Candidates Guide

The Script

ITAA

INTERNATIONAL TRANSACTIONAL ANALYSIS ASSOCIATION

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The Heart of a Good Contract Is Commitment

by George Kohlrieser

The hostage-taker pointed his gun at the man's head and brutally screamed, "I'm gonna kill you." In a shadowy lit street, as a tragedy was about to unfold in which he was, unexpectedly, to be one of the main characters, the man looked back at the terrorist and asked simply: "Sir, would you put that gun down?" "No, I'm gonna kill you right now," was the restless answer. "Then would you give me just five minutes to understand what you want. I know I can help you." " No, I am going to kill you right now." "Would you give me just four minutes?" "No, I'm gonna kill you right now." "I'm sorry, sir, my name is Peter. What is it exactly that you want? Would you give me three minutes? I might be able to help you. I have children and I want to live." "OK, you have 30 seconds."

"The hostage owes his life to his capacity to keep his personal power and negotiate a contract rather than staying in a victim position."

Was this fast-paced exchange of transactions a good negotiation and a good contract? I have put this question to thousands of trainees, therapists, managers, counselors, and police officers in the last 30 years. The answer is yes. Why? Because the man is still alive. And he owes his life to his capacity to keep his personal power and negotiate a contract rather than staying in a victim position. Despite having a gun at his head.

Nowadays the word "contract" is widely used beyond its common application in business agreements. The root meaning of contract is from the Latin words *cum* (together) and *trahere* (to draw). A contract is, in fact, a drawing together toward a common agreement, way, or goal.

Contracts reflect yet another basic transactional analysis concept that has become part of the general culture. "What do you want? What would you like to change? What do you expect?" Asking such simple and direct questions in the context of helping relationships is common today, but relatively few people know that it was actually Berne and his colleagues who introduced this practice. Although it might seem just common sense to today's results-oriented therapist or counselor, only 40 years ago it was a revolutionary leap forward in our understanding of what makes such relationships effective. Because of this understanding, it became expected that clients would be active partners who directly participate in the change process

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A Chance and a Challenge for Transactional Analysis

by Jan Hennig

Recently a 75-year-old woman told me a story: In 1945, some months after the official end of the World War II, she was working essentially as a prisoner in a Serbian "lager" (labor camp). She is German, was 21 years old then, and had lived her life up until then in a German settlement in Yugoslavia after all Germans in Yugoslavia had been forced to leave their homes. Because she was bright and could speak Serbian, she was given the task of bookkeeping. One day a higher ranked person, a Serb whom she had never met before, came in the lager; since she was the only person there, she greeted him. He immediately barked at her with hatred and disgust (because she wasn't hidden away and had spoken to him without being asked), saying that she had to work in the kitchen (low-class work for enemies and prisoners). But she was frank enough to tell him: "No, I do the books here, and they are done well, the best in the district." He looked at her and, she says, "I felt him *recognizing me as a person* for the first time." After a moment he said, "*OK Übermenschlein* (translated literally this means "little superhuman." "Superhuman" was an expression used in Nazi propaganda by the Germans to humiliate others by contrasting them as "Untermenschen," or of a "lower race" that could be extinguished). The Serb went on, "Then come with me," and he took her to other "lagers" to help there as well with the bookkeeping.

To me this is an example of how powerful contact in its full meaning can be. The first "flavor" of this encounter was hate and revenge—humiliating the other. Through contact, both nonverbal and on a feeling level, some intimacy was there for a moment, and it



"This deep level of contact, one that is even possible between strangers, is our chance."

changed the aggressive mood. The intellectual reconstruction the Serbian needed to do to make this experience fit with his worldview was to combine the grandiosity of both experiences (hatred and intimacy) in one paradoxical expression ("übermenschlein," with "uber" meaning big and "lein" meaning small or cozy) and thus to neutralize it.

Avishai Margalith, a professor of philosophy at the Hebrew University in Jerusalem, wrote the following in a German newspaper: "The highest political priority in the global fight for democracy, I think, is the stopping of cruelty and violence. Anything else comes later." His thesis for a way to this goal is "that we learn (*and teach*) what it means to *relate to others as humans*. We know (since we learned it in childhood) how to treat others as citizens, mothers, clerks, workers, and so on—we did not learn exactly how to treat another person *as a human*. But we know what it means to treat them not as humans: that means to humiliate them."

Professor Marianne Gronemeyer, who teaches educational science in Wiesbaden, Germany, writes in her book *Das Leben als letzte Gelegenheit* (*Life as a Last Chance*): "Understanding can be aggressive; understanding means assimilating the other, making it or her or him a part of myself, so that *I* can 'understand.' " What is needed for contact is respect for differences between people, cultures, societies, religions, ways of living, ways of thinking and feeling, and more. If we do not respect these differences and instead pretend to "understand," then it is a loss of the other; it is also a loss for myself. One consequence is often the loss of interest (for instance, in couples who believe they "know each other").

It is only recently that the details of contact have been studied more exactly and explicitly. In this area the works of Daniel Stern, Papousek and Papousek, and others are of great importance. They have studied intensively the contacting transactions between

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"The Media, Violence, Kids, the Future"

Special Panel Planned for Halifax Conference

by Marilyn Marx

"Mom, wake up! Those guys that got ET got Elián!" was the terrified perspective of a friend's six-year-old son, who had tuned in early last April 22 for the Saturday morning cartoons—along with about 25 million of his peers in the United States. Not that the cartoons promised to be a lot less violent, but the images of the predawn raid of US immigration officers removing six-year-old Elián Gonzalez from the Miami home of his relatives to be reunited with his father produced in my friend's son a ready identification, ratcheting up the fear and puzzlement. For him, life was unwittingly imitating the art of Spielberg's movie.

Heightened awareness of the impact of the visual over spoken or written words is generating an influx of new information about the cumulative effects of television on both the developing brain and the body politic. Newly released, well-designed research covering entertainment programming between 1990-1999 shows disturbing changes in the quality and quantity of images of media violence ("glamorized and sanitized") and an upturn in previously unseen patterns of aggression, sexually suggestive language, and cultural/racial stereotyping.

The same decade saw a market explosion in the established media's fledgling cousin, computer and video games. Mall arcades mushroomed and, together with the menacing new lyrics in some of today's popular music, this exponential growth in primarily violent, competitive, or aggressive material is targeted mostly for male youth.

These issues will be among those considered during a special panel planned for the 9-13 August 2000 ITAA Conference in Halifax, Nova Scotia, Canada. The intent of this panel on "The Media, Violence, Kids, the Future" is to generate, collect, and present ideas about specific uses of transactional analysis-based theory and practices in ameliorating violence. We hope that out of these and other discussions will come a pamphlet offering information, resources, and techniques for ITAA members with an interest in mitigating the negative effects of media violence.

The Halifax panel participants have much to offer on the subject: They are Caddy Roberts-Williams, a talented Colorado street worker whose program was adopted by Colin Powell's National Mentoring Project; Italian psychiatrist Gianpiero Petriglieri, MD, whose research findings suggest changes in brain function associated with the effects of transactional analysis therapeutic techniques; Denton Roberts, BD, a long-time social activist, author, and the acting executive director of the ITAA; and Claude Steiner, PhD, twice an Eric Berne Memorial Scientific Award winner and the author of *The Other Side of Power*.

Eleven years ago, Bill Moyers, in a remarkable piece of television journalism entitled "The Public Mind," aired a series of reports on TV advertising research. Essentially describing the national psyche to be as vulnerable as a leaf in the wind, with the power of repetitive television ads to sell us anything, Moyers's work was an early testament to the awesome power of visual images on television to influence human decision making. If the image is compelling enough, he concluded, most brains can be washed and most people remain oblivious as to how their opinions are being formed for them.

