ITAA The Script

INTERNATIONAL TRANSACTIONAL ANALYSIS ASSOCIATION VOL. 36, NO. 2 MARCH 2006

Nominations Sought for ITAA Officer and Trustee Positions

The ITAA is seeking nominations for the following elected positions:

Officers (nominations allowed from any region and elected at large by all ITAA voting members)

- Vice President of Operations (2007-2009)
- Vice President of Research and Innovation (2007-2009)
- Treasurer (2007-2009)

Regional Trustees: Term of Office 2007-2009 (only voting members from a given region may be nominated and only voting members from a given region will vote for the trustee to represent that region)

- 1 from United States/Canada/Mexico
- 1 from Central/South America
- 1 from India/Asia/Africa

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. To be eligible for nomination, trustees may not have already served two consecutive terms of office in any position on the board. Position statements (charters) that describe the function and selection criteria for each of the officer positions are available from the ITAA office. Nominees are encouraged to read and understand these before accepting nomination.

Send nominations to the Nominations Committee Chair, Lorna Johnston, 202 40th Ave. SW, Calgary, Alberta, Canada T2S 0X3; email: lorna@thechangeinstitute.ca; phone: 1-403-243-4208; fax: 1-403-243-4209. **The deadline for nominations is 31 May 2006.**

Election Procedures: As per the ITAA bylaws (revised 1996), if there is no 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.

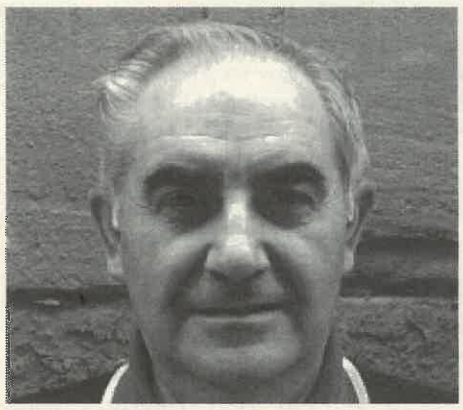
Deadline for nominations: 31 May 2006.

Symposium in Spain Celebrates Eric Berne's Contributions

From 14-18 November 2005, a special course commemorating the 35th anniversary of Eric Berne's death was offered by Madrid's Complutense University (UCM) as part of a cycle dedicated to communications. The course, "Eric Berne, 35 Years Later," was attended by more than 50 mostly graduate-level students. It was directed by Felicísimo Valbuena de la Fuente, professor of information sciences at the university, which is Spain's largest (98,000 students) and one of its oldest and most prestigious. The aims of the course were:

1. To debate the principal themes of transactional analysis
2. To examine potential contributions of transactional analysis to different areas of human activity
3. To develop a plan for publishing works on transactional analysis in Spanish, including a special anthology underwritten by Liberty Insurance featuring all the lectures and colloquia presented during the course

The main themes addressed during the 5-day course were the influence that the figure of Berne and his theories have had on teachers and professionals in diverse spheres. In addition, presentations examined the large corpus of theoretical literature that transactional analysis has generated over the last 35 years. The introductory paper, "Eric Berne as a Person," was presented by Francisco Massó, author and director of the Psychology and Transactional Analysis Group in Madrid. After a brief overview of Berne's life, Massó spoke about Berne's Martian character—he knew how to observe certain aspects of the world without preconceived ideas—and about Berne as an Abandoned Child, Storyteller, Creator, and Existential Philosopher.



Felicísimo Valbuena de la Fuente, director of Berne Symposium

Following this, Rafael Saéz Alonso, professor of education at UCM, whose doctoral thesis described common games played by students in the classroom, presented the first part of the course's survey on "The Evolution of TA's Main Concepts." The first day's introductory presentations were completed with a roundtable discussion comparing and contrasting transactional analysis with other theories and schools and analyzing the reasons for the difficulties transactional analysis has had in gaining permanent acceptance internationally at the university level. Participants included José Luis Martorell, professor at the National University of Education at a Distance (UNED); Lluis Casado, ex-president of the Catalan Association of Humanist Psychology; and Miguel Angel Santed, professor of Psychopathology at UNED.

During the next four days the course evolved along several fronts. The interpretive potential of transactional analysis was addressed by several people: José María Román, professor of evolutionary psychology and education at the University of Valladolid, spoke about transactional analysis as a tool for textual commentary. Valbuena de la Fuente, in a presentation titled "The Communicative and Educational Potential of Berne's Theory of Games," demonstrated the pedagogical method that he and fellow professor of information sciences at UCM Eva Aladro Vico employ in their classes, illustrating transactions and games with fragments from movies. With a team of colleagues, they hope to create a course book that will be made available to teachers at various grade levels, one incorporating transactional analysis concepts as a didactic basis for literary and film interpretation. A debate on the subject, "Applying the Four Levels of TA to Literary and Film Studies," was

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Helping Our Clients Achieve a Sense of OKness

by Vann Joines

Editor's Note: *The following is an edited version of the keynote address given on 29 October 2005 by Vann Joines at the USA Transactional Analysis Association (USATAA) Conference in Nashville, Tennessee. We welcome your comments.*

The topic I want to discuss here is helping our clients achieve a sense of OKness. I believe this is vital in order to assist them in becoming autonomous individuals. However, it is becoming increasingly difficult these days to do so, primarily because of current myths that there is a biological cause for many emotional problems and that the individual is at the mercy of a genetic defect or chemical imbalance in the brain. In fact, many people are being told that they have a biological condition and will have to stay on medication for the rest of their lives. Increasingly, people are being viewed once again as defective rather than OK.

What Eric Berne helped us see was the importance of assisting people in experiencing their OKness in order to free their energy for change. What he termed "rackets" are now being elevated to the position of serious conditions and reinforced by being heavily stroked, which only reinforces the sense that people cannot change. Bob Goulding used to point out that all clients see themselves as victims when they first come for therapy, and our job is to get them out of the victim position into a position of autonomy. Unfortunately, much of what is being espoused these days reinforces the victim position. So part of what I want to do here is to debunk some of these myths and emphasize the importance of knowing that people are OK and helping them get in touch with that so that they can reclaim their autonomy and take charge of their lives.

