The Script

ITAA

INTERNATIONAL TRANSACTIONAL ANALYSIS ASSOCIATION

VOL. XXXI, NO. 4 MAY-JUNE 2001

TAJ Theme Issue on CASE STUDIES

Deadline: 1 September 2001

Earlier this spring I was having dinner at the end of a training workshop in Paris with Laurie Hawkes, Lise Small, and Yves Verdier. We were talking, not too optimistically, about the future of transactional analysis in France and the rest of Europe. Laurie commented on how long it has been since there was a new transactional analysis book, adding, "We don't need another damned TA book that regurgitates the same old theory in a slightly different way. We need a TA book that creates new theory, challenges old theory, and talks about what TA people actually do now." That energized the conversation. Lise then described her experience of sitting in the training workshop, listening to people present cases, hearing the fine quality of clinical thinking, and wondering to herself, "Why don't TA people write this way? We don't write like this, don't write about this, in the *TAJ*." As she wondered it aloud to us, we got caught up in a wonderful discussion about the lack of the case study tradition in the transactional analysis literature. To our collective knowledge, Jenni Hine's case study on dissociation a few years back is the only full, formal case study in the *Transactional Analysis Journal*.

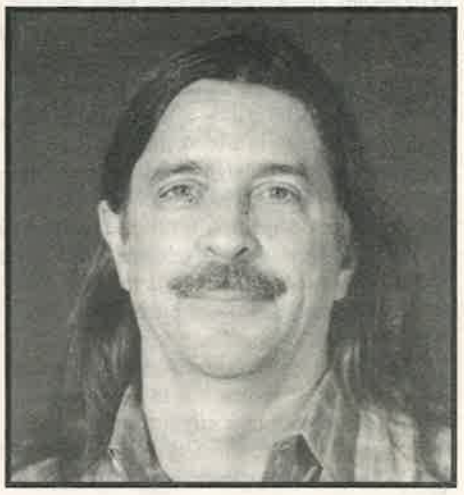
When I got home, I emailed *TAJ* Editor Tony Tilney about this conversation, proposing a special issue (or two) of the *Journal* devoted entirely to case studies. He was delighted with the idea and my proposal for guest editing it. And so I am issuing a formal call for papers for this special issue of the *TAJ* on case studies. I invite you to present a detailed case study of the unfolding of your work with a single client, with particular attention to your thinking process as the therapist—diagnosis, evaluation, hypotheses, fantasies, self-corrections, countertransference, and so on—in contrast to a description primarily of the client and his or her functioning. We are particularly interested in cases that challenged your usual way of thinking and working or that changed your theoretical frame of reference. We also particularly invite case discussions of failed work and your subsequent thinking. For example, I recently brought Muriel Dimen to Pittsburgh to do a seminar on erotic countertransference and sexual anxiety in the therapist. She began with three case vignettes of her own treatment failures and her subsequent thinking to sort out what she had thought and done wrong. It made for one of the most powerful and honest seminars I've ever attended.

We hope many of you will consider submitting articles for this interesting issue of the *Journal*. Please follow the instructions to authors on the inside front cover of any recent issue of the *TAJ* and send your manuscripts to Managing Editor Robin Fryer at 1700 Ganges Ave., El Cerrito, CA 94530-1938, USA.

- Bill Cornell, Guest Editor

Standing Within the Clinical Tradition

by Bill Cornell



If all goes according to plan, the next issue of *The Script* will be devoted to the topic of transactional analysis and research. I've had several experiences in recent months that have caused me to reflect on my own thinking and values with regard to the place of research in psychotherapy. I offer my thoughts here to elicit, and perhaps provoke, discussion in *The Script* and in anticipation of my upcoming guest editorship of a special issue of the *Transactional Analysis Journal* devoted to case presentations.

I begin by drawing a somewhat arbitrary distinction between the clinical and the scientific traditions in the evolution of psychotherapy. There has been long-standing tension in our profession between these two traditions. Is psychology a hard science? Must psychotherapy be founded on or proven within models of empirical sciences? Are psychology and psychotherapy really softer, social sciences? Or is psychotherapy an art?

> ***"Transactional analysis was born solidly in the clinical tradition."***

Freud began as a neurologist and initially tried to formulate psychoanalysis within the scientific/neurological traditions of his time. However, he abandoned this model in favor of a clinical model. Transactional analysis most certainly developed within a clinical tradition. There were no control groups, blind evaluations, or statistically valid, large outcome samples that fostered the development of new theory and technique. There was just one guy, a smart guy, Eric Berne, who was not satisfied with his work or much of his colleagues' work, so he thought he would try some things out, see what happened, and talk it all over with some respected colleagues. This is the heart of the clinical tradition. This is how transactional analysis was born, solidly in the clinical tradition.

Now transactional analysis, as with most contemporary forms of psychotherapy, is under pressure to prove itself through research. It remains to be seen whether the quality and effectiveness of transactional analysis—or any psychotherapy—is improved by research, but the pressure is there, and it is a substantial demand in the name of legitimization. The pressure is generated to some extent by our university colleagues who seek to bridge the gap between research and practice. Many of these scholar/clinicians are doing wonderful work. But the most intense pressure comes from government bodies, regulating organizations, and insurance companies.

Like many practicing psychotherapists, I pay lip service to the relevance of research, but when I am honest with myself, I have to admit it is only lip service. I learn and I practice within the clinical tradition.

I was initially trained in behaviorism by some excellent behavioral psychologists in the heyday of Skinnerian behaviorism. We (they, to be more accurate) had finally created a scientific psychology. We studied overt, observable behavior through quantifiable methods. Better yet, we could study people (mostly college students earning extra credit or seeking to get on the professor's good side, but we could ignore the sample bias), rats, pigeons, or even elephants (a specialty at Reed College). It was all more or less the same. Behavior was behavior, after all. However, stuff that went on inside the mind could not be observed, could not be measured, and therefore was not of the realm of science. So the behaviorists created a model for psychology that fit the model of the "hard," empirical sciences. Unfortunately, it did not fit the realities and complexities of people's lives and has not added much to the field of psychotherapy. Ironically, it was a behavioral psychologist who gave me Berne's book *Transactional Analysis in Psychotherapy*, warning me that he "didn't think much of the guy's psychoanalytic theories, but he sure knew how to observe behavior." I realized with Berne's book that it was possible to make sense of the outside and the inside of experience at the same time and left behaviorism for transactional analysis.

Behaviorism evolved into cognitive-behaviorism, which continues to evolve into more hyphenated models of behavioral-cognitive-affective interactions. Interestingly, these sound an awful lot like what we've been doing in transactional analysis for decades.

Cognitive-behavioral models of psychotherapy are the ones most commonly researched because they fit the needs of researchers: They are symptom focused and short term. This does not mean they are more valid than other modalities, just easier to study. True, cognitive models for treating depression and anxiety are wonderful examples of research-friendly work that has helped to develop important therapeutic models and techniques. However, when we apply these models to more complex forms of emotional difficulty and/or to longer-term psychotherapy—the sorts of issues that most transactional analysis therapists work with on a regular basis—the more empirically based models run into trouble.

