The Script

ITAA

INTERNATIONAL TRANSACTIONAL ANALYSIS ASSOCIATION

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Fund Distribution–A Key to the Longevity of the ITAA

by Tim Schnabel



Tim Schnabel, Fund Distribution Chair

All of us recognize the terms "stimulus hunger," "stroke," and "life script." We know we are in a conversation called transactional analysis. However, there is another term with which many of us may not be familiar but that has potency for the long-term positive future of transactional analysis and the ITAA. This term is "fund distribution.

What is Fund Distribution? Fund Distribution is comprised of two separate, distinct funds: The Eric Berne Fund for the Future (EBFF) and the Scholarship Grant Fund (SGF). The purpose of the EBFF is "to establish into perpetuity funds for the sponsoring of research, the promotion of the use and teaching of transactional analysis, building worldwide unity, and supporting professional standards." The SGF was designed "to provide training in transactional analysis for members with limited financial means and a commitment to becoming certified." In essence, both funds were designed to disseminate our knowledge base as well as to broaden our global participation.

How did Fund Distribution come about?

> **'There is another term that has potency for the long-term positive future of transactional analysis and the ITAA: 'fund distribution.' "**

In 1983, the ITAA Board of Trustees approved the formation of what was then called the Development Fund Committee. Three wise, committed, generous long-term members—Ted Novey, Abe Wagner, and Ed Zerin—met to begin the development of the EBFF. Donations were heavily solicited from 1983 through 1987 and contributions ranged in size from $5 to $10,000—yes, ten thousand dollars! In 1987 the Fund had grown enough to begin offering grants.

Concurrently, monies were established for what was then the Scholarship Loan Fund. Denton Roberts, Alan Jacobs, Carla Haimowitz, and the Social Action Committee were influential in its conception. However, it became clear after a few years that we did not possess the skills or staff to act as a lending (tracking) institution, so in 1994 the fund was transformed into what is now the Scholarship Grant Fund.

What are the key distinctions between EBFF and SGF? The EBFF is keenly interested in proposals that demonstrate "the evaluation of the effectiveness of various applications of transactional analysis theory." Initially, an individual or organization did not have to be a member of the ITAA to apply for and receive an EBFF grant. However, we discovered that we received applications from individuals and groups who professed a working knowledge of transactional analysis, validated by the fact they had taken some short course in transactional analysis or even a TA 101. However, there was often no follow up by these individuals and most never belonged to the ITAA. While their projects were generally worthy endeavors (some were funded), transactional analysis was hardly a cornerstone of their work. Thus it really was

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Beyond Empathy

An Interview with Rebecca Trautmann and Richard Erskine

by Bill Cornell

Bill: Hi, Rebecca. Our main purpose here is to talk about your new book, *Beyond Empathy*, which you coauthored with Richard Erskine and Janet Moursund, but as we begin I'd like us to back up a bit and talk about your initial involvement with transactional analysis. How did you find out about it? What drew you to it?

Rebecca: OK, this is a nice opportunity to recognize some people who got me started in transactional analysis. My first introduction to transactional analysis was with Jonathon Wagner in St. Louis. I was doing my nurse's training there and was on a psychiatric rotation at the state hospital. Jonathon was doing a great job with both inpatient and outpatient groups at the hospital. I was very interested in groups then, so I would return to the hospital at night to watch him work. He kept doing these transactional analysis things in the groups, so I got interested in transactional analysis.

Bill: What was it about the transactional analysis that caught your interest beyond the group work?

Rebecca: Seeing people make use of the ideas right away. And this was in a state hospital, so there was a wide range of patients there. Many patients in Jonathon's groups were quite disturbed, but they could make use of the transactional analysis ideas to reflect on themselves and their interactions with others.

Bill: Were you always interested in psychiatric nursing or had you started in basic nurse's training?

Rebecca: Well, I had planned to go back to India with my nursing, to do village work. But I found I didn't like nursing, so suddenly my whole life collapsed. Then I went on rotation at the state hospital, and I loved it. After graduating I moved to Washington, DC, to work at the Bethesda Naval Hospital because I wanted to work with people coming home from Vietnam. I hooked up with H. D. Johns there and started formal transactional analysis training, working for my CM. I later moved back to St. Louis to get my social work degree and worked with Jonathon again for three years.

> ***"With ego-state theory we have the tools to effect change at fundamental, characterological levels."***

Bill: What aspect of transactional analysis theory and training has been the most meaningful, the most enduring in your work?

Rebecca: Ego-state theory, for sure—both because of its immediacy and because of its deeper implications.

Bill: Would you say more about both of those?

Rebecca: By immediacy I mean what I was talking about with the patients in the state hospital. People can grab onto ego-state theory right away and make use of it to bring about a lot of changes. Then there is the profoundness of it—I think that with ego-state theory we have the tools to effect change at fundamental, characterological levels. It's useful for understanding and changing how we make decisions, dysfunctional relationships, poor communication, those sorts of things, but it goes so much deeper. With the concept of the Child ego state, for instance, we can understand and work at all sorts of levels of child development, childhood trauma, early relational disturbances. We can bring it all alive and work with it. With the concept of the Parent ego state, we can look at many aspects of what we have taken in from the outside world. This allows us to do generational work. Between the two—Parent and Child—the breadth of what we can address, how we can work, is huge.

Bill: And what is your story, Richard? How

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Outstanding Projects Awarded Grants

The following four individuals were awarded Eric Berne Fund for the Future grants in 1999:



Gloria Noriega ***($2,400)*** writes, "The unconscious transmission of the codependency-in-alcoholism script, from one generation to the next, and a method for treating codependent clients using transactional analysis are the two main emphases of my doctoral research project in the Faculty of Medicine of the Universidad Nacional Autónoma de México. The results will be developed into a treatment manual and a *TAJ* article. I am also validating and standardizing a Codependency-in-Alcoholism Inventory for use as a diagnosis and change-measurement tool. To my knowledge, nothing has been scientifically proven in Mexico regarding codependency in alcoholism, and we need to learn therapy methods that are effective in preventing and treating this problem. This is also an opportunity to demonstrate at the university level the usefulness of transactional analysis applied to a specific area. Even physicians here have been interested in this subject; it has been wonderful to see in them the same kind of enthusiasm that we all experienced when we first discovered transactional analysis."



Nadyezhda Ivanovna Spassenko ***($5,500)*** writes, "In the Ukraine, 146 people completed the TA 101 between December 1997 and October 1998. Since then our thrust in establishing transactional analysis in the Ukraine has been toward obtaining registration for the Ukrainian Association for Transactional Analysis (UATA) and searching for financial assistance to continue transactional analysis training on the second, third, and fourth levels. All this has happened without a single printed word about transactional analysis in Ukrainian! The EBFF grant will help us translate Stewart and Joines's *TA Today* into Ukrainian. Our intention is to develop a transactional analysis vocabulary in Ukrainian that will serve as a quality reference for translations. For example, there is no word for "Parent" in Ukrainian! Vladimir Aleksandrovich Danchenko, who has 20 years of experience in psychology publishing and translating, and I will do the work. Our hope is to publish *TA Today* so that it is affordable and every transactional analysis student here can have his or her own copy of this basic text."



Kerry Towers ***($600)*** writes, "Many thanks to the EBFF for this grant, which will allow me to pursue parenting projects with parents, children, and schools in low socioeconomic areas in Australia. I teach parents strategies for interacting more

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EDITORIALLY YOURS

by Bill Cornell

Reconsidering Basic Constructs

In my last column I wrote of some of my thoughts about the ongoing tensions between the maintenance of identity and vitality within the evolution of theory and technique. I included a description of my rather shattering theoretical encounter with the perspective of James Masterson at an ITAA conference more than 15 years ago. Fortunately, I think, our theoretical perspectives usually evolve a bit more slowly than that, a product of ongoing questioning and new learning rather than the result of such a thorough shock as I described in my Masterson experience.

In this month's *Script,* we present an interview with Richard Erskine and Rebecca Trautmann in which we look back at their evolution as transactional analysis theorists and psychotherapists drawing on different theoretical perspectives in the development of their work. As we discussed their new book, *Beyond Empathy,* and Richard's *Theories and Methods of an Integrative Transactional Analysis* (published by TA Press in 1997), it was fascinating to hear how deeply founded their current work remains in ego-state and life-script theory.

As I have been looking ahead to this year's *Scripts*—in addition to the ongoing function of providing organizational news and information—I wanted to set out another series of theme-centered issues. Such special issues have received enthusiastic, supportive responses from members, especially when they dealt with material that has immediate, practice-centered applicability.

In keeping with this response, we have decided to solicit articles from members for a series of issues on "Reconsidering Some Basic Transactional Analysis Constructs." We ask each of you to think and write about how your ideas about and application of central transactional analysis tenets have evolved. The articles need to be short, about 500 words, and may be theoretical or practical.