First, I want to make it clear that I am not against the use of medication. I think the medications we have today are remarkable and an extremely helpful adjunct to psychotherapy. In some cases medication is essential to a person's recovery, and often the best course of treatment is a combination of psychotherapy and medication. What I am against is the misuse of medication and people being given inaccurate information to justify drug sales as though the condition were totally biological and medication was the only solution. Unfortunately, too many decisions in our society are now being determined by economics rather than ethical principles. I am reminded of the tobacco companies a few years back presenting research to prove that smoking is not harmful to one's health.

A complicating factor in dealing with this issue—as John Ioannidis, an epidemiologist at the University of Ioannina School of Medicine in Greece, points out—is that most published scientific research papers are inaccurate. According to his analysis, problems with experimental and statistical methods mean that there is less than a 50 percent chance that the results of any randomly chosen scientific paper are true. He says that small sample sizes, poor study design, researcher bias, selective reporting, and other problems combine to make most research findings false. Even large, well-designed studies are not always right, meaning that scientists and

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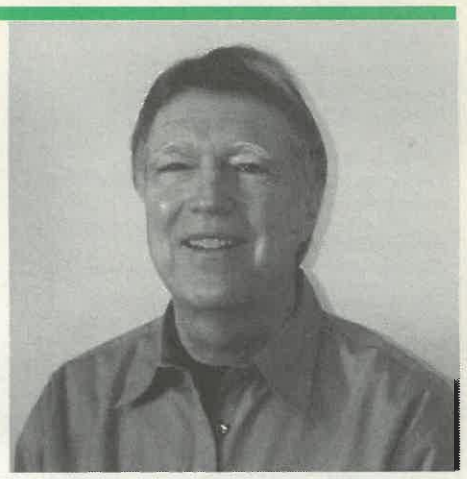

"What Berne helped us see was the importance of assisting people in experiencing their OKness in order to free their energy for change."

After He Said Hello

edited by Pam Levin

Moving Along

by Jerry White

Our thanks to Jerry White for the following piece about how Eric Berne and transactional analysis influenced his life. If you have a story about what Eric said to you, either in person or through something he wrote or said or did, send it to Pam Levin at PO Box 1429, Ukiah, CA 95482, USA, or to perfectbones@pacific.net .

The Beginnings

Two score years ago, the "Chicago Three" came by with a dog and pony transactional analysis show. My friend had said to come along with him and the rest is my transactional analysis history. Fanita English and Natalie and Morrie Haimowitz were talking and chalking and that spun me into a whirlwind of new directions. Their excitement and energy about Berne's new theories were infectious. Shortly after, Fanita and David Kupfer did a TA 101. Natalie would train my wife Terri and me, and Steve Karpman took me under his generous wing. This all came at a time in my life when I was transitioning from administration to college teaching. For years to come, I would work, eat, and sleep transactional analysis.

Teaching human development to nursing students gave me a ready platform to practice teaching transactional analysis. I would play Berne's acute script observations—rudimentary protocol, protocol, script proper—against Erikson's broad developmental stages. I had a platform for both teaching and learning from my students. I had taken the list of all the students who were to complete the junior college curriculum and who had entered the program 2 years earlier (25 out of some 700 enrollees) and did their scripts. I sent a small article to Eric, and he published it in the *Transactional Analysis Bulletin*. His immediate acceptance of my research was exciting acknowledgment.

Stan Dale was the quintessential radio personality in the Chicago area in the sixties. He befriended me and gave me a presence among the restless young. He introduced me to his industrial psychologist buddy, Julian Frank, and Julian and I developed a questionnaire. He would give me filled-in forms from potential employees of large companies, and I would give him script information based on what I had gleaned from Berne's theories (using Claude Steiner's matrix and smarts). We did transactional analysis teaching groups. Stan seized on Berne's theories that scripts were stories we lived by, and he theorized that people could, when they took responsibility, make up their own stories (*Fantasies Can Set You Free*).

Another key person for me was Solon Samuels. As I was presenting in the early seventies in my "talking book" style and I ran through my rich experiences in the different subcultures that I had worked extensively with in the cultural scripting area, he spoke out saying, "My God, that's sociology!" I had published my material in a self-published edition for teaching purposes on the road. He reprinted by work in an early *Transactional Analysis Journal*, and then Graham Barnes included it in his book *Transactional Analysis After Eric Berne*.

Have TA Smarts, Will Travel

Chicago was within reach of Lois Johnson in Kalamazoo, Michigan. She was a judge in juvenile court and "sentenced" parents of troubled juveniles to go to transactional analysis study sessions. She never tired of bringing me in for workshops. I landed a state-wide contract to teach transactional analysis to 1,000 juvenile court workers in Michigan (2 years in a whirlwind tour).

The scene shifts to a very early ITAA convention in Monterey. I am showing off my script form to a packed room. Bob Drye, a noted psychoanalyst, volunteers and is surprised: "How could you know that?" (I had reflected what came from the script form, much as Berne and Steiner had promulgated.) More significantly for me, an attendee asked Claude Steiner if one could do scripts like that. Claude answered (within my overhearing distance), "If you were Jerry White, you could do scripts like that!" I tucked that away in my permission locker.

Steve Karpman supervised me through my Clinical and Teaching Memberships. He caught my teaching at Roosevelt College as I taught transactional analysis to a class of counseling students. Over a 4-year period in the junior college system I polished teaching transactional analysis to nursing students, did scripts so they saw how early personality was formed, and in turn, learned much from them about their respective cultures. (Malcolm X's nursing students came from a broad mixture of ethnic second-generation eastern Europeans and inner city blacks.)

I roamed the country teaching at transactional analysis training sites that brought me back year after year. The cycle of my giving and not getting what I needed (my own script) was taking its toll. Clearly, it was time for me to look more closely at my own script.

Taking Care of Old Personal Issues

I often taught for Sandy Landsman's training center in the Detroit area. She knew about my being abandoned by my parents at age 2 and growing up in various homes until I landed in an "orphanage" at age 8. (There I was fortunate enough to have been made special by my cottage mother, Nellie Brann.) I had not lived in a family until I married at age 23. I had always experienced myself as "feral"—a kind of living in my own world. Sandy suggested that I needed to do some regressive work. I worked with Sandy for some years. Susan Smith, a transactional analysis therapist who had trained with Jacqui Schiff, was local and willing to do early regressive work with me. The serendipity of their being pioneer regressive practitioners in transactional analysis has always seemed like a miracle to me because they were there when I needed them.