Aaron Beck's (the founder of cognitive-behavior therapy) book *Cognitive Therapy of*

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TAJ Selected Articles Cover Important Decade

The ITAA is pleased to announce the recent release of the second *Volume of Selected Articles from the Transactional Analysis Journal*, this one covering 1981-1990. Under the guidance of editor Seán Manning, TSTA, of New Zealand, a committee composed of Landy Gobes, Richard Erskine, Tony White, Carlo Moiso, and Margery Friedlander were chosen, as Seán says in his editorial, "because of their thorough familiarity with the literature and because . . . they could be expected to disagree with each other." This distinguished group went through everything published in the *TAJ* in the 1980s, and out of their lively debate came the final group of 36 articles and 9 Eric Berne Memorial Award (EBMSA) speeches. It is an important body of work, chronicling as it does the developments in transactional analysis during the second decade after Berne's death.



> ***"Writers throughout the eighties revisited and questioned concepts previously taken for granted."***

In his editorial, Seán analyzes with considerable insight how transactional analysis grew and changed during this era. He begins by acknowledging that "it is a tricky business to review the ideas of a particular period in the past. One cannot do so using the paradigms of that time, as styles of thinking have changed in the intervening years, and memory is not reliable. Inevitably, any comment on trends or patterns in the work presented in this volume will be influenced by today's issues."

He goes on to comment individually on

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STANDING WITHIN

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Personality Disorders provides a good example of what goes wrong. There are no broad, empirically based samples here, the book being based largely on uncontrolled observation of cognitively oriented clinicians working with personality disordered clients. The results are not impressive. Beck and his colleagues address the enormous complexities of developing and carrying out an empirical research project with issues as complex as these. Nevertheless, they offer a cognitive model. The result is a book that is not very good clinically, although cognitive work with personality disorders is probably reimbursed by insurance companies. I, for one, learned far more about working with personality disorders from my transactional analysis training and the psychoanalytic literature than I did from Beck's book.

"The noble term 'research' carries such an amount of prestige that it is to be expected that any reference to it might compel one to bow before it. Unfortunately, compared with the richness of the clinical experience of psychoanalysis, the findings of researchers look very meager" (Sandler, Sandler, & Davies, 2000, p. 21). With that opening statement, the French psychoanalyst Andre Green fires a provocative shot across the bow of the current zeitgeist for empirical research in clinical psychotherapy. Green expresses dismay that "today, science is synonymous with the truth. If something is not validated by the scientific method, it is regarded as negligible" (p. 46). Green's arguments, intended to provoke and often bordering on the polemical, are contained in the book *Clinical and Observational Psychoanalytic Research: Roots of a Controversy*. Now a title like that is not likely to send most psychotherapists racing off to their local bookstore to buy a copy. However, masked by the title, the bulk of this book is a fascinating and remarkably blunt debate between Green and Daniel Stern on the role of research in clinical psychotherapy. I encourage you all to read it. It will get you thinking.

Green writes as a psychoanalyst and for psychoanalysts in the clinical tradition, but his perspective speaks more broadly to the field of psychotherapy. For example, he says, "Up till now, the great contributors to psychoanalytic theory (Freud, Abraham, Ferenczi, Rank, Melanie Klein, Bion, Winnicott, Lacan, Hartmann, etc.) have all enriched our knowledge with their work stemming from their single mind and from working through their own experience with their patients. On the other hand, there is no one single major discovery for psychoanalysis which has emerged from research" (p. 24). He goes on to emphasize that the model of empirical science tends to discount or ignore entire fields of knowledge—history, religion, art, and institutions, among others—that are forms of knowledge in and of themselves and tremendously important in shaping the mind, consciously and unconsciously. As he says, they are often "completely absent from the minds of researchers" (p. 26).

Green's argument is primarily against the role and overvaluation of quantitative, empirical research. This is the science of hypothesis testing and empirical verification. In his rejoinder to Green, Stern emphasizes the place of scientific research that is hypothesis generating, arguing that "it is necessary to clarify that there are many modes of science. They cannot all be lumped together and dismissed as one" (p. 76). Anne Alvarez takes up the discussion of Green's and Stern's papers by stressing that social scientists and philosophers of science offer broad definitions of research that include "systematic qualitative research, naturalistic observational case studies, and the discoveries made in the clinical situation by the psychoanalyst" (p. 100). She urges the reader to read research and "take what seems to illuminate something for you, and forgive it for being only a partial truth" (p. 103).

> ***"I don't believe our transactional analysis training fosters the critical thinking that the clinical tradition requires."***

Green also tackles the mother/infant research of Daniel Stern in less than flattering terms: "I find these ideas highly speculative, in no way less so than Freud's or Melanie Klein's most unproved hypotheses" (p. 54). Food for thought! The debate between Green and Stern is outside the scope of this column, but it is energizing to say the least. Given the influence of Stern's work in TA, this debate should be required reading for transactional analysis clinicians.

Personally, I think Green goes overboard in his assault on research, but he makes one think. I worry that he assumes that most clinicians engage in his level of disciplined thinking, which is a fundamental necessity and safeguard within the clinical tradition. However, having done clinical supervision for many years now, I know, sadly, that this is not the case. Many psychotherapists are poorly equipped or inclined toward critical theoretical thinking. For example, I don't believe our transactional analysis training fosters the critical thinking that the clinical tradition requires. Without it, we need the safeguards of empirical research.

I do agree with Green's position that Stern's work, and that of many researchers, is highly speculative and biased in its own way. I also share Green's concern that the current emphasis in much of the psychotherapy literature on mother/infant research is transforming the psychotherapeutic relationship into a latter-day mother/infant redoux. This is in contrast to viewing the relationship between therapist and client as an exploratory one between two adults with far more mental and interpersonal equipment at their disposal than a baby has with its mum.

Still, I think there is a great deal for us to learn from this research if we do not get carried away and reify it. And while I doubt we will ever learn much from psychotherapy outcome research, I have high hopes that contemporary brain research will enormously enrich the field of psychotherapy and improve our effectiveness in significantly altering how people are able to think, feel, and function in their lives.

I hope this essay evokes all sorts of responses from our community. I look forward to the next issue of *The Script*, and I look forward to hearing from many of you.

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The Script ITAA

The Newsletter of the International Transactional Analysis Association
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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.

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Deadlines for copy and advertising—first of the month prior to the month of publication. (*The Script* is not published in January, May, or September.) Deadlines: July1 for the August issue; September 1 for the September-October 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. © 2001 International Transactional Analysis Association, Inc.

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IMPORTANT DECADE

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many of the articles and their relationship to changes that were occurring in the culture at large as well as in the world of transactional analysis.

> Graham Barnes opens this volume with his 1981 article, in which he offered the following challenge: "The seventies, labeled by Tom Wolfe as the 'me decade,' became the era described by Lasch . . . as 'the culture of narcissism.' . . . Transactional analysis after the death of Eric Berne in 1970 fortuitously and uncritically became part of this movement. . . . One of the challenges facing transactional analysts in the current decade is to transform TA into a social psychiatry." (p. 22)

Nancy Porter follows by questioning one of the defining tenets of transactional analysis, asking, "What Do We Mean By 'I'm OK, You're OK?' " In doing so she predicted a debate that would continue until the end of the 1990s and beyond. The stage was set. Again and again, writers throughout the eighties revisited and questioned concepts previously taken for granted. In reaction to the "me decade," contributions to a responsible social theory emerged. By the end of the decade there were at least two distinct movements toward a recognizable transactional analysis psychotherapy. The first of these appeared to seek to complete Eric Berne's work as it was understood in the seventies, elaborating on and extending classical, redecision, and reparenting transactional analysis. The second was revisionist, often relying on Berne's earlier writing to refine and renew his metaphors and to question the reification that was evident in his and later writers' work.

