Organizational □ Educational
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Track: □ Theory □ Treatment □ Special Applications
□ Comparative Modalities □ Marriage/Family □ Social Issues
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Level: □ Beginner □ Intermediate □ Advanced
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Presentation Given Before? □ No □ Yes
(where/when):_____
Goals & Objectives: What do you hope to accomplish during your time?_____
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II. ABSTRACT. Attach typed abstract of up to 100 words for use in conference publicity.
III. BIOGRAPHICAL SKETCH. Attach a typed biographical sketch not to exceed 20 words.
IV. OUTLINE. Provide a chronological outline of up to 2 typewritten pages: what will happen during your presentation, use of time, how material will be presented, what learning aids will be used.
FEES: Presenters attending the full conference pay the full registration fee. Presenters attending only to present pay the one-day registration fee.
RETURN YOUR PROPOSAL BY 15 JUNE 1998 TO: ITAA/USATAA Hawaii Conference, 450 Pacific Avenue, Suite 250, San Francisco CA 94133-4640, USA; fax: 415-989-9343.

PSYCHOTHERAPY

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society. I believe part of this is due to the lack of time we have for our children: With less time our parenting style becomes neglectful and autocratic rather than involved and cooperative. In fact, I think there is a parallel between what is now being attempted with managed care—more impatient and autocratic delivery of health services—and what we have done with our children.

How we are interacted with in our families is reenacted with our peers and structured into the institutions of society. Those who are abandoned and/or bullied, who were denied love and/or appropriate limits, compensate by becoming oversure and autocratic. Those who were smothered and/or overprotected, who were denied power and autonomy, adapt by becoming unsure and dependent. The two groups always find each other and reenact the original abuse. A psychotherapy for the 21st century must be able both to address these individual dynamics and to be proactive in restructuring society to promote what is truly valuable and worthwhile in human life.

Transactional Analysis as a Model

One psychotherapy approach that can help us to work more efficiently and humanely while also illuminating social, individual, and family issues is transactional analysis. Eric Berne said that the goal of transactional analysis is to achieve autonomy by increasing our awareness, spontaneity, and capacity for intimacy—to recover the Natural Child essence with which we were born. The techniques available in transactional analysis help speed up the therapeutic process by enabling individuals to get in touch with their true self and to make clear decisions from that position. The emphasis is always on personal power, responsibility, and cooperative problem solving, affirming worth and value in self as well as in others. Colloquially, Berne expressed this idea as the healthy existential position of I'm OK, You're OK; what he meant by that is that I have worth, value, dignity, and you have worth, value, and dignity. He believed that this was the only position from which psychotherapy, as well as life, should be conducted.

In addition, Berne saw transactional analysis as a social psychiatry, an approach that is as concerned with what goes on among people as it is with what goes on inside of them. He viewed the ultimate measure of a society's health as the reduction of the infant mortality rate. Later transactional analysis authors—Steiner, Jacobs, English, and Massey among them—continued to address the issue of transactional analysis as a social psychology. To be truly autonomous and responsible members of society, I believe that we all must look for ways to intervene effectively to promote the healthy elements in society and to confront the dysfunctional ones.

Unfortunately, the tools that we have available as psychotherapists are seldom used on a societal level. Reinhold Neibuhr, an American theologian, in his book *Moral Man and Immoral Society* (1960), wrote about the difficulty we have extending the morality we implement on a personal level to the societal level. He argued that we need political power to appropriately limit dysfunctional societal behavior; individuals need to organize politically to have impact in society. Psychotherapists in the next century will need to become more political in taking a stand for what is moral and what is not.

Societies do not have ego states, but they do have analogous functions. In the place of the Parent ego state, societies have norms, values, and rules of etiquette. In the place of an Adult ego state, societies have factual information and technologies. In the place of a Child ego state societies have certain character traits and patterns of emotional striving that have developed over time. These elements interact in society in much the same ways as do ego states within an individual, and likewise, they can be worked with to increase the health of the society as a whole.

Societies, like individuals, can be decontaminated from erroneous perceptions by challenging those perceptions and supplying appropriate information. Support and nurturing can be increased by instituting humane practices. Cooperation and excitement can be enhanced by teaching cooperative problem-solving methods through mediums such as theater, music, and cinema, which are more likely to elicit Natural Child interest and excitement in each of us.