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EDITORIALLY YOURS

by Bill Cornell

Lessons about Life and Death

I first wrote a version of this column as a contribution to a discussion of no-suicide contracts and suicide choice on the TA Internet Discussion List. I hesitated to publish something so personal, but I have had numerous requests from people who first read my letter on the Internet to turn it into a column for *The Script*. So I offer it as my contribution to the discussion about contracts in this issue of *The Script*. Although we are running some initial articles and letters about contracts in this issue, I am well aware of the frustration of ITAA members outside the United States about how, too often, by the time you receive *The Script*, the deadline for submissions has already passed. It is my hope that the ITAA board will improve this situation so that *The Script* reaches all members in a timely fashion. In the meantime, we have specifically encouraged people to continue to submit ideas and responses to these *Script* discussions about basic transactional analysis constructs, even if they are after a deadline. We'll make every effort to publish everyone's point of view. (Remember, the other two constructs we are considering in upcoming issues are "games" in July and "the unconscious" in August.)

For me the issues involved in suicidal desires form complex, deeply personal, and crucial questions in the practice of psychotherapy. I do not make no-suicide contracts with my clients anymore. I echo Langston Goldfinch's sentiment on the TA Discussion List that no-suicide contracts may serve more to protect the therapist emotionally and legally than to protect the client. One of my concerns is that these contracts are therapist-imposed conditions for treatment that may foreclose crucial discussions, the exploration of deep feelings of hatred and despair, and the experience of a client's autonomy.

In my early years as a transactional analysis therapist I used the procedures of closing escape hatches like a sacred ritual. I knew well from my own years as a heroin addict and several near-death experiences about the destructive tendencies that life circumstances can evoke in most of us. I was frightened by the depth of despair and rage that many clients experienced, so I found great comfort in the illusions of no-suicide and no-homicide "contracts." They gave me some sense of doing something protective and useful.

Then I learned a profound lesson about matters of life and death as I faced my father's efforts at suicide. My father was a decent, distant, and fragile man. Something happened to him (or he did something—I don't know which) during World War II from which he never recovered and about which he would never speak, although it was clear to me from early on that it was not easy for my dad to live a normal life. When I was 19 and Dad was 41, my mother died of a medical error. My father never recovered from her death. Twice he called me, loaded gun in hand, to ask me to talk him out of pulling the trigger. I talked fast and hard. Finally, he called me (he was living in Arizona, I was in Pittsburgh) to tell me that he had been diagnosed with esophageal cancer (he was smoking and drinking heavily by then) and that he had refused treatment. He said he wanted the cancer to kill him. I was furious. We had many arguments until I told him that I had lost all of the little respect I had for him, that I would no longer see him or talk to him, that he was welcome to die and he would die alone. My father told me then, "You do not have the right to ask me to live. I don't have the strength you want me to have. I don't have it in me any more. You don't have to get up every morning and face my life. You do not live my life. I do. You face your life, and it's a very good life you've made. My life fell apart. I fell apart. I know you wish I were a stronger man than I am, but I'm not. I have to face my life every morning, and I don't want this life. I want to leave it, and you can't ask me to stay."

For many months I did not speak to him, but his words never left me: "You do not have the right to ask me to live." I pushed my father out of my life, but I was unable to get him out of my head or heart. One day I heard a song by Bob Dylan, "Tomorrow Is a Long Time," a simple and deeply poignant song about the loss of a love. Part of the lyrics go like this:

I can't see my reflection in the water
I can't speak the sounds that show no pain
I can't hear the echoes of my footsteps
Or remember the sound of my own name

And if only my own true love were waiting
And if I could hear her heart a softly pounding
Only if she were lying by me
I could lie in my bed once again.

With these words, I could feel my Dad's inconsolable loss and despair. I finally realized that I was horrified of his despair, of there being something like that inside of me, terrified that I did not have the strength to face his despair. I wrote a long letter, included those lyrics, and went to see him. It was not easy. We talked, cried, and argued. Gradually I came to understand his decision and to support him. Ironically, as his condition deteriorated (it could have been quite treatable), he collapsed and was hospitalized. His physicians tried to have him declared mentally incompetent to force treatment on him. I defended his rights and his decision as competent. Other than pain-killing drugs, he received no other medical intervention. He died as he wished. He asked me to find some way to give meaning to his death through my work. Before he died, we planned his funeral (I delivered it, as he wanted no minister present) and chose the music—all songs by Joan Baez, whom he adored.



"Through this experience with my dad, I learned lessons of love and that there are sometimes losses from which people do not recover."

Through this experience with my dad, I learned I could face despair. I learned lessons of love and that there are sometimes losses from which people do not recover. I learned something of my limits as a son and as a therapist. I learned something about the limits of life and human resiliency, limits that I've rarely accepted gracefully.

In Ted Novey's comments on the no-suicide contract in this issue, he stresses the importance of offering a temporary protection and "allowing time for the exploration in depth of the source of the Don't Exist injunction." This is a crucial clinical consideration and a powerful rationale for the use of no-suicide contracts. I have found in my clinical experience that more often than not, suicidal feelings are not based in childhood script injunctions but in being worn down and exhausted by the assaults and losses of life. It was the horrible experiences of my Dad's adult life that he could not overcome. His script certainly didn't help him. But in the most fundamental sense, I think it was my Dad's life that killed him, not his script.

It is not easy to enter the disturbed and disturbing terrain of the profound despair, hopelessness, and fury that can lead a person to end life.

I have come to believe that it is an individual's choice, right, to continue or end his or her own life. I have also come to find that when I stand with a person facing that despair, most find a way, a meaning that allows him or her to continue, to create a life worth living. This doesn't mean that I'm a quiet onlooker in the struggle. It often means intensely personal encounters and conflicts.

I think these are deeply personal decisions. I certainly do not expect other therapists to agree necessarily with my position. Questions of suicide go right to the heart of our profession, to questions of personal autonomy and personal and professional responsibility.

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Script Series on "Reconsidering Basic Transactional Analysis Constructs"

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 1700 Ganges Ave., El Cerrito, CA 94530, USA, or to robinfryer@aol.com .

The January *TAJ* Is Finally on Its Way

By the time you read this, the January 2000 *Transactional Analysis Journal* should finally be in the mail to you. We apologize for its lateness, which was caused by a combination of factors, including the transition to a new editor, changes at the ITAA office in the last few months, and the unusual length of this issue. However, we think you will find that it was well worth the wait, with 104 pages and nine thoughtful, provocative articles on theory, research, and organizational and clinical applications. While it will take some months to get the *Journal* back on schedule, we are committed to doing so and ask, in the meantime, for your patience.

TA Psychotherapy Workshop in Bali Indonesia
January 2001
Led by: Joanna Beazley Richards TSTA(C)

Cost: $900 US inclusive for 6 days and 5 nights
Includes beautiful seaside location, traditional Balinese food and entertainment, and local sightseeing

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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
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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)

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: June 1for the July issue; July 1for the August issue.

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

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Published on recycled paper

JOURNAL ENTRY

by Tony Tilney

Ithaka or the Journey?

From early on in its development, contracting became a central concept in the practice of transactional analysis psychotherapy, marking the move from the medical model of one person (the physician) acting on another person (the patient). However, Berne (1971), to the end of his life, remained somewhat ambivalent about this issue. Transactional analysis was to be a shared enterprise between therapist and client, one that recognized the equality of their human value ("I'm OK, You're OK"), although inevitably there is inequality of knowledge and skill. In fact, this necessary inequality is the client's reason for seeking out the therapist, and it raises complex issues that have concerned transactional analysts throughout the history of the discipline. How do you proceed, for example, if the client is a child or is mentally ill? How directive or confrontive is it appropriate to be? These issues still trouble transactional analysts and sometimes lead to angry disagreement.

