The Script

ITAA

INTERNATIONAL TRANSACTIONAL ANALYSIS ASSOCIATION

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Family Constellations Institute Added to Utrecht Program

The organizers of the 2002 World TA Conference in Utrecht, The Netherlands, are pleased to announce that a fourth preconference institute has been added to the program. On Tuesday 2 July, Angelika Glöckner will present an all-day institute on "From Love to Order." This experiential workshop will consider what is meant by a "generational-perspective" view. Often human beings are influenced by family dynamics from prior generations. Insight into how these forces are active in the individual can facilitate solutions for those in the family system. Participants will have the opportunity to work with a "life picture" of their families—that is, a family constellation. Family constellations are about the hidden dynamics and loyalties in families. Combining family sculpting and



psychodrama makes complicated and disturbed family relationships visible. It shows how transgenerational unsolved traumas and secrets influence the emotions and development of all family members and how those can be changed to promote healthy solutions and reorganization within the family.

Angelika Glöckner is a Teaching and Supervising Transactional Analysis who works as a psychotherapist and counselor in private practice in Germany. She specializes in systemic family work and has received training in the Hellinger approach, which was developed by Bert Hellinger, a former German priest, psychoanalyst, and family therapist. She also worked for six years with Alberto Pesso.

This institute is just the latest addition to the outstanding scientific program for the Utrecht conference. For more information on the conference and/or to register, see the ad on page 4 of this issue or the four-page insert in the January-February 2002 *Script*, visit the conference website at www.nvta.nl, or contact the conference office at nvta2002@planet.nl . □



"For Our Clients"

A Conversation about an Upcoming Theme Issue of the TAJ



Carol Solomon, PhD, a long-time member of the ITAA and client and later colleague of Eric Berne, has agreed to guest edit a special issue of the Transactional Analysis Journal *aimed at our clients rather than other professionals. Because this is an unusual and unique project—quite different from the usual focus of the* Journal*—we thought it would be interesting for* Script *Editor Bill Cornell to interview Carol about what she is looking for in articles and what her vision is for this special journal.*

Bill: I know you realize how much work it entails to edit an issue of the *TAJ* because you served as guest editor once before for the Eating Disorders theme issue in January 1985. So I'm curious, first of all, to hear what made you interested enough in this topic to decide to devote this much time and energy to it.

Carol: (chuckling) Well, I've been doing therapy for over 30 years. There have been so many times that I've wanted to be able to give my clients something more than just what happens in our sessions. Often I have thought that if I had an article that they could read, especially one written from a transactional analysis perspective, they could learn something useful and begin to understand that other people are in the same boat. This could give them some of the advantages people have from being in group, and it might help them to both ease their pain and learn to move forward in their lives. I'd love to have a collection of articles that touch on many different topics and issues that bring people into therapy.

Bill: So you envision a journal filled with articles for our clients—not so much about transactional analysis per se but about using it to address therapy and life issues.

Carol: That's right.

Bill: You mentioned doing therapy for 30 years. Tell me a bit more about yourself. Do you work primarily individually now?

Carol: No. I do individual, group, and couples therapy, although I spend a greater proportion of my time doing individual work. And that's certainly one reason why I am particularly interested in putting together this kind of journal.

Bill: What do you hope the articles will look like?

Carol: Well, I'd most like to have a wide array of articles touching on those things that bring people into therapy. If you think about it, there probably is, for all of us, a very wide range. People often come into therapy because of relationships; either they want to be in a relationship and aren't and so feel sad, lonely, or inadequate in some way, or they are in a relationship that isn't going well. People also often come into therapy because they are not happy with work, either because they are dissatisfied with the work itself or with the relationships surrounding it.

> ***"Making this special issue truly an international collection will help people look outside of themselves and see how big the world is."***

Then, when we start working with people, there are so many feeling elements that shape people's lives, like depression, sadness, grief, or anxiety. There are subjects that come up like drug and alcohol use and abuse, how people handle money and their scripts around that, sexuality, where people are in a spiritual sense, how connected they feel to their communities. I'd love it if we could have a journal that we could hand to people who are dealing with these issues, one that would help them feel less alone and help them move ahead. Does that make sense?

continued on page 2

Supporting Feelings in Times of Crisis

by Micaela Vannucchi Girardi

The therapeutic counseling I have done over the last ten years has been primarily with people facing fundamental life crises or life-changing experiences. By crisis I mean a point in the life of individuals or communities when their basic patterns become insufficient, inadequate, and inapplicable. A crisis may be caused by external factors—an incurable disease, grief, divorce, separation, or other events beyond one's control—and result in the loss of reference points. Crisis may also be caused by internal deterioration—for example, when someone who had been able to run his or her life successfully begins to lose control—that can lead to depression, nervous breakdown, or identity crisis that may be accompanied by psychosomatic symptoms. Often an external crisis arises when a person or community has been undermined by an internal crisis. The fact that everything that was previously valuable and relevant is no longer applicable must be seen as the decisive factor in a crisis. For instance, someone diagnosed with an incurable disease may find that his or her belief and judgment patterns, priorities, and social and psychological functions suddenly become less valid or perhaps even irrelevant. The person finds himself or herself psychologically "naked" and facing the unknown.

> ***"Ignoring the energy-emotion-feeling realm means not taking into consideration the human being as a whole and thus limits the effectiveness of any intervention."***

However, I have noticed that in such difficult situations people may also reveal extraordinary skill, behavior, strength, and vital energy, qualities that they may not even have realized they had. It is as if an internal space that has been repressed is made available, one in which they can develop emotions and feelings they had never before allowed themselves to feel.

Emotions and Feelings: Handicap or Help?

There is an ongoing debate about the difference between clinical/therapeutic intervention and counseling. The latter has often been described as an intervention based in the Adult and the here and now, with a primarily rational approach that is not

- continued on page 7

continued from page 1

Bill: Yes, it does.

Carol: For example, I would like to see an article on loneliness versus aloneness because, of the people that I see, so many people are lonely and feel isolated.

Bill: That's interesting, because I find that to be true in my practice as well. I often intentionally use the word "lonely" when I work with clients. It's a word that goes right to the heart. People know that they are lonely, but they don't speak to it directly and hate even hearing the word.

Carol: Right. And so it would be constructive to have an article that speaks optimistically about loneliness (and aloneness) and how this is a feeling that we all experience at times.

Bill: What you have in mind, then, if I'm understanding you, is not so much articles written in a kind of self-help mode, but more to offer a kind of emotional resonance, more like self-understanding, self-recognition, not so much like problem solving.