Writing for *The Script* works best when it is personal and succinct. Perhaps you have something to say about a training experience, a supervisory encounter, a personal experience, or a particular client that has changed your thinking about a central construct in your work. This is the kind of thing that we would like to hear about. The most formal and usual development of our theory and technique comes through articles in the *Transactional Analysis Journal* and conference presentations. However, much of our personal learning and professional development comes through our daily efforts as clinicians, teachers, and trainers. This is the particular type of learning and evolution we want members to bring to one another in the pages of *The Script.* We are not asking for journal-style articles, but for personal perspectives. And if you are nervous about writing for public consumption, please give it a try. Robin Fryer and I will help with editing.



"We ask each of you to think and write about how your ideas about and application of central transactional analysis tenets have evolved."

For the summer of 2000, we are soliciting articles centered on the following themes:

June 2000—"Contracts" (including no-suicide contracts) with a 1 May deadline for manuscripts

July 2000—"Game Theory," with a 1 June deadline for manuscripts

August 2000—"The Unconscious," with a 1 July deadline for manuscripts

We are aware that these deadlines are tight and may be unrealistic for some ITAA members, especially those who live outside the United States, but fortunately editing can be greatly facilitated by email and fax. We are soliciting articles for these theme issues not only in these pages but also via the *TAJ,* the Internet TA Discussion List, *TAJnet,* our website, and the EATA and WPATA newsletters. If you cannot make a deadline, please submit your article anyway, as it is our hope that these theme issues will generate ongoing discussions through subsequent articles and letters.

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The Script ITAA

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Classified Ads: $5/per 80 characters/spaces

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Ad Size	Rate	Width	X	Height
1/16Page	$50.	2" (5cm)		3"(7.6cm)
1/8 Page	$90.	4-1/2"(11.5cm)		3"(7.6cm)
1/4 Page	$170.	4-1/2"(11.5cm)		6"(15.2cm)
3/8 Page	$250.	4-1/2"(11.5cm)		9-1/4"(23.5cm)
1/2 Page	$330.	9-1/4"(23.5cm)		6" (15.2cm)
1/2 Pag		4-1/2"(11.5cm)		12-3/4" (32.4cm)
9/16 Page	$370.	6-3/4"(17.2cm)		9-1/4"(23.5cm)
Full Page	$625.	9-1/4"(23.5cm)		12-1/3"(32.4cm)

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FUND DISTRIBUTION

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not the best investment we could make. We have since added more rigorous requirements for non-ITAA applicants. Currently the EBFF favors applications primarily from our membership or from persons who can demonstrate more than a cursory knowledge of and commitment to transactional analysis. The SGF is a resource, expanded in scope these past 10 years to be directly supportive of our membership in three ways: financial support for advanced training (including filing and exam fees), financial assistance for both dues relief and conference fee waivers, and:

Something Brand New: In August 1999 in San Francisco, our board passed a motion that I am calling "The 75/25 Elder Resolution." Any individual who has achieved 75 years and been an active member of the ITAA for 25 years may apply for a conference fee waiver to the annual ITAA conference on a first-come, first-serve basis. Through the SGF there will be 10 elder awards given for each major conference. The SGF will contribute $100 fee waivers for up to 10 individuals or $1000. This motion recognizes our esteemed members in and of themselves, period! It also recognizes those of our elders who may now be on a fixed income. We want to encourage all to attend conferences as often as they wish. While there is no limit on the number of times an elder may attend major transactional analysis conferences, requests must be made on a per-conference basis. The SGF committee is deeply appreciative of our board, not simply for their support, but for their compassion and wisdom. To apply for the Halifax conference, contact Tim Schnabel (details provided at the end of this article).

Speaking of the Halifax 2000 Conference, is there more good news? You bet! While it has not been vigorously publicized, every ITAA member (RM and advanced) is entitled to a one-time "hardship" conference fee waiver through the SGF. "Hardship" can be defined as traveling a long way to a conference and money is tight or, as one member disclosed last year, "I just lost my job," or, as another exclaimed, "Medical expenses have consumed any discretionary income I might have had." Records kept until now have been sketchy regarding who received what and when. So, with the arrival of 2000, we are beginning anew. There are 20 such conference fee waivers available for Halifax, and we do our best to be user-friendly, sensitive, and discrete.

What are the criteria used to review EBFF proposals? There are four: (1) How does the applicant's program extend communication regarding the use of established principles of transactional analysis to places, persons, and institutions that might otherwise be untouched by transactional analysis? and/or (2) How does the applicant's program support research in transactional analysis theory or practices, including clinical, educational, or organizational uses? and/or (3) How does the applicant's program support the development of measurable professional standards of competency for the practitioners of transactional analysis in various settings? and/or (4) How does the applicant's program extend the impact of transactional analysis into a new area or build a bridge between transactional analysis and another discipline? The committee strives to act in a user-friendly manner, encouraging new and differing proposals while being fiducially responsible to the principles of the fund.

Who has benefited from these two funds in the past few years? In addition to our recent recipients and their projects (highlighted in this *Script*), past EBFF monies have been awarded for, among other things: travel to Eastern Europe to conduct pro bono training by esteemed ITAA members, a project using transactional analysis with Aids patients in Colombia, a small evaluation study in Germany regarding the use of transactional analysis theory as an effective diagnosing system for psychiatric problems (see the January 2000 *TAJ* for initial results of this project), and a number of small grants for the purchase of transactional analysis books and tapes for libraries around the world.

The identities of SGF recipients remain confidential. However, monies for training, dues relief, conference fee waivers, and membership fees have been paid this past year for members from Brazil, Chile, China, India, Japan, Spain, and the United States.

How sound are these funds, how much is available for disbursement, and can members still contribute to them? Through the diligent efforts of the finance committee and, in particular, the brilliant work of Ted Novey, our monies have faired extremely well via Wall Street. Currently, the EBFF investment portfolio has an approximate value of $154,000 with some $13,400 available for disbursement in 2000. The SGF investment portfolio has an approximate value of $180,000 with some $16,000 available for disbursement in 2000. Generally, at the end of the year any unused monies are returned to the principle of each of the funds.

On your dues renewal, you are provided an opportunity each year to make a voluntary contribution to the EBFF and/or the SGF. Please consider doing so. Also, I encourage those of you who have fared well in accumulating material wealth to consider these funds in your wills or estate planning. All contributions are and will be deeply appreciated.

Some of you reading this might think, "Those funds are doing fine! They don't need any more money." Let's go back to 1983. The original goal was to establish a fund of one million dollars! Our current financial position is mostly due to the strength of our investments the past few years, not to contributions.

How can I make a proposal to the EBFF or request a grant from SGF? Contact the ITAA office in Oakland for details and forms or address your questions or comments to me, Tim Schnabel (this year only) at tim.schnabel@Mindspring.com or at 1573 Bent River Dr., Lilburn, GA 30047-450, USA.

To Musicians and Lovers of Music

Because of two crises when I was about eleven years old, I turned off my deep involvement with classical music. I close my violin case, never playing again.

Recently a specific event turned me on to music again. It is so exciting and filled with wonder that I decided to write another book, this one about transactional analysis and music.

If you are interested in adding a short personal story to this book, please contact Muriel James, PO Box 356, Lafayette, CA 94549, USA; phone: 925-283-2352; fax: 925-283- 7013; email: mmjames@earthlink.net



JOURNAL ENTRY

by Tony Tilney

On Time

I have not heard anyone ask "Why should we celebrate the millennium?," but this is a reasonable question. Why attribute such significance to a moment in time?

Measuring in years is a consequence of an astronomical fact: That is approximately the time it takes for the earth to make a complete orbit around the sun. Measuring in tens is no doubt the consequence of having ten fingers. Investing great significance in a thousand probably derives from the mystical or magical significance that many cultures attribute to the number three. A thousand is three tens multiplied together (in mathematical terms "ten to the power three").

I experience time as continuous. On waking I have a clear sense of elapsed time; my sleep does not interrupt the continuity of time. Yet for all of us there are significant moments in time: "That was the beginning of . . . "; "After that it was never the same . . ."; "I shall never forget the moment when . . . ."

Our personal meaning system processes time as significant moments embedded in the unmemorable flow of time, but is this true? How does this square with the seamless fabric of time? Our personal myth, through which we define ourselves, is composed of discrete significant moments and discrete significant facts. Our experience, like time, is also unbounded. Two thousand five hundred years ago Heraclitus pointed out that everything flows. The development of contemporary scientific culture has stressed analytic methods that break reality into components in order to understand it. As a result we lack satisfactory ways of conceptualizing process.