"I sent a small article to Eric, and he published it in the TA Bulletin. *His acceptance of my research was exciting acknowledgment."*



California Bound

My wife, Terri, and I relocated to the San Francisco area to live with my brother in a double family (my mother raised my brother). I was able to be active in the internal workings of the ITAA apparatus. I was treasurer when the ITAA looked like it would grow forever (by the way, "trend is not destiny"), and I worked closely with many of the early transactional analysis pioneers. During the early seventies, I continued touring the country and taught Silicon Valley personnel, eventually hooking up with an entrepreneurial businessman who wanted me to turn his business around. I took that on for 3 years, then started another one that went to 120 employees until the dot.com bubble burst. My son created a third iteration of the business, and I reinvented myself and became "indispensable" in local start-ups. An observer called me "the glue."

Back to the Future

I did an Internet survey about my longevity the other day and found out I might live to be 98. That's good! I'm working on a transactional analysis delivery that will be: facile, nurturing, wise, witty, and full of permissions. Much of it will be Web-site driven. I have a buddy from the old days of doing the transactional analysis road shows who's got more marketing smarts than we need: Virgil Beasley is a cohort from the early days who ran a training center in Los Angeles. I talk to him almost every day and the supportive symbiosis works as we hone how we might do distance learning that is at once supportive and informative.

I have an agronomist associate who is working on solving the challenge of 2.8 billion starving people in the world (I'm the script observer for the starving and the agronomist). I think about becoming a latter day poster boy for the beyond-the-gray panther set. I keep up with the treadmill pace of my beautiful, reading-researching-writing-whirlwind wife, Wendy.

You Had to Be There

I could write a movie about "growing up" in the sixties in the midst of the civil rights movement and coming of age. In my case, I would throw in a dash of midlife angst. Add the exposure to the euhemeri: Eric Berne, Dave Kupfer, Bob Goulding. I would find myself caught up in the delivery of much wanted transactional analysis workshops as Berne's books, Harris's *I'm OK—You're OK*, and James and Jongeward's *Born to Win* fan the flames. What a time to have been alive! And now, in a script rewrite ("script" in all its implications), the final reel has me strapping on the tools for another generation's worth of delivery!

Jerry White can be reached at 155 W. Middlefield Rd., Mountain View, CA 94043, USA; e-mail: whitefox@tdl.com .

ITAA *The Script*

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IIPA Conference Highlights the Client-Therapist Relationship

by Wayne L. Carpenter

Since Berne's time, transactional analysis conferences have been a wonderful gathering of people from many different countries with a spirit of cooperation and affection, professional purpose and intense exchange. The International Integrative Psychotherapy Association's (IIPA) biannual conference 30 June–3 July 2005 in Santiago de Compostela, Spain, was no exception. It consisted of 4 days of institutes, workshops, clinical forums, supervision groups, roundtable discussions, and keynotes speeches featuring 65 presenters, most of whom are transactional analysts committed to exploring and sharing our perspectives on psychotherapy integration and the centrality of the interpersonal therapy relationship. "The Pilgrimage of Psychotherapy: The Client-Therapist Relationship" was the theme of the conference.

Given the conference theme, I committed myself to a personal pilgrimage of 6 days bicycling on the renowned Camino de Santiago prior to joining more than 200 participants for a delightful and informative conference. Pedaling through the Spanish countryside, with a milestone 60th birthday approaching, I was in a contemplative mood, my mind turning to my own pilgrimage as a psychotherapist and the many influential persons and theories that have molded and shaped me into my personal and professional self.

Transactional analysis has certainly played an important and continuing role in both my personal and professional development. While some critics of transactional analysis and the ITAA have referred to a static theory or a dying organization, for me TA remains a broad and highly useful set of theories that continue to permeate my own thinking about psychotherapy as well as that of many other practitioners. Even though a wide array of therapists routinely refer to scripts, games, ego states, strokes, and contracts, many of them are not aware of the origin of these profound ideas.



Richard Erskine (far right) and others engage in animated discussion during break at the IIPA Conference

The popularized version of transactional analysis that first caught my interest as a graduate student often missed the genius that Berne displayed in his conceptual model of ego states, his awareness of intrapsychic conflict, and his implicit understanding of transference as repetitive enactments, be it in game, racket, or script. In the heady era of experimentation, encounter, social change, and brave new approaches to quick and fast therapy, sometimes too much emphasis was placed on behavioral change, confrontation, interpretation, and contract. Hence, much therapy was helpful only to a point and often not adequate to the tasks of meeting relational needs, healing regression, and protection from harmful (or even lethal) Parent ego states. All too often personal pain and a hope for relationship led to overadaptation to the expectations of practitioners and groups. Permit me some personal observations before I recount more about the conference.

My original training in pastoral psychology deeply influenced me to be person centered and quite relational, but it did not give me an adequate theory of motivation or personality because it was so strongly rooted in a particular theory of method. Quite by chance, I met Pamela Levin, a protégé of Eric Berne, who was conducting his famous San Francisco Social Psychiatry Seminars in his home on Collins Street. Pam invited me to attend, and I still recall the profundity of my grasping the structural model of ego states as presented in a visual diagram (old hat to seasoned members) in the first few minutes of the first meeting! I had learned a theory of personality even though I did not know then what to call it.

Lacking a depth background in psychology, I deeply appreciated the notion of a populist therapy (it fit well with my leftist leanings) and the seeming simplicity of a psychological theory that could be captured in a title such as *Born to Win*. But Berne captured both heart and mind, and my transactional analysis training ensued. I learned from Berne, Jack Dusay, Steve Karpman, Pam Levin, and Muriel and John James. Later, I learned the redecision model from Bob and Mary Goulding and expanded my knowledge of systems theory in conjunction with transactional analysis by studying with Ruth and George McClendon and Ellyn Bader. Some years later I studied more deeply the work of the reparenting school with Jan Vandenberg and Jon and Laurie Weiss. Each of these individuals offered relationship and wise clinical presence, although I often noted that I benefited equally, if not more, when we were not "doing TA" but engaged in a contactful conversation.

While I built a large and useful set of clinical skills and benefited greatly from what I was learning, I still struggled with integrating my earliest training with transactional analysis. Some of the supervision I received was critical of how I provided "too much empathy" and focused instead on the necessity for behaviorally measurable contracts and the need for a quick "cure." I became increasingly uncomfortable and was confused by the mixture of methods and a lack of clear theoretical direction. Likewise, as I studied for ITAA certification, I became more aware of the inconsistencies in theory, especially with regard to conceptual, structural, and functional models of ego states. I was gradually drifting back to my other original training in systems theory, gestalt therapy, and pastoral psychology.