Carol: Well, I think that there will probably be a combination of both. Recognition, understanding, resonance—those, to me, are really important. But also, a logical place to go with some of that would be what you can do to help yourself. But I think you're right; I would lean more in the direction of understanding and resonating because these articles are going to be about ten pages each (double-spaced typed). And so authors are somewhat limited in how far they can go. Too much of the "here are the steps you can take" might become redundant. However, Bill, our members are very creative people and I'd love to see what they can come up with!

Bill: Yeah, I agree!

Carol: I'd also like to have in this issue an article on the basic elements of transactional analysis theory—at least as well as one can do that in ten pages.

Bill: These days, the theory and practice of transactional analysis has become fairly diverse.

Carol: That's true. What I'd like to see in that article are the most basic pieces of theory—what Berne would say if he were around to summarize his own theory and including, of course, some of the basic ideas developed by other transactional analysis theorists as well.

Bill: You also said in an earlier conversation we had that you want the journal to represent an international perspective.

Carol: Absolutely. So much of what happens in the world divides us and breaks down our ability to understand each other and feel that important sense of community. For those of us in the United States, that became painfully clear with the events of September 11th.

And I think that psychotherapy can make people look inward in a way that is sometimes not constructive. Making this special theme issue of the *Journal* truly an international collection will help people look outside of themselves and really see how big the world is. We have great richness in our international, multicultural membership and we can use this to broaden all of our horizons. After all, we have transactional analysis practitioners in about 60 countries around the world.

Bill: Yes, interest in our theory is very widespread.

Carol: If we were to count up all the transactional analysis therapists and how many clients they touch in their lives, we would see a huge amount of psychological expertise and theoretical breadth as well as a wide range of cultural understanding. I think it would be great if we could share that with each one of our clients. You know, it's the old adage that "the whole is greater than the sum of its parts."

Bill: Nicely said.

Carol: Because we are part of the ITAA we have the advantage of seeing transactional analysis working out there in the rest of the world, something many of our clients don't realize. I think that is really valuable.

Bill: I agree. The international scope of the transactional analysis community is a big part of what has kept me invested in transactional analysis and the ITAA all these years. There is something magnetic about transactional analysis, even across cultures. It really is transcultural in a way many other therapeutic modalities are not. It's fascinating to me that it is popular in many different areas.

Carol: Yes it is. It's also interesting to me how differently people use transactional analysis in different cultures. In a recent *Script* I had a call for papers for this special issue, and I asked for 50-100 word statements of "advice from around the world." Some of those bits of advice have been coming in through email, and I am amazed at how much they differ from region to region. I hope to include a good number of those bits in this journal.

Bill: Say a little more about what you're looking for in those statements because it sounds like they are different from actual articles.

Carol: Yes, they are. Ideally, I'd like therapists from every country to write a short paragraph about what they think is the most important thing to convey to their clients. In this country, for example, we tend to lean toward wanting people to be in touch with their Child, their feelings, and to do work that allows them to be self-actualized. In contrast, in one of these short statements I received from Singapore, the advice was "don't cry and don't repeat yourself because you want to make your time in therapy as productive as you possibly can." That does not fit so well with the "feel what you feel and know yourself" aspect that we tend toward in the United States, but it is consistent with a "work hard and do what you need to do" message from the Singaporean culture, one that encourages a more Adult and Adapted Child position than we do here. I think it's fascinating to look at how people use transactional analysis and how these different cultural scripts come through in what we emphasize to our clients.

Bill: That reminds me of the anthropological psychiatrist Arthur Kleinman, who has done a lot of work in China. His books are fascinating. I heard him talk once about what represents mental health in China. He talked about how he was stunned the first time he went to their equivalent of a community mental health clinic to interview a patient who was depressed. The whole family was there. It's not like they were doing family therapy, but the assumption was that whatever the patient did or didn't do to feel better affected the entire family and they had a right to be there. In that culture, it was really the family system that was the most important, not the individual.

Carol: That's another great example of how those cultural differences play out.

Bill: So you're looking for both some brief statements that share "advice from around the world" and articles that address not so much symptom clusters as existential or life issues, such as community, depression, grief, and so on.

Carol: I hadn't thought about it quite that way, but you are right. For example, Rebecca Trautmann has agreed to do an article on transactional analysis and spirituality that I'm really looking forward to seeing.

Bill: It sounds like this journal will be one that you can hand to a client as a whole or in part—maybe a copy of a specific article—depending on what would be most helpful to that client.

Carol: Yes. And hopefully some of the articles will touch the client in a very personal way and others will be interesting in the way a group helps people to look beyond their own personal issues they are addressing. Mary Goulding suggested that she would like to see an article about how therapy works, what to look for in a therapist, and what one can expect from therapy.

Bill: That's a great idea!

Carol: I agree. I'd love to see an article that speaks to those questions.

Bill: It is also a challenge to think about the difference in writing directly to clients as opposed to writing for colleagues.

Carol: Yes. We've written so much for each other. Just this once I'd like to make it for our clients. Thus the name of this theme issue.

Bill: On the practical front, what is the deadline?

Carol: The deadline for submitting articles is July 1, although I hope many articles will come in well before that. And if anyone wants to contact me via email or regular post about their ideas before they actually write an article, I'd be happy to talk to them.

Bill: That's an important and generous invitation.

Carol: I'm happy to do it because sometimes a discussion can help people firm up their ideas. And we could talk about how their ideas would fit into the journal as a whole.

Bill: I think we've covered it. Are there other things you have on your mind?

Carol: No, Bill. Thank you very much for taking this time. I've enjoyed talking to you and hope that our conversation will encourage lots of *Script* readers to write for this special issue of the *TAJ*. □

Special Issue of the TAJ

"For Our Clients"

Deadline: 1 July 2002

This journal, guest edited by Carol Solomon, PhD, TM, will contain a collection of articles designed to enhance personal growth and change. Topics might include: how to choose a therapist, how therapy works, what is therapeutic success, when is medication helpful, spirituality, humor, money, anxiety, depression, and drug/alcohol use/abuse. For more information, contact Dr. Carol Solomon at drcsol@pacbell.net; phone: 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!

Carol Solomon is compiling an article entitled "Advice from Around the World," and is requesting thoughtful statements (50-100 words) from therapists 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.

The Script ITAA

The Newsletter of the International Transactional Analysis Association
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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: May1 for the May-June issue.