> . . . . While most of the writing presented here from the 1980s is understandable, and some of it is beautifully crafted, it is not simple in the sense of the "simple TA" of the 1970s. There is reflected in these articles an increasing complexity, although that may not be the same thing as complicated.

As he continues his analysis, Seán notes some of the major trends in the unfolding of transactional analysis theory and practice in the 1980s, trends well represented by the articles chosen for this volume: the "conceptual model, which was derived from Berne's own early definitions"; "two influential new theories": Paul Ware's six personality adaptations and Steiner's emotional literacy, the latter of which "offered an important step away from the self-centered 'me generation' transactional analysis of the seventies"; Erskine's developmental model of supervision and the integrative psychotherapy he and Rebecca Trautmann began to articulate; and "a distinctly psychodynamic transactional analysis psychotherapy" that began to emerge in the writings of Ken and Mary Woods and Martin Haykin and culminated with the 1985 article by Carlo Moiso, which "changed forever the way we think about transference." As Seán acknowledges, "a distinctly European approach to TA" was emerging, one with "psychodynamic, relational, and psychoanalytic roots."

The decade of the eighties also saw a "growing revisionist concern about the definition and use of TA concepts" and the response of transactional analysis authors to the important influence of new infant research, including Daniel Stern's work. This volume contains articles that reflect a developmental approach to transactional analysis both pre- and post-Stern and several that contributed to the debate about "the nature of ego states." As Seán points out, this debate "continued during the next decade and eventually exploded in unprecedented controversy that threatened to split the TA world at the end of the nineties."

There are only a few organizational and educational articles in this volume (which "accurately reflects in proportion the articles published during that period"), but several authors, including John James and Alan Jacobs, dealt forcefully with issues of cultural consciousness, social theory, and autocratic structures and the misuse of power. As Seán writes in describing Jacob's EBMSA-winning work, "These articles bring conscience into transactional analysis, dragging us by the hair roots out of our ivory towers."

Three guidelines were used by the committee to choose the articles that were ultimately included in this second VSA: to reproduce articles that are otherwise out of print; to reproduce articles that are essential to transactional analysis training; and to reproduce other important, timeless articles, including those related to the Eric Berne Memorial Scientific Award. It was later decided to include EBMSA acceptance speeches published during the 1980s, some of which refer to awards for work published earlier. By putting these articles in a single volume, one hope was to "produce a volume that would be an economical proposition to trainees with limited resources in areas where original copies of the *Journal* are hard to find."

Our thanks to Seán for the considerable time and energy he put into making this volume a reality. It would not have happened without his efforts. We think this second volume of "the best of the *TAJ*" will not only be useful to trainers, students, and those new to transactional analysis, but also to all readers who are interested in looking with fresh eyes at the development of TA during the 1980s.

To order your copy, see the form on page 3 of this issue. □

JOURNAL ENTRY

by Tony Tilney

Case Histories: Connecting Theory and Experience

Robert Hinshelwood (1994), writing about the use of the clinical case history in the literature of Kleinian psychoanalysis, observed, "Despite the heavy clinical emphasis by Melanie Klein and her followers, clinical writing is not the rule in psychoanalysis, rather it is top heavy with theory" (p. 2).

Transactional analysis has deep roots in psychoanalysis but has always aimed to be more focused, objective, grounded, and concise. One would, therefore, expect it to have a strong clinical focus. Surprisingly, Hinshelwood's comment could be rewritten about transactional analysis: "Despite the heavy clinical emphasis by Eric Berne and his followers, clinical writing is not the rule in transactional analysis; rather, there has been a tendency for it to be top heavy with theory." Unfortunately, this would retain a disturbing amount of truth. There are, of course, notable exceptions (e.g., Erskine & Moursund, 1988; Erskine, Moursund, & Trautmann, 1999), but the neglect of the clinical case history in the literature of transactional analysis is a reality.

What are the advantages of the case history mode of presentation? It is an indicative method and so clarifies the use of language. Hinshelwood points out, "You cannot define what red is to someone who has never seen it; you can really indicate it to them only provided they are not blind. . . . It is the same with psychoanalytic ideas: They are not believed unless they come from experience" (p. 2). The clinical method of writing, therefore, grounds theory in experience. Instead of having to build bridges between theory and experience (which is often difficult), the connection is already there.

Also, the case history, although linked to theory, which it illustrates, states what was actually observed and is therefore open to other interpretations. Consideration of alternatives can greatly enrich thinking and open up other possibilities. For example, I recently attended the conference of the Institute of Transactional Analysis at Keele University in England. One of the presentations consisted of three distinguished transactional analysts offering contrasting interpretations of the same case history. This is a powerful technique for exploring theory and practice in depth, which has great potential, not only for conferences, but also for journal articles.



"The clinical method of writing grounds theory in experience. The case history states what was actually observed."

In my view, the clinical approach to writing based on the case history offers significant possibilities for developing both theory and practice. A special edition of the *Transactional Analysis Journal* on the theme of the clinical case history is planned for later this year. I am pleased that Bill Cornell, editor of *The Script*, has agreed to serve as guest editor for that issue. I think it will be a landmark edition, one that will point the way forward in transactional analysis. We are now calling for papers for this edition, and I hope there will be a good response from all those who have something to say about good practice and how we use existing theory and methodology clinically as well as those opening up new areas of thought and practice.

For more on this subject, see Bill Cornell's article on page 1 of this issue of *The Script* and his call for papers on page 1.

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NEW!

Volume of Selected Articles from the Transactional Analysis Journal, 1981-1990

The ITAA is pleased to announce the release of a second *Volume of Selected Articles from the Transactional Analysis Journal.* This 333-page volume contains 45 *TAJ* articles, many of them out of print, plus person/author and subject indexes.

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NET CONNECTION

Claude Steiner

Nowhere to Hide: Feelings on the Internet

We are told that while reading email we are aprosodic, that is, we are unable to read emotional content. That is the reason why we have invented the well-known "emoticons," including :-) :-(and = :0, with which we express our feelings in this supposedly emotionless medium.

On the other hand, conventional wisdom about the Internet includes the caveat that people tend to misunderstand each other and read the worst possible meanings into their email. That is the reason given to explain the paranoid, earth-scorching, mutual "flaming" that people sometimes get into in email exchanges, reading nastiness and anger when supposedly no harm is intended.

One of my tasks as facilitator of the ITAA Internet discussion forum has been to use transactional analysis wisdom to defuse and minimize the kinds of nasty interchanges characteristic of such groups. The results have been generally good, and few of the angry interchanges that occurred early on the list have repeated themselves in the last year or so. My strategy has been to point out transactions that seem provocative and to urge people to clarify transactions that offended others. I have encouraged members to express their anger or other feelings separately from the statements that they make—that is, to write in their Adult about their emotional responses instead of contaminating their Adult statements with Parental or Child emotions. All of this is based, of course, on the assumption that the emotions are either Child or Parent originated and that an Adult with emotions is contaminated by one or the other.