In fact, poets have been more successful than psychologists in doing this. For example, Robert Waller wrote these lines about the experience of falling in love (interestingly, our English idiom "falling" suggests an abrupt process).

> We are the wombs of secret pregnancies
> Time slyly rears; we do not guess
> What children we shall bear, what foetus folds
> Inside our flesh to make uncertain certainties.
> I must have slept like Adam while this love
> Grew underneath my ribs in quiet industry.
> Our pleasures were too modest for such parentage.
> How many simple acts know they connect
> Like levers with a vast machinery?

The poet catches the essence of the process that at some point becomes surprisingly manifest.

Psychotherapy addresses human experience in an attempt to make it richer and more fulfilling. It tends to do this armed with a conceptual system that looks for discrete facts and discrete events. It needs to do this, and analytic approaches have proved extremely valuable. However, they do tend to miss the flow of experience, the long "secret pregnancies" that suddenly manifest as an event or a fact. The event or fact signals a process that has a history and also a future. The moment is much less than the process but more accessible. We need to look at both.

Perhaps the millennium celebrations represent our overvaluing of the moment.



"The moment is much less than the process but more accessible. We need to look at both."

Reference

Waller, R. (1946). Lying together. In J. Lehman (Ed.), *Poems from new writings (p. 35).* London: John Lehman.

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TAJnet Growing

The Internet is growing exponentially, and transactional analysis authors published there continue to enjoy worldwide exposure. *TAJnet* also continues to grow. Subscriptions now include people from 54 countries.

United Kingdom: 84 (23%)
United States of America: 65 (17%)
India: 28 (7%)
France: 13 (3%)
Italy: 13 (3%)
Australia: 11 (3%)
Yugoslavia: 11 (3%)
Canada: 10 (2%)
Switzerland: 9 (2%)
Brazil: 8 (2%)
Netherlands: 7 (1%)
Spain: 6 (1%)
Sweden: 6 (1%)
New Zealand: 6 (1%)
Taiwan: 6 (1%)
Russian Federation: 5 (1%)
Germany: 5 (1%)
Ireland: 5 (1%)
Japan: 4 (1%)
South Africa: 4 (1%)
Turkey: 3 (0%)
France, Metropolitan: 3 (0%)
Croatia (local name: Hrvatska): 3 (0%)
Indonesia: 3 (0%)
Ukraine: 3 (0%)
Portugal: 2 (0%)
Hungary: 2 (0%)
Israel: 2 (0%)
Belgium: 2 (0%)
Romania: 2 (0%)
Singapore: 2 (0%)
El Salvador: 2 (0%)
Slovenia: 2 (0%)
United Arab Emirates: 2 (0%)
Philippines: 2 (0%)
Colombia: 2 (0%)
Dominican Republic: 2 (0%)
Other: 1 (0%)
Finland: 1 (0%)
Korea, Republic of: 1 (0%)
Iran (Islamic Republic of): 1 (0%)
United States Minor Outlying Islands: 1 (0%)
Greece: 1 (0%)
Peru: 1 (0%)
Slovakia (Slovak Republic): 1 (0%)
Tajikistan: 1 (0%)
Uruguay: 1 (0%)
Kenya: 1 (0%)
Thailand: 1 (0%)
Hong Kong: 1 (0%)
Austria: 1 (0%)
Chile: 1 (0%)
Norway: 1 (0%)
Malaysia: 1 (0%)

This list is somewhat misleading because many more people access the site daily and download articles yet choose not to be on the mailing list.

The professional breakdown of subscribers is as follows:

Psychotherapist: 85 (23%)
Other Professional: 73 (20%)
Other: 41 (11%)
Trainer: 41 (11%)
Counselor: 41 (11%)
Student-Graduate: 29 (8%)
Teacher: 17 (4%)
Student-Undergraduate: 17 (4%)
University Faculty: 13 (3%)
Writer/Journalist: 3 (0%)
Retired: 1 (0%)
Other Professional: 1 (0%)

The five most accessed articles on *TAJnet* are, in descending order: "Science and TA" by Chris Boyd, "Fairy Tales and Script Drama Analysis" by Stephen Karpman, "The Miniscript" by Taibi Kahler and Hedges Capers, "Script and Counterscript" by Claude Steiner, and "Aspects of Survival: Triumph over Death and Onliness" by Alan Jacobs.

Alan Jacobs: ajacobs@bravenewweb.com or 3724 North Sheffield, Chicago, IL 60613, USA

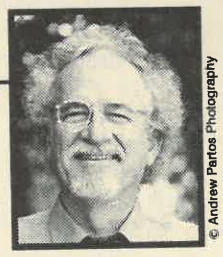
NET CONNECTION

Claude Steiner

Old Truths/High-Tech Methods

We have all been hearing about the fabulous potential of the Internet, the millions that are being made by people who own stock in companies that have yet to make any money, the predictions of sea changes in retailing and globalization to come.

Not everyone is thrilled with these developments. Most people's sustained experience with the Internet is through email—a blessing in my view, though not without its difficulties. But I am convinced, as are so many others, that a great deal of good can and will come from the Internet and that it can benefit the ITAA considerably. Let me cite a personal example.



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"We could accomplish a similar goal of seriously teaching transactional analysis all over the world via the Internet and our website."

Late last December, I was telling a psychologist friend in New York some of the difficult things happening in my life. I asked for his advice. He demurred at first, but when I insisted he said, "You should do a ten-day meditation course in Vipassana." "How do I find out about it?" I said, hoping for an excuse to pass on such a daunting proposition. "Look it up on the Internet. V-I-P-A-S-S-A-N-A."

When I returned to my host's apartment I went online, typed in "Vipassana," and got their worldwide website (www.dhamma.org). After browsing their history and Code of Discipline, I clicked to their US site; the next click took me to their schedule in California, and the next click to their application/registration form. A few minutes later I was registered for their Jan 12-22 session, and the next day I received confirmation via email.

Two weeks later I showed up with my sleeping bag in North Fork, California, and spent the next ten days in "noble silence," eyes averted, waking at 4:30 am to eight hours of meditation a day, three of them "strong determination" (eyes closed, hands and feet interlaced)—no writing, reading, jogging, or straying from a narrow 1/8 mile walking path; breakfast and lunch, no dinner. It affected me profoundly, but that is another story.

The point I want to make here is that Vipassana, an old tradition of meditation, is being taught free of charge by a wholly volunteer organization pretty much in its original, ancient, 2500-year-old-form. Yet it is being disseminated via the Internet and taught with the aid of high-tech methods, not the least of which, in California, is a huge heated/air-conditioned meditation hall with two large TV screens and videotaped discourses from the Burmese guru S. N. Goenka shown via a serious sound and video system. The 2500-year-old teachings of the Gautama Buddha modernized by S. N. Goenka make for a powerful experience.

We in the ITAA could accomplish a similar goal of seriously teaching transactional analysis all over the world via the Internet and our website using text, books, and videos and audiotapes as well as introductory and advanced courses.

In my last column I promised to discuss how we might deal with flaming and other obnoxious email behavior. I shall return to that topic. Meanwhile, you can look up John Suler's web page. He is also interested in the psychology of cyberspace and has much to say about email at www.rider.edu/users/suler/psycyber/emailrel.html#empathy. He also has a large, interesting website at http://www.rider.edu, of which http://www.rider.edu/users/suler/psycyber/psycyber.html is devoted to cyberpsychology.

Claude Steiner, Internet Committee Chair: csteiner@igc.org or 2901 Piedmont, Berkeley, CA 94705, USA

OUTSTANDING PROJECTS

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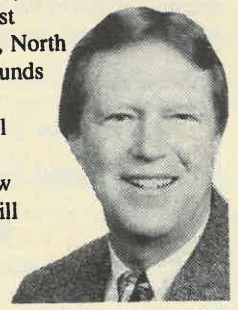
positively with their children and devise programs that help schools deal with issues involving parents, children, and staff using transactional analysis. There are many requests for such help, and now, thanks to the grant, I can offer more help for longer. I also offer my counseling services if the need arises. I have already had many positive outcomes.

Southeast Institute ($2,800). Vann Joines, Director of the Southeast Institute in Chapel Hill, North Carolina writes, "The funds will help to support a conference (28-29 April 2000) titled "Effective Approaches for the New Millennium," which will feature Muriel James, Claude Steiner, Mary Goulding, and Jack Dusay. Each presenter will describe his or her approach and do a demonstration group. The aim is to interest as many new people as possible in transactional analysis. Flyers will be sent to all college and university psychology, counseling, and social programs and mental health professionals in the eastern United States."



