New Officers

The Script

INTERNATIONAL TRANSACTIONAL ANALYSIS ASSOCIATION

VOL. XXX, NO. 8 NOVEMBER 2000

A Progress Report

The Effectiveness of Transactional Analysis

by Ted Novey

Since publishing in the January 1999 *Transactional Analysis Journal* the results of a pilot study to measure the effectiveness of transactional analysis therapy, I have been working on an expanded research study using the same questionnaire employed in the pilot study. The questionnaire was developed by the staff of *Consumer Reports* magazine with Professor Martin Seligman of the University of Pennsylvania as consultant.

The first study showed a very favorable comparison of the ratings by clients of five US and Canadian certified transactional analysts with the results that *Consumer Reports* obtained for unselected groups of US psychiatrists, psychologists, and social workers. In fact, clients of certified transactional analysts rated their therapists very significantly higher than did the clients of these three groups. In the original *Consumer Reports* study, clients of marriage and family therapists and general physicians were rated significantly lower.



"This study will provide comparisons between clients of certified transactional analysts from different countries and from those who use various languages."

The present expanded research study, which is still in progress, was aimed at obtaining considerably higher statistics from groups of certified transactional analysts in both the US and Canada and in other countries and language groups and to allow comparisons among these various groups.

A number of leaders in transactional analysis have greatly assisted in this study.

Linda Gregory assisted in organizing the interest of a group of four certified transactional analysts in Australia. These client mailings resulted in a return of 160 questionnaires.

Gloria Noriega assisted in getting the questionnaire translated into Spanish and in organizing the mailings in Mexico and other Latin American

- *continued on page 7*



Embodying Transactional Analysis

A Conversation with Pam Levin and Bill Cornell



Bill: Hi, Pam. Thanks for being willing to do this interview for *The Script*. It's my first attempt at doing this sort of thing by email. I was intrigued by the idea of this conversation because the subject matter—transactional analysis and the body—is quite personal to me, having worked directly with the body in therapy for many years. I think our perspectives are rather different, however, so we may have an interesting interchange. To begin, I'm wondering how the body and physical/somatic issues emerged as a central area of interest for you. Psychotherapists, including most transactional analysts, focus mostly on the mind.

Pam: No doubt my coming into transactional analysis from a nursing background had a lot to do with it. I was trained to work with the body. But Berne himself had an ambivalent attitude toward the body, which I think has been part of our "theoretical scripting."

Bill: How did he develop that attitude?

Pam: Well, I think it had to do with at least three factors. One was his struggle with compartmentalization of the professions: the body was something "real doctors" (as he would jokingly say) worked with, while psychiatrists, not recognized as "real" doctors by the surgeons and internists and endocrinologists, worked with the mind. Such a split may have worked to divide up territory, but it is not how human beings are made. We are both body and mind.

Second was his concern that transactional analysis grow and thrive and not be sabotaged. In the early days of transactional analysis, the late 1960s and early to mid-1970s, it was becoming known that some doctors of the mind were crossing boundaries with their patients—having affairs, even children. Eric didn't want such acting out on the part of therapists to ruin transactional analysis, and he and some others thought that the way to prevent such acting out was to avoid touching patients at all—that is, to deal with the mind and leave the body out of it altogether.

Third, he had been raised to give great value to the powers of the mind and less to those of the body.

Bill: Berne was certainly not alone in the tendency to split mind and body, especially at the time he was developing transactional analysis.

Pam: That's certainly true. In fact, when we were talking about the schizoid process at the San Francisco conference, I was thinking about basic schizoid developmental issues. In summary, I would say that the core problem developmentally is an inability to relate to the mother body-to-body. It means that the fetus/infant/young child has to exist without actually having a body or bodily needs or ever calling attention to its physical self. This is solved by splitting mind from body. Then it occurred to me that our mental health system has a similar problem: We are supposed to work with our clients mentally but not ground that work in the body, not work with them as physical beings in physical bodies. Such work is relegated to some other professional. This arbitrary split between the mental/emotional and the physical is the very definition of schizoid. To heal ourselves, our mental/physical split, we need a systematized way of being able to define, classify, and analyze not only mental/physical transactions, but also physical/nonverbal ones. In other words, we need to EMBODY transactional analysis, ground it in the physical body. I think it is time to address this split ourselves.

"Transactional analysts stand at the crossroads where mind and body meet. We can make a major contribution: that of reuniting the mind/body split."

Bill: Along those lines, are there particular therapeutic questions that you've been wondering about?

Pam: Actually, there are. I have spent the majority of my professional life assisting people in healing their emotional issues. However, I noticed some people did excellent personal work and, to my mind, should have seen better results than they did. I kept asking what this was about. Certainly free will and choice were factors; perhaps some people were too comfortable with the status quo. But this answer didn't satisfy me. Then, after developing severe osteoporosis myself, I was lucky enough to find a whole new world of healing: clinical nutrition. Rather than using drugs or synthetic chemicals, it uses whole foods concentrated to clinical potency to feed and support the body. Due to clinical nutrition, I went from being bedridden to returning to a full and active life. I also trained in the method and now offer it to my clients. Because a number of people came to work with me for clinical nutrition and did not even know about my transactional analysis work, I've seen how feeding various organs

- *continued on page 3*

The Unknown Knowledge: Unconscious Intergenerational Transmission of Script

by Gloria Noriega

After reading in the August *Script* about various ways my colleagues have of thinking about transactional analysis and the unconscious, I decided to share some findings from my clinical experience as well as from my doctoral dissertation research using transactional analysis.

"It is only when these clients begin to ask relatives questions about their grandparents' lives that they learn the truth."

I presented some of this material in my workshop "Breaking the Codependency Script" in Halifax. I want to express my appreciation to Bob Massey for encouraging me to write up my ideas, to Gianpiero Petriglieri for his enthusiastic interest in my research, and to Bill Cornell for picking up on my interest in the role of projective identification between women and men involved in violent relationships.

I have always been interested in intergenerational scripts. For example, I have observed that certain clients experience difficult situations in their couple relationships that do not seem related to unresolved issues from their own childhood. During script analysis with these individuals, often a grandparent's life turns out to provide insight into those conflicts as the client realizes that his or her current problems are similar to those experienced by the grandparent. Often these clients knew little about their grandparents lives because the issues involved were a source of shame for the family and thus kept

- *continued on page 7*

EDITORIALLY YOURS

by Bill Cornell

Getting the Word Out

Through the spring and summer of this year I had the opportunity to consult with the Women's Center and Shelter of Pittsburgh as part of a grant they received to develop a training and supervision curriculum for the staffs of domestic violence programs statewide. All of the shelter staff working on the curriculum have had extensive transactional analysis training and experience. The curriculum they are developing is to be based in transactional analysis and is designed to reduce job-related stresses, burn out, and vicarious victimization. It is not the intent of this curriculum to teach transactional analysis as such, as in a 101 format, but to use its principles in a training program for a broad range of health, mental health, and legal professionals and paraprofessionals.

The experience of preparing this TA-based curriculum for people not particularly interested in transactional analysis and of using books full of transactional analysis theory written for general populations of mental health practitioners got me thinking, yet again, of how we can move outside of the TA community to represent our theory to other professionals. Here I offer several examples with which I am familiar, although I know there must be many others. My hope is to bring attention and encouragement to these efforts, to inform our membership about them, and to solicit additional examples of publications that bring transactional analysis to a broader professional world.

First, in developing the domestic violence curriculum, in addition to using basic transactional analysis books, we have drawn a great deal from three other books: *Transactional Analysis Counselling in Action* by Ian Stewart; *Training and Supervision for Counselling in Action* edited by Wendy Dryden and Brian Thorne; and *Contracts in Counselling* edited by Charlotte Sills. Ian's book, obviously, is explicitly transactional analysis designed for the counseling community. The other two books, while not explicitly transactional analysis, are full of TA presented in rich and creative ways. I found the book on contracts edited by Charlotte Sills—in which most of the authors are transactional analysis practitioners—to offer an invaluable discussion of the complexities of contracting and a wonderful representation of transactional analysis thinking. All three of these books are published by Sage Publications in the United States, Great Britain, and India. It's my impression that Sage books are particularly well read in Great Britain.

