~~706~~ Finances. 199.

The Script

ITAA

INTERNATIONAL TRANSACTIONAL ANALYSIS ASSOCIATION

VOL. XXX, NO. 6 AUGUST 2000

Keepin' On

by Denton L. Roberts

In a recent discussion with three other Teaching Members who have been around for 30 plus years, we raised the question of what transactional analysis has given us. My answer was "potency." As we talked on, we all agreed that in looking back at our lives and professional careers, potency summed up what practicing transactional analysis has provided us.

As for me, following the first Watts riot, I took on the most difficult job I could have chosen. I moved from an all-white community that had the highest percentage of PhDs in the United States to a ghetto with the highest crime, poverty, and density rate in California. I was well along in my Clinical Member training at the time and found that I relied heavily on that training both to sustain myself and to begin the process of building a nontoxic community within a toxic environment. Had it not been for my transactional analysis training, I cannot imagine how I would have survived much less succeeded. Now, 32 years later, as I review what I consider to be a successful career that fit well with my idealism, I attribute much of my success to my ongoing training in transactional analysis and



"The combination of transactional analysis theory and the transactional analysis community provided me with a method of operation and a source of nourishment."

conclude that I would not have succeeded were it not for transactional analysis theory and practice and the transactional analysis community that has nourished me steadily.

During my long tenure at my chosen location, I saw many able, idealistic colleagues burn out, flip out, and drop out. Living and working in a high-stress, dangerous area overloaded them, but somehow I survived with few scars and a real sense of having fulfilled my personal mission. The combination of transactional analysis theory and the transactional analysis community was a life ingredient that I had that my colleagues did not. This empowering combination provided me with a method of operation and a source of nourishment that my otherwise able colleagues did not have.

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The Unconscious Phenomenon: Self-Fulfilling Prophecy

by Sam R. Lloyd

Our business is designing and conducting training programs for organizations of all kinds and sizes to help people be as effective as they can be. We frequently teach transactional analysis concepts and interpersonal skills that are usually reserved for therapists. One particular concept that we use to help people understand the importance of becoming aware of their true thoughts and feelings about others is Ernst's (1971) OK Corral.

To help our participants appreciate the significance of this concept, we first share with them how "self-fulfilling prophecy" works. This refers to the phenomenon of expectations becoming reality, something that has been studied by many researchers in different fields. Douglas McGregor (1960), for one, discovered that the primary factor in managers having good results or bad results with people is the manager's own expectations. When managers expect people to be lazy, undependable, dishonest, and so on, they inevitably end up with employees who behave the way they expected them to behave. When managers expect people to be honest, achievement oriented, dependable, and hard working, they end up with employees who lived up to those expectations.

However, McGregor never satisfactorily explained how expectations are communicated from one person to another, although he did identify the underlying process. As recently as the 1970s, Rosenthal (1968) and his associates studied this same phenomenon in the classroom and proved again that assumptions produce expected results. Rosenthal and his group gave false information to teachers about students who were chosen at random. On the basis of this information, teachers were led to believe that some students were smarter and more academically gifted than others. The teachers were told to keep this false information to themselves, not to treat the students differently, and to make sure that all of the students in their classes were treated fairly. Then the researchers observed the classes each day to discover if the teachers' expectations would produce different results.

Once again, the self-fulfilling prophecy phenomenon did its work. Students whom teachers believed to be the brightest scored significantly higher on the same standardized tests that had been administered before the experiment; they also learned and remembered more of the material covered during the school term. Those students who, according to the original test results, were not any smarter or gifted than the others performed much more effectively because their teachers expected them to do so.

From their daily observations, these researchers also discovered how the expectations were being communicated. The teachers unknowingly communicated different messages to students in subtle ways. They made eye contact with the "bright" students almost three times as often; they smiled at them more frequently; they used their names more consistently; they touched them more often; they called on them more. When directing a question to one of the "slower" students, teachers waited an average of three seconds for a response before turning to another student for the answer. If the question was directed to a "bright" student, teachers waited an average of seven seconds before turning to another student for the answer. The assumption seemed to be that the "bright" student would know the answer. All of these behaviors were unintentional and unconscious choices of the teachers motivated by an expectation based on completely false information.

"We are unconsciously sending out signals to others, and these signals invite those others to behave in predictable ways. We each get just what we expect to get—over and over."



Sam Lloyd

When we share this information with participants in our workshops they often are shocked by the power of this unconscious process. Often they express concern about how their own children may be affected by the unconscious biases of their teachers. Other research by the Sadkers at the American University in Washington, DC, has shown similar results with gender bias being unconsciously communicated from teachers to students. Many people have heard about such

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Reflections on the Unconscious in Transactional Analysis

by Ian Pizer

My interest in the term "unconscious" in relation to transactional analysis came about as follows: I was discussing some transactional analysis theory with a colleague when she announced that there was something wrong with transactional analysis because it appeared to ignore the unconscious. She had begun her training in a psychoanalytic school in which the unconscious played a paramount role, and she felt uncomfortable with its absence in transactional analysis.

Since I had recently joined an interesting Internet transactional analysis discussion list, which was managed at the time by Willem Lammers, I decided to raise the subject in that venue. The response was electric. A number of well-known transactional analysis theorists announced their points of view, and the sometimes heated discussion on the subject lasted for some time.

"Transactional Analysis appears to ignore the unconscious."

Recently, in reading a fascinating book on philosophy, I came across the fact that the German philosopher Arthur Schopenhauer (1788-1860) suggested that we are split into conscious and unconscious selves. In his view, the unconscious is governed by the will-to-life; the conscious is subservient to it and unable to learn of all its plans. Sigmund Freud (1856-1939) would certainly have been familiar with Schopenhauer's philosophy, but I for one do not know if he was aware of Schopenhauer's idea of the split.

In *A Layman's Guide to Psychiatry and Psychoanalysis*, Eric Berne (1947/1957) made many statements about the unconscious, presumably from a psychoanalytic point of view and probably also from a personal Bernian point of view. For example, in the chapter titled "Dreams and the Unconscious" he wrote the following:

> The unconscious is a region where feelings are stored. This is not "dead storage," but very much "live" storage, more like a zoo than a warehouse, for all the feelings stored in the unconscious are forever trying to get out. (p. 105)

The tensions in the unconscious are "unfinished business" because they have not been relieved, do not disappear until they are relieved, and are continually seeking complete or partial relief through their true aims and objects or through substitutes.