This has worked, although some list contributors now complain that the discussion has become boring, which I suppose it has, to some extent, for those whose participation on the list is limited to reading the dialogue that occurs and enjoying it somewhat as a horror show. I, myself, can live without that sort of excitement; I much prefer the more Adult experience of discussion.

All that being true, it seems to me that the premise that one cannot read emotions on the email circuit is entirely incorrect. In fact, it seems to me that on the ITAA discussion forum, whenever people took offence, they were reading the covert content of the communication just as sensitively as if the person were in front of them. It seems that the usual intuitive channels with which we detect covert messages in vivo function equally well when we communicate via the Internet. True, email gives us the chance to think things over, rewrite, and purge our communications of untoward expressions of overt or covert emotion. That is why it is recommended that when we are steamed about something we wait at least 24 hours to send a response. Still, if any emotional load remains, I recommend describing it and separating it from the hopefully Adult response.

I have come to believe that as is the case with intuition and paranoid fantasies in real life, the same mechanism applies on the Internet. When someone takes offence, I think he or she had detected and overreacted rather than manufactured a stimulus. I know that to be true with my own communications, which have, at times, tended to be high handed and humorless, thus revealing a certain hauteur with which I laced them. The fact is, we seldom, if ever, react emotionally to something unless there is a grain of truth that explains our responses.



© Andrew Partos Photography

"It seems that the usual intuitive channels with which we detect covert messages in vivo function equally well when we communicate via the Internet."

Ironically, perhaps because the Internet is such a transparent medium, it is even more difficult to hide one's feelings, unless, of course, we are dedicated to lying (e.g., when we pretend to be nubile 14-year-olds in a chat group). Another reason may be that email communications are available for reading and rereading—that is, for transactional analysis. I like that about email. It can be looked at, examined repeatedly and at leisure, precisely quoted, responded to phrase by phrase. The writer can be held accountable for what was written and has a chance to look it over and take responsibility. Make no mistake about it, the emotions being felt at the time of the writing will be perceived by the reader. So when someone responds to one of your email messages with what appears to be an unfair overreaction, take time to reflect on whether he or she may have heard something that was there—even if it was not intended to be heard.

The ITAA is looking for a member to take over the chairmanship of the Internet Committee since I am now Vice President of Research and Innovation. Feel free to write or call me for a job description and pep talk. I will be happy to brief you and stay with you awhile. And if you want to join the ITAA discussion forum, write ITAA-forum@egroups . Send a message with one word, "Subscribe," in the subject line and in the text.

And happy surfing of the info-emo-wave.

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ITAA News

ITAA: Keeping Our Members

by Gordon Hewitt

Greetings everyone.

There has been an ongoing concern in the ITAA with loss of membership for several years. Graph 1 shows the actual membership and its slow but steady decline from 2,022 members in 1996 to 1,624 members in 2000. We expect the 2001 membership figures to be available soon.

However, if we consider the number of people who join the ITAA as new members, we can see a real possibility for growth in the organization. During the last five years, 500 US members and 1,000 non-US members did not renew their membership. This suggests that we are gaining new members and that our overall decline in numbers is due to lack of retention rather than lack of recruitment. Some members will, of course, leave because of age or illness. I expect that some leave because they are not, at the point they leave, happy with the services they get from ITAA for their membership fee.



"I believe it is reasonable to think we could keep at least half the members we currently lose."

If we can improve our services and/or reduce our fee, I believe it is reasonable to think we could keep at least half the members we currently lose. To see how our membership would have looked had we managed to retain half our lost members over the past six years, I did the calculation that produced Graph 2. You can see we would have a total membership of about 2,300, with 900 from the United States and 1,400 from outside the United States.

I think we can grow our membership at a rate of about 10-15% per year, provided we move quickly to give you, our members, what you want.

Some of the issues that members of the board are considering or are already putting into place are:

1. Production of a joint EATA/ITAA membership directory
2. Placing the names, services, and contact details of members on our website so that it can be a source of referrals (you will only have your details published if you give prior permission)
3. Investigating the electronic transmission of *The Script* to Internet-connected members so they can get their copies faster. We may send headings with links to archived copies on the website.
4. Investigating the effect of charging fees according to bands of income
5. Developing ways of presenting our expenditure and income to members so they can easily see where our money comes from and where it goes and can more easily influence the association's expenditure
6. Investigating ways to make the board more internationally representative; we hope to have a series of options to put to members by the end of the year
7. Setting up an endowment fund that will allow us to provide training subsidies to underdeveloped regions, support course and professional validation initiatives, and sponsor research
8. Investigating the possibility of reducing expenditure (and thus membership fees) by relocating the office to a country where office costs are lower. Such a move would have to be carefully researched considering the expertise being built up in the Oakland office, and we would only do so if it could be shown that such a move would reduce membership fees drastically.

I expect that the board meeting in Sydney will come up with other ideas to improve services and reduce fees. Please pass on any ideas you have to me or other board members.

Gordon Hewitt, PhD, ITAA President, can be reached at 30 Totara Street, Eastbourne, New Zealand or at gordon@wn.planet.gen.nz

□

2001 Slate of Candidates

The following individuals have agreed to serve three-year terms as members of the ITAA Board of Trustees (from January 2002 to 31 December 2004):

Trustee, European Region: Claudie Ramond, Paris, France

Trustee, European Region: Günther Mohr, Hofheim, Germany

Election Procedure: As per the ITAA bylaws (revised 1996), these candidates were submitted by the deadline of 31 May 2001. Since there is no contest for either position, these two candidates will begin their terms as members of the ITAA Board of Trustees on 1 January 2002.

ITAA Business Meeting Set

Members are urged to attend the 27 July 2001 membership meeting from 6:45-8 pm in Sydney, Australia. If you cannot attend, please fill out the proxy form below. The ITAA Bylaws state that the quorum for conducting business at the business meeting is 50 voting members or 5% of the qualified voting membership, whichever is smaller. Since it may be difficult to assemble a quorum in international organizations such as the ITAA, the bylaws provide for granting proxies in two ways:

1. To another voting member—to be voted only in accordance with your specific instructions. Make sure your proxy choice will be attending the Sydney business meeting.
2. To the secretary of the ITAA—this general proxy will be used only to establish a quorum.