Second, the ITAA was contacted recently by the graduate clinical psychology program at Saint Michael's College in Colchester, Vermont, for permission to include Jenni Hine's article, "Dissociation: A Case Study" (July 1997 *TAJ*), in an archive of case studies they are developing. This will draw from over 100 journals and will be available to students and faculty for research and training purposes. Jenni granted permission for this use of her article and suggested they include the subsequent discussions of the article in later issues of the *Journal*. The case study format is unusual in the transactional analysis literature, but if you recall others, please bring them to the attention of *Script* managing editor Robin Fryer so she can forward them to Saint Michael's for consideration.

Third, Robert and Sharon Massey are currently editing Volume III: *Interpersonal, Humanistic and Existential Approaches to Psychotherapy* in the series *Comprehensive Handbook of Psychotherapy*, published by Wiley Press. Bob and Sharon, both academic psychologists, are certainly among the interdisciplinary thinkers and writers in the transactional analysis community, as evidenced by their numerous articles in the *TAJ* and presentations at transactional analysis conferences. They have also drawn on a number of authors associated with transactional analysis to write chapters for this volume, including Gordon Hewitt and Carlo Moiso on "Transactional Analysis," Vann Joines on "Roots of Satir, Perls and Berne in Redecision Family Therapy," Alan Jacobs on "Psychodrama," Sharon Massey (with Linda Combs, who is not a transactional analysis practitioner) on "Humanistic, Existential and Interpersonal Processes in Supervision," Sharon and Robert Massey on "Integrating Existential, Humanistic and Interpersonal Aspects of Psychotherapy," Robert Massey on "Family Therapy as a Psychosocial Matrix," and myself on "Body Psychotherapy." When I contacted the Masseys about mentioning their upcoming volume here, Sharon wrote, "While I am not aware of any conscious intent to recruit so many persons with a transactional analysis background, it is clear to me in retrospect that there is a lot of talent in the TA community." I very much agree that these authors, among many others in the transactional analysis world, bring together a broad spectrum of creativity and expertise. Opportunities such as these, while not focused exclusively on transactional analysis, can bring awareness of TA in its various forms and integrations to professionals in many diverse disciplines.



"These authors, among many others in the transactional analysis world, bring together a broad spectrum of creativity and expertise."

These are a few examples of interdisciplinary dialogue from the transactional analysis community. Please let us know of others.

Bill Cornell can be reached at bcornell@nauticom.net or at 36 Corbriwood Ln., Gibsonia, PA 15044, USA

□

CONFERENCES WORLDWIDE

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.

February 25-March 4, 2001: Frenchman's Cove, Jamaica. USATAA Gathering. Contact: Dianne Maki, 657 Mountain Dr., South Orange, NJ 07079-1125, USA; phone: 973-763-7973; email: Makisethi@aol.com .

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); website: ERTAA.org .

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 .

The Script ITAA

The Newsletter of the International Transactional Analysis Association
436 14th St., Suite 1301
Oakland, CA 94612-2710, USA
Phone: 510-625-7720
Fax: 510- 625-7725
Email:itaa@itaa-net.org
Web Page: http://www.itaa-net.org

Editor: William F. Cornell, MA
Managing Editor: Robin Fryer, MSW
Desktop Publishing: Stacy Jolles
Printing: MarinSun Printing

Subscription Rates: $10 as part of all ITAA membership dues; not available by separate subscription.

Advertising Rates:
Classified Ads: $5/per 80 characters/spaces

Display Ads. Copy should be camera-ready.

Ad Size	Rate	Width	X	Height
1/16Page	$50.	2" (5cm)		3"(7.6cm)
1/8 Page	$90.	4-1/2"(11.5cm)		3"(7.6cm)
1/4 Page	$170.	4-1/2"(11.5cm)		6"(15.2cm)
3/8 Page	$250.	4-1/2"(11.5cm)		9-1/4"(23.5cm)
1/2 Page	$330.	9-1/4"(23.5cm)		6"(15.2cm)
1/2 Page		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: November 1 for the December issue; January 1 for the January-February issue.

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

The Script (ISSN 0164-7393) is published monthly except January, May, and September by the International Transactional Analysis Association. The subscription rate is $10/year as part of dues for all classes of membership. For information on dues rates for various membership classifications, contact the ITAA office at the above address. Periodicals postage paid at Oakland, California and additional mailing office. POSTMASTER: send address changes to *The Script*, 436 14th Street, Oakland, CA 94612-2710. © 2000 International Transactional Analysis Association, Inc.

Published on recycled paper

Integrative Psychotherapy Residential Workshop - Summer 2001

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

Friday, July 27 to Sunday, August 5, 2001

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

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

Cost: $2400 for tuition, room, meals; reservation fee: $500 nonrefundable
Location: Kent, Connecticut (near New York City)
at the Old Chestnut Inn, with spacious grounds, gardens, and swimming

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

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

continued from page 1

and systems with targeted nutrition has actually "flushed out" script issues that these clients had no stated intention of dealing with. Also, I've seen people come in contracting for clinical nutrition whose symptoms were largely emotional, yet those symptoms disappeared completely when their nutritional state became balanced. So I was left with the question, "What's going on here? Is the way we've been defining illness merely a point of view rather than the truth?" Clearly, the way we've divided up the professional territory is at best, profoundly outdated. People are not built such that going to a "real doctor" for one health problem and a "head doctor" for another works.

Bill: So, this is the kind of synthesis of healing modes that you're developing in your transactional analysis work now?

Pam: Yes. I believe that transactional analysts stand at the crossroads where mind and body meet. We can make a major contribution: that of reuniting the mind/body split and the healing the mind/healing the body split in the professions. I like to think of this as "physical transactional analysis." We need to systematize our means of working with the whole person—body and consciousness—the way we have with working with the mind. We have empowered people to take charge of their mental/emotional/relationship health. Now we need to do the same for physical health.

Bill: After you made the shift from nursing to transactional analysis, were there particular events/experiences that refocused your attention more specifically on the body?

Pam: Before coming to transactional analysis, I worked in a variety of medical settings, including labor and delivery, newborn nursery, medical, surgical, and intensive care. The more I saw the illnesses and problems people had in those settings—the person with the stab wound in intensive care, the 14-year-old girl giving birth, the 50-year-old smoker with emphysema—the more clearly I realized that they were in the later stages of actions they had carried out far earlier. I wanted to be able to intervene at an earlier time, not when it was so late. That's when I came to transactional analysis.

But focusing on emotional problems and helping people to rewrite their scripts brought me back to the body. In groups and marathons, as each person had their "work time," the rest of us would ask, "How do you need us to support you so that you can do what you need to do?" Group members started out asking for verbal strokes, then physical ones. People were so hungry for touch and so glad to be able to contract for group strokes! As they learned to become more assertive about what they wanted, they began to direct the kind of stroking they wanted. And sometimes we were very surprised to see that, when touched in particular ways, they were able to access early pain and release themselves from script prohibitions that all the talking in the world had not been able to accomplish.

Bill: How did you understand that process?

Pam: It was only later that our intellectual understanding of this became clear. It seems that certain kinds of touching accessed one "layer" of the brain and other kinds accessed a different layer. For example, touching that stretched ligaments or that provided deep pressure or increased circulation accessed that part of the brain often called the pons or reptilian brain. These kinds of touching helped people access script issues from the time of development when that part of the brain was forming, namely, late fetal life, at birth, and immediately post birth. Light touching, on the other hand, seemed to provide profound comfort and reassurance and accessed the area of the brain called the midbrain, which grows after birth and into the late oral period. Rocking the body while the person was underwater, breathing via a snorkel while surrounded, womb like, with other group members, helped release memories close to conception, even before there was much physical brain to record the memories. Of course, this brought into question the ideas we held about the role of the brain and memory. Ultimately, we had to conclude that memory of an experience can be retained by the being or soul or consciousness who had the experience, whether or not the physical brain was sufficiently formed to record it.