Facing the Future

As responsible psychotherapists, we need to find ways to make the information and skills we have increasingly applicable on the societal level. The alternative—to act as bystanders—is self-destructive in an increasingly volatile world. Our basic condition as human beings, Neibuhr (1964) pointed out, is anxiety, because on the one hand we see unlimited possibilities for our lives, while on

- *continued on page 7*

Transactional Analysis Blooming in Arizona as Result of EBFF Grant

by Maxine Petti

In 1996 I was awarded an Eric Berne Fund for the Future grant, and I am delighted to say that it has helped transactional analysis to flower in Arizona in some unexpected and wonderful ways.

My original proposal was to extend academic and public awareness and use of transactional analysis philosophy, principles, and techniques by (1) introducing basic transactional analysis to faculty, graduate students, and public participants at a two-day conference, (2) developing a profile that models interaction supporting healthy human development, marriage, and family relations, and (3) demonstrating that the integration of transactional analysis with other methods of family therapy enhances the efficacy of those methods.

The funding request to complete the proposal was for $2500, and I received $800, which I used as seed money to begin the project. I began by holding a TA 101 in which I was supervised and mentored by Denton Roberts, an ITAA Teaching Member. The two-day workshop was held on the campus of Arizona State University and attended by graduate students, one faculty member, and public participants.

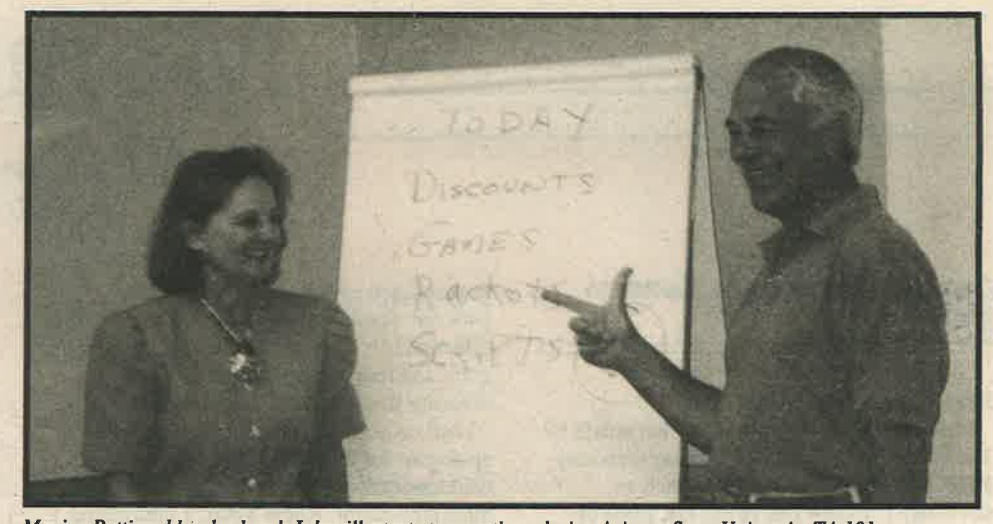
Attendees from the Department of Economic Security were particularly excited about the Karpman drama triangle and its application to the work they do with troubled families. Several participants described transactional analysis as providing them with insight into the likelihood and the dysfunction of persecuting clients with multiple difficulties and have expressed an interest in further training.

In conjunction with the TA 101 I was able to apply for and receive approval from the Arizona Nurses Association for 10.5 continuing education units and to keep that approval for any additional workshops without reapplying until June 1999. I am planning to hold several more 101s in 1998.

As a result of the workshop I was invited to give three lectures on transactional analysis and to participate in two weekend workshops devoted to theories of group psychotherapy. I mentored a group of students doing group therapy one week and in the second week demonstrated the use of transactional analysis with a group of master's-level graduate students serving as the group participants while another larger group observed the demonstration.

Since the TA 101 and the demonstration lectures and groups I have been asked to submit a syllabus to teach transactional analysis on the undergraduate level and have been hired as an adjunct faculty at Ottawa University as a Campus Supervisor of Practicum mentoring master's students who are serving internships in the community. This position affords additional opportunity to disseminate information about the efficacy of transactional analysis for the treatment of many clinical syndromes encountered in these community and private agencies.