Transactional analysis has diverse roots. In particular, it has roots in ego psychology, the school of psychoanalysis in which Eric Berne was trained. Freud was a genius whose colossal output impacted almost every area of psychotherapy. He initiated the study of the ego, which was later taken up by his daughter, Anna, in England. Ego psychology was taken forward, in particular, by Hartmann. The impending crisis in Europe as Hitler gathered power resulted in major European ego psychologists moving to the United States, where the discipline quickly took root to become the major school of psychoanalysis. It was more consonant with a pragmatic, outward looking culture, a culture founded by immigrants seeking a new and better life. Classical ("drive theory") psychoanalysis, with its emphasis on the role of the ego in dealing with internal conflict (and preventing that conflict from being projected), reflected the long and troubled history of Europe. Ego psychology shifted the emphasis from the internal and projected struggle (persecution, social conflict, war) to the positive role of the ego through its conflict-free zone (which Berne renamed the Adult ego state). In brief, ego psychology offers the hope that we can create an orderly and productive external world by using the ego to regulate external relations (transactions). Classical psychoanalysis has the more limited objective of facilitating the ego in controlling the conflict within the individual and so minimizing internal pain and external projection. It also has a different view of internal conflict. The transactional analysis view is essentially rational. The child makes his or her best effort to understand and deal with the world but gets it wrong, which results in script. To Freud the issues were deeper, more primitive and chaotic. Although ultimately reason must prevail ("where id was ego must be"), the conflict at the id level is nonrational (it follows the pleasure principle not the reality principle).

Classical psychoanalysis is based on making a safe space for the conflict to become conscious through free association. The regulation of that safe space calls for explicit or implicit process contracts, but outcome contracts are unknown. This is not a journey to a known, nameable destination, but a voyage of discovery. As a result, it may be unduly long. However, the discoveries may be significant (or they may not be).



"It is not always good to be too sure of where you are going or to decide this too soon."

Sometimes journeys of discovery are unexpected. The ancient Greek poet Homer tells the story of Odysseus, who inadvertently angered the god of the sea, Poseidon, just before setting out for his home kingdom of Ithaka at the end of the Trojan war. This resulted in a long and difficult journey home which lasted 20 years instead of a few weeks. Homer's poem is about that extraordinary journey. It ends when Odysseus is settled back in Ithaka.

The Alexandrian Greek poet Konstatin Kavafy comments laconically on Homer's story:

May you have many adventures
May Ithaka come late.

It is not always good to be too sure of where you are going or to decide this too soon. However, when you do decide, it is good to make a clear decision.

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Berne, E. (1971) Away from a theory of the impact of interpersonal interaction on non-verbal participation. *Transactional Analysis Journal, 1*(1), 6-13.

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Correct Price on Wagner Video

The price for the new two-volume video by Abe Wagner entitled, "Breaking the Communication Barrier: TA + NLP = Synergism," was incorrectly listed as $45 members/$55 nonmembers in the January *TAJ*. The correct cost is $75 members/$85 nonmembers until 1 August 2000, after which the cost increases to $95 members/$105 non-members.

The No-Suicide Contract

by Ted Novey

The no-suicide contract is one of the unique approaches used by transactional analysts. It is one of those transactional analysis concepts that is profound and yet sounds simple. In fact, it can be applied in an oversimplified manner and then criticized as being too superficial.

The approach was suggested by Eric Berne in his talk "Away from a Theory of the Impact of Interpersonal Interaction on Non-Verbal Participation" (1971). He discussed the possibility of convincing clients not to kill themselves by using statements such as "Don't kill yourself!" or "Don't jump (off the bridge)!" He also discussed the importance of doing this in a timely and effective manner. The first publication of a paper on making no-suicide contracts, that I know of, is a short article by Harry Boyd entitled "Suicidal Decisions" (1972). Since then there have been many detailed discussions of the effective use of this contract.

There have also been recent discussions of the no-suicide contract on the TA Discussion List on the Internet, with a number of writers saying that they do not use this contract any more, or that they find it too superficial to have any profound effect for clients.

I have used the interventions "Don't kill yourself!" or "You have a right to be alive, and I want you to agree to a contract with yourself or with me that you will not kill yourself" frequently in introductory courses and in group and individual therapy sessions. I have found that this simple-sounding intervention often arouses profound feelings of grief, fear, and hope. A simple exercise of going around a group and telling the members "I have a right to be alive" can often have a large emotional and decisional impact on the person. However, usually this is only the beginning of the process of giving clients long-lasting permission to live and to take care of themselves.

Nevertheless, establishing the no-suicide contract even at a superficial or time-limited level is a powerful beginning to the process. It usually provides at least temporary protection for the client, allowing time for exploration in depth of the source of the Don't Exist injunction, which finally leads to some form of redecision to claim the right to exist. This can happen quickly or it can take many months or longer. As usual, a variety of approaches can be effective in reaching this goal. Until clients believe in their right to be alive, it is difficult to move effectively to change other less critical injunctions.

"Establishing the no-suicide contract even at a superficial or time-limited level is a powerful beginning to the process."

This is a good example of one problem that transactional analysis and transactional analysts have in being accepted by mainstream psychology. The language is so concentrated that people take it at face value and assume that there is nothing more profound beneath the simple words. This was Eric Berne's genius and often our undoing in the professional world.

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"Connecting in the New Millennium"

9–13 August 2000

Halifax, Nova Scotia, Canada

Members will soon receive a copy of the final program brochure for the ITAA Conference in Halifax. It's a fabulous program, every bit of it! Sign up soon for the preconference institutes. We won't be surprised if they fill completely. Bill Cornell, who interviewed keynote speaker James Gilligan for the April *Script*, says he doesn't want to miss *anything* that Dr. Gilligan has to say. The Halifax committee is eager to see you here and to share this exciting conference with you in our beloved harbor city. For details on the conference, 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; website: www.itaa-net.org

ITAA News

Long-Range Planning Survey

Name _____ Organization _____
Position _____ Country in which you practice _____

1. What should be the purpose of the ITAA?

2. Membership: Should this consist of:
- ❑ National and regional bodies
- ❑ Individual members (as now)
- ❑ A mixture of national and regional bodies and individual membership

3. What fee should we charge for membership?

4. What services should the ITAA provide and what services would regional bodies want to take over for themselves?

Should the ITAA provide: a standard set of services ❑ a menu of services ❑
Services that the ITAA could provide might include (or exclude):
- publish the *Transactional Analysis Journal*
- publish *The Script* or some other form of newsletter
- publish a membership list of ITAA members or of ITAA and EATA members
- run PR campaigns or provide materials such as pamphlets for them

COMMENTS:

Should the ITAA:
- continue to provide a subsidy to T & C Council to keep exam fees at their current levels ❑ yes ❑ no
- subsidize research ❑ yes ❑ no
- subsidize members from poorer countries who want membership, examination fees, and so on ❑ yes ❑ no
- develop and sell TA products such as books, videos, etc. or empower local groups to have that role, or both? ❑ ITAA develop ❑ Empower local groups to develop ❑ Both

Remember that the more we do, the higher the membership fee will need to be.

5. Depending on the answers to 3 and 4, what office staff do we need, and do we need a physical office space or could someone provide services from his or her home?

6. Do we appoint staff, call for tenders, some other process?

7. Should our staff be: ❑ in the San Francisco Bay Area, ❑ within the United States, ❑ outside the United States, physically close to the EATA staff?

8. Should the ITAA approach EATA with a view to a merger? ❑ Yes ❑ No

9. Please list other professional organizations in which you maintain membership:

10. What would you like to see the ITAA emphasize during the next five years:

11. Do you think that a primary task of the ITAA is to be the repository of the early evolution of transactional analysis? ❑ Yes ❑ No If no, what do you see as primary tasks?

12. Should the ITAA or local and national groups promote transactional analysis to the professional and academic communities? ❑ ITAA ❑ Local groups
If you think the ITAA should do this promotion, how would you like to see it done?

13. The following items are recommendations from the Barr Report (a summary of the report was published in the December 1999 *Script*; the entire report is available from the ITAA office). Please rate them according to their importance. Use a 1 to 5 scale, with 5 being very important and 1 being not important at all.