Bill: From my understanding of current brain research, the brain is very capable of learning, organizing, and "remembering" at all stages of development, even when the cognitive functions of the brain are not yet formed to provide narrative, languaged memories. The brain still learns and remembers in different ways at all levels of maturity and organization. Allan Schore and Wilma Bucci write particularly well about this. However, your last comments make me, and probably a lot of other people, very nervous. Part of it is that I'm not sure what you mean, how you're using the terms "memory" and "soul." I have a personal objection to using concepts like "soul" in psychotherapy because it seems to me to be a retreat to vague, spiritual language when we cannot adequately explain something.

Pam: What I mean by "soul" or "consciousness" is, indeed, something that has not yet been accepted as proven fact by traditional science. Until that happens, soul refers to that thing, the presence of which makes the body alive and the absence of which makes the body dead. Soul memory, then, refers to an ongoing awareness of a prior experience. This is what we found in regressive work. We also found memories, many of which the client was able to verify historically, that preceded the existence of a brain at all, for example, memories of conception, of tumbling down the fallopian tube, of implanting. These memories are from a time when there is no physical brain in existence. Graham Farrant, MD, of Australia, called these "cellular memories." Yet some people even had memories of the process of incarnation, of coming into this particular lifetime, and these were before there were any cells to have memory. These we refer to as "soul memory."

Bill: To my thinking, your definition of soul is a statement of religious, or quasi-religious, belief offered as an explanation of something you observe in your clinical work.

Pam: No, I mean it as a spiritual term, not a religious one. It refers to inner experiences, not outer ones.

Bill: These days there is a lot of spiritual language surrounding psychotherapy. This seems to provide some people with comfort and meaning, but I think these ideas need to be stated as beliefs, or at least as hypotheses. Our styles of work with the body and thinking about our work diverge strongly here.

For one thing, I do not use work with the body to promote regression. I work with people at what I have come to call the "affective edge," a realm of emotional experience in which people are able to experience affective and early childhood issues while remaining clearly in the here and now—in other words, to experience childhood issues with the resources of an adult's body. Regression occurs at times, but I do not promote it. I have long thought that intentionally regressive work is unnecessarily disorganizing for the client and makes the client unusually suggestive to the beliefs and authority of the therapist.

Pam: Like you, I do not promote regression. I simply support it when it is part of an ongoing work contract. Regressive work without proper support and structure is disorganizing, and I do not allow it.

Bill: As I read your comments on soul memory and cellular memory, I must say that these are tenets that go way beyond the theory or premises of transactional analysis.

Pam: Yes, however, they only go beyond current tenets.

Bill: It reminds me of what I learned from the work of Wilhelm Reich. He ended up seeking cosmic explanations for interpersonal problems. As a neo-Reichian therapist, I kept the "baby"—that is, Reich's theories of character analysis and body psychotherapy—but threw out the orgone energy "bath water." I will be curious to find out how our readers respond to your ideas. To my mind, as a transactional analyst and body-centered psychotherapist, some of your ideas seem like efforts to explain the fantasies and associations of clients experiencing very primitive, psychotic-like states of profound anxiety and somatic rejection, disorientation, and dislocation between the infant's body and the bodies of the parents.

"We might call the Parent, Adult, and Child physical states three forms of bodily intelligence. Perhaps they are not technically 'ego' states, but rather 'physical' states that correlate with ego states." — Pam Levin

Pam: I'm not attempting to explain material that originates in primal pain or primal communications. I'm talking about naturally occurring, healthy, normal experiences that occur spontaneously in the process of healing. Berne referred to them as "peak experiences" and wondered why they seemed not to last.

Bill: We are only now beginning to realize and understand how extraordinarily complex and subtle the brain and nervous system are and the how those systems affect human interaction. It is in these realms that I think we'll gradually understand the phenomena that you are explaining with the language of cells, souls, and past lives.

I wonder if you would return to your discussion of the body in terms that are closer to what we are accustomed to in transactional analysis?

Pam: We might start by answering the question, "Does the body have a Parent, an Adult, and a Child?" If we define the Child as the part of the body that has wants and needs and feelings, we can say yes, it does have a Child. It needs air, food, and water; it feels sensations and emotions; it wants certain conditions, and so on. And it is creative and expressive in constantly developing various physical states.

Defining the Adult as the part of the body that thinks, the body certainly also has an Adult, which can be "interviewed" to gain all sorts of information. For example, I recently learned a systematized way of discovering the nutritional needs of the body using applied kineseology as a way of "interviewing." The physical body constantly takes in information, assesses it, and produces information in turn.

Defining the Parent of the body as the part that structures and has values, the body also has a Parent. It continually develops priorities, for example, what part will receive a given nutrient before another part. The body values its own survival over the health of any one of its parts, as for instance, when calcium molecules are removed from the bones to keep the heart beating. And it values the next generation of bodies over the previous one, as when it automatically provides nutrition to a developing fetus even if that nutrition is needed by the mother's body.

But the body also has various "structures" or ways the individual parts relate to each other. Some of these are inborn, while others are "soft wired." For example, that the heart and lungs will relate to each other is inborn, but how they do so is soft wired, that is, derived from physical experiences during development. This is what gives rise to the idea of "physical scripts"—programs the body uses to run certain metabolic processes over time in one person while quashing those same processes in another.

Bill: I wonder if by talking about physical scripts you mean to suggest the possibility of "physiological scripts" or of scripting that can shape our basic physiology?

Pam: Yes, physiological scripting is a good term. And when such programming is in effect, when we run over or quash a metabolic process, we use up nutrition at a much higher rate than regular food can replace. This is one of the reasons that foods concentrated to clinical potency are so effective in rebalancing the body. In turn, rebalancing these systems brings them out from under the influence of script programming and back to the way nature designed them to run. It seems the script program becomes available for release and rewriting in the same way it does when doing emotional work.

We might call the Parent, Adult, and Child physical states three forms of bodily intelligence. Perhaps they are not technically "ego" states, but rather "physical" states that correlate with ego states. Nonetheless, the correlated "ego states" seem to be transferred along with physical organs, as we are finding out when organs are transplanted.

Bill: To me, your comment about physical states as forms of bodily intelligence seems closer to the mark than trying to talk about the body as having ego states per se. From my understanding, the development of much of the body's form, function, and intelligence precedes ego functions. Certainly the body has different forms of bodily intelligence/organization based in the limbic system, the sensorimotor cortex, and the right hemisphere, but I don't think that we can retrospectively apply a concept such as states of the ego to processes that preceded the formation of the ego. In fact, I think this has been a major theoretical barrier to transactional analysis developing a coherent theory of the body.

Pam: Yes, it appears to be a barrier when talking about ego function, but that barrier disappears from the perspective of ego *development*. Typically we think of the existence of the body preceding the existence of ego states. I'm not sure that's accurate, however. Perhaps they are coexistent. What, for example, are the different kinds of transactions with the body that can ask the body for information and read the answer? What kind of physical transactions can precipitate ego state systems that were contained in shock? And what physical transactions are effective in resolving the shock? In my opinion, providing a systematized, transactional analysis-based framework that answers these questions will shape the new medicine of the 21st century.

Bill: Pam, I think this email experiment has been a great success. I had no idea you were so ill. It must be wonderful to get your health back and then bring this whole process you've been through into your professional work. I think this discussion should generate some real interest and reaction in the transactional analysis community. I hope we hear from people. □

ITAA News

New ITAA Officers and Trustees

Since there was no contest for any position open in this year's election, there is no need for a ballot. Thus, we present brief statements from the following officers and trustees, all of whom will take office in January 2001.