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

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Published on recycled paper

NET CONNECTION

Communications

Just days before the deadline for this article I received a phone call from a member of the ITAA whom I have known for a quarter of a century. I had not talked with her for several years, and in the few minutes we had I grasped both the tragedy and triumph in her life over the past few years. I was able to do that because a phone call adds two elements missing in written communication such as email.

Both written and verbal communications use words, but verbal communication adds tone and spontaneity that enrich the communication. There are attempts to enrich Internet communications with symbols, a happy or sad face being most common. However, without spontaneity, these faces can be used to mislead: a happy face to cover up a dig as if it were a joke, a sad face to express sympathy without feeling it.

When we use the Internet we lack our normal means of understanding the deeper meanings of communications. Often the recipient of a communication uses his or her imagination to fill out this meaning. Even when a person asks for clarification, the elapsed time dilutes the message. Clearly, crafting a clear message on the Internet takes skill with words.

Nevertheless, even when someone is careful to use words that portray the fullness of the mental image, there is room for misunderstanding. Recently, on the ITAA Forum, our Internet discussion list, I wrote about Sartre, one of my favorite philosophers, and the philosophies of existentialism, idealism, and realism. In the process of writing I referred to three dictionaries, only to find that each gave a different description for the three doctrines. And no one dictionary defined all the concepts in the way I usually use them. Not being able to refer to a dictionary to clarify communication makes Internet communication even more difficult.

Given my comments so far, perhaps you are wondering why you should even bother with the Internet. One advantage is the ability to quickly resolve organizational problems. For example, members of the ITAA Internet committee are listed on the website, and as a result we receive a couple of requests for help or information each week. Some involve long-term tasks for people in remote areas of the world who need learning opportunities on the web. Others involve mix-ups in which the person just needs to know whom to contact in the organization. The Internet allows both members and visitors easy access to the organization in a way that is much less costly than phone or fax and much faster than postal mail.



"If you have questions about using the Internet, please contact me. Let's talk and find ways to grow together."

Another way to use the Internet is to communicate by either having your own website or using ITAA's site to let people know about your services. While most of my referrals come from former clients, all the others have come from my listing on USATAA's website. Soon it will be possible for ITAA members to be listed free on the ITAA website at ITAA-net.org . Providing or gathering information about people, ideas, and organizations is a fruitful way to use the Internet. If you go to http// www.itaa-net.org you can find links to websites around the world that tell about various transactional analysis organizations as well as individuals who post articles about transactional analysis. You, too, can be listed—just ask.

In short, although the Internet lacks the depth of face-to-face and voice-to-voice communication, it is excellent for sharing and obtaining information about ideas, events, services, and organizational business. If you have questions about using the Internet, please contact me. Let's talk and find ways to grow together.

Jonathon Wagner, Internet Committee Chair, can be reached at 1248 Dawn Valley Dr., Maryland Heights, MO 63043, USA, or at jwagner@counseling-stl.com □

ITAA Website

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. 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 .

Integrative Psychotherapy Residential Workshop - Summer 2002

Richard Erskine, Ph.D.

Friday, August 2 to Sunday, August 11, 2002

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. I 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: $2495 for tuition, room, meals; reservation fee: $695 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.

BOOKS AVAILABLE FROM THE ITAA

* ***Perspectives in Transactional Analysis*** **by Muriel James:** Includes 20 essays covering a wide range of topics, including basic transactional analysis principles/techniques, fascinating accounts of Muriel's own life and her relationship with Eric Berne, the drama of cultural scripts, techniques for personality structural change, spirituality and the human spirit, and special applications of transactional analysis in clinical and organizational settings. *Cost: $25.00 US plus shipping.*

* ***Theories and Methods of an Integrative Transactional Analysis*** **by Richard G. Erskine:** This 264-page volume contains 28 articles published between 1976 and 1997 that demonstrate the evolution of Erskine's ideas. 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. *Cost: $25.00 US plus shipping.*

* ***Volume of Selected Articles from the Transactional Analysis Journal, 1981-1990:*** This 333-page volume contains 45 *TAJ* articles, many of them out of print, plus person/author and subject indexes. *Cost: $25 US, plus shipping.*

* ***Volume of Selected Articles from the Transactional Analysis Journal, 1971-1980:*** This 384-page volume contains 63 articles from the first decade of the journal, including several published immediately following Eric Berne's death. Also includes an author/subject index. *Cost: $19 plus surface shipping/handling.*

* ***Transactional Analysis in Organizations: The First Volume of Selected Articles from 1974–1994*** edited by Sari van Poelje and Thomas Steinert. Contains articles by an outstanding group of international practitioners and theorists in the organizational field.. *Cost: $29 plus shipping.*

To purchase any of these books and to find out the cost of shipping, email the ITAA office at itaa@itaa-net.org or contact us by phone at 510-625-7720, by fax at 510-625-7725, or by post at 436 14th St., Suite 1301, Oakland, CA 94612-2710, USA.

ITAA News

Who Me? On the Board of Trustees?

by Gordon Hewitt, ITAA President

In this issue of *The Script* you will see a call for nominations for the Board of Trustees. Please consider standing yourself or nominating someone you know.

What qualifications do I need?
Board members need to be passionate about making transactional analysis available worldwide. You do not need to be a CTA or TSTA. You do need to be willing to make some of your free time available to be involved in the work of the Board.

What will I have to do if I am elected?
Members of the Board need to attend the annual board meeting at the ITAA conference site. Normally this conference is in July. It is very important that members commit themselves to attending the annual Board meeting. Between Board meetings, they need to be involved in email and fax discussions, and some Board members also oversee the work of ITAA's various committees.

How can I afford to attend overseas meetings?
The Board pays return economy class airfares to its meetings to ensure that the best possible people are elected to the Board, regardless of their income. If you cannot afford to stay at the conference hotel, cheaper accommodation is usually available nearby, and some conference committees organize local people willing to provide accommodation for free.

How long is the commitment?
The president-elect serves one year in that position, three years as president and one year as past president. The president cannot stand for reelection. All other positions are for a three-year term, and people can stand for a second three-year term if they choose to.

Which position should I stand for?
That depends on your interests. If in doubt, contact the chair of the Nominations Committee, John Parr, at johnparr@psdci.co.uk, or me at gordon@hewitt.gen.nz .

How do I get nominated?
See the notice "Nominations Sought" below.