Transactional analysis conferences were an important resource in my learning about psychotherapy and provided a welcoming community with great fun and play. At the ITAA conference in Oaxtepec, Mexico, quite by chance I encountered Richard Erskine and Rebecca Trautmann walking on a path on the grounds. Richard, whom I did not know well, was frankly frightening to me because of his reputation as being quite confrontive. However, the encounter on the path was warm, so I attended all of Richard and Rebecca's workshops while at the conference. In a similar way to my encounter with Berne, within a few minutes I began to understand the nature of my confusion about ego states and to grasp a new and profoundly helpful understanding of the nature of transference in psychotherapy and the appropriate place of client centeredness and interpersonal relationship. Yet, the roots in transactional analysis were quite real in Richard's theoretical presentations and demonstrations of clinical methods. What was unique was his emphasis on the centrality of a respectful, contactful, and empathetic therapeutic relationship. I then embarked on intensive training in integrative transactional analysis. I began finally to understand Berne, especially *Transactional Analysis in Psychotherapy*, which I still find very useful. The fact is, Eric Berne's theories constitute several of the core concepts of integrative psychotherapy.

It was all of these personal experiences, transactional analysis theories, trainers, and the whole TA community that had been such a formative part of my personal pilgrimage. I felt thankful as I pedaled toward Santiago de Compostela, my pilgrimage ending with an encounter with St. James and the IIPA conference.

The conference began with day-long institutes on the fundamentals of integrative psychotherapy, with simultaneous translation in English, French, Italian, and Spanish. The institutes included: Marye O'Reilly-Knapp (USA) on "Attunement, Involvement and Attachment Theory"; Maggie Senior (UK) on "The Neuropsychological Basis of Trauma"; and Grover Criswell (USA) and Kathryn Van der Heiden (USA) on "Relational Group Therapy." Keynote speeches were given by Paul Guistolise (USA), David Conlin (Canada), Maggie Senior (UK), and Richard Erskine (USA). There were a number of half-day clinical forums that began with a short presentation and roundtable discussion among five or six therapists who brought their expertise to the table. These discussions were followed by one presenter doing a piece of live therapy as a demonstration and the other roundtable members addressing the question, "What would you have done differently?"

With my own workshop scheduled near the end, I participated in several other workshops. The "Fundamentals of Integrative Psychotherapy" in Spanish workshop was done with much expertise and care. I particularly enjoyed participating on the panel addressing "Couple Psychotherapy," with its wide range of viewpoints and the unique interactions between the panel and the audience. This work highlighted the true international flavor of the conference. My own workshop provided me with an opportunity to work with wonderful colleagues and to continue to grow in my teaching capacities. The keynote speeches served to keep participants in intense dialogue, while the conference ended with a lively and spirited comparative dialogue about the methods of integrative psychotherapy.



At the IIPA Conference in Santiago (from left): Elena M. Guarrella, PTSTA, M. Assunta Giusti, PTSTA, and Karen Cesarano, CTA, colleagues and friends for 20 years, all work at the Institute for Integrative Transactional Analysis (IANTI) in Rome. They are the orgnaizers of the next IIPA conference, which will be held 12-15 April 2007 in Rome, Italy.

In addition to the clinical forums, there were half-day workshops and several supervision groups. In all, there were over 64 presenters from a dozen different countries presenting on the treatment of violence; the psychotherapy of uncomfortable and confusing transference; gay, lesbian and bisexual issues; touch and bodywork in psychotherapy; relational schemas, ego states and life scripts; the treatment of shame and self-righteousness; EMDR and meridian therapies; and psychotherapy with children.

Among the outstanding transactional analysts presenting were Brenda Bary (USA), Marcia Bertuol (Brazil), Gilles Bouilliez (France), Tom Burton (UK), Helene Cadot (France), Wayne Carpenter (USA), Bob Cooke (UK), Conchita de Diego (Spain), Annie Dufreney (France), Amaia Mauriz Extabe (Spain), Landy Gobes (USA), Elena Guarrella (Italy), Kathrin Jasper (France), Sharon Kalinko (South Africa), Ray Little (Scotland), Joan Lourie (USA), Olivier Lusti (Switzerland), Charles McFarren (Bolivia), Carlo Moiso (Italy), Sylvie Monin (Switzerland), Antoinette Morrison (USA), Gloria Noriega (Mexico), Jesus Cuadra Perez (Spain), Jose Manual Martinez Rodriguez (Spain), Mario Salvador (Spain), Lise Small (France), Martha Walrath (USA), Jose Zurita (Spain), and Gregor Zvelc (Slovenia).

As always, the time together, the spirited intellectual discussion, and the intimate sharing with friends added deeply to the true sense of having been on a pilgrimage of heart and mind. Our Spanish hosts and our extremely able translators had allowed us to travel a great distance together. I came away with new confidences—physical abilities, clarity as to the nature of intrapsychic experience, solidity in my breadth of theory for working with relationships, and a deeper sense of the theory and methods of a relational psychotherapy. Perhaps any great pilgrimage takes us back to where we started, the same yet changed.

Wayne Carpenter, MDiv, MA, LMFT, is a longtime ITAA member, Clincial Member of AGPA, and a founding member of the International Institute of Integrative Psychotherapy. He can be reached at 218 Peterson St., Fort Collins, CO, 80524, USA; waynecarpenter@msn.com .

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Daniel Meskovic, Serbia & Montenegro	Zoran Milivojevic
Akiko Muto, Japan	—
Stanislav Petkovski, Macedonia	—
Dragan Prpa, Serbia & Montenegro	Zoran Milivojevic
Valentine Relkovic-Radonjic, Serbia & Montenegro	Zoran Milivojevic
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Maja Stoparic, Serbia & Montenegro	Zoran Milivojevic
Stevan Svilokos, Serbia & Montenegro	Zoran Milivojevic
Naoko Toyoda, Japan	Yoen Ishiyama
Olga Trifunovic, Serbia & Montenegro	Zoran Milivojevic
Nurhan Turan Keeler, Turkey	—
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2006 WORLD TA CONFERENCE

26-29 JULY 2006 ISTANBUL, TURKEY

TRUST AND UNCERTAINTY IN THE 21ST CENTURY

Organized by The International Transactional Analysis Association (ITAA) and the Turkish Transactional Analysis Association (TAD)
Supported by ASAM Child and Family Development Center

Preconference Institutes: 25-26 July
BOC Exams (CTA/TSTA): 26 July
Training Endorsement Workshop: 30-31 July

Call for Proposals

The conference program committee invites proposals for workshops from transactional analysts and other professionals and practitioners in education, counseling/therapy, and organizations. Please design your presentations in keeping with the conference theme of "Trust and Uncertainty in the 21st Century." Proposals should be no more than 200 words and submissions should include a resume of no more than 100 words describing the presenter or presenters. Please provide the following details on the cover page of your proposal: name of presenter(s), credentials of presenter(s) (TA certification and other), title of presentation, duration (1.5 hours/3 hours), seating arrangement (circle/theater/other), audiovisual aids needed (board/flip chart/LCD projector), and group size limitations.