Input Sought for Halifax Long-Range Planning Meeting

by Gordon Hewitt

An invitation is about to go out from the ITAA Board of Trustees to all national/regional transactional analysis organizations that have members who are also ITAA members encouraging them to send representatives to the long-range planning committee meeting in Halifax. I hope that this meeting will be a key event in clarifying the purpose, function, and structure of the ITAA. However, our records of national and regional transactional analysis bodies may be incomplete. While Denton Roberts and I will work hard to make sure every group is personally invited, if you know of a group we miss, please ask them to contact us.

Representatives of national or regional organizations who wish financial aid for attending the Halifax conference may apply to the scholarship grant fund (see article on fund distribution beginning on page 1 of this issue).

In the meantime, to start the discussion, I have listed here some of the issues that I believe you may wish to discuss at the meeting. You will receive further information on issues later. I would appreciate any input now from members about what they wish to see discussed or other models of a possible future structure for ITAA in preparation for the Halifax long-range planning committee meeting.

Among the questions members may want to consider are the following:

1. To what extent should the ITAA through its board of trustees and office initiate publications, efforts to obtain recognition for transactional analysis through university courses and books, research, and other activities, and to what extent should the ITAA restrict itself to coordinating and assisting national and regional groups in these endeavors or some mix?
2. Will members continue to join the ITAA and vote for the board of trustees members directly (see Figure 1) or will national associations join with all their members and vote for a local representative (see Figure 2)? Or will we find some other method of membership?
3. Will the board of trustees continue to be elected in worldwide elections based on nominations from the nominations committee and from members or should board members be directly elected by national and regional groups? Or some other method?
4. At present all board members except the president pay their own expenses to attend meetings, and many board members also absorb postage and other expenses as a donation to the association. This helps keep fees down and at the same time limits candidates for election to those who can afford these expenses. Should all board members have their travel subsidized?
5. Should we aim to be the primary professional association for our members, charge current fees, and aim to deliver full services, or are we a secondary professional association for most of our members who simply want networking with other transactional analysts at a lower cost?

Gordon Hewitt, PhD, is ITAA President-Elect and chair of the long-range planning committee. He can be reached by email at gordon@wn.planet.gen.nz or by writing 30 Totara St., Eastbourne, New Zealand, or by phoning/faxing to +64 4 5627101.

Figure 1: Present Method of Electing Members of the Board of Trustees

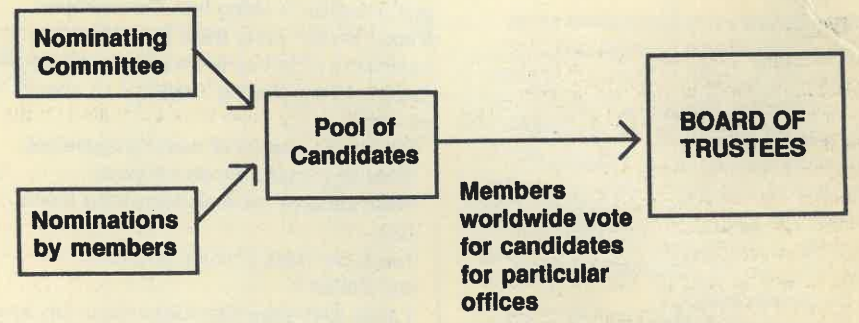
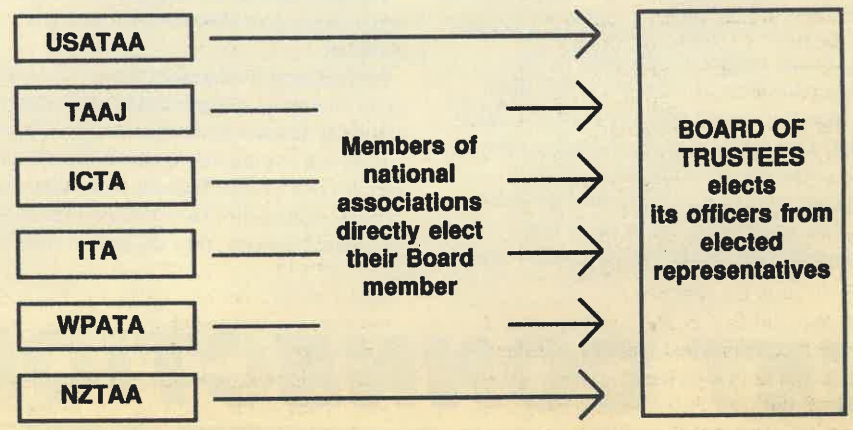


Figure 2: Another Possible Model of Electing Members of the Board of Trustees



Nominations Sought for ITAA Officers and Trustees

The ITAA nominating committee is seeking nominations for the positions of vice president of operations, vice president of research and innovation, treasurer, and trustees from the USA and "Other" regions ("Other" refers to non-USA and non-Europe). If elected, these individuals will begin to serve 1 January 2001. All officer and board members are elected at large by the ITAA membership (all members will be invited to cast their votes for all positions).

In 1996 the ITAA voting membership approved a bylaws change that dictated that officers serve staggered terms. Therefore, current acting treasurer Ted Novey (who replaced Denton Roberts when he became interim executive director in September 1999), vice president of operations Gaylon Palmer (1998-2000), vice president of research and innovation Marco Sambin (1998-2000), and trustees Felipe Garcia (USA region) and Sean Manning ("Other" non-USA non-Europe region) will retire at the end of 2000.

Nominations require the name and consent signature of the nominee (it may be yourself), the name of the person making the nomination, and the name of the person seconding the nomination. Send nominations to Nominations Committee Chair, c/o ITAA, 436 14th St., Suite 1301, Oakland, CA 94612-2710, USA; fax: 510-625-7725; email: itaa@itaa-net.org . The deadline for nominations is 31 May 2000.

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 the results of the election will be announced in *The Script* newsletter. If there is more than one nominee for a position, a ballot will be mailed to all voting members within 60 days of the close of nominations. The deadline for return of ballots is 60 days from the date of mailing. The results of the election will be announced to the candidates within 30 days after the election results are determined and to the voting membership as soon as practical thereafter.

Advertise Your Products and Services

With low-cost ads in *The Script*, you can reach almost 3000 transactional analysis enthusiasts in 50 countries around the world. Let them know about your workshops, training courses, 101s, consulting, books, and institutes. Your small investment in time and money can reap big rewards and make your products and services known worldwide. For details on ad sizes and costs, see page two of this issue.

Welcome to New Members

October 1999

New Member	*Sponsor*
Almeida, Wilson Luiz	—
Buddle, Graham P.	—
Flashtig, Mavis	Valerie Redman
Forsyth, Sandie	—
Gouge, Betty	—
Hallikas, Liisa	—
Lesinka, Inka	—
Smith, Faye Howell	Vann Joines

November 1999

New Member	*Sponsor*
Altbo, Helene	—
Kirifu, Chizuko	Michiko Fukazawa
Millar, Lois	—
Pao, Huei-Ming	—
Schutz, Ursula	—

December 1999

New Member	*Sponsor*
Chang, Chuan-Feng	Sissel Knibe
Faulkner, Carol	—
Lease, Terry	—
Ito, Mihoko	Noriko Takahashi
Kai, Mamiko	Noriko Takahashi
Konno-Fujihara, Kanae	Noriko Takahashi
Kudo, Jun	Noriko Takahashi
Kurosawa, Yuiko	Noriko Takahashi
Matsuoka, Miki	Yoshitaka Moranaga
Yajima, Jun	Michiko Fukazawa
Yasui, Yuki	Noriko Takahashi

January 2000

New Member	*Sponsor*
Akita, Yukiko	Michiko Fukazawa
Delrio, Mario Tries	—
Falgout, Roy Francis Jr.	Vann S. Joines
Furuta, Shizu	Takanori Yoen Ishiyama
Iglesias, Lara Losada	—
Kronegger, Saso	Zoran Milivojević
Levine, Michael	—
Onoe, Ikuko	Michiko Fukazawa
Potrebic, Gordana	—
Shibasaki, Takehiro	Michiko Fukazawa
Steele, Joe	—
Zvelc, Gregor	Zoran Milivojević

February 2000

New Member	*Sponsor*
Fukui, Midori	Michiko Fukazawa
Oiwa, Masae	Takanori Ishiyama
Park, Hyun Soon	Jong Sam Park
Sung, Fu-mei	—

Members' Forum

Using the Internet to Renew the ITAA

Dear Editor,

The December 1999 issue of *The Script* is, in my opinion, the most interesting and relevant yet. Things have come to a head. Real action is being taken.

I became a certified organizational/educational transactional analyst in 1979 with a business administration academic background. I was comfortable with transactional analysis theory up until the Stamford, Connecticut, ITAA/ERTAA conference in 1991—the most perturbing conference I have attended. In their presentations, Jim Allen and Bruce Loria opened my eyes to constructivism. At about the same time, it came to light in the *TAJ* that ego states may not be phenomenological realities, but only metaphors, and, worse, perhaps reified metaphors.