The chief tensions present in the unconscious minds of most people are unsatisfied oral wishes, unsatisfied anal wishes, and unsatisfied wishes of the later

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EDITORIALLY YOURS

by Bill Cornell

Fulfilling Our Purpose

This month's *Script* represents well one of the main purposes that I have hoped this newsletter would fulfill: to serve as a forum for the rich exchange of values, ideas, and perspectives. The articles, columns, and letters in this issue offer a wonderfully diverse range of ideas on the place of the unconscious in transactional analysis theory as well as a continuing discussion on the use of no-suicide contracts in transactional analysis. I don't imagine you will agree with everything you read here this month, but I do imagine that you will find much to think (or rethink) about. I hope many of you will enter these dialogues with your own contributions.

I want to begin my comments about the content of this *Script* with a response to Mary Goulding's letter, which is in response to my column in the May-June newsletter. Mary wrote me a personal email, not a formal letter to the editor for publication. However, I found her letter so eloquent and the points she raised so important that I asked her for permission to publish it. By the time I got to the end of her letter when I first read it I was crying—tears of appreciation and gratitude. I was deeply touched that Mary responded to my column in such a personal and forceful way. Her letter, to me, is a wonderful example of a forceful and respectful confrontation, full of passion and affection.

In the most fundamental ways, I am, in fact, in agreement with what Mary writes about the use of no-suicide contracts and redecisions. I think in my trying to tell such a personal story about my Dad I wasn't clear enough about what I actually do in therapy with clients. I do not use no-suicide contracts as a condition for entering or staying in treatment. However, like Mary, I think many transactional analysis practitioners use the buzz word, not the concept. As I sit on ITAA certifying exam boards, I have become increasingly concerned that we are teaching doctrine (buzz words, at the worst) rather than theory, teaching people what to think and do rather how to think about what they do. In my column I was trying to raise the profoundly complex and personal issues involved in suicidal feelings and choices. I do, in fact, at points of crisis, often make temporary no-suicide agreements to create the time and space for the client and me to think and struggle together, to enter "intensely personal encounters and conflicts," as I wrote in my column. Perhaps where I disagree with Mary is that I don't think all clients come into therapy "because to some degree the person wants to stay alive." This may reflect a difference in our clientele, as many of my clients have severe character disorders and lifelong patterns of horribly destructive behavior toward themselves and/or others. I've read Mary's letter several times; it has given me cause to think and rethink and to clarify what I wrote earlier.

In similar fashion, in reading Ted Novey's and Tony White's responses to my column I realized that in that piece I came across with a more global, sweeping statement than I had intended. I hope I have clarified here this aspect of how I work. I was glad to see both Ted and Tony, in somewhat different ways, take up the issues that I was raising about the deterministic way in which script theory is applied to clients' functioning and choices, especially with regard to suicide. As Ted and Tony say, it is the essence of a contractual therapy to provide the means and the opportunity for thinking, feeling, and choosing autonomously, even when we go against the prevailing social order or the therapist's personal wishes and values.

And then there is the question of if and how transactional analysis practitioners think about the nature of the unconscious, taken up in this issue from a clinical perspective by Ian Pizer and Michele Novellino, in an organizational context by Sam Lloyd, and theoretically/philosophically by Tony Tilney. It is hard writing as a columnist to improve on Tony Tilney's column; it is such a delight to read. I was particularly taken by his observation about Freud's negative twist in his choice of the term "unconscious." It seems so clear to me that, as invested as Eric Berne was in defining transactional analysis as *not*



"I don't think we have to recoin transactional analysis as a psychoanalysis in order to articulate the role of the unconscious in our theories."

psychoanalysis, he did, indeed, use concepts related to the unconscious while trying to avoid the word itself. It is hard to understand such fundamental ideas as the group imago, script protocol, and script as a transference drama without some understanding of unconscious phenomena. It saddens me that the "war" Berne carried out against psychoanalysis and that many transactional analysts seem to continue today is about 50 years out of date. Today's conceptualization of the unconscious is very different from the one Freud defined and that Berne argued against. Much of contemporary psychoanalysis and British object relations theory are full of ideas of mutuality, creativity, vitality, and many other attitudes that we value as transactional analysts. It is a rich literature and practice, from which I have learned a great deal. The articles on the unconscious in this *Script* provide a lively potpourri of possibilities and starting points for further discussion.

I had the pleasure last month to be on a plenary panel on affect regulation with Allen Schore during the United States Body Psychotherapy Association conference in Berkeley. He is the author of *Affect Regulation and Origins of the Self*, an extraordinary book on the clinical applications of contemporary brain research. (This panel, by the way, was one of three designed to challenge basic theoretical assumptions in body psychotherapy.) After reading Wilma Bucci's wonderful book on the brain and subsymbolic processes, and reading and hearing Allan Schore, I have no doubt about the existence of unconscious processing in human functioning. I may not agree with how Freud conceptualized it and worked with it, but it's there. And whether transactional analysis theory recognizes it or not, it's there. I don't think we have to recoin transactional analysis as a psychoanalysis in order to articulate the role of the unconscious in our theories.

I need to close this column with a brief comment on the letter from Frances Bonds-White. I hope everyone will take the time to read Frances's letter and consider it carefully. It was a painful and sobering letter to receive. Frances is a dear friend of mine, an important colleague, from whom I've learned immense amounts about how to run groups. For many years Frances and I, together and sometimes separately, formally represented the ITAA at American Group Psychotherapy conferences, with Harris Peck, John O'Hearne, and John Gladfelter pitching in as well. Frances formerly chaired the ITAA Board of Certification and has represented transactional analysis to other professional organizations throughout the world, especially those focused on groups. Frances raises a crucial issue for the future of the ITAA as a viable professional organization, especially in the United States. I watch my colleagues in Europe struggling now to do what we failed to do here in the States, much to the detriment of transactional analysis: that is, to seek governmental, professional, and economic recognition for transactional analysis training and clinical practice.

I see in the pages of the *Script* and the *TAJ* that our members are willing to take up serious clinical, theoretical, and professional issues with one another within our own membership, but we do not engage in any vaguely adequate ways with other professional organizations. It is my belief that we erase ourselves from the professional landscape at our own peril. What do you think?

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The Script ITAA

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Additional Remarks on No-Suicide Contracts

by Ted Novey

With regard to the remarks that I made on the usefulness of no-suicide contracts (May-June 2000 *Script*), it might seem that there is disagreement between what I wrote and what editor Bill Cornell wrote in his column. In fact, I do not think there is. Let me explain.

I think that the aim of contractual therapy—and indeed all of the facets of therapy that transactional analysts and probably most other therapists utilize—is to transmit, give to or facilitate for clients additional choices for living their lives. Rather than tell clients what to do, we seek to open up new options in their thinking and allow them to break out of old (scripty?) ways of feeling, thinking, and behaving.