For example, the students have found transactional analysis particularly helpful with adolescents diagnosed with borderline personality disorder and for individuals diagnosed with battered woman syndrome. The discussion of violence as a passive behavior knocked their socks off! I plan to donate a copy of *Women as Winners* by Dorothy Jongeward and Dru Scott to the Sojourner Center, a residential treatment program for abused and battered women and their children. I will be doing an in-service training at this center demonstrating the integration of transactional analysis with the survivor therapy approach of Lenore Walker.



Maxine Petti and her husband, John, illustrate transactions during Arizona State University TA 101.

Publicity about the original TA 101 resulted in an invitation to prepare a revision of the chapters entitled "Communication and Interpersonal Skill for the Health Unit Coordinator" and "Management Techniques for Health Unit Coordinating" in *Health Unit Coordinator* (4th edition) by Myrna Weber LaFleur-Brooks. In the revision I integrated transactional analysis methods into the earlier communication and management chapters. The textbook is scheduled for publication in March or April 1998 by W.B. Saunders Company.

Although the grant I received was less than the amount requested and so I could not fulfill the entire project, I am encouraged by the results so far and plan to apply for another grant to complete the work. It has been a gratifying and exciting project, and I am grateful to the Eric Berne Fund and to the ITAA for supporting this effort to grow transactional analysis in new areas.

Maxine Petti, RN, MS, an ITAA Certified Member (clinical) since 1982, is certified to teach the TA 101. She worked for many years as a clinical specialist in psychiatric nursing at the Phoenix Veteran's Administration Medical Center and is currently an adjunct faculty member of Ottawa University, Phoenix Campus. She is in private practice with her husband, John, a psychologist and a new member of the ITAA.

***Editor's Note:** Maxine Petti's article and the report by Gisela Grünewald-Zemsch on page 3 illustrate the kinds of projects the ITAA supports with grants from the Eric Berne Fund for the Future. The priority deadline for grant applications for 1998 is 1 June. Contact the ITAA office for application guidelines.* □

NEW VIDEOTAPES AVAILABLE NOW!

The following videotapes were filmed as part of the Eric Berne Training Workshops presented in San Francisco during the summer of 1997.

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"Treatment of Multiple Diagnoses with Transactional Analysis" with John Dusay
(to be released mid-1998): 60 minutes (estimated)

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CREATING COMMUNITY

continued from page 1

In a world filled with day-to-day struggles and conflicts, to know we are not alone in our work and endeavors, to draw support from others facing similar challenges can give each of us a special feeling of strength and encouragement. Being part of something larger than oneself adds a distinctive sense of purpose and meaning to our lives. Because transactional analysis and its basic truths transcend the potential barriers of every culture and language, we are each in some significant way connected to all those others worldwide who use it and to the good things they bring into the lives of people they touch.

Even those who are members of other regional or national transactional analysis organizations and not direct members of the ITAA are still part of the global transactional analysis community. In fact, everyone who does ethical transactional analysis is a member. It is my hope we can support each other and, when possible, share resources. Just because someone has other priorities or cannot afford to join the ITAA does not mean that he or she is not a valued member of our community or that his or her work is not important. Rather, we need to reach out, stay in dialogue, and support each other in whatever way we can, responding to each other's needs just as an extended family would. There is room for everyone who wants to belong, who shares in our goals, and who does so in an honorable and principled way.

"In a world filled with day-to-day struggles and conflicts, to know we are not alone in our work and endeavors can give each of us a special feeling of strength and encouragement."

I suggest we all reflect on the following as we consider for ourselves what it means to be part of the international transactional analysis community:

I will do more than belong, I will participate.
I will do more than care, I will help.
I will do more than believe, I will be kind.
I will do more than dream, I will work.
I will do more than teach, I will inspire.
I will do more than earn, I will enrich.
I will do more than give, I will serve.
I will do more than live, I will grow.
I will do more than be friendly, I will be a friend.
I will do more than be a citizen, I will be a patriot.

Anonymous

I ask each of you to be aware of and to reflect on the gift of belonging to our community. Even better, I invite you to be an active part of it. Hold your glass high with pride and toast our 40th anniversary and know that throughout the world, others are doing the same. Just as the air we breathe is connected to the air in China and the North Pole and Brazil and Germany and Latvia and India, we are also connected to each other. And that is worth celebrating this year and for many years to come!