Linda Gregory, Vice President of Operations



Originally from the USA, I have lived in Australia for 34 years. Thus I am interested in fostering the growth of transactional analysis in the USA, its first home, as well as to increasing its significance internationally. I have been instrumental in obtaining national accreditation in Australia for our transactional analysis course of study and am also committed to working at an international level for the ITAA. I am a TSTA (ITAA/WPATA), serve on the WPATA board as Training Coordinator and Accreditation Officer, and have 20 years of experience facilitating training programs and in private practice. I am completing my PhD by researching issues related to domestic violence and causes of nonviolence. As a sociologist, I am focused on creating a nonviolent society and feel transactional analysis is an excellent model for helping us achieve that goal. I have family in both the United States and Australia, all of whom I love and enjoy very much. I like the outdoor life of the beach, fishing, dining out, and good company.

Vern Masse, Treasurer



I have spent 30 years in the counseling field. After returning from Vietnam, I volunteered at a drug crisis and counseling program and later helped found a similar program. However, I decided that wanting to help was not enough and returned to college. I worked as a probation officer, joining a unit that used family counseling to help reunite runaways with their families. There I was introduced to transactional analysis, and I joined the ITAA after finishing my master's degree and becoming a licensed marriage and family therapist. I studied redecision therapy with Ruth McClendon and Les Kadis, was in Bob Goulding's last training group, and continued with Mary until she retired. For the last 20 years I have worked in county mental health, where I am currently a dual-diagnosis specialist counseling clients with mental health, substance abuse, and/or domestic violence-related problems. In my private practice I provided counseling for Vietnam veterans suffering from posttraumatic stress disorder and was a court mediator. I am married with three grown children, and I love to windsurf. My goals as ITAA treasurer are to keep the association financially solvent and to encourage the use of our resources to nurture the growth of transactional analysis worldwide. As a trustee, I would like to simplify membership categories and explore ways to make membership more accessible.

Claude Steiner, Vice President of Research and Innovation



In the area of research I am looking forward to (1) completing the catalogue initiated by Marco Sambin of all research articles in the *TAJ*; (2) expanding the search by finding, cataloging, and making available all research with a transactional analysis focus published in the psychological/academic literature; (3) further expanding the search by exploring the psychological, social psychological, and sociological literature for research, which, while not transactional analysis centered, may confirm transactional analysis theory or practice; (4) stimulating transactional analysis-focused research by raising the funds necessary to offer a $20,000 ITAA five-year prize to be awarded to the best doctoral thesis on a transactional analysis subject. In the area of innovation I hope to increase the number of Eric Berne Awards without compromising the quality of the contributions honored. I hope to ensure that the process, currently shrouded in secrecy, becomes as transparent as possible consistent with maintaining the committee's neutrality. I will also suggest that the committee itself search for contributions and make nominations for the award. I hope to clarify and improve the basis on which the award is granted by (1) improving voting procedures, (2) ensuring that the committee members involved in the process have thoroughly read and understood the nominated material; and (3) ensuring that no criteria (ITAA membership, previous awards, repeated renominations, service to the ITAA, volume of writings, etc.) are applied, pro or con, other than the value of the author's specific contribution. Please address any comments or suggestions to me at: csteiner@igc.org .

Felipe Garcia, Trustee from the USA Region



I work in private practice (San Antonio, TX) with people individually and in groups facilitating personal growth, community building, and responsible communication. I am a TSTA and have been an ITAA member for 26 years; I am also a member of AGPA, AAMFT, TAMFT, and SAGPA. I have served on numerous ITAA committees, the board, the *TAJ* editorial board, and as local host for two conferences. I helped found USATAA and twice served as its general coordinator. My vision for ITAA includes: (1) an association of persons interested in and committed to learning about, teaching, expanding, and protecting the integrity of transactional analysis; (2) an association made up of clinicians, educators, organizational developers, physicians, lawyers, designers, artists, and other professionals and lay people of many cultural and ethnic backgrounds and ages; (3) leadership that facilitates the education, growth, and involvement of individual members and regional associations by being responsive to members' input and capitalizing on members' energy and talent; (4) regional associations as integral parts of the ITAA that function as local organizers and facilitators of conferences, seminars, and membership drives and provide input to the ITAA on how to function best within that region or nation; (5) committees/task forces comprised of committee chairs of like committees from regional, national, and multinational associations; (6) an association that organizes/facilitates the formation and function of subgroups for special interest areas; (7) an organization whose business is run by boards/committees/task forces that function on the principles of transactional analysis. As US representative I vision all USA members of the ITAA to also be members of the USATAA or whatever the North American Association becomes and that the USATAA develop and sponsor transactional analysis training for professionals that offers a training level that is intermediary between the 101 Regular Member and the certified member level.

Rishun Shinzato, Trustee for the Non-USA/Non-Europe Region



I am a professor of clinical psychology in the Department of Education at the National University of the Ryukyus in Japan, where I teach clinical psychology and counseling. In my counseling lectures for elementary and secondary teachers I teach mainly transactional analysis theory. For graduate students I teach and provide training in the redecision therapy model. My research interests are related to egograms and ego state permeability. I developed egogram checklists for adults and junior/senior high school students, coresearched the subject of ego state permeability, and developed a checklist for analyzing the mental health of adult office workers as well as students. I have been an ITAA Regular Member since 1977 and a PTSTA since 1996. I am a founding member of the Japanese Society of Transactional Analysis (JSTA) and the Japanese Transactional Analysis Association of Japan. I have served as a JSTA trustee in charge of the education and training committee and am dedicated to developing myself and members of both Japanese associations to the level of the ITAA. My desire for the ITAA is to expand the philosophy, theory, and techniques of transactional analysis worldwide. I would also like the ITAA to hold a conference in Japan in the future. I appreciate being asked to be a trustee and look forward to dedicating my efforts on behalf of the ITAA over the next three years with good will toward all. □

Highlights of Halifax Board and Membership Meetings

The ITAA Board of Trustees had a very productive meeting in Halifax, Nova Scotia, this past August. Some of the most important actions of the board included:

- Creating a task force to develop international translations of *The Script* and the *Transactional Analysis Journal* in cooperation with local and regional associations
- deciding to ask the European Association for Transactional Analysis (EATA) to allow the ITAA to partner with them in offering a Major International TA Conference (MITAC) in The Netherlands in 2002
- supporting a 2003 conference in the United States in partnership with North American transactional analysis associations
- authorizing the ethics committee to update the ethics manual and the professional practices manual
- establishing a task force to explore new sources of funding for the ITAA. Additional sources of funding would allow the association to keep dues increases to a minimum
- adopting the recommendation of the long-range planning committee to publish a directory of goods and services offered by the ITAA to members and nonmembers of national and regional transactional analysis associations
- investigating ways to increase regional representation on the board of trustees and committees

In the general meeting of the membership, ITAA members were informed that the ITAA is financially sound, and this year's budget will likely produce a small net gain. The search for a new executive director continues; the new director will have an external focus with an emphasis on fund raising, while the internal operations will be handled by the office staff under the guidance of interim executive director Denton Roberts.

We also learned that new videos featuring Abe Wagner have been completed, and others are nearing completion. Marketing plans are being developed to sell ITAA products to others outside of our membership. The number of quality "hits" (in which people actually open pages) on the ITAA website have doubled during the past year.

Throughout the conference there was a powerful feeling of international cooperation and a renewed enthusiasm for building awareness of and interest in transactional analysis around the world.

Sam Lloyd, ITAA Secretary

□

Sad News About Barbara Allen

As we went to press, we heard the news that Barbara Allen, wife of Dr. James Allen, died Thursday morning 19 October after a long battle with cancer. Jim and Barbara have been ITAA members for many years and are much respected for their writing and their work. They were also the recipients of the Eric Berne Memorial Award, presented to them during the Zurich MITAC in the summer of 1998. Those who wish to contact Jim Allen may write him at 201 SE 89th Street, Apt. 703, Oklahoma City, OK 73149, USA. Our deepest condolences to Jim and his family.

Caribbean Training Program

Frenchman's Cove, Jamaica

We are delighted to announce the details of a pilot program sponsored by the USA TA Association, Hedges Capers Humanitarian Award winner Grainger Weston, and the ITAA to be held at lovely Frenchman's Cove in Jamaica. This series of courses is designed for experienced practitioners in fields related to counseling, education, and ministry as well as for graduate students. (Program participants must have already completed a TA 101 course).