A primary principle of transactional analysis theory (as well as many other therapy models) is that some clients have become programmed (or scripted) by early or later events in their lives to believe that they do not have the right or permission to exist, to be alive, and to live. Once they have integrated this kind of a program or belief, then they live their lives as if directed to destroy themselves in one way or another: by suicide, overuse of alcohol or other drugs, overwork, overeating, getting someone else to kill them, and so on. They believe that they no longer have a choice about living; this has been decided for them.

"The basic purpose of the no-suicide contract is to begin a process by which the person regains choice about living—or dying."

I think that the basic purpose of the no-suicide contract is to begin a process by which the person regains choice about living—or dying. There may come a time in a person's life (as Cornell discusses) when illness, pain, or other debilitating factors become overwhelming. I think that under such circumstances a person is entitled to make a choice to end life. The crucial word here is "choice." One first needs permission to live; then, from this autonomous position, one can make a free choice to live or to die.

In my opinion, what is probably more important to the process of therapy is that as long as the person does not have the right to live, then it is very difficult to change other script injunctions. They are all secondary to this most basic permission to exist. Once clients take the right to live, then they can more easily move on to the rights to express feelings, to ask for what they want, to accept strokes, to be important, to be free, to accept themselves, and so on.

The no-suicide contract, when it is relevant, begins opening the floodgates to change, choice, autonomy, joy—and finally, to death.

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JOURNAL ENTRY

by Tony Tilney

The Hidden Mind

I remember as a child watching with fascination as a model train disappeared into a tunnel and then reappeared in another part of the layout. It was as if the train had ceased to exist and then a similar one had been created in another location with no obvious connection between the two processes. Yet I also knew that the two trains were actually one object. In describing this kind of awareness, the great developmental psychologist Jean Piaget identified a significant stage in psychological development at which the child first becomes aware of the continuity of objects that pass in and out of the field of observation.

In formulating transactional analysis, Eric Berne concentrated on the observable field, and the word "unconscious" rarely appeared in his transactional analysis writing (although it appears in his earlier writing). It was replaced in transactional analysis by the phrase "out of awareness," which makes a much more limited statement. In contrast, Freud had made the unconscious central to his thinking, and from the observable, such as symptoms, he had postulated a complex dynamic structure for an unconscious realm of mind.

However, ultimately, the unconscious is intrinsically unknown and unknowable. In light of that, we are faced with the question of what is to be gained by speculating about the unknowable. There is an interesting parallel to this situation in physics: the concept of the quark, a subparticle that is postulated as a component of hadrons, such as protons and neutrons. No one has actually observed a quark, but theoretical predictions based on its existence have been confirmed. As a result, it has become a useful concept in physics, one that allows us to make sense of the observable in ways that we could not without it.

When choosing a name for the quark, physicists deliberately chose a meaningless word from James Joyce's *Finnegan's Wake*. For his discovery, Freud chose a negative term (unconscious), which is also almost devoid of meaning, although we have gotten so used to it that "unconscious" sounds like a meaningful word. As with the quark, however, any meaning must come from the outside because observing from the inside is impossible. We may postulate an unconscious process that leads to certain outcomes that are observable; it then becomes a useful theoretical tool that we may use with confidence, even though the existence of the unconscious remains ultimately unverifiable.



"What is missing in transactional analysis is the sense of coherent patterns and structures representing primitive and archaic modes of thought that provide a counterpoint to conscious processes and profoundly affect them."

Israel Orbach (1995), in his brilliant review of theories of unconscious process, prefers the term "the hidden mind." Whatever term or phrase we use, we are describing processes that are significant and complex. It is not enough to designate such processes "out of awareness" and then shift our attention to conscious processes. In so doing the greatest loss is not the concept of the unconscious itself, but the loss of the idea of unconscious process to refer to mental processes that are profoundly different from those conscious processes with which we are familiar.

For its part, in discarding the concept of unconscious processes, transactional analysis was left with having to explain bizarre and paradoxical behaviors as essentially based on a version of rational judgment: people making the best decision that they are able to with the resources of information and mental capacity available to them at the time. Such a theoretical formulation made the extreme persistence of phenomena such as games difficult to explain and made psychosis seem totally incomprehensible, to be dealt with only by eradication and replacement.

Over the last 20 years there has been increasing recognition of the significance of the concept of unconscious process to transactional analysis. An important landmark in recognizing the importance of psychoanalytic concepts to transactional analysis was the 1987 Eric Berne Memorial Scientific Award to Carlo Moiso for his *TAJ* article "Ego States and Transference" (1985). In spite of that recognition, however, unconscious process has still not been comfortably accepted back into the body of transactional analysis, even though, of course, it was never fully absent. For example, certain aspects of primary process can be accommodated into the concept of the Child ego state, while each ulterior transaction represents a momentary emergence of the unconscious.

In spite of its neglect of unconscious process, transactional analysis has made major contributions to our understanding of people and how best to work with them in various settings. For instance, we know and have emphasized that it is appropriate to look first to conscious mechanisms because they are so much more accessible. Transactional analysis also emphasizes working directly with behaviors, which are related not only to unconscious process but also to conscious meaning-making and the social matrix in which clients live. We know that changes in behavior may result in immediate social benefits, and the improved social environment (e.g., changed stroking patterns) will reinforce and sustain the change.

However, what is missing in transactional analysis theory and practice is the sense of coherent patterns and structures representing primitive and archaic modes of thought that provide a counterpoint to conscious processes and profoundly affect them. It is my belief that unconscious process is such an important and useful concept that it needs to form part of mainstream thinking (and teaching) in transactional analysis training from the beginning. Far too often our trainees are presented with a version of transactional analysis that is heavily biased toward the cognitive behavioral perspective. This unnecessary impoverishment of explanatory resources can result in transactional analysis becoming more difficult to understand and use rather than easier.

Ultimately, failing to acknowledge and deal with unconscious processes may reduce the appeal of transactional analysis as a theory and practice in the eyes of both the professional communities of which we wish to be a part as well as the lay communities we seek to serve.

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Information Access and Democracy

In 1973 the US Defense Advanced Research Projects Agency (DARPA) began a research program to investigate interlinking networks of various kinds. This was called the Internetting project, and the system of networks that emerged from the research was known as the "Internet." Today, millions of people have it available at the push of a button or the click of a mouse.

Not since the invention of movable type has the availability of recorded knowledge taken so enormous a leap. Before Gutenberg, knowledge was retained in handwritten and painted manuscripts produced mainly in monasteries. Few people could read because there were few reading materials. Even many members of the nobility could not read. With his invention, Gutenberg gave reading a populist dimension that paved the way for democracy.