Please sign and mail the form to the ITAA by 1 July 2001. On-site registration of proxies will not be accepted. □

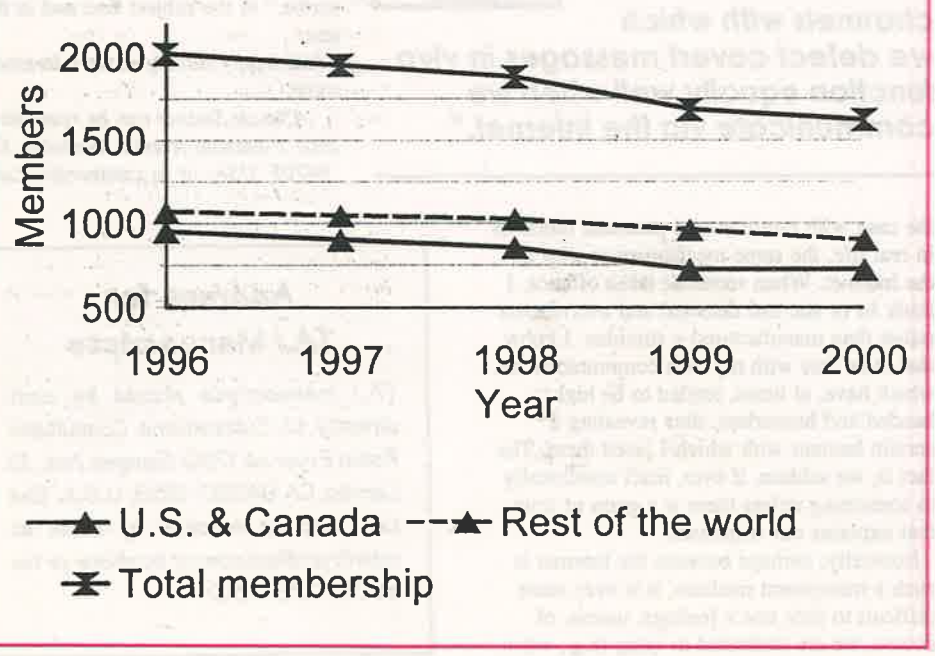
Proxy Vote Form

I (please print) _____ herewith assign my proxy vote to the Secretary of the ITAA _____ to be used only to establish a quorum or to (print name) _____ to be voted at his or her discretion in accordance with my wishes (as indicated on attached page) at the business meeting of the International Transactional Analysis Association, convening on Friday 27 July 2001 at 6:45 pm in Sydney, Australia.

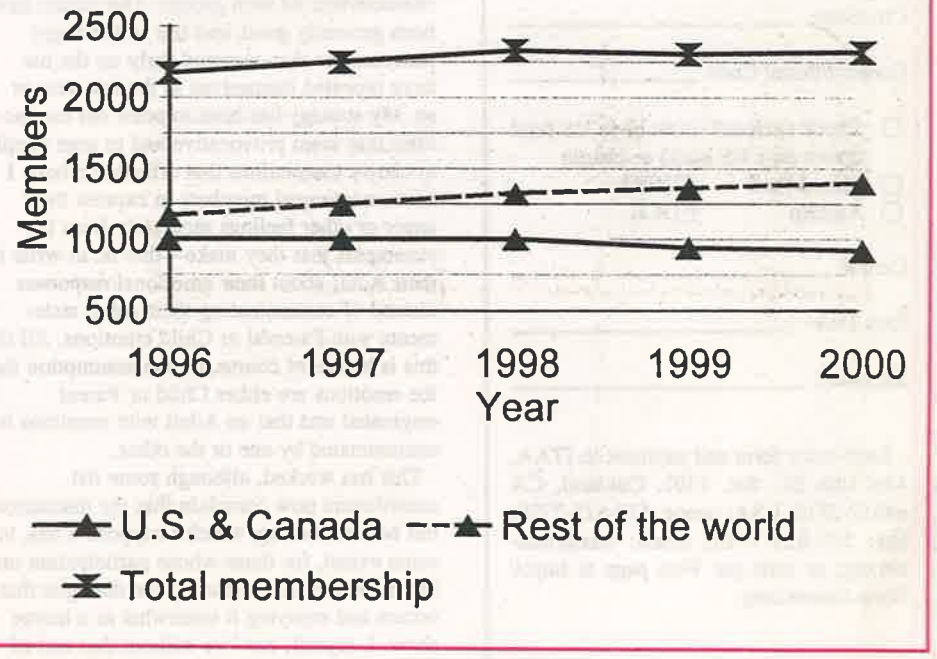
Signature: _____

Date: _____

Graph 1



Graph 2



Members' Forum

DISTANCE SUPERVISOR WANTED

Dear Editor:

I am a 55-year-old Nigerian who is interested in obtaining training in transactional analysis. I studied economics (BSc) and management (MSc) at the Prague School of Economics in the Czech Republic and industrial economics (PhD/1982) at the University of Bremen, Germany.

I worked in industry in Nigeria for some time and have been self-employed since 1987 providing manpower training services to organizations.

I heard about transactional analysis and passed the TA 101 written exam in 1991 as certified by Dr. Muriel James. For many reasons, my ITAA membership lapsed until this year, when I renewed it.

Now I want to become certified in transactional analysis in the organizational and educational fields in order to (1) train organizational personnel in transactional analysis, (2) apply transactional analysis in organizational consultancy, and (3) start a Nigerian transactional analysis association. I am seeking to become not only a Certified Transactional Analyst but also a Certified Teaching Member.

As such, I am looking for a distance supervisor who is current with and meets the requirements of the Training and Certification Council of Transactional Analysts in organizational/educational areas.

If you can provide such supervision, please contact me: Dr. B. U. Ike, PO Box 5829, Festac Town, Lagos, Nigeria, or by email at zomalink@hotmail.com . Thank you.

Bernard U. Ike, Lagos, Nigeria

CREATING THE FORMS WE NEED

Dear Editor:

First, many thanks to the many ITAA members who work hard at the various tasks necessary to keep transactional analysis going in the world. Both now and in the past, you've made very precious contributions to the well-being of a great many people.

As I see it, workable changes in the structures of our transactional analysis organizations are needed *now*. There have been many good proposals over many years, and we haven't followed through on them yet. I propose that we now begin following the "rule of two feet" from "Open Space Technology": standing up and going where one wants to be. No blame, no shame, but effecting change.

I want to belong to ONE organization for transactional analysis, with modest dues. At the present time, here is the shape I think will be good: a membership organization that has limited geographic boundaries, that provides for relating with local (or regional) registration situations, and that recognizes the level of expertise of members in ways suitable for the jurisdictions involved. Yes, I do wish to include doing away with BOC as the certifying agency for some jurisdictions, including ours here in Atlantic Canada. There are now enough highly competent transactional analysis people around here to determine who is newly competent, without the pain and strain of trying to relate to *one* way of doing it, which tries to fit the needs of *all*, around the world. (We have created our regional organization; see later.)

I want this organization to collaborate with other regional associations for periodic gatherings. Possibly the group of cooperating regional associations will have a name, such as has been discussed among USATAA folk lately, and a newsletter, etc., preferably electronic, minimum cost. Individuals from the various regional organizations will (as now) do the work of this "group of groups." I imagine expenses being covered by a flow-through of some dues from the regional associations.

Lucy Freedman suggested the following, I think as much as ten years ago: I want the ITAA to become an endowed nonprofit, with no members, with the tasks of providing the *TAJ* and *The Script*, maintaining archives of various kinds, and serving as a way of communication for all transactional analysis organizations around the world. I propose that these communications be sent out electronically and that printing (if necessary) be done locally. The direction of the ITAA in this form would be provided by representatives selected by regional organizations. Perhaps a rotation of directorships among organizations would be necessary to prevent the group of directors from being too large, or from remaining limited to only certain parts of the world.