___ Define and promote the historical core concepts of transactional analysis.
___ Create a body of knowledge that other societies can point to as the legitimate transactional analysis model.
___ Not move the office out of San Francisco in the immediate future.
___ Fill the executive director position with a project coordinator.
___ Focus on getting publications in professional journals.
___ Historical core concepts be presented on multilingual websites.
___ Serve as a resource for grant writing for research.
___ Focus on expanding the possibilities of the Internet.
___ Board prioritize these recommendations in consultation with regional, national, and international organizations and ask them to establish a business plan and timetable.
___ Move to a confederation structure within a clearly defined time frame.
___ Create a structure so that national and regional transactional analysis organizations can provide feedback and identify mutual needs.
___ Emphasize in publishing case histories how training is applicable across a wide variety of human problem solving (e.g., conflict resolution, teen gangs, business applications, ethnic conflicts, etc.)
___ Encourage research that demonstrates transactional analysis is a precise tool for societal problem solving.
___ Secure a good working relationship with the T & C Council.
___ Promote training and certification within national and international organizations (e.g., USATAA, ALAT, WPATA, etc.)

14. COMMENTS: There may well be other issues on which you wish to comment, and you should not feel limited by the list above. Remember you may make your comments directly to the president or president-elect or as part of a coordinated response from your national or regional organization.

Please return this survey to the ITAA office at 436 14th St., Suite 1301, Oakland, CA 94612-2710, USA, or fax it to 510-625-7725. Copies of all surveys will be forwarded to ITAA President George Kohlrieser, President-Elect Gordon Hewitt, and Acting Executive Director Denton Roberts.

Members Urged to Provide Input About ITAA's Future

In preparation for the Long-Range Planning Committee Meeting in Halifax this August, members are invited to complete the survey to the left, which was also sent to the ITAA Board of Trustees, national organizations, and others who have shown an interest in participating in this important process. Your response to this questionnaire is crucial to the success of this organization in the future. Please make it a priority. Once all these views have been collated, the board will put together a proposal for the structure and function of the ITAA. This proposal will then be published for member comments before being finalized and implemented. ❑

2000 Slate of Candidates

Alice Stevenson, ITAA Nominations Committee chair, has announced the following slate of candidates for the 2000 election:
Vice President, Operations: Denton Roberts, USA
Vice President, Research and Innovation: Claude Steiner, USA
Treasurer: Vern Masse, USA
Trustee, USA Region: Felipe Garcia, USA
Trustee, Other Region: Linda Gregory, Australia; Rishun Shinzato, Japan

If elected, these individuals will serve three years, from 1 January 2001 to 31 December 2003.

Election Procedure: As per the ITAA bylaws (revised 1996), these candidates were submitted by the deadline of 31 May 2000. Since there is more than one nominee for some positions, a ballot will be mailed to all voting members within 60 days of the close of nominations with a return deadline 60 days from the date of mailing. The results of the election will be announced to the candidates within 30 days after the results are determined and to the voting membership as soon as practical thereafter.

Business Meeting: Members are urged to attend the 11 August 2000 membership meeting from 5:15–6:00 pm in Halifax, Nova Scotia, Canada. If you cannot attend, please fill out and return the proxy form on this page. The ITAA Bylaws state that the quorum for conducting business at the business meeting is 50 voting members or 5% of the qualified voting membership, whichever is smaller. Since it may be difficult to assemble a quorum in international organizations such as the ITAA, the bylaws provide for granting proxies in two ways:

1. To another voting member—to be voted only in accordance with your specific instructions. Make sure your proxy choice will be attending the San Francisco business meeting.

2. To the secretary of the ITAA—this general proxy will be used only to establish a quorum.

Please sign and mail the form to the ITAA by 1 August 2000. Onsite registration of proxies will not be accepted. ❑

Proxy Vote Form

I (please print) _____ herewith assign my proxy vote to the Secretary of the ITAA _____ to be used only to establish a quorum or to (print name) _____ to be voted at his or her discretion in accordance with my wishes (as indicated on attached page) at the business meeting of the International Transactional Analysis Association, convening on Friday 11 August 2000 at 5:15 pm in Halifax, Nova Scotia, Canada.

Signature: _____
Date: _____

Welcome to New Members

March 2000

Name	*Sponsor*
Alvarez, Leticia Escobedo	Gloria Noriega
Badiga, Uday Shree	Sashi Chandran
Brenton, Karin	Patricia Glasgow
Chiu, Hui-Hui	Sissel Knibe
Combs, Aileen	—
Espinosa, Erwin L.	—
Fritze, Dorothee	—
Koda, Asami	Yoen Ishiyama
Kumudha, R.	Sashi Chandran
Liberman, Suzanne	Michiko Fukazawa
Maja, Thomi	—
Kato, Mamiko Ayu	Tomoko Abe
Murphy, Ms. Michael	Vann Joines
Radivojevic, Luljana A.	Zoran Milovojevic
Rajakumari, K.	Sashi Chandran
Sandford, Barbara A.	—
Shanthi, Lakshmi J.	Sashi Chandran
Torsellini, Fabio	Isabella D'Amore

April 2000

Name	*Sponsor*
Beaty, Thomas	—
Benitani, Ryota	Tomoko Abe
Chung, Kyung-wee	Jong-Sam Park
Daverio, Rossella	—
Evonna, Julie A. D.	—
Kelley, Linda J.	—
Kitahama, Tomoko	Kazuka Noma
Kuehner, Kim	Wayne Carpenter
McKenzie, Johanna	Donna Marie Perry
Mitsuhashi, Mabito	Michiko Fukazawa
Narayanan, V. S. Anantha	P. S. Vishwanathan
Raghavan, M. S. V.	P. S. Vishwanathan
Joe Wenham	—

❑

Members' Forum

Responses to Gilligan Interview . . . And the Rest of the Story!

Dear Bill,

When the April 2000 issue of *The Script* arrived two days ago I was disgusted to see nearly half devoted to violent prisoners. Later in the day I was disappointed that the ending to the interview with James Gilligan was missing. That evening a high-school client of mine reported that her advanced placement psychology course covered treating prisoners. I gave her my copy of *The Script*. The next day a new client described himself as passive aggressive, and while not a murderer, the articles helped me hone in on his "I'm right–you're wrong" attitude, which turned him toward autocratic rule or immobility. This morning I awoke thinking of my orientation toward meaning in therapy. Coming from a heritage of Christian thought, I understand that dying for one's cause is a source for meaning that conquers death. Then it dawned on me that murderers are seeking meaning in the face of death. They just don't have the Jesus mythology that encourages meaning to include ever widening circles of love.

In a matter of 48 hours, that disgusting issue of *The Script* has provided me with significant insight and help three times. Bill, since I apparently do not know what is good for me, please continue to disgust me.

Jonathon Wagner, Maryland Heights, Missouri, USA

Dear Editor:

Great article! Thanks for arranging for the interview with James Gilligan. The fact that it stops before the end is titillating. I can't wait to see the rest! I doubt that you're amused, of course.

Nancy Porter-Steele, Halifax, Nova Scotia, Canada

Dear Readers:

Thanks to those of you who wrote us about how you enjoyed the interview with James Gilligan in the April *Script* and how you are looking forward to reading the rest of it. We were, indeed, not amused to find that the last five lines of the interview had been mistakenly omitted. But we avoided our "Be perfect" by consoling ourselves with how such anticipation might prompt some of you to sign up for the Halifax conference so that you could hear more of what Dr. Gilligan has to say. We have already offered our apologies to Dr. Gilligan and here, as they say, is "the rest of the story":

Dr. Gilligan: . . . Our policies in this country have been moving in exactly the wrong direction for the most part. I hope we can learn from other nations and societies about social relations, social responsibilities. So my optimism comes from the evidence that societies can change.

Bill: Well, I have many more questions, but I think this is a good place for us to stop for now. I will be very excited to hear you in Halifax, and I'll have lots more questions there.

The Editors

New Brochures Available

Thanks to the hard work of Mary Goulding, Claude Steiner, Matthew Taylor, and others on the US section of the Membership Committee, the ITAA now has a beautiful new informational brochure targeted for use by clinicians in the United States. Besides information about the association, it includes a listing of 101s and workshops in the US in coming months. We'd like members to take some of these brochures to professional conferences around the country and to graduate schools. If you can help, please contact the ITAA office.