Last date for submitting proposals: 15 March 2006

Send proposals and any conference questions to info@ta2006.org
Visit the conference Web site at www.ta2006.org

Course in Spain

continued from page 1

also held, in which Elena María García Fernández offered her personal interpretation of fairy tales and Pablo Pascual Bécares offered his ideas on how to reconstruct a script based on personals ads.

Among the highlights of the course was the presence of renowned Spanish philosopher and former professor at Oviedo University Gustavo Bueno Martínez. Valbuena de la Fuente had sent Bueno, the founder of philosophical materialism, a copy of Berne's *What Do You Say After You Say Hello*? and asked for his comments, precisely because Bueno was not familiar with transactional analysis. Bueno's "Philosophical Reflections on Eric Berne's Script Theory" presented a lively and original vision of transactional analysis and received prolonged applause. Especially striking was Bueno's comparison of Berne to Newton. In his lecture and the roundtable that followed, Bueno opened new paths of research for transactional analysts, although not completely free from controversy, as he diverged critically from some of the conclusions proposed by moderator Josep Lluis Camino, president of the Catalan Transactional Analysis Association.

It is well known that one of Eric Berne's principal interests was researching the cultural aspects of mental health and mental health care in non-Western and underdeveloped nations. He traveled extensively from the 1930s right into the 1970s visiting hospitals in cities and rural areas all over Asia, the South Pacific, Singapore, Hong Kong, Thailand, India, Eastern Europe, Turkey, and many other countries, and wrote extensively about his findings. This aspect was reflected in a colloquium moderated by María Ángeles García Sánchez on the contributions of transactional analysis to the study of intercultural communication.

A historical/interpretive perspective on transactional analysis was offered by Elvira García de Torres, professor of humanities and communication at San Pablo-CEU University in Valencia. She examined key incidents of historic negotiations, such as the Congress of Vienna and Talleyrand's diplomatic talents, as well as more recent models of negotiation that have arisen over the last several decades.

Other theoretical and practical aspects of transactional analysis were presented by José María Jiménez Ruíz, specifically, on communication in the relationships of couples (and the four main causes of separation among couples that he has observed in his practice); by José Luis Martorell, author of *Scripts for Living* and *The Life Script*, on the theory and models of life scripts; by D. Antonio Ares Parra, transactional analyst and professor at UCM, on "Leadership and New Information Technologies through TA"; and by Jorge Oller Vallejo, whose articles on emotion and transactional analysis are widely published in English.

This survey of the varied topics covered during the UCM's special symposium in memory of Eric Berne should give a good idea of the broad sweep and relevance of transactional analysis theories at the university level in Europe today. It is especially significant that the course originated not in the psychology department, but in the communications department of a major European university. Given the overwhelming importance of communications in today's globalized culture and economy, the interest in transactional analysis from this sector may be taken as a sign not only of the current relevance of transactional analysis but its future relevance as well.

Our thanks to Terry Berne for his help in preparing this report.

MEMBERS' FORUM

Memories of Birger Gooss

Dear Editor:

Hearing the sad news about Birger Gooss's untimely death recalled to my mind some fond memories of him. I am proud to have been the one who first exposed Birger to transactional analysis. It happened during a 2-week workshop I did for the German Fritz Perls Institute in Yugoslavia in 1972. I was hired to teach advanced gestalt therapy but sneakily kept referring to transactional analysis and then offered a brief introduction to it. Birger was one participant who wanted to learn more about this "new" approach! The rest is history.

Although I was not his actual trainer (I never signed training contracts in Europe on principle lest these might obligate trainees to bring me over there), I was active in getting an exception to examination rules for him so he could become a "pioneer" for transactional analysis training in Germany (although he had trained only one CM at the time of his TM exams instead of the required two). Over the ensuing years, we only had limited contact since we worked in different areas, but I was always happy to hear or read about his outstanding work.

One special personal experience I remember was at the time of the first World Therapy Congress in Vienna (more than 15 years ago). There was an evening "ball" for us at the superbly decorated Rathaus with a lovely demonstration of Viennese waltzes, after which the orchestra played on for guests to waltz. I was sitting at a table with a few friends and Birger, and I blurted out a fantasy: "I wish I, also, could now waltz with an experienced Viennese partner!" "I'll be glad to oblige," said Birger. "No, Birger, you are German," I replied, "only a Viennese could manage! I learned the Viennese waltz when I was young but am totally rusty now." Birger countered, "Well, I was born in Vienna, so I qualify as a Viennese, and I am a good dancer!" "Your risk, then," I said, obviously under the influence of champagne. And off we went. Indeed, Birger bravely swung me around in perfect waltz time, even though I was totally rusty, but he was strong and managed to do it superbly, so we were not disgraced.

About 2 years ago I attended the EATA conference near Munich and went to his lecture. He was no longer the dashing powerful dancer I recalled, and I wondered about his health. But his lecture was so fascinating—on brain imaging and connections to transactional analysis—that I took copious notes and later even felt compelled to discuss it with Jim Allen because of similarities in their work. Thus, even then, for me, Birger represented the image of lively vigor.

Now it is hard to believe he is gone.

Fanita English, San Mateo, California, USA

Hamilton Article Appreciated

The following letter was written in response to the article "Bringing Mental Health Services to Disaster Victims" by Laurie Hamilton published in the December 2005 issue of The Script.

Hi Laurie:

It has been a while since we last spoke. You did a great job with your disaster mental health article in the recent *Script*. It was a neat summary of what disaster mental health is all about and about Red Cross operations. Ruth and I were both out with Katrina, and our experiences paralleled yours. Integrating the drama triangle as a way of helping people/volunteers get some distance from the intensity, drama, and blaming that seems to be inevitable in a relief operation was a stroke of genius.