Nominations Sought for ITAA Officers and Trustees

The ITAA nominating committee is seeking nominations for the following positions:

President-Elect
Vice President of Development
Vice President of Training and Certification
Secretary
One USA Representative
Two non-USA, non-European representatives

The individuals elected to these positions will begin to serve 1 January 2003. All officer and board members are elected at large by the ITAA membership (all members will be invited to cast their votes for all positions).

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

Election Procedures: As per the ITAA bylaws (revised 1996), if there is not more than one candidate per position, there will be no ballot, and the results of the election will be announced in *The Script* newsletter. If there is more than one nominee for a position, a ballot will be mailed to all voting members within 60 days of the close of nominations. The deadline for return of ballots is 60 days from the date of mailing. The results of the election will be announced to the candidates within 30 days after the election results are determined and to the voting membership as soon as practical thereafter. □

New Members

October 2001

New Member	*Membership Sponsor*
Chiho Asai	Yoen Ishiyama
Sue Ashby	—
Philippe Martin	—
Stefano Narduzzi	—
Linda J. Semrau	—
Ulrich O. Semrau	—

November 2001

New Member	*Membership Sponsor*
Lorna Donaldson	—
Lucile Longre	—
Leilani Mitchell	—
Paul S. Moon	—
Veronica E. Murray	—
Tomoyo Nogawa	Tomoko Abe
Lars Serena	—
Chua Su Yin	Jessica Leong
A. J. Whitbread	—
Yoko Yamamoto	Yoshinobu Kitamura
Yuulchi Yano	Chie Shigeta

□

Back Issues of the *TAJ* Available

Could you put back issues of the *Transactional Analysis Journal* to good use? The ITAA office has extra copies of journals (back to 1973) that it is happy to make available to individuals and groups—especially transactional analysis training programs—for the cost of postage. You may request individual issues or a set (although some issues are out of print and therefore the sets would be incomplete). For a list and order form, please contact Ken Fogelman by email at ken@itaa-net.org, by phone at 510-625-7720, by fax at 510-625-7725, or by post at 436 14th St., Ste. 1301, Oakland, CA 94612-2710, USA. If you or your group or program are unable to cover the cost of postage, Ken can also tell you how to apply to the Eric Berne Fund for the Future for a grant to cover that expense.

Call for Papers for TAJ Special Theme Issues

CORE CONCEPTS IN TRANSACTIONAL ANALYSIS

Co-Editors: Tony Tilney, *TAJ* Editor, and **Claude Steiner, Vice President of Research**
Deadline: 1 April 2002

The hope for this journal is to engage transactional analysts worldwide in a useful, thoughtful, and balanced consideration of the idea of core concepts in transactional analysis. The intention of this special issue is to represent a variety of perspectives. Among the issues that authors might address are the following: Is there a valid purpose for developing core concepts in transactional analysis? What problems or limitations might such core concepts present? Can a set of core concepts be developed that address a variety of points of view? Are there cultural and language differences that need to be addressed regarding core concepts?

CASE STUDIES II

Guest Editor: Bill Cornell
Deadline: 1 June 2002

Following the format of the October 2001 ***TAJ*, you are invited to submit 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.

Please following the Instructions to Authors on the inside cover of any recent *TAJ*. □

WORLD TA CONFERENCE 4 – 7 JULY 2002 UTRECHT, NETHERLANDS



Violence, let's TAlk

Sponsored by
Nederlandse Vereniging voor Transactionele Analyse
International Transactional Analysis Association and
European Association for Transactional Analysis

The theme **"Violence, Let's TAlk"** was chosen because of the many ways in which violence has an impact on our society. Violence seems an inevitable part of our life. It can be a positive force, a drive for change, a struggle to set limits, or a powerful call for attention. Violence can be a negative force that destroys, separates, isolates, and kills people. What answers can transactional analysis offer to questions such as: How do we create peace? How do we develop tolerance and mutual respect? How do we maintain violence? At this conference, the many sides of violence will be analyzed within the four fields of transactional analysis: clinical, counseling, organizational, and educational. We hope this conference will offer some answers to these questions.

- Let's meet at the Beatrix Conference Centre, Utrecht
- modern, well-equiped facilities
- in the picturesque, old city center of Ütrecht
- in the best season of the year 2002
- 55 workshops
- superb keynote speeches
- fine side programs for children and partners

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Do you need continuing education units (CEUs)? Currently, social workers, marriage and family therapists, and licensed counselors can obtain credits (through NBCC and/or the California Board of Behavior Science Examiners) for viewing selected ITAA videotapes on transactional analysis and answering a short, multiple-choice questionnaire for each tape. Currently credits are available for the following tapes:

Jack Dusay on "Evolution of Transactional Analysis and Its Applications (1.5 CEUs)
Robert Goulding on "Scripts" (1 CEU)
Robert and Mary Goulding on "Redecision Therapy" (2 CEUs)
Muriel James on "Self-Reparenting: Theory and Practice for Group Leaders" and "Ego State Boundary Problems: Diagnosis and Treatment" (1 CEU for both tapes)
Stephen Karpman on "Game-Free Communication for Couples" (1 CEU)
Claude Steiner on "Emotional Literacy and Transactional Analysis" (1 CEU)
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Cost: The cost for obtaining CEUs (which covers administrative expenses) is separate from the cost of the videos themselves (see below).

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Beyond the *Journal* and *The Script*

We would like to publish information about articles and chapters on transactional analysis that have been published in other journals, newsletters, and books. We also plan to continue providing information about books written by transactional analysts worldwide. Please send us any about which you are aware, including those you wrote yourself. Send to Robin Fryer, 1700 Ganges Ave., El Cerrito, CA 94530-1938, USA, or email her at robinfryer@aol.com .

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TRANSACTIONAL ANALYSIS CONFERENCES WORLDWIDE

April 4-7, 2002: Edinburgh, Scotland. ITA National Conference. Contact: Alison Ayres, 21 Mayfield Rd., Edinburgh EH9 2NQ, Scot land; alisonayres@ndirect. co.uk; ww.ita.org.uk

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

November 13-17, 2002: Perth, Australia. Sixteenth Annual Australasian TA Conference. Contact: Kate Meredith, 10a Itea Place, Mindarie, W. Australia 6030; 08-93051160 (phone); 08-93051150 (fax).

Advanced Transactional Analysis Training

Transactional analysis training is now available internationally via correspondence from the Gregory Institute for Transactional Analysis with Linda Gregory, TSTA, in Australia. This training is provided via videos (in English) or training lectures, with contact and supervision via email, phone/fax, and audiotapes. For a brochure and costs, contact Linda at lgregory@central.murdoch.edu.au or 3 Trafford St., Beaconsfield, WA, Australia, 6162; phone/fax: 61 8 9335 6950.