I have done a good bit of reading in constructivism, philosophy, epistemology, artificial intelligence, and so on since the Stamford conference, including several books cited by Allen and Loria as references. It turns out the issue is not necessarily whether transactional analysts have confused the symbol with the thing symbolized, but whether there was ever anything to be symbolized in the first place.

Not only did Eric Berne assert ego states were phenomenological realities, but they were taught as though they were real. If ego states are not real, then transactions, games, and scripts are not real, and the whole transactional analysis process is a sophisticated construction that worked, at least for a while. Given that ITAA membership has declined from about 7,000 members to about 700 in the United States in the last 20 years, it follows that many people have not been fully sold on what they have learned about transactional analysis or the ITAA.

Eric Berne was a brilliant, outstanding, compassionate human being, thinker, and writer, make no mistake about that, and he improved the lives of many people. His construction, transactional analysis, has helped thousands or perhaps millions of people help themselves, including me. No matter what, Eric Berne created a very good party for many of us for many years.

I still think structural ego states are real, at least as real as the psychoanalytic subconscious complexes or the gestalts of the gestalt therapists. It seems to me, however, as matters now stand, that there is no consensus among transactional analysis people regarding whether ego states are real or which of several conceptualizations of ego states put forth by leading transactional analysis experts is most appropriate. I think Claude Steiner, Ted Novey, and others have a valid point when they argue that there should be some sort of consensus regarding what is most appropriate regarding transactional analysis. While I do not believe a particular conceptualization of ego states should be ordained true by a committee, I believe ego states should be substantiated as true, assuming this is possible. If this is not possible, then let us at least develop a consensus among the remaining ITAA membership as to what is now most appropriate. This might be feasible using the Internet.

I became involved in discussing ego states on the Internet during the past year, partly because of issues raised by Ted Novey a year or so ago in *The Script*. I communicated with Alan Jacobs and Richard Erskine about these issues, using the telephone at times. Alan suggested I read some of Richard's published material so I would know more about what I was discussing. After reading several of Richard's *TAJ* articles and his book, *Integrative Psychotherapy in Action*, I decided Richard was right and Eric Berne was wrong: There can be only one structural Adult ego state per person per lifetime.

Some of my ideas were circulated on the Internet among a network of transactional analysis people, with my permission, by Alan Jacobs. I enjoyed all of this until the hullabaloo erupted about the core concepts committee. I withdrew from the fray and decided at one point the Internet was not worth the hassle. I have now decided I might like to give it another try.

Is it possible to participate in an Internet chat room wherein any ITAA member has the right to post and change his or her views while engaging in a dialogical, dialectical process about ego states as in a true democracy or as in a Japanese consensus process similar to that mentioned by George Kohlrieser in his last *Script* article? If so, I would like to find out how to sign up, while publicizing the opportunity in *The Script* and inviting participation by interested ITAA members. If a chat room or process such as this does not now exist, I suggest the ITAA set one up.

It seems to me the first topic for discussion should be whether ego states are real and how ego states, even metaphorical ones, should be symbolized.

I am a discussion leader, not a psychotherapist, having made my living for 30 years leading case method discussions in a business school. While I appreciate the fact that psychotherapists must be particularly sensitive to the psychological messages and needs of individuals, it seems to me some transactional analysis people might be a little more concerned with Adult issues and a little less concerned with affect and personal proclivities in dialogical, dialectical processes dealing with problems of epistemology and business. While no one should insult someone with malice aforethought or write or speak obscenities in such processes, it is unrealistic to expect participants to control and monitor their words in the heat of creative dialogue in such a way that nothing they say will cause emotional distress to anyone else. Dialectics necessarily entails people arguing against one another. From a juxtaposition of opposing views, a new and better synthesis, or temporary consensus, may emerge.

Democratic, dialectical, dialogical processes are not commonly used in educational and organizational communication processes. Most businesses are dictatorships. Authoritarianism is the norm, not only to preserve the status hierarchy and vested interests of the organization, but to protect privileged individuals from having to defend their ideas and to prevent underdogs from having the opportunity to express theirs. In some cases, authoritarian processes are probably best, and democratic discussion may be a waste of time and energy.

I think the tactical organizational and business changes wrought by the ITAA at and since the San Francisco meeting are possibly good ones. The ITAA is following a script often used by businesses in trouble—personnel changes are made, consultants are hired, strategic plans are written. Sometimes these things work.

While many of us need to be more courteous, considerate, and respectful while communicating on the Internet, I recommend that the ITAA experiment with democratic, dialogical, dialectical processes on the Internet, so as to empower all ITAA members. It seems to me the ITAA will most likely continue its 20-year downhill slide if cultural changes are not made. Establishing processes to facilitate democratic discussions on the Internet among ITAA members to develop consensuses regarding relevant epistemological, hermeneutical, ethical, and business problems as they emerge might help reverse the direction of change.

Richard John Stapleton, Statesboro, Georgia, USA

Whoops!

Dear All:

The November 1999 issue of *The Script* featured a wonderful article by Delphine Frazier about Grainger Weston receiving the well-deserved Hedges Capers Award. Kudos to Grainger for his leadership, wisdom, compassion, and energy, which he so effectively channeled to so many in the (former) Soviet Union.

In a photo printed with Delphine's article, a group of ITAA members who have spent time, money, and energy in that same geographical area are pictured with Grainger. In the caption I am identified as Brenda Schaeffer. I am truly flattered to be mistaken for such a lovely person, but out of fairness to her, I think that I should acknowledge my true identity!

Denton Roberts, Vince Gilpin, Gerda Lawrence, George Thompson, and I taught in Yaroslavl, (then) Leningrad, and Irkutsk on a trip organized by Peg Smith. I know that the warmth of that experience remains with each of us and with so many Russians who were touched by the ideas of transactional analysis and by the generosity of those who shared them. I believe that refers to all in the organization! "They also support who only think and care."

Again, thanks for identifying me with such an attractive person, but honesty compels me to say "No Thanks"!

Mary Ann Glasgow, Raleigh, North Carolina, USA

Editors' Note: Our apologies to Mary Ann and Brenda for the mix-up and our thanks to Mary Ann for being so gracious in pointing out our error.

TAJ by Air Mail

Remember, you can get your copy of the *TAJ* faster by sending $25 US for air mail postage to the ITAA office. Make sure we have your current mailing address as well.

Integrative Psychotherapy
Residential Workshop - Summer 2000

Richard Erskine, Ph.D., and Rebecca Trautmann, R.N., M.S.W.

Friday, July 28 to Sunday, August 6, 2000

This residential ten-day workshop will focus on the theory and clinical practice of Integrative Psychotherapy. Topics that may be taught include: shame and self-righteousness; cumulative and acute traumatic reactions; the schizoid process; and the psychotherapy of dissociation, desensitization, and disavowal. Various methods of working within the therapeutic relationship will be demonstrated and may include contact, inquiry, affective attunement, involvement, and modes of empathy in individual and group psychotherapy.

This workshop is for mental health professionals who want to apply theory in clinical practice and to enhance their effectiveness through identifying aspects of contact interruption, life script, and countertransference. There will be opportunities for case consultation. We will teach, demonstrate, and elaborate on the concepts in *Beyond Empathy: A Therapy of Contact-in-Relationship* by Richard Erskine, Janet Moursund, and Rebecca Trautmann (1999, Brunner/Mazel, ISBN 0-87630-963-5).

Cost: $2300 for tuition, room, meals; reservation fee: $500 nonrefundable
Location: Kent, Connecticut (near New York City)
at the Old Chestnut Inn, with spacious grounds, gardens, and swimming

For information and to register, call or write:
Institute for Integrative Psychotherapy, 500 East 85th St,
New York, NY 10028, U.S.A.
212-734-5291 (phone) * 212-879-6618 (fax)
Email: workshops@IntegrativeTherapy.com

The Institute for Integrative Psychotherapy is approved by the American Psychological Association to offer continuing education for psychologists, by the National Board of Certified Counselors for counselors, and by the American Board of Examiners in Pastoral Counseling for pastoral counselors. Clinical social work CE credits are available in some states. The Institute for Integrative Psychotherapy maintains responsibility for the programs.

Training News

New Chair for the Training and Certification Council

by Gordon Hewitt



I am delighted to announce that John Parr of England has been elected chair of the Training and Certification Council and has been recommended to be the ITAA Vice President of Training and Certification subject to ratification by the board of trustees.

John and I worked closely in setting up the Transactional Analysis Certification Council, which coordinates training issues for both ITAA and EATA members. He is a very cooperative person with a strong commitment to democratic processes and to ensuring fairness.