We also hope this brochure will be used as a prototype for additional brochures targeted to other groups, including educational and organizational audiences in the United States as well as national, regional, and other groups elsewhere in the world. If you can help, either in distributing this brochure or in designing one for another target group, please contact Elaine at the ITAA office.

Steiner on No-Suicide Contracts

Dear Editor:

It might interest the readers of *The Script* to know that it is likely that I was the first psychotherapist to develop and apply the no-suicide contract. At the time, 1967 or so, I was practicing with Ken Everts at the Berkeley TA Institute. Ken had a suicide in his practice, a very traumatic event, and then within a few months, another. I became concerned that as a beginning psychologist for whom a private practice in psychotherapy (rather than psychological testing) was not necessarily an acceptable activity, a suicide might be devastating, not just personally, but professionally as well.

I was working with a man who occasionally joked about killing himself. Instead of ignoring and therefore basically going along with the joke, I decided to proactively pursue the likelihood of his suicide and do what I could to prevent any possibility of it. Obvious as this may seem now, it was quite a radical idea at that time: The prevailing view was that soliciting self-destructive ideation, especially when done by anyone less than a psychoanalytically trained psychiatrist, was dangerous and could lead to decompensation and to the very action (suicide) that I wanted to avoid.

This seemed nonsensical to me, akin to the embarrassment that people have regarding the discussion of death around a bereaved person. In addition, I felt justified in protecting myself against such a shattering event, and in true transactional analysis fashion, in enlisting my client in the effort. So, at the slightest hint of suicidal ideation, I would launch a full, court investigation of my client's ideation, with special attention to suicide plans. And eventually, if there were pills, a gun, or some other device that could be removed, I insisted that it be relinquished to me. Finally, consistent with Berne's teachings regarding contracts, I insisted that the client make an agreement not to take his life as long as he was under my care. In 35 years of practice, I am happy to report, I have never had a suicide.

Believe me when I say that this was, at that time, considered a dangerous and outlandish therapeutic practice. How things have changed since! Contracts are now common practice, and, as is so often the case, practitioners are using ideas and techniques originated by Berne and his followers without awareness of their origins.

This gives me occasional private pleasure on the one hand, and on the other it also motivates me to devote energy to ITAA's public awareness program informing people of our worldwide presence and our historical as well as potential future importance. I invite *Script* readers to join this program to put transactional analysis back in the public eye.

Claude Steiner, Berkeley, California, USA

Still Loyal After All These Years

Dear Mary (Goulding):

In response to your request for volunteers to help with membership, I am not offering to help, because at age 85 I cannot take on new projects. I do keep my license and insurance because I volunteer, leading grief groups at two senior centers and doing some work on self-esteem focused on seniors. None of this is paid work, and I personally underwrite the cost of seminars required to maintain my license in California.

My only income is the occasional visit of former office patients, since I no longer have an office. Otherwise, I might offer to pay for brochures to be given to schools as a resource for teachers and families. Because Bob Goulding was very helpful to me in getting to know myself at age 65, I made the decision to get the necessary training in the next five years, found Pat Allen as my mentor, and became a licensed marriage and family counselor by age 70.

I had an office for 12 years, and then family health problems became a priority. Now my diminished energy and resources makes me decline what years ago would have been a welcome challenge. I am not in touch with my fellow professionals, but I like what the ITAA is doing and wish you lots of success.

Marjorie B. Anderson

Stapleton Stimulates Thoughts on the ITAA

Dear Richard (Stapleton):

Thanks so much for your wonderful letter in the March 2000 *Script*. I am both impressed with your thinking and commitment and moved by your passion. In addition to what you postulate about the decline in our US membership (from 7000 to 700 in 20 years), I contend there is something radically missing in our own culture that is contributing to our own demise.

You sure touched on it when you said, "Democratic, dialectical, dialogical processes are not commonly used in educational and organizational processes." When I conducted some informal research in 1994 as to why many of our then long-term members were letting their memberships lapse, I discovered that many were hurt, resentful, and disillusioned—disillusioned not so much by our theory and practice, but by our manners. We were not experienced as inclusive, particularly generous, or even consistently nice!

One new member said to me that at her first ITAA conference in Chicago in 1993 she did not feel particularly welcomed or included. For example, she commented on how someone who was introducing Claude Steiner apparently said something like "He needs no introduction." This woman, rather offended, commented, "He did to me! How arrogant!"

We have done a terrible job at welcoming, involving, and nurturing newer members. Hell, we have done a terrible job at nurturing ourselves, period! We are paying a dear price for our own dysfunctional culture, a culture we have not taken the time to properly analyze and effectively shift. Without alignment on "what is so," "how we want to be different," and "what we are committed to changing," we will surely drift into eventual obscurity.

Richard, thank you for keeping this conversation on the table, your courage in doing so, and your long-term commitment to transactional analysis and the ITAA.

Tim Schnabel, Lilburn, Georgia, USA

Dear Editor,

In his letter published in the March *Script*, Richard Stapleton raised, by my count, 14 important issues. These culminate with his desire to use the Internet to renew transactional analysis. He left the TA Discussion List on the Internet last year at a time I too was tempted to leave—during the angry and sometimes mean discussion about core concepts.

Richard argues for the goal of democratic, dialogical, dialectics from which "a juxtaposition of opposing views, a new or better synthesis, or temporary consensus may emerge." I certainly want to use the Internet to increase communication between transactional analysts, but I find the dialectical process limiting. It is a system built for synthesis and consensus; it ignores pluralism and confines process philosophy, thus limiting our diversity.

Part of me yearns for the unity and clarity that I experienced with transactional analysis theory in the late sixties and early seventies. I remember struggling with the question of ego-state reality then. I spent several sessions with Dr. Hoffstetter, director of St. Louis State Hospital and an authority on brain structure due to his lobotomy research. I was disappointed to learn that there was little likelihood of an ego-state organ in the brain. Dr. Hoffstetter also pointed out that many medical phenomena do not have organs. Slowly I have come to understand that phenomena like ego states are attempts to grasp the holistic process within which we exist for a duration. As Tony Tilney points out in the same issue of *The Script*, poets can express this process better than psychotherapists.

While I have been upset with the TA Discussion List, written things on it I should not have, and even joined fights, I have also gained new insights, learned to give up making people behave "right" (well, time will tell about that claim), and developed some dialogues. I know there is more diversity than what shows up on the list because some people are not ready to risk the meanness that erupted.

I stick with the Internet not to find the unity of the past, but to experience the diversity of present-day transactional analysis. Sometimes it takes great discipline to discern the different meanings words can have. For years I glanced at Erskine's writings, saw psychoanalytic concepts, and wrote off his work. Through the list and private discussions with Erskine I discovered he had very different definitions and an interesting, helpful theoretical structure. It is that type of deep listening that is possible on the Internet, a listening that expands our options and deepens understanding within our diversity.

For transactional analysts who want to participate on the Internet TA Discussion List, a service offered by Lanny Goldfinch and not officially connected with the ITAA, here's how to do it:

Send an email to listserv@nopc.org with only the following as the message first line

- SUBscribe ta (to join, only CAPs needed)
- UNSusbcribe ta (to quit, only CAPs needed)
- HELp (for a copy of this message)

(the above are automated, Lanny does not see them)

- To send a message to Lanny personally, email him at langston@nopc.org
- To send other individuals from the list personal email, send to their email addresses.

Jonathon Wagner, Maryland Heights, Missouri, USA

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The ITAA Gets Lucky with New Staff Member

Elaine Frances, our new office coordinator, is full of surprises. She has plenty of the education (a BA in English), office skills (word processing, writing ability, database management), and experience (meeting planning, supervision, team building) that one associates with this kind of position. But she also has successfully faced many challenges that provide an added dimension to the abilities and qualities she brings to her work for the ITAA.