Berne Meets Covey: Integrating Transactional Analysis and the Seven Habits of Highly Effective People

by Jessica Leong

Eric Berne (1961), founder of transactional analysis, and Stephen Covey (1989), author of *The 7 Habits of Highly Effective People*, are remarkable teachers of ways to facilitate change. Their ideas can have an enormous impact on the ability of people to take control of their lives and become the complete, autonomous, and fulfilled persons they envision. This article highlights several perspectives on change shared by these two schools of thought and how they can be integrated in therapeutic and supervisory settings.

Autonomy and Freedom

Transactional analysis suggests that when an individual initiates or responds to a stimulus, he or she has the option of using various ego states. Directing communication toward any ego state of the other person involved in the transaction is an option as well. The healthier the individual, the more autonomous these choices are. Similarly, Covey argues that the proactive individual has the freedom to base his or her choices on values. The freedom to choose expands as the person uses the space between stimulus and response. By using this margin of freedom, the individual can make choices that best apply to their values and conscience, choices that are not based on moods, feelings, and circumstances. Such individuals do not blame and accuse people when things go wrong; they expand their personal freedom by being proactive and influencing the situation. They are "star" communicators: They are able to stop, think before they act, and after acting, they are able to review their actions.

Taking Responsibility

The idea of responsibility, which is central to the philosophical basis of psychotherapeutic transactional analysis, is similar to Covey's emphasis on accepting responsibility. Individuals are responsible for their choices and have the freedom to choose. Both Berne and Covey teach people how to take responsibility for how they affect other people and their feelings.

The Capacity to Think

Transactional analysis is based on the assumption that everyone has the capacity to think. In transactional analysis, discounting is defined as unawarely ignoring information relevant to the solution of a problem. An example would be the exclusion of ego states or blanking out of the Adult ego state and discounting one's ability to assess a problem. Covey also believes that reactive people forfeit their power to think, feel, and act in their best interests. Bob and Mary Goulding (1976) found that the injunctions Don't Think, Don't Feel, and Don't (Don't Do Anything) can emerge again and again as the basis for people's negative or reactive early decisions.

Stroke Economy/Emotional Bank Accounts

Stroke theory in transactional analysis categorizes strokes as positive or negative. Steiner (1971) suggests that as children we are indoctrinated by our parents with restrictive rules about stroking. Likewise, Covey explains how relationships are like emotional bank accounts into which deposits or withdrawals are made. He believes that if you want to build and repair trust in relationships, you must make deposits or, in transactional analysis language, give positive strokes. In every relationship, the only deposits and withdrawals you can control are your own.

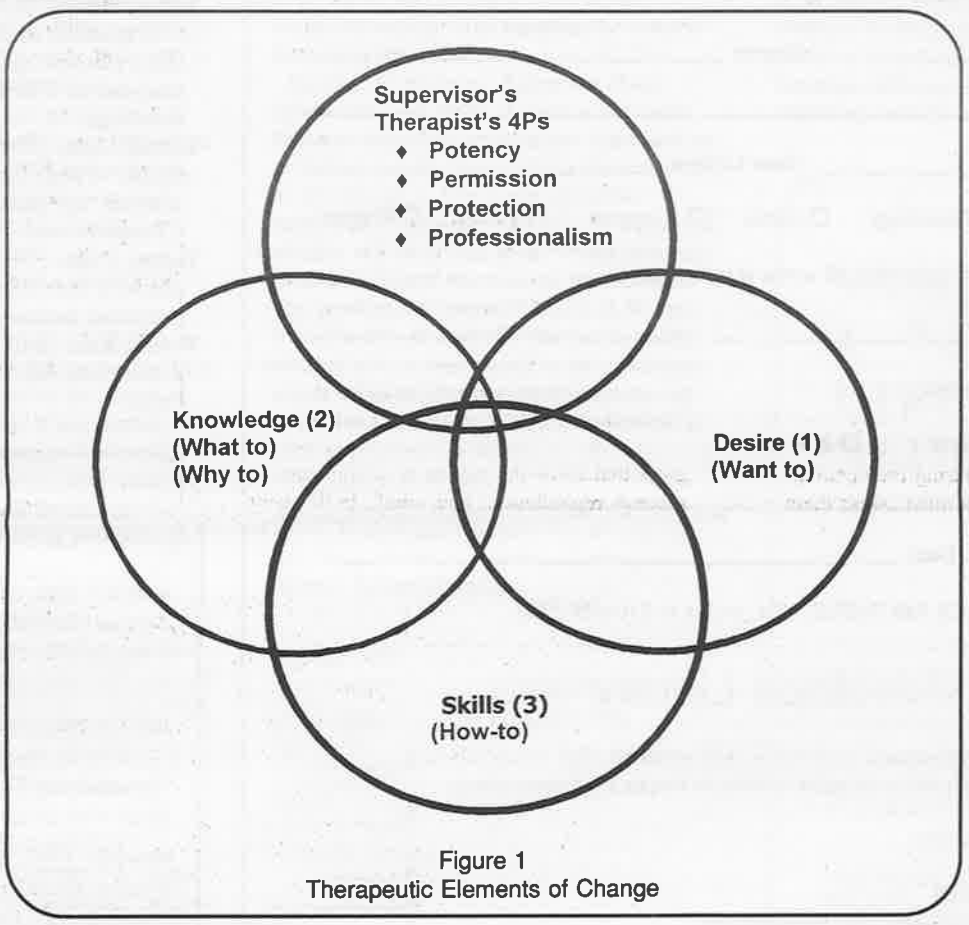

Figure 1
Therapeutic Elements of Change

Transactional Analysis Winners and Thinking Win-Win

Berne suggested that most people live out their scripts as winners, nonwinners/losers, or losers. Likewise, Covey believes that people are programmed to think win-win, win-lose, lose-win, or lose-lose and that the win-win habit is the most effective because it leads to mutual benefit. The goal of therapy is to help clients become winners so that they can live comfortably, happily, and smoothly.

"I'm OK, You're OK" and Mutual Benefit

The philosophical assumption on which transactional analysis is based is that people are OK and that a child who chooses an "I'm OK, You're OK" life position is likely to build a winning script. Such individuals view themselves as lovable, good, and trustworthy, and they extend this view to people generally. Covey suggests our scripts reflect our motive. The motive of Habit 4—thinking win/win—is to benefit mutually, and Covey encourages all individuals to accept this paradigm.