In our region, we have already established the Atlantic Canadian Transactional Analysts and Psychotherapists (ACTAP), as a legal entity. In addition to the present membership of somewhere under 40 persons (mostly trained in transactional analysis), we intend to invite into it various others, trained in methods that recognize the basic goodness and healthiness of human beings as a fundamental principle ("I'm OK, You're OK," whether they say it that way or not). Examples might include: persons trained in psychosynthesis, gestalt therapy, and contemplative psychotherapy—and not only psychotherapists, but also persons practicing in education, organizations, and so forth. We expect to include members from New Brunswick, Prince Edward Island, and Nova Scotia.

Personally, I plan to go further, following the rule of two feet, taking it a little slowly but no longer at the speed of a glacier. After the meeting in Sydney in July I'll plan my next steps. Quite likely they will include ending my membership in the ITAA in order to be in accord with the structures I've described.

May we create the new forms we need!

Nancy Porter-Steele, Nova Scotia, Canada



Enjoy the benefits, save money and ensure your place is booked at what is shaping up to be an extremely rich and exciting conference.

Fee Structure

Regist. Type	Date	Cost AUD$	Cost US$*
Earlybird	6 April - 15 May	$658.00	$349.00
Standard	After 15 May	$735.00	$390.00
Student	No change	$369.00	$195.00

*approx. cost

Registration is from 25-29 July 2001 and includes:

- All Morning and Afternoon Teas (coffee, tea, muffins, scones, biscuits)
- All Conference Lunches (full buffet lunch with hot and cold Australasian fare, salads, fruit, desserts, tea, coffee, OJ)
- Welcome Cocktail Party (Unique Tribal welcome, cocktail food, beer, wine, soft drinks)
- All Conference Sessions (Plenary, Workshops, Papers, Panels)
- Conference Programme

For a full registration booklet or further information please contact Caroline Jones at Professional Corporate Conferences:

6/42 Khartoum Road, North Ryde
NSW 2113 Australia

Ph: (+ 612) 9805 0845 Fax: (+ 612) 9805 1240
e-mail: caroline@corpconf.com.au
web: www.corpconf.com.au/itaa

Announcing a Special Issue of the Transactional Analysis Journal

"For Our Clients"

This journal will contain a collection of articles designed to enhance personal growth and change. It will be guest edited by Carol Solomon, PhD, TM. Some ideas for topics might include:

- *How to choose a therapist*
- *How therapy works*
- *What is therapeutic success?*
- *When is medication helpful?*

Other topics might include spirituality, humor, money, anxiety, depression, and drug and alcohol use and abuse.

For more information, contact Dr. Carol Solomon via email at drcsol@pacbell.net or by phone at 415-929-0500. Please follow the Instructions to Authors on the inside cover of any recent issue of the TAJ and send manuscripts to Managing Editor Robin Fryer, 1700 Ganges Ave., El Cerrito, CA 94530-1938, USA.

WE NEED YOUR HELP!

Guest Editor Carol Solomon, PhD, is compiling an article entitled "Advice from Around the World" for the special journal on "For Our Clients." She is requesting thoughtful statements (50-100 words) from therapists from various countries answering the following question: What is the most important piece of therapeutic wisdom you want to convey to your clients? Please let your culture show through and write in your native language as well as in English. Sense of humor appreciated. Send to Carol at drcsol@pacbell.net or to 3610 Sacramento St., San Francisco, CA 94118, USA

Send Berne Award Nominations in Now!

December 1 is the deadline for nominations for the Eric Berne Memorial Award. The following information and materials must be submitted to the EBMA Committee in care of the ITAA office no later than that date:

1. *Name(s) of author*(s) nominated.

2. *Publication citation:* Full reference for journal article, book, or publication in which the contribution being nominated has been published.

3. *Area of contribution:* Specify one of the following categories as the area in which you think the most significant contribution has been made: (a) theory, (b) research, (c) applications, (d) other areas not covered by these.

4. *A brief title for the contribution:* For example, the concept in theory, a descriptive title for the research project, the specific practice application, a descriptive title for the comparison or integration of transactional analysis that was made with other theories or approaches, or a title for some other relevant area.

5. *A detailed statement* supporting the nomination as an original and highly significant contribution to transactional analysis in the designated area. This statement must include discussions of the following:

(a) The originality and innovation of the contribution within transactional analysis

(b) The relationship to previous work in transactional analysis and related theories or fields of application, including research where applicable

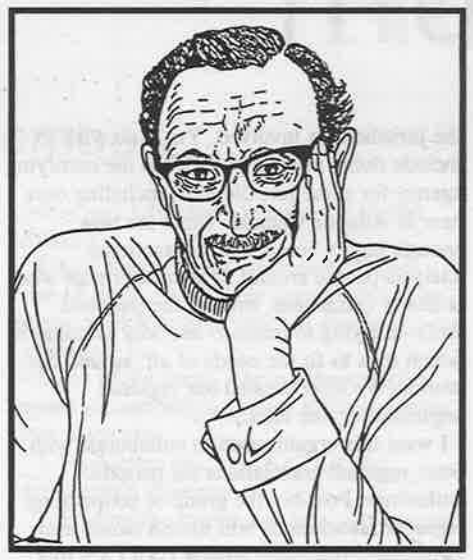
(c) Evidence of critical thought and explanations for the value and need for the contribution

(d) Evidence of the impact the contribution has had on the development of the field of transactional analysis

(e) Any other statements about the contribution that need to be considered by the committee in the opinion of the person(s) making the nomination

6. *Individual, group, or organization making the nomination:* Please supply the name, address, and telephone numbers, fax numbers, or email addresses of the person(s) the EBMA committee may contact if additional information or material is required to fully consider the nomination.

7. *Copies of the publication(s):* At least one copy of the article or book in which the contribution being nominated appears must accompany this written material. If the article or book was written in a language other than English, then either a translation into English must be included along with a copy of the publication(s) in the original language or a



summary or abstract of the major ideas presented in the publication(s) must be submitted in English.

8. *Notification of the nominee:* It is the responsibility of the person(s) making the nomination for the award to notify the author(s) of their intention to do so and to provide them with a copy of the written materials submitted to the Eric Berne Memorial Award Committee. They are to verify to the committee that they have done so either by submitting a copy of their letter to the nominee or a statement to that effect. Without this verification, the nomination will not be accepted, except in those instances in which the award would be made posthumously. □

ITAA WEBSITE: www.itaa-net.org

The ITAA website provides comprehensive information about every aspect of the ITAA. Recent additions to the site include links to upcoming international, national, and regional activities as well as membership criteria and an application form. In addition, the website now has a summary of the latest issue of *The Script*, and future plans include the Membership Directory (updated). If you would like your website to be linked from the ITAA site, please forward the site address (URL) to Elaine Frances at elaine@itaa-net.org . Please also forward to her any suggestions, feedback, and information for upcoming events. Please share the website address with nonmembers. The website is located at www.itaa-net.org .