These days the Internet is available in schools, homes, offices, the desert, and the jungle; on far-flung atolls; and in the frozen tundra. Veritably anyone, anywhere, with access, has more information available than they can possibly cover, much less assimilate, in a lifetime. It is the greatest egalitarian effort in history. Only an informed, educated people can be free. And the information on the Internet is available to anyone just for the asking.

One great innovation on the Internet is the mail list, that is, a list to which people subscribe and from which they receive related messages on a particular subject, such as history, physics, home repair, or politics. All kinds of experts and authorities are, for the first time really, available to the rest of us. And despite some negative and sometimes quite heated exchanges on mail lists, the general level of opinion and exchange is civil—and they do expose what people really think and feel. Such exposure also reveals negative aspects that are usually hidden and brings them out into the open. Although messy and uncomfortable, they make it easier to know where writers are actually coming from.

"Only an informed, educated people can be free. And the information on the Internet is available to anyone just for the asking."

As in the rest of life, no ideal of perfection will prevail. The Net is a reflection of life and the world, and as such, mirrors all the greatness and weakness of humanity. What is so amazing is that this world of information is now available to millions and millions of people and is growing exponentially day by day.

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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.

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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.

ITAA News

Nominations Sought for ITAA Awards

The ITAA is seeking nominations for its three most prestigious awards.

The **Eric Berne Memorial Award** (EBMA) is bestowed on a person (or persons) who has made an original and significant contribution to transactional analysis, normally in one of the following categories: theory, research, or applications. The award is made for a published concept that is considered to be so important that all trainees will be expected to know it.

To make a nomination, the following material must be sent to the ITAA office: name(s) of author(s); publication citation; area or category of contribution (specify only one of those listed above); brief title for the contribution; a detailed statement supporting the nomination as an original and significant contribution to transactional analysis in the designated area; the name of the individual, group, or organization making the nomination; and at least one copy of the nominated article/book. If the article/book was written in a language other than English, send an English translation of the material with a copy of the publication in its original language. If an English translation is not available, a summary or abstract of the major ideas presented in the publication must be submitted in English along with a copy of the publication in the original language. Please contact the ITAA office for complete details about preparing EBMA nomination materials. **The deadline is 1 December 2000.**

The **Hedges Capers Humanitarian Award** was established to recognize ITAA members who have made significant, enduring contributions to humanity in keeping with the ideals and ethics of the ITAA. These contributions are primarily seen as activities that promote the welfare of humankind, especially through the alleviation or elimination of pain and suffering. ITAA members who make such contributions often do so at the cost of personal risk and/or sacrifice. The humanitarian activities may form a lifelong pattern or be expressed in a single, widely noted occurrence.

The **Muriel James Living Principles Award** honors ITAA members who have advanced the growth of transactional analysis by personal example as well as by contributions of an exceptional and lasting nature. Personal example involves consistently living the principles of transactional analysis, which includes but is not limited to clear Adult thinking, joyful creativity, compassionate ethics, and a lack of gaminess in transactions with others. Such a person models egalitarian relationships and promotes an "I'm OK, You're OK" atmosphere in both professional and personal arenas. The nominee will have demonstrated commitment, concern, and caring for both individuals and the world community and will be active in the international advancement of the principles of transactional analysis either professionally or personally.

Any ITAA member can suggest another member for the Capers or James awards by submitting in writing a detailed nomination addressed to the vice president of operations. Please submit the nominee's name along with a narrative account of the reasons the individual deserves recognition, attaching all relevant documentation. The deadline for nominations for the Capers and James awards is **1 January 2000.**

For these awards to be meaningful, we need you to consider who within the ITAA is deserving of the association's highest honors and to let us know. We look forward to hearing from you. □

Statement of Financial Position

International Transactional Analysis Association
31 December 1999

Assets

Current Assets	
Cash and cash equivalents	$ 139,645
Accounts receivable	1,094
Note receivable	6,629
Investments	1,519,773
Inventory	10,452
Prepaid expenses	16,321
Total current assets	1,693,914
Property and equipment, less accumulated depreciation	9,946
Total Assets	$ 1,703,860

Liabilities and Net Assets

Liabilities	
Accounts payable	$ 26,523
Accrued vacation	3,572
Deferred membership	80,213
Conference registration paid in advance	2,040
Total Liabilities	112,348
Net Assets	
Unrestricted	
Board designated	204,090
Undesignated	1,241,150
Total unrestricted net assets	1,445,240
Temporarily restricted	146,272
Total Net Assets	1,591,512
Total Liabilities and Net Assets	$ 1,703,860

ITAA

You Are Invited to Join the International Transactional Analysis Association

Benefits of Membership Include:
* The quarterly *Transactional Analysis Journal*
* *The Script* newsletter, published nine times a year
* Discounts on international conferences and meetings
* Discounts on products, such as videotapes, special publications, and reference software
* The *ITAA International Membership Directory*
* International networking and referral opportunities
* Ethical standards and procedures for resolving ethical complaints
* Access to the services of the Training and Certification Council of Transactional Analysts
* Group rates on major medical, disability, and life insurance (USA members only)

Name (first and last): _____ Prof. Degree: _____

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Members' Forum

Responses to Cornell on No-Suicide Contracts

Dear Bill:

You cannot imagine how difficult it is to read in your May-June *Script* column, "I don't use 'no-suicide' contracts" and to discover yet another ITAA member who hasn't been introduced to the therapeutic use of the contract. Many still think of it as a buzz word.

Your idea not to use a no-suicide contract is worse than my early decisions not to use my computer because I didn't know how!

The point of a no-suicide contract: A client is paying to see you. That means to some degree the person wants to stay alive. The no-suicide contract makes it possible for the client to look at suicide and no suicide for as long as necessary, in safety, by means of a one-day, two-day, or one-week no-suicide contract. The client will stay alive to work with you or (if you are not available) your substitute for the day or the week of the no-suicide contract and renew the contract for another short period of time if necessary. You, the therapist, help the client to look at both sides: murdering self versus keeping self alive. You and your client may imagine what could happen between sessions that might precipitate the client choosing death, and you work with the client to decide that even if that awful event, thought, or whatever takes place, the client will still be alive in your office to continue this exploration the next day or the next week. The therapy may be difficult and painful for both client and therapist, and the therapist certainly must be skilled enough to hear pain, to see options, to understand unremitting internal and external storms, and so on.

My fervent hope is that all clients are able to avoid therapists so stupid or rigid that they think they can make a client decide "I won't commit suicide" (that will be five cents, please). I once heard with horror a transactional analysis therapist say that the way to handle no-suicide contracts was to make clients stand in the corner until they agreed not to kill themselves. According to the therapist, that took care of the problem!