The program consists of six modules, each 16 hours long. In each module the trainers will cover advanced theory and application about issues related to individuals, families, groups, and communities and specific problems such as domestic strife and violence, violence in the society, and so on. Case examples related to each topic will be included. A certificate will be given at the end of each module, and graduation will be held at the end of the sixth module for those who have successfully completed the entire program. CEUs will be available for each module at an additional charge of $10.

All the training modules will run Friday 2-6, Saturday 9-5, and Sunday 9-1. The location of the training, Frenchman's Cove, is a 48-acre paradise with 18 villas hanging off the cliffs over the Caribbean and a main house with wonderful dining and meeting spaces. To get there you can fly to Kingston and rent a car or hire a driver or fly to Mointago Bay and take a 50-minute local flight to Port Antonio.

The cost is $120/module (does not include room/board). From the USA: for more information and to register, contact Lyman Rigby, 1103 Fortune Ave., Panama City, FL 32401-1831; phone: 850-769-6188; email: L.J.J.Rigby-P.C.@worldnet.att.net . Enrollment is limited, so send your $60 registration deposit to Lyman Rigby as soon as possible. For those in Jamaica: contact Sharon Brown or Joyce Thompson at thompsonjoyciet9@hotmail.com .

Special Note: For those attending the USATAA Gathering at Frenchman's Cove Feb. 25-Mar. 4, 2001, a special rate of $80 per module is available for Module 2, just prior to the Gathering, and Module 3, just after the Gathering. If you wish to register for the Gathering, contact Dianne Maki, 657 Mountain Dr., South Orange, NJ 07079-1125; phone: 973-763-7973; email: Makisethi@aol.com . The cost of the Gathering is $495, which includes registration, 7 nights lodging, breakfasts and lunches, two evening meals, and gratuities.

Module 1: Structural and Functional Analysis

January 26 -27, 2001

Trainers: Marian Weisberg and Vince Gilpin

Content: A thorough understanding of ego state theory, or structural and functional analysis, is a necessary foundation for all of transactional analysis. We will focus on development of ego states, ego state pathology, and treatment techniques related to working with ego states. Participants will have opportunities to analyze their own ego states, discuss client challenges in terms of ego state theory, and practice using ego state treatment techniques. At the end of this module participants will:

* be able to complete a Parent interview and understand contents of P_2
* be able to use four ways of diagnosing ego states
* understand development of each ego state
* be able to construct egograms and develop contracts related to egogram change
* understand and be able to use self-reparenting
* be able to identify the strengths in each ego state

Module 2: Transactional Analysis Proper

February 23-25, 2001

Trainers: Felipe Garcia and Mary Goulding

Content: Eric Berne, the originator of transactional analysis, titled his last book, *What Do You Say After you Say Hello?* In this module, we will explore what people do say after saying hello. Specifically, we will discuss what we do and say that enhances relationships and what we do that is destructive to meaningful relationships and advances the negative affects. Early decisions made about self and others that are no longer pertinent will be identified. Participants will learn how to make redecisions that fit with current life. We will explore this in personal and clinical situations. Participants will be given opportunities to learn new ways of transacting that will more likely achieve the results they want. We will cover the following topics: existential positions, definition of a transaction, types of transactions, discounting, redefining, redecisions, ways of structuring time, and strokes. At the end of this module participants will:

* be able to differentiate complementary, crossed, and ulterior transactions
* be able to use crossed and parallel transactions therapeutically
* be able to use giving and receiving positive strokes therapeutically
* know how to give and receive negative conditional strokes while maintaining OK-OK relationships
* know how to use transactional analysis proper to identify and decontaminate contaminated ego states
* know how to make changes in the way they structure time potential to maximize their strokes and transactions
* be able to intervene transactionally to solve conflicts and avoid not-OK escalation
* understand the power of redecisions

Module 3: Games and Rackets

March 2-4, 2001

Trainers: Valerie Chang and Emily Ruppert

Content: In this module, we will cover theory related to games and rackets including: the game formula; the drama triangle; the connection between games, stamps, rackets, and scripts; and racket systems, the development of rackets, and racket analysis. Participants will have opportunities to figure out how games and rackets have influenced their lives and the lives of their clients. We will discuss how to intervene in games and rackets and practice various treatment options. At the end of this module participants will:

* understand games and rackets and their use in treatment
* be able to identify games
* know how to intervene in games
* understand how games and rackets work together
* be able to recognize rackets and understand how they advance scripts
* know two methods for inviting clients to move out of rackets

Module 4: Scripts

April 6-8, 2001

Trainers: Duncan Bremner and Jan Morrison

Content: Script theory brings together and builds on ego state theory and our understanding of strokes and transactions. Script theory explains how the strokes and messages received in early development lead to decisions about self and other. These early decisions are held in Child ego states and are the basis of a life plan or script. Understanding how the elements of script develop is the foundation for many useful interventions. In this module, participants will have opportunities to explore their own scripts, discuss possible script patterns in their clients, and learn interventions useful in helping clients resolve script-related problems. At the end of this module participants will:

* understand how positive and negative life plans, or scripts, develop and continue to have an effect on most aspects of life
* be able to use script analysis with clients
* know how to administer and interpret a script questionnaire
* understand how the process of script can be brought into awareness
* know three ways to facilitate script change using redecision therapy, stroke theory, and script theory

Module 5: Application: Couples, Short-Term Therapy, and Small Groups

November 16-18, 2001

Trainers: Marion Weisberg and Felipe Garcia

Content: The latest theories related to couple's therapy, short-term therapy, and small group therapy will be discussed and connected to transactional analysis. Participants will learn how to focus on primary contracts and use other interventions appropriate to short-term therapy. Focusing on couples, participants will learn how to help couples understand and change game and stamp-collecting patterns and how to understand their underlying relationship contract. In the section on groups, participants will learn how to use group dynamics theory to enhance group functioning. They will have opportunities to learn and practice techniques for establishing trust among group members and ways to encourage honest here-and-now interaction. At the end of this module participants will:

Couples:

* know how to analyze transactions and map a relationships and its patterns
* be able to make a psychological relationship contract
* know how to intervene effectively in typical marital games
* be able to deal with psychological stamp collecting and facilitate communication
* know how to develop treatment contracts with couples

Short-Term Therapy:

* know how to stay in the here and now
* know how to create solution-focused strategies, keeping the person fixed on a specific, agreed-upon problem
* be able to identify who is not suitable for short-term therapy
* know how to use structural and game analysis to bring individual history quickly into the here and now
* know how to use Parent, Adult, and Child effectively to intervene

Groups:

* know how to use group interaction to enhance therapy
* know when and how to confront
* be able to create honest, supportive interaction
* be able to make effective group contracts involving a commitment to changing some aspect of behavior, thoughts, and/or feelings
* know several ways to deal with the special problems of groups

Module #6: Evaluation and Review

January 25-27, 2002

Trainers: Valerie Chang and Sheryn Scott

Content: Each trainee will present a case example in which some aspect of transactional analysis theory was used. Specific applications and problems are will be reviewed. Each participant will receive feedback about strengths and areas for growth. At the end of this modules participants will:

* have a working understanding of how to apply transactional analysis concepts to work with a variety of clients
* be able to identify areas of competency related to transactional analysis
* develop a specific plan for future training or supervision needed to increase competencies
* be able to develop a case analysis, including a transactional analysis diagnosis and treatment plan

Training Transactional Analysis Presenters

January 28-30, 2002

Trainers: Valerie Chang and Sheryn Scott

Content: People who complete all six modules may take this module. The focus of this workshop will be how to teach and train others to use transactional analysis. Each trainer will contract to offer at least one FREE transactional analysis course per year. At the end of this modules participants will:

* be able to teach a basic transactional analysis course
* be able to create a transactional analysis course tailored to meet the needs of a specific group
* be able to create a basic transactional analysis course tailored to respond to a particular problem
* be able to use four different ways of teaching: lecture and examples, discussion, active learning, and problem-based learning

Presenters/Trainers

Duncan Bremner, PTSTA: private practice, Halifax, NS, Canada; group work with men who batter; faculty, EastWind Institute, Halifax.