Ruth and I both look forward to our paths crossing again.

Les Kadis and Ruth McClendon, Carmel, California, USA

Lecture on Guilt

Dear Editor:

Recently, I attended a lecture by professor Tomislav Sedmak, an eminent Serbian psychiatrist, existentialist, and psychoanalytic therapist, now in retirement. He has years of experience working with depressive and suicidal patients with and without psychotic episodes. As an existentialist, he spoke of guilt as an important existential question that each of us as individuals and as therapists must resolve sooner or later if we want to achieve personal prosperity and growth.

He first spoke of guilt from the perspective of our Judeo-Christian heritage, about the guilt for being (to exist or not) that is rooted in the primordial sin. Resolution of this kind of guilt supposes the demystification of the concept of sin as a false assumption and instead introduces the concept of mistake (the latter leading to specific erroneous behavior, not to the faultiness of the human being).

The second perspective Sedmak discussed was based on the psychoanalytic tradition and involved resolution of transference guilt (the relationship between superego and impulses, with concretization through family drama and the individual), which liberates individuality from incorporated critical tradition that forbids, punishes, despises, rejects, and so on.

Third, Sedmak connected interpersonal guilt with conflicts between different needs and wishes individuals have in daily life. Resolution is recommended in the development of an ego structure healthy enough to have ethical standards and clear boundaries, which establish the individual's identity and integrity in communications with others.

Finally, he spoke of guilt as a failure to realize personal growth and potential, which is resolved only if an individual accepts responsibility for his or her own choices and actions.

Obviously, these are not transactional analysis models, but I nevertheless enjoyed the lecture very much. It is easy to recognize the same story about the development of a person and his or her potential and so many reasons why this is so complex. In my opinion, the tasks of most modalities of therapy are similar. I found that in this case, the difference is only in terminology and some specific theoretical metaphors that professor Sedmak used.

Transactional analysis has its own terminology related to guilt: the strong influence of introjected critical parental messages (derived both from wider sociocultural contexts and specific family figures) that devastate the natural needs of the Child and help to form a "false" adaptation through scripty behaviors, maneuvers, rackets, drivers, and games. As a consequence, only a repetition of failures to realize one's needs, wishes, and potential is left...and guilt as an unpleasant feeling (among others).

Melita Janosev, Zrenjanin, Serbia

Nashville Conference Thoughts

The 2005 USA Transactional Analysis Association (USATAA) Conference in Nashville, Tennessee, last October—the theme of which was "Healthy Living in a Changing World"—was, as I experienced it, deeply nourishing of the spirit. I thought it successfully addressed issues of significance at intra- and interpersonal as well as societal levels.

Both the scientific program and the warmth of interpersonal and professional exchange among the participants—who came from England, Germany, Japan, Mexico, and many places in the United States—reminded me of the reasons I joined ITAA (USATAA was not yet in existence) almost 25 years ago.

In the scientific program, keynote speakers and presenters explored the theme in depth. Keynoters John Gladfelter and Fanita English reminded us of our roots and gave us permission to grow and change in ways that honor the best in what transactional analysis has offered to the world. Graham Barnes and Valerie Batts reminded us that transactional analysis practitioners have, from the beginning, worked across racial and cultural lines of division, and they enjoined us to continue the countercultural (and therefore culturally healing) thrust of transactional analysis. They recalled the early work of pioneers (such as themselves) in applying transactional analysis to issues of social justice.

Jim Allen reported on research done on the effects of the bombing of the federal building in Oklahoma City 10 years ago; he described which behaviors/responses at the time predicted later mental health issues and which did not. He also highlighted which responses on the part of mental health professionals, political leaders, and the community contributed to personal and community healing and which were counterproductive.

Vann Joines spoke of the overmedicalization of psychotherapy. He critiqued the "disease" model of mental health, in which symptoms that transactional analysis practitioners would view as behavior selected by individuals in response to their contexts and that are modifiable by psychotherapy (rackets, for example) are instead seen as beyond the individual's control. In this model, medication is viewed as the sole agent capable of controlling the symptoms of a disease that is portrayed as incurable. He cited research that suggested that "illnesses" such as schizophrenia and borderline personality disorder can be cured by psychotherapy, and while he agreed that psychotropic medications can facilitate a client's ability to benefit from a "talking cure," he rued the advent of new drugs to "cure" an increasing list of "diseases," such as "social phobia." [For excerpts of Vann's speech, see page 1 of this *Script*.]

I look forward to other events such as this sponsored by USATAA.

Sharon Davis Massey, New Jersey, USA

A NEW BOOK BY H. D. JOHNS

Serendipity:
Discoveries Made While Doing Psychotherapy

PRACTICAL, EASY TO READ essays that portray what one TA practitioner perceives happens in psychotherapy. He reports his perceptions in a style that is both subjective and easy to understand. Listening to troubled people he works with every day, H. D. Johns jotted down ideas for monographs and eventually wrote up some of them. Out of about 500 of these ideas, this book offers 65 of what he calls "discoveries" or "observations" or "solutions to problems." They are "serendipitous" in that they appeared unexpectedly along the way. His main reason for writing them down is so his children (both of whom are successful psychotherapists) and his students will remember some of his thoughts and ideas on how therapy works. Of his methods, H. D. Johns writes, "I use lots of metaphors in my work, a là Milton Erickson. Central to my practice is an emphasis on communication skills. As a transactional analyst first trained in psychoanalysis, I hold Freud's two basic ideas sacred: (1) the causative nature of all behavior and (2) the importance of the unconscious—hence my interest in dream analysis and body language. And because I firmly believe, 'The way you talk is the way you are,' I place a lot of emphasis on semantics."

Available by check or money order from H. D. Johns, PhD
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2005 USA Transactional Analysis Association Conference in Nashville

by Fanita English

I am happy to report with enthusiasm on the highly successful conference organized by the United States Transactional Analysis Association (USATAA) in Nashville, Tennessee, from 25-29 October 2005. The theme of the gathering was "Healthy Living in a Changing World."

Before this event could take place, USATAA's bylaws had to be changed to establish USATAA's identity as a national organization like others around the world. Originally, the ITAA grew out of Berne's San Francisco Seminars, so when USATAA was started, it was conceptualized only as an informal friendship association adjunctive to the ITAA. Accordingly, the original USATAA bylaws specified that membership in ITAA was a prerequisite to joining USATAA. Dues for the latter were minimal, and there was no central teaching or reference location and no particular plan to recruit new members.