A therapy contract is the client's Adult contract with self, and the therapist is an informed, caring, intelligent witness.

Within the framework of another day or week, the work takes place without the client being self-tortured by the "to be or not to be" question. The client is safe from the self-murderous part of the self.

For redecision therapists, the goal is a redecision to live. The client (1) redecides to live (this is a Child, not an Adult redecision); (2) incorporates a new caring Parent; and (3) makes Adult plans for now and the future and begins to carry them out. At this point, a no-suicide decision has taken place. Sometimes the client accomplishes this in a day or two, believe it or not, but it can also take a long time.

Again, the no-suicide contract is a goal and a framework for therapy and never an end in itself.

Berne believed in the power of the therapist, while Bob and I emphasized "the power in the patient." Bernian therapists were taught by Berne to tell clients, "Don't kill yourself." To me this is an insult to their intelligence as well as a callous lack of empathy for the torment in their lives. Therapy is for the purpose of clients finding the way to love themselves and love their lives, not for the purpose of adapting to the therapist.

The next question is: When suicide? As my friends and I get older, this topic becomes important. Read Tom Szasz's new book, *Fatal Freedom*, which is about the individual's right to choose suicide without the intervention of medical, legal, or religious hierarchies. It is a very important book.

My personal belief: I have the right to be in charge of my own death. If I am lucky and don't die suddenly or lose my brain before I make my choice, I will say my good-byes to the people I care about, and leave. I don't want anyone remembering me as a basket case, and at this point I think I am not willing to endure certain degrees of pain. Others opt to live to the last second, no matter what they must endure, and that is totally their right, of course.

Because of our laws making attempted suicide a crime and assisted suicide a murder, many liberals are trying to get laws passed to put physicians in charge of our personal deaths. How does a physician know when I am ready to die? A medical decision is unfair to both patient and doctor. It is based, as Szasz says so eloquently, on the psychiatric establishment's belief that when a person wishes to commit suicide, that person is ipso facto depressed and therefore unable to make the decision.

Like all insulin-dependent diabetics, I have a lethal amount of insulin as close as the refrigerator, although I would prefer a death by sleep rather than by heart attack. Unfortunately, the medical-pharmaceutical-legal-religious industry has chosen not to give us the medicines that would allow an easy exit.

Please note, Bill, that I love my life, am not depressed, and have no death wishes at this time. I have an arterial disease, caused by diabetes, and I am old, so I think about future options.

Mary Goulding, San Francisco, California, USA

Dear Bill:

You make some interesting comments in your editorial in the May-June 2000 *Script*.

First, I think you make a good contribution to the area of suicidology from a transactional analysis point of view. One of your points is that some clients have suicide ideation not as a result of a Don't Exist injunction but because of being worn down and exhausted by life. From my reading of the literature, this is at least a somewhat novel idea and one that I see as certainly being the case in some instances.

The other point that I like about your idea is that it takes us away from the notion of the life script and early decisions as an explanation of human behavior. Perhaps it would be more accurate to say that it takes us on another tangent. It is similar to a logotherapy-type explanation as presented by Viktor Frankl.

However, this does question the foundations of our theory of transactional analysis. This theory allows us to explain almost everything as far as humans go. One could argue that you are wrong on this point, because if one is worn down by life then it is the script decision that will be decisive in what action the individual will finally take. That is, after being worn down, the individual will choose to become suicidal, take drugs, become a sex addict, become hypochondriacal, and so forth. We can always argue that the bottom line is the individual's decision. Perhaps transactional analysis theory is too "slick" here. You are almost suggesting a fatalistic approach to some suicidal feelings. To me it feels like a good addition to theory that is so deterministic, like life script theory is. Almost a reprieve.

On another issue, I must disagree with you when you state that you no longer make no-suicide contracts (NSC) with clients. This is an unwise thing to do in the field of psychotherapy—to take such a global course of action (i.e., no NSCs). Every client is so different, and it is certainly my view that there is a section of the community in which suicidal thoughts come from early decisions. When such people seek psychotherapy for their suicidal thoughts and feelings, they are at an impasse. The Free Child wants to live and the Adapted Child wants to die. An NSC can be almost life saving for some in that it gives the time to work on those early decisions.

Tony White, Perth, Australia

To Whom Are We Trying to Appeal?

Dear Bill:

A few months ago in one of your editorials you mentioned a discussion that we had about our continued involvement in the ITAA. Sadly, I am beginning to question my involvement. As I read in *The Script* and receive letters about the ongoing public relations efforts to improve the professional image of transactional analysis, I keep thinking about the following:

From 20-27 August 2000, between 500 and 800 group psychotherapists from all over the world will be gathering in Jerusalem for the 14th International Congress of the International Association of Group Psychotherapy. There will be ongoing events on psychodrama, group analysis, family therapy, organizational consultation, and psychoanalytic group psychotherapy. *Sadly, there will be neither an ongoing event nor even one major presentation on transactional analysis.*

In August 1999, just before the San Francisco Conference, I sent a letter to ITAA President George Kohlrieser and also to the chairperson of the Public Relations Committee inviting the ITAA to present an ongoing event on "Transactional Analysis 2000: The State of the Art" at the Jerusalem Congress. The ongoing event would have met for 1-1/2 hours for three mornings, and participants were invited to submit other workshops. I sent this letter in my role as cochairperson of the IAGP Congress and a representative of the IAGP, not as a member of the ITAA. The organization did not even give me the courtesy of a reply.

This behavior makes me wonder how serious the ITAA really is about professionalism. If the board of trustees of the ITAA cannot even answer the letter of a representative from another professional organization, how can we possibly hope to gain recognition from them? And even more important, *if as an organization we cannot see the value of presenting transactional analysis to a group of international professionals who are invested in group psychotherapy, to whom are we trying to appeal?*

This is why I will not spend time filling out the long-range planning survey in last month's *Script* about where our public relations efforts should be directed and why I seriously question even maintaining my membership in the organization. As I write this letter, I am aware of the mix of sorrow and anger I feel about the ITAA and its present difficulties. Yet at the same time I feel short of patience about waiting for or working to facilitate change.

Frances Bonds-White, TSTA
Cochair, Scientific Program Committee
14th International Congress of the International Association of Group Psychotherapy

Appealing to Universities and Counselors

Hi Mary (Goulding):

So good to hear from you again. In response to your letter asking for information about my activities, I am happy to report that I have set up meetings with graduate students and faculty at three universities. Specifically, in the fall I will be meeting on the campuses of Oklahoma City University, East Central University, and the University of Central Oklahoma. I am also in contact with two other universities and am asking them to let me present to their faculty and students.