Symbiosis and the Maturity Continuum

In transactional analysis theory, a symbiosis is said to occur when two or more individuals behave as though between them they form a single person (Schiff & Schiff, 1971). Covey describes how people progress through the stages of dependence, independence, and interdependence, with the paradigm of the dependence stage being "you take care of me" and "I blame you for the results." Thus, there is a significant parallel in these theories in the sense that a dependent person wants to be in a symbiotic role with a Parent and Adult to take care of his or her Child's needs and wants.

Origin of Script and the Social Mirror

In *What Do You Say After You Say Hello?*, Berne (1972) defined life script as a life plan made in childhood, reinforced by parents, justified by subsequent events, and culminating in a chosen alternative. Similarly, the social mirror is a metaphor Covey uses to describe how we see ourselves in terms of how others reflect their perceptions, opinions, and paradigms about us through their words and behaviors. From the social mirror, Covey says we form judgments of ourselves, which is like Berne's discussion of the formation of a life script.

Psychotherapeutic Change

In a psychotherapeutic setting, the degree of therapeutic change depends on several factors. Covey sees a person's knowledge, skill, and desire as determining factors of successful change. Over the years I have integrated these three elements with permission, protection, and potency (Crossman, 1966) as used in transactional analysis to assess the potential for therapeutic change.

The four-circle diagram shown as Figure 1 illustrates the combination of therapeutic elements necessary for effective psychotherapy. Integrating the four circles provides: (1) a model with which to work, (2) a model of the therapeutic relationship between client and therapist, (3) a framework for assessing clients' problems, (4) a framework for assessing the therapist's functioning, and (5) a model for clinical supervision.

The therapist/supervisor can use the four areas represented by the circles and ask himself or herself a series of questions for each:

Knowledge
What is the client's/supervisee's problem?
Does the client/supervisee know what the problem is?
Why is the client/supervisee having the problem?
Does the client/supervisee know that he or she has a problem?



Skills
How can the client/supervisee change?
What competencies are required to facilitate change (e.g., social or interpersonal skills)?

Desire
What does the client/supervisee want to change?
Does the client/supervisee want to change?
Does the client/supervisee have the desire/motivation to change?

The Four Ps
Along with permission, protection, and potency, I suggest adding professionalism as an important factor in facilitating change and building trust in the therapeutic relationship. Therapeutic value lies in the therapist's/supervisor's credibility, qualifications, and wisdom. A professional supervisor/therapist is not "wishy-washy," but rather is perceived by the client or supervisee as strong, knowledgeable, experienced, and stable, with sound and solid theoretical background and practical experience.

Self-Assessment

This model is powerful because, besides using it in relation to the client, the therapist/supervisor can also use it for self-assessment by asking if he or she has the necessary (1) clinical/personal skills, (2) theory/knowledge/information, (3) motivation/desire, and (4) professionalism/ethics/boundaries.

This integrated framework has become the way I look at therapy and supervision as a whole because it addresses factors in both the client/supervisee and the therapist/supervisor.

Jessica Leong, MA, is a Teaching and Supervising Transactional Analyst. She can be reached at 24 Kew Crescent, Singapore 466364; p3jcjessica@pacific.net.sg

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SUPPORTING FEELINGS

continued from page 1

supposed to involve emotions and feelings. However, I do not think it is possible to make such a separation. When dealing with people, ignoring the energy-emotion-feeling realm means not taking into consideration the human being as a whole and thus limits the effectiveness of any intervention. And even when we decide to work as counselors on a strictly rational level (e.g., in a company or with a board of directors), we run the risk of engendering uncontrollable dynamics if we do not take feelings into account. We can consciously decide not to work with emotions, but we must recognize both that they exist and how to control them. It is impossible to control something if we are not aware of its existence.

For example, a friend of mine is a doctor in the infectious disease ward of a big hospital. Every day he deals with the problem of AIDS—from telling patients the diagnosis to offering therapeutic information and treatment in the intensive care unit. During a routine check up, including a test for HIV, some colleagues played a nasty, sadistic joke on him by giving him a false report indicating he was HIV positive. Suddenly this doctor, who had worked for years with infectious diseases and had a sophisticated understanding of AIDS, was, in his own words, "incapable of understanding anything." He was paralyzed and could not take in even a small part of the diagnostic and therapeutic information he was being given. If an experienced professional with sophisticated cognitive and rational information on this subject blacks out, we must admit that emotions can seriously compromise both cognitive and rational functioning if not render it inoperative.

This is a common reaction among people who have been diagnosed with life-threatening illnesses, particularly diseases for which the clinical course often depends on the nature of the dialogue between patient and physician. In such cases, counseling aimed at helping the person to become operational again must take into account emotions, such as fear and anxiety. For my friend the doctor, having lived this cruel experience led to a complete change in his attitude toward patients. He now understands that they may be unable initially to take in much data about life-threatening diagnoses and their possible treatment and so he arranges other meetings to offer such information.

Acknowledging emotions/feelings, even without any therapeutically based intervention, can make the help that is being offered to the patient more effective in a health crisis. However, in such circumstances, people often have neither the time nor the energy to undergo in-depth or long-term clinical analysis, even though they may have to face issues such as "I am ill, not crazy." In fact, emotional support can sometimes even reduce physical symptoms such as pain.

I have had the honor of working closely with some people over the course of their illness, sometimes until death, and I have often seen profound changes in them, including an expansion of who they were, a resolution of unfinished issues, and even a sort of recovery. I have seen people facing death accept authorization to live as if boundaries and barriers around them had fallen away and they were, figuratively, allowed to breathe. In several cases, they finally experienced that they were allowed to exist totally. When this vital space and permission to exist have been supported from the outside, miracles have occurred with regard to the person's quality of life, independent of the state of his or her health or the results of clinical tests.

Desperate Illnesses: What Intervention Is Possible?

Facing death is certainly difficult, but it also offers an opportunity to evolve. A kind of "now-or-never" realization along with the upsetting of a lifetime of certainties and beliefs can create an opening of the mind that might be otherwise difficult. Most people are inclined to leave until tomorrow what could be done today, but what happens when there may be no tomorrow? What are the priorities? What must be done, what can be done, what does one want to do? The here and now takes on an all-encompassing dimension. What can we do to help someone in this situation? To what do we need to pay attention? What are possible interventions? I offer some suggestions that grow out of my own experience, but in so doing I must emphasize that every case is unique and that all external parameters must be carefully assessed.