For instance, Elaine knows something of what ITAA members face when they introduce the values of transactional analysis in settings where that is not the norm. Her work history includes five years as the head of the campus police department at Hocking College in Nelsonville, Ohio. As a law enforcement professional with a humanistic bent, she daily faced the challenges of working and communicating with employees and staff who were trained in more traditional police work. The amazing thing is that she did it a way that garnered her the respect and admiration of seasoned city police officers. As one said when called as a reference, "Elaine and I argued all the time about the best way to do things, and we may not have changed each other's minds, but we listened to and learned from each other." He also said, with an audible smile in his voice, "She asks a lot of questions, and she tells you exactly what she thinks!" And so Elaine brings a commitment to humanistic ideals, patience, good communication skills, and tact to her work for the ITAA.

One of her favorite parts of the job at Hocking College was the work she did with international students. She realized that many of them simply did not have the language or cultural awareness to appreciate that certain behaviors might lead them into trouble with the campus police. So, in a collaborative effort with the international student services coordinator, she ran programs to educate students and, when some police response was actually necessary, to place students under disciplinary action rather than in jail. As she saw it, they were there to learn and that couldn't occur effectively behind bars. And so Elaine brings a broad understanding and appreciation of cultural differences, a willingness to work collaboratively, and a personal empathy to her work for the ITAA.

After leaving her work in law enforcement, for three years Elaine ran her own computer-based small business, in the process learning and refining her many computer skills. She taught herself basic computer maintenance and troubleshooting, learned a variety of programs, and designed and developed Internet websites. Since joining the ITAA staff in January, she has already taken a course in the new computer database system recently installed at the ITAA office and is constantly thinking of new and better ways to use the Internet as a vehicle for disseminating information about transactional analysis and the ITAA. And so she brings expertise in and enthusiasm for computers and the Internet to her work for the ITAA.

Elaine has been with the ITAA for almost six months now. She has started solving problems, setting up workable systems, bringing order out of chaos—and doing it all with a smile. She said she turned down several positions before being asked to join the ITAA staff. "I wanted to work for an organization that stood for something that I could care about, something that offered not only a salary, but some meaning." Elaine is glad she found the ITAA, and you guessed it—we're glad we found her! □

Integrative Transactional Analysis

A Training Program with
Richard Erskine, Ph.D., and Rebecca Trautmann, R.N., M.S.W.

A new two-year training sequence in an integrative approach to transactional analysis will begin in October 2000. This training program will meet in Kent, Connecticut (near New York City and accessible from four major airports) from Friday at 1 pm to Sunday at 1 pm five times in each year.

The program will consist of theoretical lectures, discussions of readings and clinical demonstrations, case presentations and supervision, and therapeutic group process. The topics may include: ego and ego fragmentation; intrapsychic process and function; the transferential repeated and needed relationship; and psychological homeostasis and the script system in individual, couple, and family therapy.

The psychotherapy methods will emphasize the centrality of contact-in-relationship, relational needs, a developmental perspective, affective attunement, inquiry, and therapeutic involvement.

A similar program in Indianapolis, Indiana, will begin in January 2001 and will meet for two days five times a year.

For information contact:
Richard G. Erskine, Ph.D.
Institute for Integrative Psychotherapy
500 East 85th St., New York, NY 10028, U.S.A.
212-734-5291 (phone) * 212-879-6618 (fax)
Website: IntegrativeTherapy.com

These programs meet the training requirements of the American Group Psychotherapy Association and the Transactional Analysis Board of Certification. The program is approved for continuing education of psychologists by the American Psychological Association, for certified counselors by the National Board of Certified Counselors, and for pastoral counselors by the American Board of Examiners in Pastoral Counseling. Continuing education credits for social workers are available through state licensing boards. The Institute for Integrative Psychotherapy maintains responsibility for the programs.

MEMBERS' FORUM

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Doing What Comes Naturally □

Dear Colleagues:

I want to share with you all a rather nice experience we had recently. One of my supervision groups met as a demonstration session for the psychiatric residency program of Dalhousie University. Present were Jan Morrison, PTSTA, Mary Goodman, candidate for CTA, Lynda Ceresne, Geoff Turnbull, and Nathalie Blanchet. In a group room at the Queen Elizabeth II Hospital, we made a circle in the middle and proceeded as we normally would in my office. Each member of the supervision group stated a goal for the session. These included discussing how one member was extracting himself from a game within an organization, how another member is preparing to create the job situation that she wants, and some clinical issues, including a five-minute tape recording of a client. We were able to work with two of the stated goals in the half-hour or so that we had available. All the members of the group were active in the process of supervision, as usual. Afterward, we had a brief discussion with the audience.

What was particularly gratifying about this experience was that the head of psychotherapy training for the psychiatric residency program, Dr. Allan Abbass, appreciated several aspects of the process very much, including the actual process of a mature group as opposed to one-on-one supervision with a group observing. He especially noted that we can deal with such a variety of issues because of our transactional analysis theory, which he said would not be possible with psychodynamic theory or even with cognitive theory.

We were able to convey well the potency of the transactional analysis model just by doing what we ordinarily do. I hope others may also be inspired to find ways to demonstrate to colleagues who haven't seen our kind of work in action.

Nancy Porter-Steele, Halifax, Nova Scotia, Canada

On Becoming a New ITAA Member □

Dear Members of the ITAA:

After responding to a generic mailing seeking help in recruiting new members, I received a gracious note from Mary Goulding requesting that I share in letter form why I chose to become a member of the ITAA and what it means to me. What follows is my modest response. Since Mary asked the question, I have chosen to personalize my response to her.

Dear Mary,

Thank you for your personal response to my request that the ITAA do more to help new members assimilate and become active in this association. I have used the word "association" intentionally, because I personally believe in the power that can come from meaningful relationships. To respond succinctly your question, "How and why and what does it mean to you to be a member of the ITAA?" the answer is in the personal and professional power I have found in the meaningful relationships that I have experienced through and from the teaching of transactional analysis.

I began my personal journey with transactional analysis in a personal growth weekend with Dr. Vann Joines at Southeast Institute. This was my first and most significant experience with transactional analysis and the beginning of one of the most meaningful professional relationships of my life. After experiencing the power of change and healing for myself, I knew that transactional analysis was a model that I wanted to learn more about. Previously I had served 15 years as a United Methodist pastor and hospital chaplain and had not felt fully equipped to provide persons who sought my pastoral counsel with a process that would enable them to sustain behavioral change and redirect their destiny. The fundamental philosophy of transactional analysis integrated well within my theological training and personal beliefs.

About 15 months ago I was asked to take on a new role in the community in which I live. The role involved being a pioneer in church and state relations and direct work with persons transitioning from welfare programs to work programs. This change made it possible for me to seek postgraduate training at Southeast Institute. The training and supervision has proven to be invaluable in this challenging new work. Transactional analysis has provided insight into the rackets and games people play to sustain their dependence on government programs. It has enabled me to teach social workers how to avoid the frustrations of Parent contracts. It has given me an effective teaching tool to help faith communities and other helping agencies work together to sustain behavioral change and redirect the destiny of many families lost in a script of poverty.

Aristotle taught in his book on ethics that friends are those who seek the moral good of one another. The reason I am a member of the ITAA is because I believe strongly that transactional analysis can provide the teaching and experiences that people in our complex, confusing, temporary culture need to be in meaningful relationships that empower them to become good friends to all people and to determine their own destiny. I hope that I can make significant contributions to the ITAA in the future, particularly in the area of social psychology, and I look forward to developing many meaningful relationships with ITAA members.

Roy Falgout, Wilson, North Carolina □

Amos Selevan's daughter, Batya, wrote to Mary Goulding in mid-April that her father was in the hospital on a ventilator. Batya said he was improving. Mary suggests that members who wish to write to Amos may do so at 5528 Raleigh St., Pittsburgh, PA 15217, USA.