Valerie Chang, PhD, LCSW, CTSTA: past member ITAA board, BOC, *TAJ* editorial board; past General Coordinator and Regional Representative of USATAA; faculty of Indiana University School of Social Work; private practice in Indianapolis, Indiana; author.

Felipe N. Garcia, MA, CTSTA: trainer, process facilitator/psychotherapist; advocate for community building through cooperation (30 years); has worked extensively in the US, Europe, and Latin America; author; member ITAA, USATAA, AAGP, AAMFT.

Vince Gilpin, PhD, CTSTA: Jamaican who has lived in Canada for many years; conducted TA training programs all over Canada and some in Jamaica; Past President of the ITAA.

Mary Goulding, MSW, CTSTA: world-renowned trainer and psychotherapist; with Robert Goulding originated theory of redecision psychotherapy; 22 years as directors of the Western Institute of Group and Family Therapy; author of several best-selling books.

Jan Morrison, PTSTA: private practice, Halifax, Nova Scotia, Canada; core faculty member of EastWind Institute, Halifax; certified trainer and counselor for the Centre for Entrepreneurship Education and Development.

Suzanne Robinson, MSW, CSW: trainer/psychotherapist; past chair of ITAA ethics committee; Teaching Member, ITAA; past member ITAA board and various committees; taught/trained psychotherapists and OD consultants in TA in Canada and abroad; owner/partner of Gilpin Robinson, Inc., a multidisciplinary clinical and organizational development private practice; codirector of the Ottawa Transactional Analysis Training Centre Programs.

Emily Ruppert, MSW, LICSW: ITAA Clinical Teaching Member; past member ITAA board, BOC, and *TAJ* editorial board; private practice in Boston; has done extensive transactional analysis training in Europe and the United States.

Sheryn T. Scott, PhD, MFT: ITAA Clinical Teaching Member; past member ITAA board, ethics committee chair; past Vice President of Research and Vice President of Operations; USATAA liaison to the ITAA; faculty of Azusa Pacific University Department of Graduate Psychology; private practice, Altadena, CA; author.

Marian Weisberg, CSW, CTSTA: private practice, New York City; Teaching Member ITAA; member ITAA board; former chair, ethics committee; faculty Adelphi University, Post Master's Certificate program in psychotherapy; former codirector Gotham Institute for TA-Psychotherapy, New York; founder New York Transactional Analysis Seminar. □



Training News

First of Four Core Competencies Presented

This document was accepted by the EATA Professional Training and Standards Committee (PTSTC) in Rome in July 1999 and by the ITAA Training Standards Committee in San Francisco in August 1999. It was developed by a joint task force created by the Transactional Analysis Certification Council (TACC) comprised of representatives from the ITAA's Training Standards Committee (TSC) and Board of Certification (BOC) and EATA's Professional Training and Standards Committee (PTSC) and Commission of Certification (COC) under the chairmanship of Roland Johnsson, chair of EATA's PTSC. This joint group has established task forces that are drawing up sets of core competencies for transactional analysts in all four fields. In addition, as reported in the September-October 2000 Script, *it was voted that in future, the clinical field will be called the "transactional analysis psychotherapy" field.*

Core Competence for Transactional Analysis Psychotherapists

Using his/her knowledge and understanding of transactional analysis theory, a clinical transactional analyst will demonstrate the following abilities:

1. General Requirements

A. Understand transactional analysis theory and its application to psychotherapy with individuals and with couples, families, and groups as appropriate

B. Assess the client and make an informed decision about taking him or her into treatment, including up-to-date knowledge of other treatment possibilities, the ability to convey different options to the client, and the willingness to assist in choosing how to proceed

C. Know the ITAA/EATA Code of Ethics and demonstrate ethical and professional competence in practice, including working within the legal requirements governing psychotherapy in the region of practice

D. Demonstrate the ability to locate transactional analysis within the wider field of psychotherapy

2. Therapeutic Relationship

A. Manifest a respectful attitude toward self and others

B. Demonstrate an understanding of the importance of the therapeutic relationship in effecting change, its nature, and its difference from any other relationship

C. Show empathic sensitivity and understanding of the client and his or her symptoms and self-limiting script as well as show the ability to communicate this understanding to the client in such a way that the client feels understood

D. Exhibit a capacity to understand another person's phenomenology and bracket his/her own frame of reference without losing contact with his/her own separate experience

E. Display ability to self-reflect and to use this self-awareness in appropriate self-disclosure

F. Demonstrate an understanding of developmental issues, transference and countertransference phenomena, and the ability to use transactional analysis to address it successfully. This will include the willingness to allow transference to develop in the client/therapist relationship and to handle the client's regressive states appropriately and therapeutically. It will also include understanding his/her own countertransference and the limits it may create as well as the ability to use it constructively.

G. Behave in a respectful way toward self and others, including showing sensitivity for different frames of reference, cultures, and social norms as well as taking account of the impact on the relationship of these differences in the consulting room

H. Demonstrate potency, protection, and permission and show an understanding of their importance

I. Communicate congruence in their interactions

3. Transactional Analysis Theory

A. Articulate an understanding of the basic theory of transactional analysis and its application in clinical practice as described in the major transactional analysis texts, including structural analysis; transactional analysis; game, racket, and script analysis; and child development

B. Describe the application of aspects of all the major approaches to transactional analysis and demonstrate knowledge of recent developments, including the similarities and differences between these approaches

C. Demonstrate an understanding of transactional analysis theories of group process

D. Make interventions that can be explained according to transactional analysis theory and practice

4. Contracting

A. Show an understanding of the necessity for a clear business contract as well as the ability to negotiate contracts

B. Have the capacity to negotiate with a client in order to arrive at a shared understanding of the work to be undertaken and to formulate an appropriate treatment contract. This will include understanding and respecting the difference between contracts for social control and contracts for autonomy that allow for intrapsychic and interpersonal change involving dismantling limiting scripts and the resolution of impasses.

5. Planning: Assessment and Treatment Direction

A. Describe a comprehensive system of assessment and diagnosis using standard transactional analysis concepts

B. Show an understanding of the psychiatric diagnostic systems used in the country in which practice takes place (e.g., DSM-IV, ICD-10)

C. Make meaning of a client's experiences using standard transactional analysis concepts in a way that maintains the "I'm OK, You're OK" attitude

D. Show an awareness of and have the ability to respond to risk and harm factors for self, client, and others

E. Assist the client in recognizing and naming his or her self-limiting patterns of thinking, feeling, and behaving and in deciding whether or not change is desired

F. Conceptualize, using transactional analysis theory, in order to develop an overall treatment plan based on the particular issues to be addressed

6. Implementation: The Psychotherapeutic Process

A. Show the capacity to make accurate phenomenological observations of the client and use those as the basis for a therapeutic hypothesis that is linked to transactional analysis theory and philosophy

B. Show ability to use group process as an effective intervention

C. Select interventions appropriate to the stage of treatment and the treatment contract

D. Demonstrate the ability to effect timely interventions

E. Recognize and assess script issues as they arise within the session and address them appropriately according to the stage of treatment (e.g., script signals, game invitations, discounts, driver behavior)

F. Show the ability to evaluate the effect of an intervention and use that information to update hypotheses and select subsequent interventions

G. Encourage the client's autonomy and resources

7. Personal Attributes

A. Demonstrate a commitment to the philosophy of transactional analysis in such qualities as a belief in the capacity of the individual to take responsibility for himself or herself, understanding an individual's ways of being, and responding to an individual's ability to grow and change

B. Have a willingness to be available for ethically intimate contact, including the practice of appropriate self-disclosure

C. Demonstrate a commitment to ongoing personal and professional development, specifically the development of autonomy, including the capacity for awareness, spontaneity, and intimacy such that therapeutic interventions are not affected by script decisions

D. Recognize one's own limitations and the limitations of psychotherapeutic practice

E. Use intuition and creativity in response to the therapeutic situation

F. Show understanding of strengths and limitations of personal resources

G. Have the ability to seek help appropriately and to use it effectively □



EXAM CALENDAR

Exam	Exam Adm.	Exam Date	Location	App. Deadline
CTA Oral	COC	Nov. 5, 2000	Belguim	Aug. 1, 2000*
	COC	Nov. 18, 2000	Salzburg, Austria	Sept. 1, 2000*
	BOC	Nov. 23, 2000	Auckland, New Zealand	Aug. 2000
	BOC	Jan. 22, 2001	Coimbatore, India	Oct. 2000
	COC	April 5, 2001	Keele, England	Jan. 1, 2001*
	BOC	April 19, 2001	Stamford, Connecticut	Jan. 19, 2001
	COC	July 5, 2001	Vienna, Austria	April 1, 2001*
	BOC	July 25, 2001	Sydney, Australia	April 25, 2001
	COC	Nov. 17, 2001	Germany	Sept. 1, 2001*
TSTA Oral	COC	April 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	Apr. 8-10, 2001	Keele, England	Dec. 8, 2000
	PTSC	July 2-4, 2001	Vienna, Austria	March 2, 2001
	TSC	July 2001	Sydney, Australia	March 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.