I am also in contact with the leadership of the Oklahoma Counseling Association. This is the leading counseling organization in our state. It includes subgroups of counselors, including school counselors, career counselors, addiction counselors, mental health counselors, and marital and family therapists. I offered to do an advanced transactional analysis preconference workshop for them because of the interest expressed in group evaluations turned in after the "Introduction to Transactional Analysis," a two-hour workshop I presented for them this past winter. It was attended by over 100 people. I have just been notified that I have been placed on the program as the *only* preconference workshop at the mid-winter conference. I will be presenting an advanced six-hour transactional analysis workshop on 8 February 2001.

I think that there will be an interest in doing some transactional analysis modules in the format developed by Val Chang. I like the idea of inviting a well-known transactional analysis person to be included in the modules.

I appreciate your emphasis on reviving transactional analysis among our peers. I will be happy to work toward that end.

Ray Quiett, Ada, Oklahoma, USA

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NET CONNECTION

by Claude Steiner

ITAA Has New Discussion List

I have been off-line, as it were, from *The Script* for a couple of issues, and as you may have noticed in the election announcements during that time, I will be assuming the position of Vice President for Research and Innovation in January 2001. Still, I have six more months until I replace Dr. Marco Sambin, my able predecessor as VP of R & I, and between now and then I will be continuing with my assignment as Internet Committee Chair.

I was happy to report to the ITAA board in Halifax that our web site has had a dramatic increase in "hits." Comparing April 1999 with April 2000, for example, the html file hits nearly doubled, from 7,000 to 13,000.

I am sure that many factors contributed to this clear indication of increased interest in the ITAA; certainly the fact that we redesigned the index page and reorganized the website was a small part of it. The new website is just one aspect of all of the efforts being undertaken by the ITAA to be recognized and visible in the professional worlds of psychotherapy, education, and organizational consulting.

In case you don't already know it by heart, the ITAA's web address is www.itaa-net.org, and if you want to look at the hit monitor statistics, the page is www.itaa-net.org/stats (200004 is April 2000 and 199904 is April 1999.) Keep in mind that, as our webmaster, Krysia Jacobs, informs us, "The mere number of hits is a somewhat irrelevant statistic. It includes all files: html, gif, jpeg, and so on, so that viewing one page that includes 10 graphics results in 11 hits (1 for the html file and 10 for the graphic files). The only relevant statistic is the number of html file hits, which indicates the number of pages viewed, regardless of how many graphic components those pages have." Take some time and browse our website and let us know what you think.

The next task I have assigned our committee is running an email-based ITAA discussion list. The address for this list is ITAA-forum@egroups . If you wish to join, send a message with only the word "Subscribe" in the subject line and in the text. The first topic: long-range planning and responses to the questionnaire that was sent out by the ITAA to its email list, the board, and those who requested it. (It was also published in the May-June 2000 *Script*.) A lively discussion should ensue.



"The next task is running an email-based ITAA discussion list. The first topic: long-range planning."

These types of discussion lists can be troublesome. Some subscribers aren't able to curb their tendency to dot every "i," cross every "t," and answer every point as they overwhelm the other list members with quotes, references, and endless words. Others can't tell the difference between Adult statements and statements that are contaminated by Child or Parent, and their sometimes short and pithy, sometimes long and dreary invitations to "Uproar" are difficult to resist. I have been guilty of all of these offenses, so I know one when I see one, and I can usually see them coming a megabite ahead.

My job will be to stay out of the factual discussion and to see if I can avoid the chaos and make nurturing, empathic, and loving suggestions to the participants in the hope of advancing an emotionally literate, Adult dialogue. I am able to do that in my groups and should be able to do so here as well. It's an experiment, and we'll see if it works.

We will be looking for a person to take my place as Internet committee chair, and we are looking for suggestions of people who are on-line, willing, and able. It's a fun job and I will be happy to consult with whomever takes it. Please contact me if you are interested or if you have any ideas.

Finally, if you are not on-line yet and live in the United States or Europe, you can get on-line for free now, and one of the paid services is offering 500 free hours. Take advantage of the competitive scramble between the services and get your feet wet. I also realize that things are not so easy or cheap in other countries; in fact, I would appreciate some stories about what getting on-line is like in your corner of the world. We want to get as many of you on-line as possible; in my opinion, the organization's future depends on it.

Claude Steiner can be reached at csteiner@igc.org or at 2901 Piedmont Avenue, Berkeley, CA 94705, USA

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THE UNCONSCIOUS

continued from page 1

studies but never realized how this phenomenon can affect them and their families.

We tell our training program participants that we all live with this phenomenon every day of our lives and then introduce them to the OK Corral. Our explanation is simple and directed toward helping people to become aware of their own thoughts, feelings, opinions, and perceptions with regard to their own self-esteem and their view of others. We always start our explanation with the "I'm OK, You're OK" corner of the corral and make the point that very few people occupy this corner. By the time we have described the other three corners, the group usually looks somewhat demoralized, so we lighten the mood by saying, "We can tell from your facial expressions and body language that you're delighted we brought this up!" This always prompts a laugh and sets the stage for the announcement that there is some good news about the OK Corral: Even though most of us choose to live in either the "I'm not-OK, You're OK" or the "I'm OK, You're not-OK" corner, none of us spend all of our time in our chosen corner.

We explain how everyone spends some time in all four corners experiencing the thoughts, feelings, and opinions of each outlook. We provide many examples of how different experiences and moments during the day and week will result in our being in different corners, and we place dots in each corner on a projected image of the OK Corral as we describe these examples. Soon we end up with a scatter diagram of dots with some in each corner. While drawing a line around the many dots, we explain that everyone spends some time in each position and that life takes on a shape that we can describe with the "scientific" term "Your Life Blob." This draws another laugh and further lightens the mood of the group. People immediately recognize the truth of this concept.

We return to the concept of self-fulfilling prophecy and remind the group that exactly the same situations will be interpreted differently from each life position, that we are unconsciously sending out signals to others from the corner we happen to occupy at the moment, and that these signals invite those others to behave in predictable ways. That is, we each get just what we expect to get—over and over again. Self-fulfilling prophecy is only a problem when we occupy the corners in which we perceive ourselves and/or others as not-OK. When we occupy the "I'm OK, You're OK" corner, self-fulfilling prophecy is a wonderful phenomenon that helps us experience success and that invites others to be their best.