A CHANCE

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mothers and their young children and have developed ways of teaching people to improve in these important encounters. We have all realized the importance of this contact since Freud, but we have not really known what to do about it and how to do it. Theories were built on adult memories, and treatment was focused on grown-ups. In contrast, direct observation of mother-child interactions in a second-by-second, close-up way (with the help of video, which makes it easier to look on transactions over and over again until one can see and hear all the details) provides us with very different ideas of how a baby constructs its world and how and what it learns. Almost all psychoanalytic theories, from those of Freud through those of Mahler and others, are challenged by these new findings, which have only recently come into public awareness after 25 years of research.

George Kohlrieser, currently ITAA President, teaches us that contact is the central experience that activates our natural "Beißhemmung" (the instinctual hindrance to hurt and to kill). This is the instinct that all social mammals have not to kill their own species. In humans this instinct is active when we risk personal contact, when we see the other person as a real person on a contact level. This deep level of contact, one that is even possible between complete strangers, is our chance. Through being out of contact we are able to kill, to do brutal things to fellow human beings; contact offers us the chance to change that.

As transactional analysts we have known about transactions for a long time and in a very profound way; we are used to describing them in great detail. We also know about intimacy and that it is possible. It is a great strength of transactional analysis to be able to analyze transactions in the framework of a whole theory and in this way to be able to make predictions and to teach people how transactions drive our lives. Transactional analysis enables us to define the details of making contact in transactional terms and to suggest solutions to problems in this area. Richard Erskine, TSTA and twice the cowinner of the Eric Berne Memorial Award for his contributions to transactional analysis theory, has described this beautifully in his writings on attunement.

Contact (in this meaning) is also the vehicle that makes information and experience meaningful, that helps to integrate these into the personality (in all ego states). Especially in this Information Age—in which information becomes a counterpart of meaning and the question is how *meaningful* information can be found and integrated into human lives—we need good theories and methods for solving the many problems in our modern world. It is from this reasoning that I think and believe that it is so important to develop and further elaborate our concepts about contact. Transactional analysis has so much to offer in this field that we can really be proud. Also, this is a field that, in my experience, is very much a part of the transactional analysis culture—that is, the way transactional analysts relate to other people, the way transactional analysis associations cooperate and serve their members, the way transactional analysis training groups are like "ideal families." However, it is less intensely written about, talked about, and developed in terms of theoretical concepts. This is our challenge. As Gabor von Varga, a Hungarian/American/English/German TSTA, has often provocatively suggested, perhaps we transactional analysts are a little shy and hide the best of our treasures (i.e., the wonderful and elaborated concepts of strokes). We need to change that.

Transactional analysis teaches us how we can learn from the experience of intimacy. In fact, intimacy can be taught through practical example. It connects us with the primal abilities and forces we all have in connecting with others in a game-free way and outside of our frame of reference. And this kind of contact makes it possible to avoid humiliating others (and ourselves).

Jan Hennig is president of the European Association for Transactional Analysis. He lives and works in Johannesberg, Germany. He can be reached at Kapellenstrabe 3, 63867 Johannesberg, Germany; JanHennig@t-online.de . *The original version of this article was published in the February 2000 issue of the* EATA Newsletter *and is reprinted here with permission.*

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EXAM CALENDAR

Exam	Exam Adm.	Exam Date	Location	App. Deadline
CTA Oral	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	Keele, 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	July 13, 2000	Paris, France	Jan. 1, 2000
	BOC	Aug. 9, 2000	Halifax, Nova Scotia	May 9, 2000
	COC	April 5, 2001	Keele, England	Oct. 1, 2000
	COC	July 5, 2001	Vienna, Austria	Jan. 1, 2001
	BOC	July 25, 2001	Sydney, Australia	April 25, 2001
CTA Written	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
TEWs	PTSC	July 10-12, 2000	Paris, France	March 10, 2000
	TSC	Aug. 15-17, 2000	Halifax, Nova Scotia	April 15, 2000
	PTSC	Apr. 8-10, 2001	Keele, England	Dec. 8, 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.

THE MEDIA

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Now the 24-hour cycle of cable TV news carries repetitive images of bombs exploding, people dying, a president nuzzling an intern, or a candidate falling off a dias, and they come at you with the same mind-numbing frequency as a telephone company ad. Most of these images unfortunately arrive without a trace of perspective or any warning about a lack of objectivity. Even the astute Moyers could not have foreseen the day when news and advertising images could be shaped with equal skill, when public opinion and emotions could be as easily manipulated as consumer behavior. That day has come. And the lesson of Moyers's work is validated frequently by the wild swings in public opinion on issues and events depending on how they are portrayed on television news.

A sampling of the new statistics from the March 2000 report of the comprehensive National Television Violence Study, a three-year collaboration of four major universities, are not intuitively surprising: In the United States, 98% of households now have television, virtually saturating the society; the average household watches 7-1/4 hours of television daily, with teens and children averaging 3 hours; more than 30 million children watch television unsupervised every day; crime makes up a quarter of all local news coverage; 47% of kids have a television in their bedroom; two thirds of all prime-time programs contain violence; and a child will see 100,000 violent acts on TV by the end of elementary school.

Outside the United States—via tape—American films, television shows, and videos traverse the globe. The consequences for the social fabric worldwide are as yet unknown.

This level of access to the minds and emotions of Americans alone was worth $47.5 billion to advertisers in 1998. US tobacco companies—along with the rest of us—watched for 20 years as the incidence of lung and heart disease rose among smokers, while consistently denying the research findings, including their own. Long before action was taken, an irrefutable correlation between smoking and disease had been established. Now, in striking parallel, the television industry, while covering in depth incidents of youth violence, the gun controversy, sex crimes, and so on, remains essentially mute on the known effects of repeated simulated violence. Apparently taking a cue from the tobacco chiefs, the "not enough evidence" argument is repeatedly put forth. Information about the consequences of media violence is not reaching the public. (While the industry owns the microphones in the United States, the airwaves legally belong to the public, a fact seemingly ignored by legislators.)

Another phenomenon spawned by the growth of television is the commercialization of fame (see *What Price Fame*? by Tyler Cowen [Harvard University Press, March 2000]). The author argues that the same forces that prevent the United States from producing another Franklin Roosevelt also limit demagoguery and power.) In this new paradigm, however, politicians are forced to compete on the same terms as entertainers. The mass media feeds a social ideology based on individualism, self-fulfillment, and entertainment, the latter often coming in the form of simulated violence. Mores are relatively loose and shame has little power. "Such is the moral and political package brought about by the modern commercialization of fame," writes Cowen.

The "dean" of media violence awareness in the United States is an 80-year-old former Hungarian revolutionary poet, OSS officer, emigrant, and student at the University of Southern California who wrote the first thesis on education and television. Now retired as chair of the University of Pennsylvania's Annenberg School of Communication, George Gerbner was the subject of a bellweather piece called "The Man Who Counts the Murders" (*Atlantic Monthly*, May 1997). Gerbner's essential argument is that media violence is a subtle and powerful force that alters our perceptions of our society and models violence for later mimicking, voluntarily or involuntarily, mostly by youth. In its sheer repetitive volume, it has over time cultivated fear, a breeding ground for demagoguery. Gerbner sees this cultural script of introjected fear and violence as "a mean world syndrome," one that is being written by television. However, this is not a true reflection of society, of actual daily life. (For example, the murder count per capita does not vary significantly from year to year, although gun ownership has increased tremendously.) Gerbner's alarm at the baneful effects of television he now compares in fascist terms to mass brainwashing. His favorite toast: "To the success of our hopeless endeavor."

This view is balanced by a project called Reason to Hope. Initiated by the American Psychological Association, its more optimistic tone offers widespread support for research into effective and creative practices for alleviating and preventing increasing youth violence.

How does transactional analysis fit into all this? A revolutionary notion at the time, Berne called transactional analysis a social psychiatry. More now than ever, transactional analysis is prepared to offer tools that are valid not only for promoting personal change and for understanding how emotions and human communications work within groups and families, but for positively affecting society at large. An upcoming demand for professionals who understand what constitutes effective communication and how to promote it, especially between generations, is already creating a new niche in professional practices for those concerned with stemming the negative effects of media violence. Transactional analysts are particularly well suited for such tasks.