EFFECTIVENESS OF TA

continued from page 1

countries and Spain. The results of these mailings are still arriving and are expected to provide another 150 questionnaires.

Paola Nadas in Switzerland assisted in getting the questionnaire translated into French and has served as a neutral return mailing address for French-speaking Switzerland. This data is still arriving and will also provide about 150 questionnaires.

Isabelle Crespelle assisted in organizing the mailings in France and serves as a neutral return mailing address for France. This data is still arriving and will provide at least 100 questionnaires.

Marco Sambin assisted in getting the questionnaire translated into Italian, organizing the mailings in Italy, and providing a neutral return mailing address. This data is still arriving and will provide at least 100 questionnaires.

Finally, seven additional US certified transactional analysts have completed mailings to US clients, which has produced data from an additional 250 clients.

The completion of this expanded study will provide ratings from a total of about 1000 clients of 25 certified transactional analysts from eight countries around the world, including four language groups (English, Spanish, French, and Italian). Data was not sought from Germany and other German-speaking countries as an independent research study is in progress there. Other sources of data are also in development, including the United Kingdom, where Ki Harley is organizing data collection.

I have begun the data analysis for several of these groups and expect to have final results in the next six months. This will not only provide comparisons between clients of certified transactional analysts from a number of different counties but also from those who have used transactional analysis in a variety of languages. The results will not only speak to the general ratings of clients of certified transactional analysts, but also to the uniformity of international training and examination procedures for transactional analysts.

It is too early to give detailed results; however, nothing in the new data examined so far indicates errors in the results reported in the 1999 paper.

As was discussed in the 1999 paper, this study provides a relative comparison of scores of clients of certified transactional analysts with the groups measured by *Consumer Reports* magazine and therefore does not require reference to control groups. It is also not just a measurement of the relative effectiveness of psychiatrists, psychologists, social workers, marriage and family counselors, and physicians, as most certified transactional analysts also fall into one of these groups. It represents the comparison of the client ratings of a selected group of therapists from these groups—namely, those who have completed the international transactional analysis training and certification process to the more general groups of therapists with a variety of training in psychotherapy. As such, it can indicate the effectiveness of the transactional analysis training and examination processes into which so much energy has been and continues to be invested by numerous transactional analysts around the world.

I greatly appreciate the generous assistance of the many transactional analysts around the world who have participated in this research project as well as the financial support provided by a grant from the Eric Berne Fund for the Future.

Ted Novey can be reached at 815 Indian Rd., Glenview, IL 60025, USA; tnovey@compuserve.com

UNKNOWN KNOWLEDGE

continued from page 1

secret. It is only when these clients begin to ask relatives questions about their grandparents' lives that they learn the truth.

The question is, how do people know something that they do not realize they know? In other words, how are unknown script issues transmitted from one generation to the next?

The following case illustrates one such situation. A male client, both of whose parents were alcoholics, came to therapy to resolve his difficulties in trusting people and engaging in a close relationship with a woman. Several times, when he felt in love, he soon became either "frozen" in his feelings of love from one to the next day or involved in a violent relationship. In therapy we learned that as a child, his grandmother had been abandoned by her own mother. In contrast, his own mother never abandoned her children, nor did she leave her abusive husband; in fact, she seemed to be a powerful, strong, productive woman who never showed her fears of loneliness to her children. However, my client perceived through his mother the inherited fear that his grandmother experienced, and he lived this feeling of abandonment as though he had experienced it himself. Thus he avoided close relationships to prevent an eventual separation from a loved one. When he became aware of his intergenerational script he said, "Now I understand why sometimes I have felt as if my mother reincarnated herself in me. I'm like her, I think and feel just like her. I used to be the only one in the family who really understood my mother's inner fears. It's as if a demon lives inside me; I feel possessed by her." After that session my client began to feel less uncomfortable being close to people; eventually he was able to marry and still is in a stable couple relationship.

I have observed that powerful unconscious communication—through ulterior transactions—is the means by which parents transmit their disowned emotions to their children. In other words, those emotions that parents hide because they associate them with weak, shameful parts of themselves are the ones that they unconsciously project into their children through projective identification.

As Klein (1957) described it, the defense mechanism of projective identification involves both the dissociation of certain feelings and thoughts from the self and the projection of these same thoughts and feelings into another. Thus the other experiences as his or her own those feelings that the person denies in himself or herself.

Transactional analysis has described the unconscious communication process in the client-therapist relationship as transference phenomena (Novellino, 1990) and also by comparing projective identification with a hypnotic induction manifested through ulterior transactions (Conway & Clarkson, 1987). It is my experience in everyday life as well as in therapy that projective identification is one of the major mechanisms for the generational transmission of script.

Other ways of transmitting script include introjected toxic patterns of behavior, the psychodynamic of transference, and the episcript. In these mechanisms, unconscious communication transmitted through projective identification and manifested as ulterior transactions seems to play a major role in the analysis of the transactions between the client and their parental figures, an issue that we as therapists need to pay more attention to in treatment.

One part of my doctoral project will use qualitative methodology to focus on the analysis of projective identification in the transmission of script from one generation to the next. The theme of my study is the treatment of codependency in alcoholism using transactional analysis. My aim is to show the power of script analysis for understanding the role of gender and violence in the scripts of past generations of codependent women and to provide a clinical framework for treating the alcoholic spouses without stigmatizing them. Other purposes of this study are to stimulate at the University of Mexico sensitivity to social and political issues surrounding the controversial concept of codependency as well as to awaken in the professional community an interest in learning transactional analysis. This research study also includes an epidemiological survey of the transmission of the codependency script, the design and validation of a codependency test, and the design of a treatment program for codependency in alcoholism.

References

Conway, A., & Clarkson, P. (1987). Everyday hypnotic inductions. *Transactional Analysis Journal, 17*, 17-23.

Klein, M. (1957). *Envy and gratitude*. London: Tavistock.

Novellino, M. (1990). Unconscious communication and interpretation in transactional analysis. *Transactional Analysis Journal, 20*, 168-172.

Gloria Noriega is a Teaching and Supervising Transactional Analyst from Mexico City and a past president of the ITAA. She can be reached at Agrarismo 21, Col. Escandon, 1180 Mexico DF, Mexico; email: IPAT@spin.com.mx .

Gestalt Institute of New Orleans Presents:

Judith Swack, PhD

Healing the Death Wish Pattern

a one-day workshop held in New Orleans

Sat Feb 3: 10am-6pm

$100 prepaid & $150 at the door

Explore the MAGIC of

Healing From the Body Level Up ™

Enneagram, NLP& Kinesiology

If you have been a victim of an attempted abortion, any child abuse, assault, life threatening illness, accident, or have a depressive or physical illness, this one's a must! Also recommended for traumas, PTSD, phobias, allergies, nightmares, and curses.