Members' Forum

Outrage Over Novey's "Letter to Santa"

Dear Editor,

I am outraged and disgusted by the article by Ted Novey in the *Script* of January-February 1998. I am quite dismayed that such an obviously I'm OK–You're not-OK piece of attack journalism was published. We are an organization that is based fundamentally on the philosophical premise that each person is OK, and that our interactions are most productive and human when they are from an I'm OK–You're OK position. Mr. Novey's article, though cloaked in a child's letter to Santa form, is a nasty attack on Richard Erskine, Landy Gobes, and the many transactional analysts and other psychology professionals who value integrative transactional analysis and the ego-state theoretical work that is an integral part of it. All those who have followed the theoretical debate on ego states in *The Script* and the *Transactional Analysis Journal* will recognize it as an attack. Mr. Novey recognizes it as an attack when he adds the PS to his letter which says, "Santa, please bring lots of good presents to Richard and Landy and all of the other nice Integrated Adults so they won't be mad at me."

The debate about ego states has been carried on as a theoretical debate. For the most part, the debate has stayed within the bounds of OK-OK discourse. Mr. Novey's piece marks a change in that atmosphere. It is also interesting that the piece is published the very month that the ITAA has made the book *Theories and Methods of an Integrative Transactional Analysis* available. The juxtaposition is very curious and leaves me wondering. Rather than commenting on the publication of *Theories and Methods of an Integrative Transactional Analysis*, the editor of the *TAJ* attacks the author, Richard Erskine, as well as another principal published debater on the subject, Landy Gobes, and all the people who subscribe to an integrative transactional analysis model of ego states.

The debate over ego-state theory has received a significant and welcome boost in the publication of *Theories and Methods of an Integrative Transactional Analysis*. This book puts the Integrated Adult model of ego states (Mr. Novey's nomenclature) into perspective as an integral part of a well-developed body of transactional analysis theory. Every theory undergoes growth and development. Transactional analysis has done so as well. We now have several different schools of transactional analysis. The different schools emphasize different aspects of transactional analysis theory and develop specific methodologies based on those theoretical preferences and choices. This has been enriching for the theory and practice of transactional analysis.

Integrative transactional analysis has introduced a debate over how we conceptualize ego states. The understanding about why there are three ego states and not a unitary ego is different depending on which side of the debate you subscribe to. This is fundamental stuff. It is important that we remain in an I'm OK–You're OK position when debating concepts that go to the very heart of what we think and how we practice as transactional analysts. If we stay in an OK–OK position, and work out our feelings from that place as well, we stand to gain a great deal theoretically, clinically, and organizationally. That's why Novey's attack is such a crucial moment. Other organizations generally go the way of splits and fragmentation after just such degeneration of theoretical debate into personal attack. Are we prepared to go in that direction? Or will we choose to go against that grain and reap the benefits of unity in diversity through OK–OK discourse?

I call on you, Mr. Cornell, as the editor, to apologize for this attack. Because of initial communications on this matter with the managing editor, Robin Fryer, I understand that the editorial process was not firmly in place because this was your first issue as editor. Unfortunately, you as the editor are objectively responsible for what gets published. I think a public, written apology is called for because *The Script* has involved all of us in the ITAA in an attack on Richard Erskine and Landy Gobes and on those transactional analysts who subscribe to the integrative transactional analysis model. Further, I think it is now important for you to set the tone for articles in *The Script* under your editorship and to comment on your views concerning theoretical debate and its place in the newsletter. [See page 2 for Editor Cornell's comments.]

I also call on Mr. Novey to apologize for this attack. The editorship of the *Transactional Analysis Journal* is a position of significant power in the ITAA. That power can be used to further theoretical inquiry, postulation, and debate. It can also be used to steer, mold, and detour those theoretical activities. When, as in Mr. Novey's article, the editor attacks and belittles a particular theoretical position, he uses his power in such a way as to politicize the debate. One position is canonized. The other is vilified. Throughout the "Letter to Santa" these dynamics are evident, particularly in wishes 7, 8, and 10. Do you wish to leave your mark on the organization as editor with this call for theoretical debate on the subject of ego states to stop? That is the objective consequence if everyone heeded your wish that everybody would just agree with the three-ego-states model (Mr. Novey's nomenclature).