John is a clinical Certified Transactional Analyst and a Provisional Teaching and Supervising Transactional Analyst working in Reading, England. He also works as a management training consultant to multinational high-tech industry. John's first profession was electronic engineering. He was a mechanical engineer in the Royal Navy during the 1960s, during which time he served in minesweepers and submarines. In the early 1970s John managed a residential treatment center for recovering opiate users. He then trained as a social worker and worked in the probation service before becoming a personnel manager. He trained as a transactional analyst in the mid 1980s and opened a full-time private practice in 1988.

John has served the transactional analysis community in the United Kingdom on the training standards committee and as the chairperson of the Institute of Transactional Analysis. He is a past-president of the European Association for Transactional Analysis (EATA) and has also served on the ITAA Board of Trustees as an affiliate representative for EATA. John is currently the cochair of the ITAA ethics committee.

Gordon Hewitt is ITAA President-Elect and former chair of the Training and Certification Council.

EXAM CALENDAR

Exam	Exam Adm.	Exam Date	Location	App. Deadline
CTA Oral	COC	April 6, 2000	Canterbury, England	Jan.1, 2000*
	COC	July 13, 2000	Paris, France	April 1, 2000*
	BOC	Aug. 9, 2000	Halifax, Nova Scotia	May 9, 2000
	COC	Oct. 26, 2000	Malmö, Sweden	Jul. 1, 2000*
	BOC	Nov. 2000	Auckland, New Zealand	Aug. 2000
	COC	Nov. 5, 2000	Belguim	Aug. 1, 2000*
	COC	Nov. 18, 2000	Salzburg, Austria	Sept. 1, 2000*
	BOC	Jan. 2001	Bangalore, India	Oct. 2000
	COC	April 5, 2001	England	Jan. 1, 2001*
	COC	July 5, 2001	Vienna, Austria	April 1, 2001*
	BOC	July 25, 2001	Sydney, Australia	April 25, 2001
	COC	Nov. 17, 2001	Germany	Sept. 1, 2001*
TSTA Oral	COC	April 6, 2000	Canterbury, England	Oct. 1, 1999
	COC	July 13, 2000	Paris, France	Jan. 1, 2000
	BOC	Aug. 9, 2000	Halifax, Nova Scotia	May 9, 2000
	COC	April 5, 2001	England	Oct. 1, 2000
	COC	July 5, 2001	Vienna, Austria	Jan. 1, 2001
	BOC	July 25, 2001	Sydney, Australia	April 25, 2001
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 Ensorse. Workshops	PTSC	April 9-11 , 2000	Canterbury, England	Dec. 9, 1999
	PTSC	July 10-12, 2000	Paris, France	March 10, 2000
	TSC	Aug. 15-17, 2000	Halifax, Nova Scotia	April 15, 2000
	PTSC	July 2-4, 2001	Vienna, Austria	March 2, 2001

* 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.

Please Note: Exams are subject to availability of examiners and exam supervisors. BOC will not be responsible for expenses incurred where the unavailability of examiners or exam supervisors causes examinations to be canceled or postponed. To be an examiner for an ITAA/BOC exam, examiners must be at least a CTA for a CTA exam or a TSTA for a TSTA exam.

To make arrangements to take a BOC exam, contact the T&C Council, 436 14th Street, Suite 1301, Oakland, CA 94612-2710, 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, 436 14th Street, Suite 1301, Oakland, CA 94612-2710, USA. **COC Training Endorsement Workshop:** to take a COC TEW, contact the European TEW Coordinator, c/o the EATA office.

Congratulations to Successful Examinees

The following individuals successfully completed their exams or training endorsement workshop in November 1999 in New Zealand:

CTA
Christine Kalin (clinical)
Marion Wade (clinical)

CTA Examiners:
Elana Leigh (Chair)
Carolyn Murray (Chair)
Victoria Smith
Judith Kime
Trisha Brockett
Karina May
Jo Stuthridge
Janet Redmond

Process Facilitator: Charlotte Daellenbach

TEW
Marie Corbett (clinical)
Sue Cornforth (clinical)
Fran Parkin (clinical)
Janet Redmond (clinical)
Annie Rogers (clinical)
Jo Stuthridge (clinical)
Anne Tucker (organizational)

TEW Coordinator: Robin Hobbes
TEW Supervisor: Charlotte Daellenbach
Other Faculty: Elana Leigh, Sean Manning

EMPATHY

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did you first find out about transactional analysis and what interested you about it?

Richard: I first found out about transactional analysis in 1965 when my first wife gave me *Games People Play* and told me if I'd read it, I'd find out what was wrong with our marriage. All of her women friends were reading it.

Bill: So what did you feel about transactional analysis in that first encounter?

Richard: Resentment. I thought it was too cutesy. Except chapter 5, the one on homeostasis, where Berne referred to the six advantages of games. Over the years I have realized that those six advantages of games are the reasons people stay in script. That's how I teach it, to emphasize the psychological function of homeostasis prior to emphasizing behavioral change.

Bill: So when was your return to transactional analysis?

Richard: In 1969 I moved from Chicago to Lafayette, Indiana. I'd been training in gestalt therapy, first with Fritz Perls and then with Laura Perls. Pete Stuntz hired me to colead a group with him. Pete was deaf, so he always worked with a coleader. He wanted me to teach him gestalt therapy and he would teach me transactional analysis. He brought David Kupfer to Lafayette for training for a couple of years and later Hedges Capers. When David put ego states on the board, I was amazed. Finally I really did know why my marriage was in trouble. It is this conceptual model of ego states that I have used ever since. When Rebecca and I wrote the 1981 article "Ego State Analysis: A Comparative View," we described the different models of ego states. We saw them all as equal, and still do, in that each model has an important therapeutic purpose.

Bill: But one had the most clinical relevance for you?

Richard: Well, if you're talking about working with people with severe disturbances, childhood trauma, people in serious psychological trouble, clients who are constantly defending themselves, the functional/behavioral model may allow the first level of work, of stopping self- and relationship-defeating behaviors. Steve Karpman made a profound impact on my life by using his behavioral model of ego states in a way that allowed me to make important changes in my behavior. But to go into the troubled Child or tackle an introjected, abusive Parent ego state, I have to have something more. Eric Berne's original model, the one Kupfer was teaching, works for me to organize all of the diverse developmental, clinical material. It is based on Berne's 1961 model and the work of Paul Federn and Eduardo Weiss. This model allows me to go in deeper, as Rebecca described, to develop a therapy that's less behavioral, one that offers a developmental perspective, and I can stay closer to the phenomenology of the client's experience. I have always relied heavily on the developmental perspectives of Piaget, Erikson, and Bowlby. Since 1985, Daniel Stern has been an important influence. Rebecca knows Stern well.

Berne's original ego-state model has helped us to develop a form of treatment that is uniquely transactional analysis. Freud said the superego could not be treated, only kept at bay by the ego. Object relations writers have the theory of the "internalized other," but they lack a method of treatment. Gestalt therapy has a theory of introjection and techniques to expose the top dog/under dog conflict, but I've seen nothing written about the cure for introjection—only awareness of it. With transactional analysis we can do an in-depth psychotherapy with the influencing Parent in the patient's head. With that model we can fundamentally change the psychic organization of the ego, just as we can when we do in-depth psychotherapy with the Child ego states. We treat each ego state as a full person with thoughts, feelings, behavioral reactions, defenses, and needs.

Bill: Richard mentioned Stern. Have there been other important influences, Rebecca?

Rebecca: No single influence; the whole field is full of relational work. The Stone Center people have been very important and the self psychologists, of course. But what we wanted to do was extend our own work, to present a relational psychotherapy built on the foundations of transactional analysis and gestalt therapy.

Bill: And how would you describe the way in which transactional analysis has shaped your clinical work? How does your transactional analysis and gestalt foundation make your work with the therapeutic relationship different from other relational models of psychotherapy?

Rebecca: Well, take Stern, for example. He talks so well about the interpersonal world of the infant, the mother/infant relationship. He describes the emergence of the infant's sense of self within the parental relationship. But it seems to me that he doesn't know how to work with it therapeutically, what to do with this information, this understanding, in psychotherapy with adults. He can talk about it, use it for insight, interpret it, but that seems to be as far as it goes. But transactional

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analysis therapists are used to working with the Child. We don't just talk about it, we work directly with it in an active way. This is how transactional analysis shapes the nature of clinical application of relational theories. This is what sets our work apart from other relational approaches. It is curious to me that in Stern's book, *The Motherhood Constellation,* he uses the concept of script repeatedly, but he doesn't seem to know where it comes from or what can be done with it. One of our goals was to write a new book to reach out to a new audience—all those involved in relational work—using our transactional analysis base.