1-800-GESTALT or 504 828 2267
to charge to Visa/MC/AmEx

For more info: www.gestalt-institute.com

Send check: Anne Teachworth, Director
Gestalt Institute of New Orleans,
1539 Metairie Rd. Ste E
Metairie, LA 70005, USA

Statement of Ownership and Circulation

(Act of August 12, 1970, Section 3685, Title 39, United States Code) Filed with the Postmaster in San Francisco, 2 October 2000, for The Script Newsletter. Published monthly except January, May, and September. Publisher: International Transactional Analysis Association, 436 14th St., Ste. 1301, Oakland, CA 94612-2710, USA. Editor William Cornell c/o the ITAA, 436 14th St., Ste. 1301, Oakland, CA 94612-2710, USA, and Managing Editor Robin Fryer, 1700 Ganges Ave., El Cerrito, CA 94530-1938. Owner: International Transactional Analysis Association, 436 14th St., Ste. 1301, Oakland, CA 94612-2710, USA. The known bondholders, mortgagees, and other security holders owning or holding one percent or more of the total amount of bonds, mortgages, or other securities is: none. The average number of copies printed each issue during the preceding 12 months is: (a) total number of copies printed: 2311; (b) paid and/or requested circulationâ•"(1) paid/requested outside-county mail subscriptions: 1705; (2) paid in-county subscriptions: none; (3) sales through dealers and carriers, street vendors, and counter sales: none; (2) other classes mailed through USPS: 70; (c) total paid and/or requested circulation: 1775; (d) free distribution by mailâ•"(1) outside-county: none; (2) in-county: none; (3) other classes mailed through USPS: 18 (e) free distribution outside the mail: 222; (f) total free distribution: 240; (g) total distribution: 2015; (h) copies not distributedâ•"296; (i) total: 2311. Percent paid and/or requested circulation: 88.09%. The actual number of copies of single issue published nearest to filing date is: (a) total number of copies printed: 4000; (b) paid and/or requested circulationâ•"(1) paid/requested outside-county mail subscriptions: 1643; (2) paid in-county subscriptions: none; (3) sales through dealers and carriers, street vendors, and counter sales: none; (2) other classes mailed through the USPS: 65; (c) total paid and/or requested circulation: 1708; (d) free distribution by mailâ•"(1) outside-county: none; (2) in- county: none; (3) other classes mailed through USPS: 11 (e) free distribution outside the mail: 2000; (f) total free distribution: 2011; (g) total distribution: 3719; (h) copies not distributedâ•"281; (i) total: 4000. Percent paid and/or requested circulation: 45.92%.

William Cornell, Editor

Keeping In Touch



Os Summerton (far left standing) and Pearl Drego (middle row, third from left) with postgraduate students in the Elizabeth Reid Training Room in TACET's Academy of Social Transformation in New Delhi, India. A new batch of transactional analysis enthusiasts!

Region I—Pacific, Asia, Africa

The Western Pacific Association of Transactional Analysis (WPATA) has successfully completed its final audit for membership in the Psychotherapy and Counselling Federation of Australia (PACFA). As Linda Gregory writes in the August 2000 issue of *The TA Times*, "[PACFA membership] is a very important step in ensuring that WPATA stays in the market for attracting trainees and most importantly that trained Transactional Analysts will be recognized by the public as highly qualified psychotherapists and counsellors." Congratulations WPATA!

Region IV—Central and Latin America

Wilson Almeida of Brazil died 25 July. He was a member of the ITAA Internet Committee. Noeliza Lima writes, "Wilson was a great enthusiast of transactional analysis, a cooperative person, and impassioned about the theme of strokes. He was a member of both the ITAA and UNAT-Brazil." Our condolences to Wilson's family, friends, and colleagues.

Region III—Europe

Claude Steiner delivered the opening keynote, entitled "The Meming of Love: Inventing the Human Heart," at the Third International Conference on Adolescent Health at the Royal College of Physicians in London 19-20 October.

Region V—United States

From **Carla Haimowitz:** "I'm writing about a significant change in the constellation of transactional analysis elders. **Doctors Natalie and Morris Haimowitz are selling their home** in Evanston, Illinois. They "brought" transactional analysis east of the Mississippi in the United States in 1968 by inviting Eric Berne to consult with groups there. Frederick Perls also taught there. The Haimowitz home was not only where they raised their three daughters and welcomed hundreds of friends and relatives. It was not only the meeting place for hundreds of political gatherings for such groups as the Committee to Defend the Bill of Rights and the grape boycott of 1969. It was also where thousands of clients and trainees were nurtured, educated, and fed. The home at 1101 Forest Avenue has been an oasis of love, change, and deep transformation for generations of transactional analysts. Thank you, Natalie; thank you, Morris."



Natalie and Morris Haimowitz at the San Francisco conference in 1995

The Eastern Regional Transactional Analysis Association (ERTAA) now has a website for its April conference: ERTAA.org . Also, the Training and Certification Council has voted to sponsor CTA exams at the conference on Thursday 19 April 2001.

Book Selling at ERTAA Conference: If you are interested in selling your books at the Stamford, Connecticut, conference 19-22 April 2001, please contact Ken Fogleman at the ITAA office: ken@itaa-net.org or fax 510-625-7725 or phone 510-625-7720. □

26th EATA Kongress
Vienna, 6-8 July 2001
"Acceptance in Europe"

In Europe, the "old" continent, the word "acceptance" is rarely used. Many countries, many peoples live together in this Europe, and every one of them is proud of its history. In our time, a new Whole-European Identity is being sought. This search will be successful if a basic principle of transactional analysis is realized: "I'm OK, You're OK" and, consequently, "We're OK, You're OK." The acceptance, the tolerance, and the acknowledgment of others is more relevant than ever. The aim of this congress is to consolidate acceptance in Europe. This congress is devoted particularly to the city of Vienna, the city of Sigmund Freud, Alfred Adler, and Viktor Frankl.

Schedule

July 6	Morning:	Arrival, welcoming of participants, introductory speech
	Afternoon:	Workshops
	Evening:	Walk through "Old Vienna"
July 7	Morning:	Lectures/ Keynotes
	Afternoon:	Workshops
	Evening:	Festive reception with dance and buffet in the "Rathaus"
July 8	Morning:	Keynotes, workshops
	Afternoon:	Saying farewell

Services for Participants

* Simultaneous translation of the plenary sessions in four languages (German, English, French, Italian)
* Translation during some of the workshops
* Recreational breaks during the congress
* All workshops and keynotes will be in the Austria Center Vienna (ACV)
* Lunch in ACV is possible
* Baby-sitting facilities
* Hotel reservations with suitable public transport facilities

Further information and registration: "EATA 2001" Austria, 1020 Vienna, Karmeliterplatz 1/6; Tel: +43/676/4502617; Fax:+43/676/4502717; email: eatakongress2001@hotmail.com

E-Transactionalanalysis

It may be of interest to the readers of *The Script* that there is an ITAA-sponsored email discussion forum with about 115 members that is becoming increasingly lively and interesting. It was one of my ideas to organize a group that would not only discuss transactional analysis matters but also engage in analyzing the ego states, transactions, and games within the discussion. The email discussion has the advantage that all the transactions are recorded, giving everyone the opportunity to examine and analyze them in detail. Possible diagnoses of ego states and games can be offered, validation sought and provided, and responsibility can be taken.

That process is beginning to take place, although at the time of this writing it still is rather general and does not pinpoint transactions and ego states in sufficient detail. For instance, if A and B engage in a competitive game of "mine is smaller than yours," C might write, "Oh for heaven's sake, cut out the game playing!" This may be an improvement over standing by angrily, but it does not sufficiently explain precisely who ought to cut out what. Nor does it account for the possibility that C is adding to the game instead of helping stop it. In any case, the discussion will no doubt go on, and as we experiment with this medium, become more transactional analysis-sophisticated, more critical (from the Adult), more self-critical, and more nurturing and responsible.

It should be interesting. To subscribe, write an email with "subscribe" in the subject line and mail to: itaa-forum-subscribe@egroups.com . As simple as that!

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

□