Another problem with this article is the format of a letter to Santa. We are an international organization. What are the people in India, Pakistan, Japan, and Israel, as well as Muslims, Buddhists, Jews, and other non-Christians in the United States to do with such a completely Western and Christian cultural form? Are they in any way offended or confused by its usage? I know that we have the "waiting for Santa Claus" notion in our script theory. That was written at a time when the transactional analysis world did not include peoples who were Muslim, Buddhist, and from other religions and cultures. Even then it asked Jewish members to use a Christian form to understand theory. Even though most readers of the newsletter probably have some minimal understanding of the notion of Santa Claus, Novey's article asks people to deal with an important topic through a prism that is uniquely Western and Christian. I think it is problematic in an international organization.

We have a significant task ahead of us in the building of the ITAA. Attention to the details is important. Even more important, however, is the atmosphere in which we are nurturing each other's growth and into which we are inviting people. If theoretical debate goes on in an aggressive, mean-spirited fashion, we are in trouble. People will not put their thoughts and ideas out there. New people will not be attracted to us, except for those who relish this kind of negativity. Current members will leave.

I'd like to continue building an I'm OK–You're OK organization. I will leave an aggressive, mean-spirited organization.

Damon Wadsworth, New York, New York, USA

Dear Editor:

Words are conveyors of our beliefs and attitudes. *The Script*, through written words, reflects who we are and what we think as members of the International Transactional Analysis Association. In the January-February issue, with the message of hope and encouragement of our new President, George Kohlrieser, I was uplifted and proud to be a member of the ITAA. In the Journal Entry column by Ted Novey, I was offended by his words and his misunderstanding of the concept of the Integrated Adult. Berne's description of the "integrated person" (*Transactional Analysis in Psychotherapy*, p. 195) appears fundamental in such a discussion.

As a professional organization we must take responsibility for our written work. As a group we must also be open to new and divergent ways of thinking. Unfortunately, my experience with the organization over the last 22 years has been to witness our members splitting each other apart, rather than disagreeing (and sometimes vehemently) while at the same time respecting and supporting the other's opinions. This is one reason that I have considered leaving the ITAA at times. I have stayed with the transactional analysis community because I have found individuals in the organization who do indeed demonstrate relationships in which there is respect, tolerance, and space for differing views. I admit that I have taken some strong stands and berated an idea when I should not have done so. I regret this behavior. My professional and personal growth, especially within the transactional analysis community, has taught me about respect for others who have different thoughts from mine.

How ideas are constructed and conceptualized offer an explanation or meaning for a phenomenon. This helps to give meaning and organize ideas into a gestalt. However, this same process, which helps us to form an understanding of ideas, also can confine. Theory is essential to how we understand. Theory may also limit because the hypotheses developed are from one point of view. It is therefore essential that space be allowed for more than one theoretical perspective. Then maybe, just maybe, there can be room for all of our ideas. Who defines the space we have anyway? Did any of us consider that the space for our ideas as transactional analysis members can be limitless?

Our new president states: "One role of a secure base is to support and nurture exploration" (January-February *Script*, p. 1). Perhaps this needs to be a mission statement for all of us committed to the ideas and theories generated by transactional analysts throughout the world.

Marye O'Reilly-Knapp, Devon, Pennsylvania, USA

Dear Sir:

As a new member of the ITAA and one of the "other nice Integrated Adults" referred to in the postscript of Ted Novey's "Letter to Santa" (January-February 1998 *Script*, p. 3), I have a message for Mr. Novey and the person(s) responsible for the publication of this article: I am mad, I am offended, and I am extremely disappointed.

Becoming a member of the ITAA was a deliberate step, one that I did not take lightly. Prior to joining I had to determine whether the ITAA could be a supportive and nurturing community for a developing integrative psychotherapist. I also had to be certain that I had something to bring to this organization other than simply another voice in an ongoing debate.

A great many things went into my final decision. At the core was a belief that there was a commitment in the ITAA to exploring differences from positions of mutual respect. I viewed the publication of *Theories and Methods of an Integrative Transactional Analysis* by Richard Erskine as one sign of this commitment.