Welcome to New ITAA Members

February 2001

New Member	*Sponsor*
Nicholas Calcaterra	—
Philippa Dickenson	—
Yutaka Takaki	Tomoko Abe

March 2001

New Member	*Sponsor*
Aleksandra Bubara	Zoran Milivojevic
Koshy Eapen	—
Anna Long	—
Joanne M. Rizza	—
Mario Rodarte	Gloria Noriega
Jesus Rojo	Gloria Noriega
Christina Salomon	—
Aleksandra Stojadinovic	Zoran Milivojevic
Sally Szekely	Gloria Noriega
Mitsunari Vemura	Yoen Ishiyama

April 2001

New Member	*Sponsor*
Byum Hyun Ahn	Jong Sam Park
In Sook Bae	Jong Sam Park
Banu	—
Eun-Jeung Choi	Jong Sam Park
Hyo-Nam Kim	Jong Sam Park
Jae Ryung Lee	Jong Sam Park
Yoko Mori	Rishun Shinzato
Sook Hee Park	Jong Sam Park
Youn Joo Park	Jong Sam Park
Bebbette Rothschild	—
Dong-Jin Seo	Jong Sam Park
Chang Kyo Shim	Jong Sam Park
Young Soon Son	Jong Sam Park
Makiko Vehara	Rishun Shinzato
Min-Ok Yang	Jong Sam Park
Geun Young Yi	Jong Sam Park
Hyun-Young Yoon	Jong Sam Park □

ITAA Professional Videotape Library

- ❑ **John Dusay:** "The Evolution of Transactional Analysis and Its Applications" (100 mins., $45 members, $55 nonmembers) $_____
- ❑ **Fanita English:** "The Forces Within Us: Acknowledging the Impact of Unconscious Drives in Practicing Transactional Analysis" (58 mins., $45 members, $55 nonmembers) $_____
- ❑ **Founding Members** "Introduction to Transactional Analysis" (TA 101) (2 tapes, 4+ hours, $100 members, $120 nonmembers) $_____
- ❑ **Bob Goulding:** "Scripts" (55 mins., $45 members, $55 nonmembers) $_____
- ❑ **Bob and Mary Goulding:** "Redecision Therapy" (70 mins., $85 members, $95 nonmembers) $_____
- ❑ **Muriel James:** "Self-Reparenting Theory and Process for Group Leaders" (48 mins., $45 members, $55 nonmembers) $_____
- ❑ **Muriel James:** "Ego State Boundary Problems Diagnosis and Treatment" (38 mins., $45 members, $55 nonmembers) $_____
- ❑ **Vann Joines:** "Diagnosis and Treatment Planning from a Transactional Analysis Framework" (90 mins., $45 mem., $55 nonmem.) $_____
- ❑ **Stephen Karpman:** "Game-Free Communication for Couples" (74 mins., $45 members, $55 nonmembers) $_____
- ❑ **George Kohlrieser:** "Conflict Management: The Art of Making Peace" (55 mins., $45 members, $55 nonmembers) $_____
- ❑ **Claude Steiner:** "Emotional Literacy and Transactional Analysis" (78 mins., $45 members, $55 nonmembers) $_____
- ❑ **Abe Wagner:** "Breaking the Communication Barrier: TA + NLP = Synergism" (2 tapes, 129 mins. total, $95 mem., $105 nonmem.) $_____
- ❑ All tapes are in VHS. For PAL format add $5 for each tape ordered. $_____

All prices include shipping/handling TOTAL: $_____

❑ Check enclosed (US funds drawn on US bank) *or* bill ❑ MasterCard ❑Visa ❑ AmerExp ❑ JCB

Card Number _____ Signature _____ Exp. Date _____

Name _____

Address _____

City/State _____

Country/Postal Code _____

Return form to ITAA, 436 14th St., Ste. 1301, Oakland, CA 94612-2710, USA; fax: 510-625-7725

Nominations Sought for Capers and James Awards

The ITAA is seeking nominations for two of its most prestigious awards.

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, Linda Gregory. 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 all these awards is **1 January 2002.** 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. □

TRANSACTIONAL ANALYSIS CONFERENCES WORLDWIDE

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 .

January 19-26, 2002: Frenchman's Cove near Port Antonio, Jamaica. Contact: K. Dianne Maki, phone: 973-763-7973; email: makisethi@aol.com

July 5-7, 2002: Utrecht, Holland. ITAA/EATA/NVTA World TA Conference. Contact: Ahoevah Praag, 31 (0) 33.4721764 (phone); 31 (0) 33.4759129 (fax); ypraag@wxs.ml (email)

Announcing

Videotapes of the 30th Anniversary Conference of the Southeast Institute for Group and Family Therapy

"Effective Approaches for the New Millennium"

Featuring

Mary Goulding, MSW: "Redecision Therapy"
Claude Steiner, PhD: "Emotional Literacy"
Muriel James, EdD: "Ego State Diagnosis and Self-Reparenting"
Jack Dusay, MD: "Egogram and Couples Therapy"

Each presenter's workshop is covered in two 50-minute tapes containing both a theoretical presentation of his/her approach and a demonstration group led by the presenter. You may purchase tapes of individual workshops or the entire set.

Order Form

Name _____

Address _____

City _____ State/Country/Postal Code _____

****** Each two-tape set: $90; All four sets: $300 ******

Add shipping/handling: US–$5/set, $10 four sets. Other–$10/set, $15 four sets

Check tapes you are ordering:

__ Mary Goulding __ Claude Steiner __ Muriel James __ Jack Dusay __ All Four

__ VHS Format __ PAL Format

__ Check enclosed (must be in US funds drawn on a US bank)

__ Charge my __ Visa __ MasterCard Number _____

Expiration Date _____ Name on Card _____

Mail or fax to: Southeast Institute for Group and Family Therapy,
103 Edwards Ridge Rd., Chapel Hill, NC 27514, USA
Phone: 919-929-1171 * Fax: 919-929-1174

Special Celebration Sale of the Second Printing of

Theories and Methods of an Integrative Transactional Analysis

by Richard G. Erskine

We are pleased to announce that the first printing (1000 copies) of *Theories and Methods of an Integrative Transactional Analysis: A Volume of Selected Articles* by Richard Erskine and published by Trans Pubs in 1997 has sold out, with all the profits going to the ITAA at Richard's request. We have now reprinted the volume and are offering it at a time-limited special price of $20.

This 264-page volume contains 28 articles published between 1973 and 1997 that demonstrate the evolution of Richard's ideas from his early days in transactional analysis to his eventual integration of concepts from transactional analysis, gestalt therapy, and psychoanalytic theories such as object relations, self psychology, and the intersubjective approach. The result of this theoretical and clinical synthesis is a powerful psychotherapeutic theory and method—contact-based and developmentally oriented—that is the hallmark of an integrative transactional analysis.

***** Special Price Until 1 November 2001: $20 US (plus shipping) *****

Surface—USA/Canada: $2; Mexico/Europe/Others: $3 Air—Americas: $7; Europe: $9; Other: $12

Name _____

Address _____

City/State _____

Country/Postal Code _____

❑ Check enclosed (must be in US funds drawn on a US bank)
❑ MasterCard ❑ VISA ❑ Amer. Express ❑ JCB Exp. Date _____

Card Number _____ Signature _____

Send order form and payment to ITAA, 436 14th St., Suite 1301, Oakland, CA 94612-2710; phone: 510-625-7720; fax: 510-625-7725; email: itaa@itaa-net.org or visit our Web page at http://www.itaa-net.org

Now Available for the First Time

James Gilligan, MD
"Violence: Morality Play or Tragedy?"