We hope you will join us for our special panel in Halifax, which will follow in the wake of keynote speaker Dr. James Gilligan and his workshop (see the April *Script* for an interview with Dr. Gilligan) as well as other related presentations on violence prevention. Meanwhile, you may want to check into the following resources:

- National Institute on Media and the Family, the best source for hands-on materials at www.mediafamily.org
- The Parents Television Council, which undercuts corporate sponsorship by a campaign of newspaper ads effectively eliciting widespread public response to prime-time television sex, language, and violence. See www.parentstv.org
- Center for Media Literacy, a good information resource at www.medialit.org
- A report of the American Psychological Association's Commission on Violence and Youth is available at www.apaa.org/pubinfo/violence.html
- *Big World, Small Screen: The Role of Television in American Society* by A. C. Huston

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Keeping In Touch

Region II—Canada

Muriel James, EdD, TSTA, will be presenting at the International Conference on Searching for Meaning in the New Millennium, 13-16 July 2000 in Vancouver, British Columbia, Canada. This will be a multidisciplinary gathering to promote the positive psychology of meaning. For details, contact the sponsoring organization, the International Network on Personal Meaning, Trinity Western University, 7600 Glover Rd., Langley, BC V2Y 1Y1, Canada, or visit their website at www.meaning.twu.ca.

Region III—Europe

The 2001 Institute of Transactional Analysis conference will be held in Keele, England, 5-8 April. For information, contact Richard Reynolds at rreynolds@edinburghhealth.co.uk .

Region V—United States

The next Eastern Regional Transactional Analysis Association (ERTAA) conference will be held 19-22 April 2001 in Stamford, Connecticut, USA. The theme is "Ego, Ego States, and Self Psychology: Integrating Theoretical Concepts," and the focus is on continuing education and professional development. Keynote speakers include John and Helen Watkins, authors of *Ego States: Theory and Therapy;*, James Fosshage, coauthor of *Clinical Exchange: Techniques from the Standpoint of Self and Motivational Systems;* and Richard Erskine, coauthor of *Beyond Empathy: A Therapy of Contact-in-Relationship*. For details contact Conference Registrar Fred Clark, 261 Spring St., Cheshire, CT 06410, USA.

THE HEART

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rather than passive recipients of some sort of magic. Setting limits, establishing goals, and clarifying expectations became part of a dialogue that culminated in clear, mutually agreed upon contracts. This process was recognized as central in preventing games and making relationships constructive and reliable.

Contracts are effective because they make issues apparent and keep the relationship focused on a direction that involves mutual participation in the outcome and benefit. Simply put, for a contract to work, you must know what you want and what the other wants; that is, both parties must know what they are willing to offer, receive, or do. This is a self-management function focused on purpose and intention and balanced between relationship and goals. Thus, contract negotiation involves the process of saying both "yes" and "no."

For those who know what they want and are willing to assert their personal power, contracts are easy to make. For example, children negotiate contracts all the time. I'm often reminded of that hostage and his life-saving thirty seconds when my five-year-old son pulls me into a similar process as I try to leave the swimming pool, or he wants just one more bedtime story, or I need to stop any activity he really likes. From his perspective, I am depriving him of a vital activity. And each time he practices negotiation, regardless of the outcome and resulting contract.

How can I let him develop this natural skill and personal power while still maintaining my role as a parent and teaching him boundaries? I often ask myself. Why do so many children naturally skilled at negotiating lose this capacity as they grow older? I am convinced that the answer lies in the commitment they see in the adults with whom they contract. If parents keep their word and commitments, trust will naturally develop—not only in the parent as a person, but also in negotiating contracts as a way to keep personal power while maintaining healthy relationships.

The heart of any contract, therefore, must be commitment. The Latin root for this word is *cum* (together) and *mittere* (to send): Commitment is to send together. What is it we send? It is our energy, our involvement. Without commitment, a contract can be experienced as a constraint or can lead to just another game. However, for those who honor their commitments, contracts are easy to keep and provide a sense of freedom.

Contracts reflect the bond between individuals or groups. The foundation for a contract is the desire to be together, to do something together, to share a purpose with the intention of reaching an outcome. If there is clarity of purpose, wants, needs, and desires between all parties, it becomes easy to find common goals. The contract is merely the expression of what each side is willing to do to respect the bond and to act toward these goals. Sometimes this requires tough negotiation, painful decisions, and lots of patience—always with an eye on the benefit to all sides.

Problems emerge in contracting when there is little or no bonding between the parties. It is important to remember that you do not need to like someone to form an attachment or to share a common goal. I first used contracts and became deeply convinced of their effectiveness when dealing with violent individuals and hostage takers. I discovered that if I could establish a personal connection, find out what the person wanted, establish clearly what my limits were, and find a common goal, dangerous situations could almost always be deescalated and resolved. I also discovered that the most difficult of these situations were the ones in which the other person was totally passive or had lost hope or wanted nothing.

In organizations, contracts are powerful and essential for preventing or resolving conflicts and for staying focused on common goals. In global and/or international organizations, there are complex goals that often involve confusion or conflict, for example, between personal, departmental, divisional, national, or regional priorities. The challenge is to put individual needs in the context of team and organizational goals while making sure that everyone finds and receives some benefit. The basis for this is also the question, "What do you want, need, desire? What do you want from me or the team or the customer?"

The secret to a good contract is energy, emotional bonding to persons and common goals, and a willingness to keep commitments. Even when the situation changes and contracts must be renegotiated, the importance of understanding the intention and motivation of the other person is essential. The philosophy and practice of using contracts is still one of the greatest antidotes for preventing games, breaking free of victimization, and finding energy to keep on moving.

The author wishes to thank Gianpiero Petriglieri for his significant contributions to the writing of this article. □

Sydney 2001 Conference Call for Proposals



I. Information cover sheet

Presentation title _____

Presenter's name, academic credentials, ITAA certification.
If not an ITAA CTA, please include a Certified Member's written endorsement. _____

Presenter's street and number or other postal address _____

Presenter's city/state or province/postal code/country _____

Telephone_____ **Fax**_____ **Email**_____

Copresenter(s)_____
(Name(s) and highest academic degree(s). You must contact copresenters to ensure attendance or replacement.)

Field of TA application: Educational___ Organizational___ Counseling___ Clinical___

Level: Beginning-discovery-first time___ Intermediate-experienced-going further___
Oldtimers interested in learning from one another___

Format: lecture___ discussion___ panel___ paper___ experiential___

Duration: 1.5 hrs___ 3 hrs___ Paper (50 minutes)___

Size limit of group: no limit___ limited to #_____

Language: English___ other_____

Equipment: Rooms have movable chairs, flip charts. If additional equipment is needed, describe how you will supply it:_____

Safety: Describe potential risks (e.g. intense physical/emotional experiences) and protection you will provide:_____

New Presentation? No___ Yes___ (where/when)_____

Goals/objectives: What do you plan to accomplish during your time?_____

_____

II. Abstract: Attach a typed abstract of up to 100 words to be used in conference publicity.

III. Biographical Sketch: Attach a typed biographical sketch not to exceed 20 words.

IV. Outline: Please provide a chronological outline of up to two typed pages: What will happen during your presentation, including a plan showing use of time, how material will be presented, what learning aids will be used.

V. CEU Requirements: The following information is needed from presenters for workshop participants to receive continuing education units for workshop attendance:

1. One or more questions that could be asked of workshop participants that would indicate a general understanding of the material presented to them
2. Presenter's highest academic degree and where the degree was obtained
3. Presenter's current license
4. Presenter's occupation and workplace (name and location)

Return your proposal as soon as possible and no later than 1 October 2000 to: ITAA 39th Annual Conference, 436 14th Street, Suite 1301, Oakland, CA 94612-2710, USA; fax: 510-625-7725; email: itaa@itaa-net.org