Over the years, US members were slow to recognize the implications of the organizational transformation that occurred in the ITAA during the 1980s, when an international board was established to govern ITAA's policies and funds. The ITAA was no longer a "US organization," although some still mistakenly thought of it as such. In contrast to the growth of membership in transactional analysis organizations in other countries—in which lively national organizations grew organically, actively recruited new



Lorna Johnston celebrates success in her CTA exam in Nashville last October

members, and established a business structure reflecting their national identity—in the United States, general interest in transactional analysis declined, and two generations of potential new members were lost.

How to reverse that trend? A few dedicated USATAA Council members, under the leadership of USATAA cocoordinator Dianne Maki, started communicating frequently to implement new initiatives and goals. The council recognized that in spite of low membership and limited financial resources, in addition to developing new bylaws reflecting a new vision for USATAA, a US conference would be an essential way to announce USATAA's new identity. It might also bring together interested USATAA members and potential new members.

With relatively few active USATAA council members, we were not sure if that would be possible, but the miracle happened! The council accepted Suzanne Wilson and Shirley Jaeger's offer to host a conference in Nashville, Tennessee. The conference committee was cochaired by Dianne Maki and Suzanne Wilson, the latter of whom became an indefatigable organizer. Other conference committee members included Lucy Freedman, who, as council secretary and education chairperson, managed to keep the council on its toes; Felipe Garcia and Gaylon Palmer, who put the program together; Abe Wagner, who offered creative ideas; Vern Masse, who managed registration and the limited finances; and Shirley Jaeger, who assisted Suzanne in collecting a local committee of 14 people and then set up the successful social and recreational activities.

Credit is also due to Anna Long, who valiantly kept computerized notes of all council proceedings; David Freedman, the conference Web site designer; and Krysia Jacobs, the usataa.org webmaster, who launched the newly designed Web site just in time for the conference. In the background, there was also Ray Quiett's essential contribution in arranging for USATAA to offer continuing education credits. Also, members of Mary Goulding's redecision group were invited and participated actively.

It was delightful to find that as soon as proposals were requested, there were such high-quality offerings that the program committee started a waiting list. With so many good presentations on the program, the hotel meeting rooms were overbooked, which was a relief considering that originally the organizers had worried whether enough people would register to cover hotel commitments. Thus, additional preconference events were held at a nearby Unity Church.

There were three preconference institutes: one by Mary Goulding and Muriel James on "Love and Power"; another by ITAA President Jim Allen—whose highly instructive new book, *Therapeutic Journey: Practice and Life*, was available there—who gave a keynote about the 10-year study he and some colleagues have made of responses to Oklahoma City's tragic bombing; and a third by Vann Joines on "Energy Psychology." In addition, Josephine Lewis offered an excellent TA 101 that brought in glowing new participants to the conference.

The conference itself opened with a welcome from Dianne Maki, two short keynotes by John Gladfelter and myself (introduced by Felipe Garcia), and an elaborate welcoming exercise organized by Shirley Jaeger whereby we all got to mix and make personal contacts with other participants so that no one was left out. Indeed, it turned out that at least 30 of the US participants were totally new to transactional analysis, which was gratifying in relation to the new USATAA goals. Although she experienced the devastation of hurricane Katrina in her home town of New Orleans, Anne Teachworth kept her commitment to come and present as well as giving us first-hand details about the terrible consequences of the storm and subsequent flooding. In a generous show of support for hurricane victims, the evening also saw the enthusiastic response of participants to an auction of posters of the "Southern Horoscope," which used humorous references to southern culture to illustrate horoscope signs. Over $500 in scholarship money was raised and donated to Anne Teachworth for use in providing therapy for those traumatized by the hurricane. The posters were nicely done by David Wilson, husband of conference cochair Suzanne Wilson.

We were honored in Nashville with international participation from 30 US states and 11 countries. Specifically, six people came from Japan, including Miho Endo, who contributed a photo for this report; eight from Canada, including Lorna Johnston, who successfully passed her Certified Transactional Analyst (Clinical) exam before the conference; two from Chile; three from Mexico, including former ITAA president Gloria Noriega; and seven from Europe, including ITAA board member Günther Mohr, who came with his family, and Graham Barnes, who now lives in Sweden. Also in attendance were Stuart Slater from New Zealand, and Joy Furner, an animal behaviorist from Australia who was in the US on invitation from the San Francisco Zoo. Joy fascinated some of us with her descriptions of how she uses transactional analysis in working with various animals! Finally, long-time ITAA/ USATAA member Mari-lyn Marx joined us from Belize.



Miho Endo (left), a member of the Japanese delegation to the October 2005 USATAA conference in Nashville, with (from left) Fanita English, Jonathan Weiss, and Graham Barnes

The program was so rich that I cannot list all presentations. However, I do want to mention the outstanding Friday keynote by Valerie Batts, with discussion by Graham Barnes, on "Creating and Maintaining Multicultural Awareness." It elicited lively audience participation, as was the case in Valerie and Mark Wise's subsequent workshop. There was an enlightening educational panel moderated by Felipe Garcia and chaired by Jean Illsley Clarke and Ray Quiett, with UK participants Rosemary Napper and Susannah Temple, who also told us about new transactional analysis research Susannah is currently conducting. Other presentations covered a wide range of topics, so we all had the opportunity to broaden our knowledge of transactional analysis.

There was also well-deserved fun! Registrants had been informed in advance that we would celebrate Halloween at the Saturday night banquet, so many came prepared with fancy costumes. In addition to serious presentations of two professional awards, we also had an amusing prize-giving ceremony. (Visit the www.usataa.org photo gallery produced by Lucy Freedman to see new and familiar faces, both in conference mode and in colorful costumes.)

At the conclusion of the conference it was clear that even though the energetic conference committee members were exhausted, their efforts had been well worthwhile, as new enthusiasm was generated in the United States for all that transactional analysis has to offer. The USATAA education committee is now working to create opportunities to build on the renewed interest in transactional analysis generated by the conference. For more information, please check USATAA's newly designed Web page often. It has reprints of articles and of *USATAA NET*, which is edited by Dianne Maki, Lucy Freedman, Anna Long, and Angela Berquist and appears four times a year. Readers are welcome to submit comments and/or short articles for the NET and/or the USATAA Web page.

Fanita English can be reached at One, Baldwin Ave., #516, San Mateo, CA 94401, USA.