Following this discussion we move into training that helps people learn to "shift their blobs" toward the OK-OK corner by using psychological reprogramming (self-talk) as well as new behaviors and skills for interacting with others. We also endorse psychotherapy and offer to provide referrals for those who ask.

Our participants become very interested in these ideas and excited about the possibilities for personal growth when they realize that everyone has similar struggles. They are also encouraged to find that there are tools and skills that can be learned to help them channel their unconscious forces to benefit themselves and others in their lives.

We have shared these insights and positive messages with tens of thousands of people around the world, and we continue to find transactional analysis concepts to be among the most powerful tools for helping people be their best.

Sam R. Lloyd is secretary of the ITAA and the president of SuccessSystems, Inc., in Boulder, Colorado, USA. He can be reached at succsyst@peakpeak.com and at PO Box 18208, Boulder, CO 80308, USA. His web page can be found at www.traingforsuccess.com .

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KEEP'N ON

continued from page 1

Today I am retired but still working on specific projects I choose (e.g., recently I have been serving as acting executive director of the ITAA and interim minister of All Peoples Christian Church); I still feel I need transactional analysis theory and our vibrant community to be potent.

Why am I telling this story? With the changing scene in psychotherapy and consulting, transactional analysis is not getting the attention it used to garner. Potent practitioners have found that they have to diversify their theories and how they identify themselves, but we all need the potency that the combination of transactional analysis theory and the transactional analysis community provides us if we are to be successful.

For the ITAA this is a time of transition, a difficult time for continuing the vital work that we have begun. Yet what we do in the way of codifying, advancing, and preserving transactional analysis will have an effect that will outlast us all. In fact, only in 50-100 years from now will the potency of our pioneering work be recognized, for we are in the forefront of the humanistic/third-force psychological revolution—a revolution that has changed both the values and the vocabulary of contemporary culture.

Twenty-five years ago I did a marathon with the student population at the University of California at Santa Barbara. One of the participants was a Norwegian psychiatrist. After the marathon he asked me where he could get additional training. I told him, and he and a colleague went for intensive training. Subsequently, they took their training back home and put it into practice. A couple of years later I received a letter from him in which he said, "Because of you many people in my country are getting well." What a wonderful compliment! But the compliment was a bit off. It should have been, "Because of transactional analysis and the transactional analysis community, many of the people of the world are getting well."

My final word? Keep working with transactional analysis and stay attached to the ITAA. There is much left to do.

Denton Roberts is currently ITAA Acting Executive Director. He can be reached at dentonrob@aol.com or at 2663 Pirtle St., Los Angeles, CA 90039-3818, USA.

Brochures Wanted

If you have a brochure or flyer about your training or treatment program, please mail one to the ITAA office—and keep us on your mailing list. The office receives many requests for information on educational, treatment, or training programs in transactional analysis, but unless we hear from you, we cannot spread the word. Send your material to the ITAA, 436 14th St., Suite 1301, Oakland, CA 94612-2701, USA.

REFLECTIONS

continued from page 1

period of life after the fifth year. (p. 109)

As transactional analysis theory developed over the years, the term "unconscious" was largely replaced with the phrase "out of awareness."

Of the comments on the transactional analysis discussion list, I have chosen some that I think are particularly interesting. Although I have edited them heavily, these versions are reprinted with the authors' permission.

As far as I am aware, "the unconscious" refers to those aspects of our psychic structure that are not immediately "knowable." Of course, ever since Freud, this has elicited the response that, if it is really unconscious, then no really valid statements can ever be made regarding its nature since they will always remain speculation. Speculation was not what Berne wanted to engage in much at all, and that might be the reason he did not use the terminology. In transactional analysis clinical practice we are constantly accessing subconscious material by way of script analysis, decontamination, and even transactional analysis "proper" in the case of ulterior transactions. We may also start to reach the unconscious when we engage in deconfusion of the Child, which Berne originally relegated to traditional psychoanalysis. It might be Berne's legacy that we are not using much analytic terminology. His belief seems to have been that one might get better or even be "cured" without ever knowing why ("Get better first and if you still want to, we can always analyze it later"). Today, many transactional analysis practitioners use Berne's concepts in a more integrative way, one that embraces the thinking of psychodynamic theorists, and they thereby inevitably come across the very puzzle that you have brought up on this list. Berne himself seemed to go back to his roots again at the end of his life by saying that, in the analytic field, Fairbairn's theories came closest to his own. Consequently, some people refer to transactional analysis as an object-relations model. Others prefer to dismiss the original analytic ideas since transactional analysis methodology "works" anyway, at least on a behavioral level. Erskine's integrative psychotherapy methodology draws directly on Kohut's material and comes straight out of the self psychology off-shoot of psychoanalysis. Whenever we talk about any kind of transference, we are indeed talking about unconscious processes. This goes back to 1985 and Moiso's article on "Ego States and Transference." But you and your colleague are right: There is no explicit mention of the unconscious in transactional analysis! Given the recent controversy about "what is transactional analysis," this discussion throws up yet more and interesting questions and may add fuel to the fire. I personally do not think that we would lose our identity if we embraced the notion of the unconscious/subconscious. In fact, I have started to investigate where we have been implying the existence of either or both in our theories and our clinical work all along. It would be interesting to know where transactional analysts place unconscious/subconscious elements in the structural ego-state model and whether we are able to make a distinction there at all. For example, are whole parts of C_2 unconscious, and if so, which ones? What are the subconscious parts in P_2, and are there unconscious ones as well?

What is more, for the sake of logical consistency, I guess one could ask whether the term "ego states" is, in fact, warranted if we incorporate unconscious material. If we want to develop a consistent theory that includes the concept of the unconscious, we may have to amend our terminology.

Brigit Bukovics-Heiller

At the present time I conceptualize three drives that operate unconsciously, the attributes of which manifest in and through our ego states. This is exactly what I describe in my videotape produced by the ITAA. *Editors Note: see page 7.* They are the survival, passion/expressive, and quiescence drives. My descriptions and definitions of drives differ from Freud's, though obviously the original concepts emerged from him.

Fanita English

Many people I know, think, rather than believe, there is an unconscious . . . at least it's a good working model. How else does one account for dreams?

Alan Jacobs

I often wonder if transactional analysis would have evolved a theory of the unconscious if Berne had lived longer. As it is, we are left with the problem of developing a theory for the images and thoughts of unknown origin that emerge in ourselves and our clients. Constructivism, even with its difficulty of making everything subjective, does point clearly to the fact that people around the world are storytellers. In the United States even our president can tell stories pretty well. As storytellers we create out of some mysterious source of creativity. This points toward the unconscious. More clearly, Jung's word association test points toward the unconscious. Learning to recognize and listen to a client's communication beyond the ego opens doors for personality integration that add meaning and purpose to the personality. I prefer to think of the unconscious as a phylon state, which is a way to recognize its phylogenetic basis.