What is different in our work, due to transactional analysis, is that we don't just talk about, reflect on, and empathize with early relational dynamics: We enter the early dynamics. We work with those early dynamics directly and actively. The transactional analysis theory and repertoire allow us to do this. This is where I appreciate Jacqui Schiff, who first showed me that it is possible to work actively within regressive states. Berne wrote about regression analysis, but Jacqui worked within the regression. This is in part what we mean by involvement, to be directly engaged with all of those early dynamics.

Bill: Before asking about your new book, Richard, I'd like to talk a bit about *Theories and Methods of an Integrative Transactional Analysis,* your volume of selected articles published by TA Press in 1997.

Richard: I'm glad to have a chance to talk about that book. I'm very proud of it. That volume and the one of Muriel James's selected articles were done as fund-raising projects for the ITAA. In fact, all the proceeds from *Theories and Methods* go straight to the ITAA. This also gives me a chance to express my thanks to Robin Fryer. She made the whole project possible. She put in a tremendous amount of work in correcting the articles and organizing them. She is so dedicated and skilled.

Bill: In the introduction to *Theories and Methods* you wrote about going back through those old articles. It must be quite an experience. I'm curious if there was an article or some notion that you returned to with an "Oh my god, I can't believe I wrote that!" kind of reaction.

Richard: The "Six Stages of Treatment" article has bothered me. I cringe when I see it show up on CM exams as a cookbook on how to do psychotherapy. I wrote that article in 1972 about what I saw emerging in the therapy at a time when my work was more contractual, outcome oriented, time limited, and focused on emotional expression more than on emotional integration. Then half of my time was spent running a therapeutic program in a maximum-security penitentiary, so getting results was important. Do I believe in the six stages today? Yeah, but not in terms of therapist-planned stages; more like a systemic, in-the-life-and-experience-of-the-client sense of stages, going from defensiveness, anger, and hurt to "I am the author of my own life," to seeing the humanness of one's parents, even forgiving them for their errors.

Bill: As you think back over the writing that went into *Theories and Methods,* what were the central clinical questions that you can now see that you'd been struggling with over 10 or 20 years?

Richard: The whole first half of the book reflects my last 10 to 15 years, evolving from an outcome-oriented therapy to a process of working within the therapeutic relationship. I think it was in 1982 that I began to make the shift to writing about the therapeutic relationship within a developmental perspective. It all grows out of ego-state and life-script theory; the old stuff is the foundation. I look at all of those articles and remember the process of writing them. I guess if you were to compare an early article like "Disconnecting Rubberbands," which was written in 1974, with what I was trying to say in the book's second article, "Methods of an Integrative Psychotherapy," written in 1996 with Rebecca to describe how we work using inquiry, attunement, and involvement, you can see the span of the journey. What we were writing is now part of the zeitgeist of psychotherapy. Stephen Mitchell is another writer who has done a similar job of writing on the relational aspects of psychotherapy. He's accomplished so much integrating diverse concepts and emphasizing the therapeutic relationship.

Bill: True, but he's also writing to psychoanalysts. He exhausts a book just introducing the second person into the one-person psychoanalytic dyad. I think of Karen Maroda and Owen Renick as contemporary analysts whose writing and work is closer to the level of interaction and directness that you are writing about in *Beyond Empathy*. Like what Rebecca has said so strongly about entering the dynamics, working within them.

Richard: Right, not being afraid to sweat with clients. The subtitle of *Beyond Empathy* describes it well: *A Therapy of Contact-in-Relationship*. I just completed a therapy marathon. As we finished, the clients were talking about the therapy I had done. Their term was "reparenting." They don't know anything about the theory of reparenting, but that was their term for what they saw us doing. I still hold clients, wrestle, do hands-on bodywork and a lot of emotional integration. I also know now when to do nothing, to be silent. With some clients it is my responsibility not to break the silence, to attend to the person in silence, in his or her silence, with my own silence, especially in working with the schizoid process.

Bill: Say more both about silence and about the schizoid process.

Richard: The use of the therapist's silence during moments of vulnerability is important; it deepens the vulnerability so that it may emerge according to the client's rhythms. Often a comment—an interpretation, a compliment, a statement of support—will distance the person from the vulnerability. Silence may help the vulnerability of emotional memories to emerge more than anything that can be said. Of course, I don't want to reify silence as a technique. There are some clients who can't stand silence, who get frightened by it. They need me to chatter, to demonstrate my presence, when they're quiet.

The willingness, the ability to wait, to be quiet, silent, is crucial in working with the schizoid process. There are far more people with a schizoid process than we previously realized, with a nonverbal Child, frightened, deeply hiding somewhere inside. A lot of other defenses—rage, whatever—may be smokescreens for a frightened, withdrawn, nonverbal Child. That understanding has emerged gradually out of a careful reading of Fairbairn and Guntrip as well as from a lot of clinical mistakes.

Bill: As I read *Beyond Empathy,* it seemed to me there was a kind of reversal of field in how the book was written, its central emphasis. In your previous writing and theory, you two have long brought other ideas into transactional analysis. You wrote about and taught transactional analysis using other concepts to extend transactional analysis, but TA was at the heart. In this book, transactional analysis is clearly in the background, with other theories at the heart of the book.

Rebecca: The task we set for ourselves this time was to develop further, in our own way, what has already been happening in the field of psychotherapy, which is the emphasis on relationship. Not just the model of a two-person psychology, but questions of the emergence of the self in the context of relationship. There's certainly the influence of Daniel Stern here. We wanted to really look at the relationship between the emergence of the self within relationship and the implications of this process for psychotherapy.



"How has transactional analysis shaped your clinical work?"



"Due to transactional analysis, we don't just talk about early dynamics: We work with them directly and actively."



Richard: In fact, the theoretical core of the book emerged from a series of articles published in the *TAJ,* the articles that developed the ideas and methods of integrative transactional analysis, the eight articles for which Rebecca and I received the Eric Berne Memorial Award in 1998. This book actually started in 1987 when the first book I wrote with Janet Moursund, *Integrative Psychotherapy in Action,* was in production. There were three themes in that book: contact, ego states, and life script. We read the transcripts used for that book aloud in our professional development seminars. We covered the blackboard with terms, trying to describe the therapeutic process. We wanted to go beyond a theory of personality—that's what ego states and script are about—to develop a theory of methods, how we facilitate a healing relationship. We analyzed those transcripts to identify the therapeutic techniques, such as inquiry, attunement, and involvement. They very much overlap, of course, but those words seemed to capture what we were doing. So, *Beyond Empathy* is about psychotherapy method, not about a theory of mind or of personality. We can't ignore the structure of a client's personality, such as ego states, in treatment, but that wasn't the focus of this book.

In addition, we were trying to write to the therapists who sort of fall between the cracks. They don't want to learn transactional analysis as such, and they're not really interested in psychoanalysis. They've earned their master's degrees or their doctorates, but they still want to learn more about what to do in psychotherapy. I hope, however, that this book doesn't get turned into a cookbook. It wasn't written that way. We wanted a colloquially written book that took complex subjects and showed people how to do psychotherapy, one step at a time. Like teaching someone to repair an engine: You take the pieces apart, put the pieces out on the table where you can see them, clean them up, and put them back together carefully. We wanted to communicate, to show, how we do therapy. We definitely stick our necks out—those are actual verbatim transcripts.

There's a lot of good stuff in the literature on personality, but not so much on what to do about it, not a lot of method, not the detail of how to be involved, how to get involved. What does engagement look like? How does it happen? There's a lot out there on techniques that can be learned, imitated. A theory of method is more complicated: It can't be imitated. Method is more attitudinal in the therapist, in the process, in the stance, and not so easy just to imitate. We wanted to write a book on method that would emphasize that healing is in the relationship.

Bill: What were some of the particular satisfactions of writing this book?

Rebecca: Besides getting it done?

Bill: Well, yes. I was thinking more in terms of the experience of the collaboration between you two and Janet Moursund as coauthors.

Rebecca: I think the process was rather unique, and it was certainly satisfying. Janet Moursund attended our summer intensive workshops for years. She taped the therapeutic work, then the three of us would sit down immediately afterward and talk through each segment of work, how we understood what was happening, the theory, and why we responded the way we did. She taped these discussions, too. She would transcribe all of this and then we'd work on the material. It's a real pleasure to work with Janet because she has a writing style that is open and accessible. She makes contact through writing—not an easy thing to do!—and she helps to bring the work alive for the reader.

Bill: And what, perhaps more than anything else, do you hope the reader of *Beyond Empathy* will take from this book?

Rebecca: Something about how the therapeutic relationship is such a crucial part of any change process. In a way this is obvious—we all know that! But if we use the figure/ground theory from gestalt therapy, for instance, our attempt is to keep the ground of the therapeutic relationship more figural, a more focused part of the work. I hope readers will have a greater understanding of how it is through the relationship that the process of change, of integration, occurs.