Keynote presentation from the 2000 ITAA Conference in Halifax, Canada

Two cassettes: $10 (includes shipping/handling)

Send order to the ITAA, 436 14th St., Suite 1301,
Oakland, CA 94612-2701, USA
Fax: 510-625-7725 *or* email: itaa@itaa-net.org
or visit our website: www.itaa-net.org

EXAM CALENDAR

Exam	Exam Adm.	Exam Date	Location	App. Deadline
CTA Oral	COC	July 5, 2001	Vienna, Austria	April 1, 2001*
	BOC	July 25, 2001	Sydney, Australia	April 25, 2001
	COC	Nov. 2, 2001	Grenoble, France	Aug. 1, 2001*
	COC	Nov. 16, 2001	Neustadt, Germany	Sept. 1, 2001*
	COC	Nov. 17, 2001	Christchurch, N. Zealand	Aug. 17, 2001
	BOC	Jan. 14, 2002	Chennai, India	Oct. 14, 2001
TSTA Oral	COC	July 5, 2001	Vienna, Austria	Jan. 1, 2001
	BOC	July 25, 2001	Sydney, Australia	April 25, 2001
CTA Written	All Regions (Non-Europe)	Your choice	To be submitted to Regional Exam Coordinator after payment of $50 recording fee to T & C Council	Your choice
TEWs	PTSC	July 2-4, 2001	Vienna, Austria	March 2, 2001
	TSC	July 29-30, 2001	Sydney, Australia	March 25, 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



Claude Ramond (fifth from left, front row) with TA 101 participants in Ho Chi Minh City. Also shown near the planter is her dog, Lili, who was very popular in Vietnam.

REGION I—ASIA, THE PACIFIC, AFRICA

Claudie Ramond, TM, of Paris, France, presented a five-day TA 101 in Ho Chi Minh City, Vietnam, in January 2001. Participants included 15 students from the University of Social Sciences.

REGION III—EUROPE

Elizabeth Cleary has kindly put us on the mailing list for her online *Transactional Analysis in Ireland* newsletter. It is great to read of all the transactional analysis activities going on there, including almost monthly workshops on a variety of topics in various locations. If you want more information, contact Elizabeth at liztai@indigo.ie .

REGION V—UNITED STATES

Sam Lloyd announces that his latest book, *Managing for Maximum Accountability,* will be published in the fall of 2001 by Crisp Publications.

Fanita English recently returned from Nebraska where she gave a one-day transactional analysis workshop to a graduate professional group at Doane College (her alma mater, which welcomed here when she arrived in 1941 as a refugee).

Ego, Ego States, and Self-Psychology: Integrating Theoretical Concepts

by Alexis DiVincente

"Integrating Theoretical Concepts" was the message and thrust of the recent Eastern Regional Transactional Analysis Association conference (ERTAC 2001) held 19-22 April in Stamford, Connecticut. The keynote speakers—James Watkins, PhD, and Helen Watkins, MA; James L. Fosshage, PhD, and Richard Erskine, PhD—provided enthusiastic attendees from three continents and six countries with a spectrum of theoretical approaches to ego, ego states, and the self. Through a series of keynote presentations, demonstrations of theory, roundtable discussions, workshops, and process groups, participants were treated to significant opportunities for professional and personal growth and development.

John Watkins's keynote, "Ego States: Overt and Covert," traced the Watkins' ego state theory along a parallel path to that traversed by Eric Berne in his development of transactional analysis. Citing the work of Paul Federn, Watkins referenced a core ego and defined ego states as "organized systems of behaviors and experiences whose elements are bound together by some common principle." Within this model, ego states may include current or archaic behaviors and/or feelings. They also represent varying patterns of behavior in relationship to others and to life roles and experiences (i.e., parents, authority figures, current job, etc.). Ego states are viewed as being primarily covert and are accessed by the therapist through hypnosis.

In an afternoon workshop, Helen Watkins demonstrated the Watkins chair technique, a nonhypnotic process reminiscent of the chair-work methodologies used in transactional analysis and gestalt therapy. This approach has the client identify a problem or area of conflict and then explore "feeling states" identified with the problem. Once all relevant feeling states have been revealed, associated with age or developmental levels, and given descriptive names, the client and therapist begin to explore the significance and relatedness of the various ego states through working with "the potential of human beings to solve their own problems."

Much of James Fosshage's presentation, "The Evolving View of the Self within Self Psychology," focused on the concept of the self based on his own and Heinz Kohut's theories of selfobject needs. Fosshage emphasized two related theoretical constructs: (1) a motivational model that identifies human striving to realize the nuclear self and its program of action, and (2) the belief that what is "prewired" in humans is developed and shaped only through relationship. Fosshage and several of his colleagues have been pioneers in further developing Kohut's theory of self psychology.

During the experiential portion of his presentation, Fosshage effectively demonstrated what he calls a "dual listening model," which is comprised of an empathic mode of perception (Kohut's empathic mode of observation)—"what it means to be in the client's skin"—and Fosshage's other-centered listening/experience perspective—"what it feels like to be the other in relationship to the client." The purpose of these two listening perspectives is to provide the therapist with important data about the client and his or her relationships and relational patterns, including the developing relationship between the client and therapist.

Richard Erskine limited his speech, "Ego, Ego States, and the Self: Integrating Theoretical Concepts," to a short presentation on ego, ego states, and the process of an integrative transactional analysis to allow for a substantive piece of live work and the shared experience of using that work for the purpose of teaching, discussion, and dissecting theory and its practical implications. Erskine's presentation and live demonstration brought together various themes present throughout the weekend that were then addressed during the closing roundtable. Among these were: exploring how much of the client is present as thinker of thought and feeler of feeling—I/myself—rather than as introjected self or other; establishing sufficient safety and protection within the therapeutic relationship to work with archaic and introjected ego states; and two views of what lies beyond empathy—John Watkins's resonance and Erskine's contact-in-relationship and reciprocal need fulfillment.

> ***"The conference provided the opportunity to explore the concepts of "I" and "self" within the context of three distinct, although in many ways related frameworks."***

The 2001 ERTA conference provided the opportunity to explore the concepts of "I" and "self" within the context of three distinct, although in many ways related, psychotherapeutic and psychoanalytic frameworks. Among the commonalities of the three frameworks is a fundamental belief that personality fragmentation and healing both occur within the context of relationship—fragmentation through disruptures in contact and healing through an alliance of client and therapist working in a therapeutic relationship. While the Watkinses, Fosshage, and Erskine would use different language to describe these processes, relationship is at the core of each of these theoretical models.

This was my second ERTA conference. As with the 1999 one in Philadelphia, I enjoyed the blend of theoretical, didactic, and experiential offerings, which combined with sufficient midday breaks and a mix of shared and free time in the evenings provided opportunities for discussion and for renewing old relationships while fostering new ones. My personal experience was enhanced by the presence of participants from South Africa, Spain, England, Canada, and the Dominican Republic, as well as those from other regions of the United States, all of whom spoke of life in communities experiencing rapid change and facing diverse challenges. Our differences added texture and flavor to ERTAC 2001, and our similarities reaffirmed our shared human experience.

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(From left) Helen and James Watkins, Landy Gobes, Damon Wadsworth, Wayne Carpenter, and Fred Clark compare ideas during discussion at ERTAC 2001