After reading Mr. Novey's article, I thought maybe I'd made a mistake and should withdraw from the organization. On further consideration, I decided the mistake made was allowing Mr. Novey to use this forum as an opportunity to polemicize under the cover of cuteness and joking. Not only was "Letter to Santa" not funny, it was insulting and disrespectful to the members of the ITAA.

I don't know a great deal about the ITAA's internal politics, but I assume such a large and diverse group of individuals must hold many more than two positions. What does this kind of attack say to members about expressing their opinions and entering into discussion and debate? Is the message to sit down and be quiet or face attack and ridicule if your opinions upset the wrong person(s)? Or is the method of engaging in debate exemplified by Mr. Novey's article reserved for those whose work becomes a force in the transactional analysis community worldwide?

Personally, I look forward to a long and productive association with the ITAA. I do not have a problem with there being differences or disagreements among us, as long as we are all principled and respectful in our working relations. Finally, this "nice Integrated Adult" prefers her joy, excitement, and fun to emanate from her life and who she is, rather than from the belittling or ridicule of others and/or their ideas.

Alexis DiVincenti, New York, New York, USA

P.S.—I would like to note that, except for "Richard and Landy," everyone in the January-February issue of *The Script* had a last name. Is it your editorial policy not only to fail to identify people, but to fail to provide their last names as well?

Dear Ted:

In your tenure as editor of the *TAJ*, I have particularly liked your efforts to understand and open to discussion, through the vehicle of the *Journal*, different ways of thinking and practicing. You have devoted wholes issues of the *TAJ* to single themes, such as social constructivism, integrative psychotherapy, and regression in psychotherapy. I have especially respected what seemed like very personal attempts to understand integrative psychotherapy as Richard and I have developed it, going way beyond what I would ever expect of a journal editor. I was, therefore, very surprised to read your Journal Entry in the January-February 1998 issue of *The Script*.

My surprise is not that you have a different way of understanding psychological and social phenomena—those differences have been both stated and implied in your various "Letters from the Editor" in the *TAJ* and in your *Script* columns. My surprise is in your wish to have everyone think the same as you do, a wish that seems so different from your past behavior and so at odds with the role of editor of a professional journal.

I think transactional analysis theory would run the risk of stagnation if everyone were to

- *continued on page 7*

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1998

Two Summer Workshops

with

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

INTEGRATIVE PSYCHOTHERAPY WORKSHOP: JULY 17 – 26, 1998

This ten-day residential workshop 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 for case consultation. A previous workshop is described in *Integrative Psychotherapy in Action* by Richard G. Erskine and Janet Moursund (1997, Highland, NY: Gestalt Journal Press, ISBN 0-989266-32-6).

Cost: $1950.00 for tuition, room and meals.
Reservation Fee: $450.00 non-refundable.

THERAPISTS AND THEIR PARTNERS: July 31 – August 5, 1998

This six-day residential workshop will apply the concepts and methods of Integrative Psychotherapy to partners in living and working relationships. The specific relationship needs of therapists and their partners will be explored and enhanced through a focus on contact and withdrawal, self-definition and respect, empathic conflict resolution, affective attunement, quality time commitment, inquiry and therapeutic dialogue, and understanding relational needs.

Cost: $2900.00 per couple, including room and meals.
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Location: Both workshops will be held in Kent, Connecticut (near New York City) at the Old Chestnut Inn, with spacious grounds, gardens, and swimming.

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MEMBERS FORUM

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think the same way. Our ideas, theories, and approaches stay alive and vital as we share our differences in thoughts and understandings. After all, in our field we generally do not discuss matters of physical reality that might possibly lead to a "consensual view of the world and universe," as you suggest. (And, as I'm sure you are aware, there are disagreements in the physical sciences as well in this regard.) Rather, the most that any of us can hope to do is share with others the sense that we are able to make of such indefinite and imprecise phenomena as what we call "emotion," "attitude," "motivation," "meaning," and yes, even "ego states."

We all choose to be part of transactional analysis because we find something that seems "right" in Eric Berne's particular map of these phenomena. But his view is no more right—and no more wrong—than probably anyone else's, at least until we are able to improve our research on such things as the human nervous system, biochemistry, genes, energy fields, and so on, which may better inform us in years to come. Until then, we do the best we can by understanding our own experiences, observing and trying to understand others' experiences, and very importantly, reading and listening to how others describe, make sense of, and organize these phenomena.