Opening contract with the client: It is important that the request for help come from the patient, even if it is prompted by loved ones or the patient is confined to a hospital bed. Frequently, individuals with serious illnesses are surrounded by the endless emotional difficulties of relatives. Therefore, the first step I take is to contract with the patient to return to him or her the power of choice, even if choices are limited by advanced illness.

"Emotional support can sometimes even reduce physical symptoms such as pain."

The initial contract is often simply to open a "work site" and, if possible, to set priorities and goals. The details of this vary a great deal, of course, depending on the patient's condition and location. For instance, the number of meetings must be appropriate with regard to the patient's needs. In the early stages of cancer, when the disease has not yet affected the patient's quality of life or hindered his or her movements, regular office appointments can be arranged. Otherwise, when following terminally ill patients, I encourage them call me any time, day or night, and I adapt to the possibilities and time the patient has available. Such arrangements should be established during the opening sessions, and both sides must assess them carefully.

A secure base: The best way to help a person in a crisis is to find a starting point, no matter how small. I often focus my first interventions on breathing exercises that allow the patient to relax and slow down his or her dizzy thoughts and to become aware of the here and now. "I breath therefore I am" can be a starting point.

It is important to realize that when you help someone in a crisis, you must be ready to become that person's reference point, at least at the beginning. It is crucial to be aware of the emotions that inevitably arise in such difficult circumstances. Counselors in such situations must protect themselves and be able and willing to analyze their own emotions so that they can offer the client strength and security. Often terminally ill people feel they are responsible for their relatives' distress, and they suffer enormously over the pain they feel they have caused. The intervention of a counselor—a stranger in whom it is possible to confide fear, anger and sorrow shamelessly—is often liberating, even to the point of leading to a regression of symptoms.

I offer as an example a young man who had lung cancer with bone metastases whom I followed during the last three weeks of his life. During our first meetings he complained about a suffocating cough as well as unbearable bone pain. He had all the usual emotions of anger, fear, and despair, along with a kind of excitement about the unknown, but he did not feel he was allowed to show them. I only had to mention that he had permission to be himself and he burst into cleansing tears, as a result of which his respiratory problems disappeared. In the terminal stage of his disease, he managed to resolve some fundamental problems in his life, including a difficult relationship with his mother. The unconscious sense of guilt that had accompanied him his whole life surfaced, but he faced it, and in his final days, he was successful in resolving relationships that were a source of great pain for him and for his family.

Paradoxically, the fear of death—which has precise bounds and can be expressed—provides a kind of "authorization" to look at and face those dreadful skeletons we struggle to keep locked up in the cupboard of our unconscious. Once we clean out the cupboard, we realize that, although those hidden skeletons frightened the child to death, they are not so frightening to the adult.

Here and now: It is important to help people who are facing a crisis to become aware of the present again, in other words, to reactivate the functions of the Adult. To do this it is often necessary to tackle strong emotions to show the Adult the way out of his or/her state of confusion. When we manage to speak to one part of the Adult and to find a potential area of functionality, it is possible to enhance this starting point so that the patient regains confidence in his or her faculties and problem-solving capacity little by little. However, that cannot happen if we refuse or repress emotions. In a crisis, the emotional burden is always heavy. For the Adult to be lucid enough to face such a situation, it is necessary to acknowledge emotions, accept them, and, when possible, resolve them.

Conclusion

I believe that in many crises—such as those prompted by a serious or terminal illness—the patient's mental capacity can be so compromised by external factors that counseling aimed at rebuilding the person's confidence in his or her resources and capabilities is essential. In such situations, action must be rapid, with interventions aimed at achieving goals that allow the patient to obtain some success, regardless of how small. In this way, the person can rebuild awareness of his or her own interests and dignity as a human being. And it is never too late for this to be important, even if it happens just days or hours before death.

Micaela Vannucchi Girardi is a counselor, workshop leader, adviser, and educator. She was trained in psychosocial transactional analysis at CPAT (Centro di Psicologia e Analisi Transazionale) of Milan. She can be reached at Via della Moscova 47 20121, Milano, Italy, and by email at micael@energy.it .

PACIFIC REGION

continued from page 8

Auckland to Dunedin. I felt that the workshop was a wonderful success, a sentiment I am sure others would support."

C. Suriyaprakash of Coimbatore, India, writes, "I am planning to focus my PhD research on developing a transactional analysis model of 'Quality of Work Life.' In the initial phase I am collecting relevant literature to use in identifying the specific area of work. I would greatly appreciate it if readers of *The Script* could send me either references to or copies of articles or dissertations related to the application of transactional analysis in human resource development in general or in quality of work life in particular. I also need copies of questionnaires to use in assessing individuals' egograms and stroking profiles in connection with this work. It will be helpful to me if I could receive them by the end of May 2002. I will be glad to share with you the results of my work in appreciation of your kind gesture. I am a Provisional Teaching and Supervising Transactional Analyst in organizational speciality and a lecturer in GRD Institute of Management, Coimbatore, India. I am also a volunteer counsellor and secretary of Asha Counselling and Training Services and Founder-Facilitator of Relations-Organisational TA Consultants. I can be reached at 7, Ambika Layout, Coimbatore 641 044, Tamil Nadu India; phone: +91 (422) 491351; email: relations.taatwork@vsnl.com ."

IN MEMORIAM

Teresa Adams, RM,
of New Orleans, Louisiana, USA

Ginny Hilton, RM,
of Simi Valley, California, USA

Tape player/recorder sought: Charles Tuggle is looking for a Sony 105 or 105A four-track mono three-speed tape player/recorder. If you can help, please contact him at Rt. 3 Box 328A, Savannah, GA 31406, USA; phone (912) 3555060; email: burnsidecat@aol.com .

EXAM CALENDAR

Exam	Exam Adm.	Exam Date	Location	App. Deadline
CTA Oral	COC COC BOC	April 4, 2002 July 4, 2002 Nov. 12, 2002	Edinburgh, Scotland Utrecht, The Netherlands Perth, Australia	Jan. 4, 2002 April 4, 2002 Aug. 12, 2002
TSTA Oral	COC COC	April 4, 2002 July 4, 2002	Edinburgh, England Utrecht, The Netherlands	Jan.4, 2002 April 4, 2002
CTA Written	All Regions (Non-Europe)	Your choice	To be submitted to Regional Exam Coordinator after paying $50 recording fee to T & C Council	Your choice
TEWs	PTSC	July 1-3, 2002	Utrecht, The Netherlands	March 1, 2002

* 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. Details and application papers obtainable from the COC Language Group Coordinators.