Jonathon Wagner

The idea about the unconscious being missing in transactional analysis has been of great interest to me for the last several years. I did some research in the transactional analysis literature and could not find a real meaning for the concept of the unconscious. Freud made the distinction between the conscious (the direct and sure observation of reality), the preconscious (the latent part, potentially conscious), and the unconscious (the repressed part, not potentially conscious). In his writing on the ego and the id, Freud stated that conscious and preconscious are part of ego, while the unconscious is part of id. As only a small portion of the id is split off into the Child ego state, this can be considered the preconscious part of the id, out of awareness and potentially conscious. The conclusion is that in Berne's concept of ego states there is no place for the unconscious. The concept "out of awareness," which is used in transactional analysis, relates to the preconscious (what is unaware can be made conscious) and not to the unconscious as Freud meant it. Transactional analysis deals well with conscious and preconscious, but leaves the unconscious out.

Servaas van Beekum

Are you bothered that the unconscious is not a feature of transactional analysis theory? The fact that the unconscious does not appear specifically in transactional analysis theory would seem to refute its existence as an entity. Should there be an open discussion/forum/conference on this fascinating subject so that we can discuss it at a serious level or should it be left rotting under the carpet?

Food for thought!

Ian Pizer can be reached at ianpizer@compuserve.com or at 49 Ch. Machery, 1292 Chambesy, Geneva, Switzerland

REFERENCE

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Exam	Exam Adm.	Exam Date	Location	App. Deadline
CTA Oral	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	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	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.

Keeping In Touch

Region II—Canada

Curtis Steele, MD, TSTA, ITAA's vice president of development, writes, "At long last my photo site is up and running. You may access it at www.cheerfuleye.com . Images are indexed by the year the photos were made. I will be continuing to develop and refine the galleries as well as adding a gallery as each new year arrives. If you would like to be kept current on new additions and revisions to the site, please reply to eye@ns.sympatico.ca . I welcome your comments."

Editor's Note: We are delighted to know about Curtis's photo site; he is a man of many talents! We know that many more of you harbor secret or not-so-secret talents beyond your work with transactional analysis. We'd love to hear about them! □

RESEARCH ASSOCIATE SOUGHT

I am looking for a graduate or post-graduate student who would like to collaborate on a scientific study in which we test the hypothesis that strokes are a powerful antidepressant. I can offer supervision and can obtain research funds. Please contact me: Claude Steiner, PhD, www.claudesteiner.com .



Program Proposals Due 1 October 2000
See the July 2000 Script *for details*

TRANSACTIONAL ANALYSIS CONFERENCES WORLDWIDE

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 South Titirangi Rd., Titirangi, Auckland, New Zealand; phone: 09-817-5800.

April 5-8, 2001: Keele, England. Institute of Transactional Analysis Conference. Contact: Richard Reynolds at rreynolds@edinburghhealth.co.uk .

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 .

A Manifesto for Transactional Psychoanalysis

by Michele Novellino

In my last book, *L' approccio clinico dell' analisi transazionale* [The Clinical Approach to Transactional Analysis] (Franco Angeli, Milano, 1998), I proposed the term "transactional psychoanalysis" to refer to the development of Bernian psychotherapy within the psychoanalytic framework (Novellino & Moiso, 1990) as it is applied in the individual psychotherapeutic setting. I suggest that in light of recent, sometimes heated, discussions about transactional analysis theory among members of our international community, an alternative to the integrative transactional analysis model may be at least stimulating.

The aim of this manifesto is to introduce recent developments in transactional psychoanalysis. This approach presents the evolution of the already familiar psychodynamic model of transactional analysis, which has its roots in articles on countertransference (Novellino, 1984) and transference (Moiso, 1985; Novellino, 1985). The psychodynamic approach stressed the following theoretical and methodological points:

1. The main ideas of transactional analysis are viewed as a phenomenological and interpersonal development of Freudian psychology.
2. The importance of interpretation as a therapeutic operation
3. The analysis of transference and countertransference
4. The difference between therapy and analysis with transactional analysis

The term "transactional psychoanalysis" is applied to the specific application of the psychodynamic approach in individual psychotherapy using transactional analysis. In this regard, it is relevant to note that many things that Berne wrote are forgotten and/or misunderstood. For example, the operation of interpretation, considered essential by Berne in the deconfusion stage of therapy, remains largely ignored in the transactional analysis literature.

Transactional psychoanalysis represents an attempt to connect the various ideas that psychodynamically oriented transactional analysis therapists (Clarkson, 1992; Haykin, 1980; Moiso, 1985) have presented in their work. The basic ideas of this approach can be summarized as follows:

1. Bernian theory is a phenomenological development of Freudian metapsychology.
2. Its dyadic epistemology places transactional analysis in the relational movement of psychoanalysis (Mitchell, 1988).

> ***"The term 'transactional psychoanalysis' is applied to the application of the psychodynamic approach in individual therapy using transactional analysis."***

3. Transactional analysis methodology, especially if applied in individual psychotherapy, is based on concepts such as transference and countertransference, interpretation, and unconscious communication.

This last idea represents an attempt to present the double level of communication described by Berne in a psychoanalytic frame of reference.

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New Members

June 2000

Name	*Sponsor*
Grande, Rosalia	—
Hayward-Ziegler, Cathrin	—
Novak, Ed	—
Osame, Isao	Tomoko Abe
Oulton, Jim	—
Powers, Gayle E.	—
Ziegler, Robert	—

Rejoined Member

Tan Seng Hwee, Republic of Singapore

What's Your Area of Expertise?

We frequently receive requests in the ITAA office from students, researchers, authors, and other professionals who are looking for information about individuals who use transactional analysis in relation to particular areas or populations. These requests come from all over the world, many of them via email. For example, recently we have had inquiries about transactional analysis and grief work, hypnotherapy, child therapy, translations, and classroom applications.

We would like to be able to respond to such requests more quickly and directly, so we are establishing a database that lists members who have an interest or expertise in certain areas. To do this we need to hear from those who would like to be included in this database. Please note that these inquiries are not for clinical referrals, but for scholarly assistance or consultation. Please send a short statement that indicates your areas of interest/expertise and let us know how people can contact you. Possibilities include postal address, phone and/or fax numbers, email address, and website address. Send to Elaine Francis at the ITAA office: email to elaine@itaa-net.org, fax to 510-625-7725, or send to ITAA, 436 14th St., Suite 1301, Oakland, CA 94612-2710, USA. □