I *need* to know differences in the way people think in order to think more clearly myself and in order to know and understand myself and those I am privileged to have a relationship with. To that end, I hope we don't all think the same way, but rather, that we are able to find some generally similar ideas and terms that allow us to discuss phenomena from a common framework.

My last concern about your wishes is that they lead potentially to the very thing you mention in your Item 10: "being manipulated, cheated, and deceived by false [whatever that means] leaders, teachers, and healers." Our protection from such people is in being allowed and encouraged to think and discuss our own thoughts freely and openly, without fear of ridicule or control. I don't really think control is your intent, but it leaves me wondering why your wrote your "Journal Entry" as you did. If you have very different ideas from ours—or anyone else's—and want a place to explicate them, I hope you'll take the opportunity that we all have of developing them in an article and submitting them to the editorial board of the *TAJ*. I look forward to being able to read your ideas in a fully developed format.

Rebecca Trautmann, New York, New York, USA

Dear Santa at the North Pole of Transactional Analysis:

I am writing a little late this year. I hope you're not still tucked away in bed reading a copy of Richard Erskine's new book comfortably recuperating from your usual holiday travels. And I hope you have received Ted Novey's letter to you, which he shared with all the rest of us down here in the January-February 1998 issue of *The Script*.

Ted's writing to you was a great idea, so I thought I'd ask for some things as well. I want you to give all of us in our field the ability to disagree, argue, and most of all have different opinions about the work we do in an OK fashion. *TAJ* Editor Novey wants all of us to think the same, to think the "right way," and that way is his way. And I work at it, by writing scientific articles and by attempting to validate my points of view.

But frankly, Santa, don't make me agree with Ted, as he asks. But please, dear Santa, get him to convince me. And meanwhile, give me the power to have different ideas and make it OK with Ted, or, if not that, at least let others who disagree with his policies have an equal say and space in *The Script*.

Santa, would you ask Ted to stop using words like "never" and "always"? Remind him that he is a scientist and that absolute words are used with great care.

And Santa, could you get him to stop calling other people's theories "icky"? Ted writes about fun and lovingness in the Child and then says the term "Integrated Adult" is "icky." And could you send him a copy of Berne's postulations on that subject? He's the guy who used the term in the first place.

In his letter to you Ted asks for a good mommy and daddy in his head, one that is always available to comfort, support, and negotiate safe limits for the Child. Please do this for him. Because if you give him some limits maybe he won't say "Yuck" when talking about someone else's ideas.

Please give Ted the chance to apologize for implying that another professional is a deceiver and a false teacher, leader, and healer.

Santa, I am reminded of another Teddy, Teddy Roosevelt, the 26th president of the United States, who said the White House was a "bully pulpit." Our own Teddy, Ted Novey, the Editor of the *TAJ*, uses his column in *The Script* and his letter from the editor in the *TAJ* as a bully pulpit like President Roosevelt did. He even attaches comments to other people's articles without doing any homework and doesn't allow them the literary courtesy of a rejoinder. Could you get Ted to stop moralizing, politicizing, and putting down theory without doing what the rest of us do, that is, write articles!

Alan Jacobs, Chicago, Illinois, USA

P.S. On a personal note, Santa, would you please tell Ted not to hang up the telephone when I argue against his cuts in my articles?

Dear Readers,

Thank you for your comments. I am glad that there is so much interest in my Journal Entry columns.

Ted Novey, Glenview, Illinois, USA ☐

PSYCHOTHERAPY

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the other we realize that we are subject to disease, pain, and death. Thus we know neither how much nor how little we are really capable of. We try to escape this predicament either by amassing enough money, power, influence, and so on to try to control it all and thus be invincible, or by attempting to lose ourselves in some sensual pleasure to try to make it all go away. I call the first the Parent solution and the second the Child solution.

Obviously neither ultimately works. It is only when we are willing to recognize and face the uncertainty of life, accept our vulnerability as human beings, and have faith and courage to live fully in spite of that uncertainty that we can truly be free. An effective psychotherapy for the 21st century—which I believe transactional analysis can be—is one that will assist us in so doing. That is our task and that is our challenge.

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