Note: Exams subject to availability of examiners/exam supervisors. BOC not 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



Vince Gilpin (second from left) with Lorna Johnston (center), President of ATAG (the Alberta Transactional Analysis Group), flanked on the outside by directors Bev Berenson (far left) and Alex Lawson (far right) with guest Kelly Washer. This photo was taken at McKillop United Church, Lethbridge, a center for transactional analysis training and many TA-based groups when Alex was minister there.



Participants of the seven-day residential transactional analysis training workshop in Wainui Heights, New Zealand. Back row starting from the left: John Savage, Maria O Brien Gruijters, Sue Amyes, Lois Millar, Anne Tucker, Delyse Green, Dean Fraser, Margaret Bowater, Evan Sherrard. Row 4: Nanka Beesley-Hoedemakers, Jane Harley. Row 3: Charlotte Daellenbach, Elana Leigh, Jillian Jones, Margaret Butterfield, Geraldine Lakeland, Sue Paton. Row 2: Gordon Hewitt, Lucy Mackie, Maria Snegirvev, Margaret Parr, Sue McMenamin, Suzana Parry. Front row: Rodger Elley-Brown, Marion Wade, Melissa Ferrari, Jo Stuthridge, Sean Manning.

EUROPEAN REGION

Christine Chevalier, TSTA (organizational) writes in the October 2001 issue of the *EATA Newsletter* about her experiences over the last three years helping to set up a transactional analysis training course in Istanbul, Turkey. As of April 2001 they had held nine TA 101 courses, two 202s with a third in progress, and two didactic and supervision groups with 12-16 participants. As Christine writes, "A real success, in which I want to [acknowledge] our Turkish friends for the marvelous energy they have developed and my PTSTA and TSTA colleagues who have given their availability and their time with kindness." Christine said they resolved the language difference with the help of Ali Asken and Yucel Altinbasak as interpreters. She says, "Working with Ali is much more than just interpretation; . . . he actually uses his bicultural experience to bridge the gap across the two cultures within the groups and often did much more than translating just words." Participants included psychologists, trainers, consultants, counselors in fatherhood, managers, professors, lawyers, doctors, and others. Christine reports that "they asked thousands of brilliant and enthusiastic questions . . . [and] displayed a sense of welcome and humor that helped us face the tiredness of travel and hard working days. . . . Each of them has experienced that TA can be lived in [the] same manner whatever the origin and that the language barrier does not prevent OKness. . . . TA training is now their business, and they can be proud of that."

NORTH AMERICAN REGION

Fanita English reports that she published an article entitled "Family Influences and Unconscious Drives: Motivators for Career Choices" in the Summer 2001 (Vol. 17, No. 2) issue of the *Career Planning and Adult Development Journal*. In addition, last summer she and her daughter, Deidre, while traveling in the Mediterranean region, visited Fatma Torun Reid, RM, and her husband in Istanbul, Turkey (where Fanita was raised). One evening Fanita ran a small workshop with Fatma's treatment/training group. Fanita writes, "They are an impressive group of highly qualified mental health practitioners, so in our exchanges I learned as much as they did. I was thrilled to find that transactional analysis thrives there."

Bill Cornell's June 2001 *Script* column, retitled "What Does Empirical Validation Got to Do with It?," was reprinted in the newsletter of the Washington DC Area Guild of Body Psychotherapists (Vol. 7, No. 3).

Vince Gilpin, former president of the ITAA, visited southern Alberta, Canada, and brought together the transactional analysis community there for a time of fellowship and learning. Vince was in familiar territory presenting workshops in Calgary and Lethbridge, where he provided advanced training for many years.

SOUTH AMERICAN REGION

Bernardo Aguilera writes, "Muriel James's comment (November 2001 *Script*) that 'the future of transactional analysis throughout the world will largely depend on Eric Berne's writings becoming better known' is a splendid one. We, the members of AVAT, the Asociación Venezolana de Análisis Transaccional (Venezuelan Transactional Analysis Association), have been working on that basis for many years with the motto 'Volver a Berne' (turning back to Berne). We do this in many ways through workshops, lectures, and so on. From 30 November to 2 December 2001 we celebrated our 25th anniversary with the 'Seminario Berniano' (Bernean Seminar), during which we worked with all of Berne's books and contributions from other authors, including some of the papers that won the Eric Berne Memorial Award. Last September at the XXII ALAT (Latin American Transactional Analysis Association) Conference held in Managua, Nicaragua, we also worked with some of those papers. As past president of both associations and a Teaching and Supervising Transactional Analyst in the ITAA, I want to make these efforts known as a contribution in line with Muriel's suggestion."

PACIFIC REGION

Nanka Beesley-Hoedemakers, Secretary of the New Zealand Transactional Analysis Association, sent in a photo of participants who attended the seven-day residential transactional analysis training workshop held in Wainui Heights, Christchurch, New Zealand, in November 2001. She also writes, "The workshop was well attended by people from far and wide. The farthest were four people that came from Australia. The others came from all over New Zealand, from

- continued on page 7



Good friends Muriel James and Mary Goulding, who have worked together in so many ways over the years, at Mary's bon voyage lunch at Muriel's house



Viola Litt Callaghan helping to prepare lunch at Mary Goulding's farewell party



Mary Goulding and Len Campos at Mary's lunch (thanks for the terrific photos, Len!)

Happy Travels Mary!

Mary Goulding was feted at a lovely lunch given by **Muriel James** and **Vi Callaghan** on 7 January 2002 to wish her well as she prepared to "run away from home," a long-time dream that Mary is finally realizing by giving up her apartment in San Francisco, giving away most of her things, and setting off on travels around the world. Those who joined the party at Muriel's home enjoyed sharing their memories and many hilarious and touching stories about Mary (and Bob) from the last several decades. We congratulate Mary on her decision to do what she's always wanted and wish her all the best on her travels. Go Mary!



Most of the folks who attended Mary's farewell lunch (from left): Vi Callaghan, Tom Frazier, Mary, Len Campos, Dephine Frazier (seated), Bernice Turoff, Reiko True, Muriel James, Morris Haimowitz, Natalie Haimowitz. Not shown: Carol Solomon, Robin Fryer, Felix Smith, and Kathleen Callaghan.