Bill: It seems to me a very different use of the relationship from Berne's transactional analysis. I think Berne used the therapeutic relationship and group relationships as a kind of illustration board to demonstrate things for the client's insight and thinking. What you are doing is very different than that.

Rebecca: Yes, that says it well. For us, the therapeutic relationship is the primary field of the work, it is how the work happens, where change takes place.

Bill: Thanks Rebecca and Richard. I think this is a good place to stop.

Richard Erskine and Rebecca Trautmann can be reached by email at integpsych@cs.com or at 500 E. 85th St., New York, NY 10028, USA

Keeping In Touch

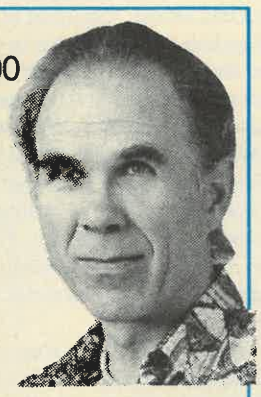
Region I—Asia, Africa, The Pacific

Mrs. Deepa Muthaiya of India writes, "I am a BTA student who joined TA in October 1998 and am hoping to do my exam in September. I run a nonprofit charitable registered medical institution caring for terminally ill people. We provide palliative service through an outpatient center and a hospice home care program. As part of our work, we do grief counseling and bereavement therapy, and I am interested in applying the principles of transactional analysis in this area. I would like to know of people who use transactional analysis in the areas of grief and bereavement so I could be in touch with them to understand what techniques work best in clinical work." Mrs. Muthaiya can be reached via email at arvindk1@vsnl.com .

Region III—Europe

Leonhard Schlegel of Switzerland was honored in 1999 with the EATA Gold Medal for his "rich and engaged work for transactional analysis and his services to the transactional analysis communities" (*EATA Newsletter*, No. 66, October 1999, p. 12). Leonhard was one of the first people to lead introductory courses in transactional analysis in German-speaking Switzerland, and he has written many books and articles about transactional analysis, including his October 1998 *TAJ* article, "What Is Transactional Analysis?" Congratulations, Leonhard!

Invitation to a Very Special Event: Paris 2000



In the city where and on the anniversary of the day when democratic principles (égalité, liberté, fraternité) were first brought into the world's political systems during the French Revolution—that is, in Paris on the National Holiday of 14 July 2000—transactional analysis will be also present during the EATA Conference. This will be an opportunity to celebrate with the international transactional analysis community and with the French people this important anniversary in the form of a multilingual conference. We will have the chance to be part of celebratory events that will take place in the streets of Paris during this time. The whole city will be a huge party! I would love to meet many of you, my colleagues from all over the world, on this very special occasion.

Jan Hennig, President of EATA

Region IV—Central and South America

Roberto Llanos of Lima, Peru, sent word that the **Sociedad Peruana de Análisis Transaccional** meets monthly to consider various topics. On 20 January, Francisco Rivera presented on "Análisis Transaccional y Distimias" and on February 17 Amanda Castillo presented on "Posicion Existencial y Clinica." Upcoming presentations will include the following: Victor Espinoza on "Niveles Logicos de Pensamiento y Análisis Transaccional" (March 16); Carmen Lucar on "Educacion Aplicada al Análisis Transaccional" (April 27); Carmen Bravo de Rueda on "Ludoterapia" (May 18); Angela Melgar on "Redecision" (June 15); and Roberto Llanos on "Reparentalizacion" (July 20). In addition to the presentations, at each meeting the group views transactional analysis videos produced by the ITAA.

Joaquín Granados of Costa Rica sent holiday greetings and news. He and his wife have three grandsons, one for each of their married daughters, and their son Mauricio (Maurice) is doing graduate study for an MBA degree in business administration. Joaquín writes, "We both keep active with our full-time CPA firm and with hobbies and other activities, including our dairy farm on the mountainside of the Irazú volcano near Cartago, our home town. The Jersey cows are nice and keep the business financially afloat. We also reforest some steep patches of the land." Joaquín and Elizabeth were the local coordinators for last year's successful Eric Berne Training Workshop in Costa Rica taught by Gloria Noriega and Emilio Said.

Region V—United States

Bill Cornell and **Karen Olio** are pleased to announce that an article they began writing six years ago, "The Facade of Scientific Documentation: A Case Study of Richard Ofshe's Analysis of the Paul Ingram Case," has been published in *Psychology, Public Policy, and Law*, an APA journal (1998, Vol. 4, No. 4). This issue is devoted to topics related to false memory syndrome, and articles for it were vetted by a panel of attorneys.

Pam Levin, RN, CTM, is celebrating the publication of her new book, *Perfect Bones: A Six-Point Plan to Promote Healthy Bones*. She compiled *Perfect Bones* out of gratitude after recovering her own bone health using the method she describes. Published by The Nourishing Company in January 2000 and written like a novel, the book empowers readers to take care of their own bone health. It includes warning signs for this supposedly "silent" disease, reviews current medical options and their side effects, presents the dangers of taking synthetic nutritional supplements, and presents a new paradigm using nutrition concentrated to clinical potency to provide the nutritional balance bones need to be healthy. Over 800 copies have already been sold to health professionals.

Laurie Weiss, PhD, TSTA, has been awarded the credential of Certified Master Coach by the International Coaching Federation. Congratulations, Laurie!

Announcing the ITAA Annual Conference

"Connecting in the New Millennium"

9–13 August 2000

Halifax, Nova Scotia, Canada

The power of transactional analysis theory and methods, the effectiveness of transactional analysis applications in the fields of business and organizations, counseling, clinical work, and education are addressed in a fascinating variety of presentations. In addition, James Gilligan, MD, author of *Violence: Our Deadly Epidemic and Its Causes*, will present a keynote speech, a panel, and a workshop. Also offered will be special presentations on the connection between new brain research and ego states as well as meditation and process groups and opportunities to enjoy the lovely maritime surroundings. For more details, see the January-February 2000 *Script* or contact the ITAA: 436-14th St., Ste. 1301, Oakland, CA 94612-2710; 510-265-7720 (phone); 510-625-7725 (fax); email: itaa@itaa-net.org . Or visit our website at www.itaa-net.org .

TAJ Theme Issue: "The Schizoid Process"

Guest Editor: Charlotte Daellenbach

Manuscript Deadline: 1 June 2000

Please send articles to *TAJ* Managing Editor Robin Fryer, 1700 Ganges Ave., El Cerrito, CA 94530, USA.

Script Series on "Reconsidering Some Basic Transactional Analysis Constructs"

June 2000: "Contracts" (including no-suicide contracts).
Manuscript Deadline: 1 May 2000
July 2000: "Game Theory"
Manuscript Deadline: June 1, 2000
August 2000: "The Unconscious"
Manuscript Deadline: July 1

We hope by these deadlines to receive some initial articles, but our goal is to generate ongoing dialogue, so submissions after the deadlines above are still welcome. Please send articles to Robin Fryer, 1700 Ganges Ave., El Cerrito, CA 94530, USA or to robinfryer@aol.com .

TRANSACTIONAL ANALYSIS CONFERENCES WORLDWIDE

March 31-April 2, 2000: ERTAA Seminar for Transactional Analysis Practitioners. Contact: Fred Clark, 261 Spring St., Che-shire, CT 06410-2722, USA; 203-271-3733 (phone/fax).

July 2000: Paris, France. EATA Conference. Contact: EATA, c/o Martine Huon, Les Toits de l'Aune Bat. E, 3, rue Hugo Ely, F-13090 Aix-en-Provence, France; IFAT2000@aol.com .

August 9-13, 2000: Halifax, Nova Scotia, Canada. ITAA Conference. Contact: ITAA, 436 14th St., Ste. 1301, Oakland, CA 94612-2710; phone: 510-625-7720; fax: 510-625-7725; email: itaa@itaa-net.org .

November 23-26, 2000: Auckland, New Zealand. Australasian Transactional Analysis Conference. Contact: Janet Redmond, 571 Sth Titirangi Rd., Titirangi, Auckland, New Zealand; phone: 09-817-5800.

April 19-22, 2001: Stamford, Connecticut, USA. ERTAA Conference. Contact: Fred Clark, 261 Spring St., Cheshire, CT 06410-2722, USA; 203-271-3733 (phone/fax).

July 6-8, 2001: Vienna, Austria. EATA Conference. Contact: EATA, c/o Martine Huon, Les Toits de l'Aune Bat. E, 3, rue Hugo Ely, F-13090 Aix-en-Provence, France.

July 23-29, 2001: Sydney, Australia. ITAA/WPATA conference. Contact: ITAA, 436 14th St., Ste. 1301, Oakland, CA 94612-2710; phone: 510-625-7720; fax: 510-625-7725; email: itaa@itaa-net.org .