EXAM CALENDAR

Exam	Exam Adm.	Exam Date	Location	App. Deadline
CTA Exam	COC	6 April 2006	Exeter, UK	1 Jan. 2006
	COC	8 July 2006	Santiago de Compostela, Spain	1 April 2006
	BOC	26 July 2006	Istanbul, Turkey	27 Jan. 2006
	COC	6 Oct. 2006	Florence, Italy	1 July 2006
	WPATA	16 Nov. 2006	Sydney, Australia	16 Aug. 2006
	COC	16-17 Nov. 2006	Neustadt, Germany	1 Aug. 2006
	COC	1 Dec. 2006	Montpellier, France	1 Sept. 2006
	COC	16 Nov. 2007	Neustadt, Germany	1 Aug. 2007
TSTA Exam	COC	6 April 6, 2006	Exeter, UK	1 Jan. 2006
	COC	8 July 8, 2006	Santiago de Compostela, Spain	1 April 2006
	BOC	26 July 2006	Istanbul, Turkey	27 Jan. 2006
	COC	16-17 Nov. 2006	Germany	1 May 2006
	COC	1 Dec. 2006	Montpellier, France	1 Sept. 2006
CTA Written	All Regions (Non-Europe)	Your choice	Submit to Regional Exam Coordinator after paying $50 fee to T&C Council	Your choice
TEWs	PTSC	9-11 Jul. 2006	Santiago de Compostela, Spain	9 Mar. 2006
	TSC	30-31 Jul. 2006	Istanbul, Turkey	1 April 2006
	PTSC	4-6 Dec. 2006	Montpellier, France	4 Aug. 2006

* COC CTA exam candidates who are doing the COC written case study must submit it no later than six months before the oral exam date. Details/application available from the COC Language Group Coordinators.

Note: Exams subject to availability of examiners/exam supervisors. BOC not responsible for expenses incurred when unavailability of examiners/exam supervisors causes exams 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 arrange to take a BOC exam, contact the T&C Council, 2186 Rheem Dr., #B-1, Pleasanton, CA 94588-2775, USA. Note: COC people sitting for BOC exams must forward the equivalent of the EATA fee to the T & C Council office. **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:** $450 ITAA members/$600 non-ITAA members payable in US dollars to T&C Council, c/o the T & C Council office, 2186 Rheem Dr., #B-1, Pleasanton, CA 94588-2775, USA. **COC Training Endorsement Workshop:** to take a COC TEW, contact the European TEW Coordinator, c/o the EATA office.

Helping Our Client

continued from page 1

the public should be wary of reported findings. (Most scientists know this; the problem is that the general public does not.) Most research findings will be refuted. A few will be replicated and thus validated. The replication process is actually more important than the initial findings.

Traditionally, a study is said to be "statistically significant" if the odds are only 1 in 20 that the result could have been derived by pure chance. But in a complicated field in which there are many potential hypotheses to sift through—such as whether a particular gene influences a particular disease—it is easy to reach false conclusions using this standard. If you test 20 false hypotheses, on average, one of them is likely to show up as true. Odds get even worse for studies that are too small, studies that find small effects (e.g., a drug that works for only 10 percent of patients), or studies in which the protocol and endpoints are poorly defined, thus allowing researchers to massage their conclusions after the fact.

Not surprisingly, Ioannidis says another predictor of false findings is if a field is "hot," with many teams feeling pressure to beat the others to statistically significant findings (Ioannidis, 2005).

Given Ioannidis's cautions, there are two important resources I want to recommend. One is the Web site www.talkingcure.com, which is managed by clinical psychologists Scott D. Miller, PhD, and Barry L. Duncan, PsyD. They and their colleagues continually review the literature, report on the latest research on what does and does not work in psychotherapy, and expose current myths that are not true. One of the people they have cited recently is Jason Seidels, who in his doctoral dissertation at the University of Denver (1998), concluded after an extensive review of the literature that the "empirical evidence disconfirms the biopsychiatric ontology of mental disorders." Seidels further reports that:

> The NIMH Genetics Workgroup recently published a 94-page report on the state of the art in mental health genetics research (GW-NIMH, 1997). The report contains 468 scientific references, and includes summaries of the molecular genetics research of such disorders as schizophrenia and bipolar affective disorder, two mental disorders whose genetic basis is commonly presumed to be an established fact rather than a hypothesis. Yet the NIMH Genetics Workgroup found that the molecular genetic evidence is weak or "suggestive" at best for bipolar affective disorder. The same general finding held true for schizophrenia as well, which, like bipolar affective disorder, has been the subject of many molecular genetics studies.

A second resource that I recommend is the work of Ty Colbert, PhD (1996/1999, 2001a, 2001b). Colbert is a clinical psychologist who has done an extensive review of the literature in an attempt to find a genetic cause for mental disorders. He (2001a) points out that despite the continued assertions by the biopsychiatric community, the evidence overwhelmingly indicates that there is no basis for the inheritance-genetic model of mental illness. He writes, "Even though it is assumed by many that such disorders as schizophrenia, mania, depression, OCD, and ADHD are biological in origin and possibly inherited, no biological abnormality for any disorder has ever been established" (p. 10). Even the American Psychiatric Association's (1994) *Diagnostic and Statistical Manual of Mental Disorders* (DSM-IV) declares that "no laboratory findings have been identified that are diagnostic of schizophrenia" (p. 280). Colbert (2001a) further notes four key points that support the evidence against the inheritance-genetic model:

1. Inheritance studies used to support the Inheritance-Genetic model were first developed to give credence to the growing eugenics or Social Darwinism movement that was gaining momentum in the early part of the 20th century. In other words, those who believed that certain races and/or groups of people were superior to others needed a body of "scientific" evidence to support such a belief and to be able to determine who should breed and should not. Faulty inheritance studies eventually led to the sterilization (in this country) and murder (in Germany) of thousands of people labeled as mentally ill. Eventually, this purging of defective human beings evolved into the Holocaust (with the extermination of millions of Jews). Thus, there was an "inherited defective" agenda that influenced the development of the I-G model from the very beginning.

2. The inheritance studies, both the "twin studies" and the "adoptive studies,"are full of methodological problems. The results can just as easily point to environmental factors as they can to genetic factors.

3. No gene has ever been found for any mental illness—this after a search of the entire human genome (and even though this has been going on since the early part of the last century and genes have been found for all sorts of physical illnesses).

4. When the behavior or symptoms of those labeled as mentally ill are looked at closely, the behavior is not random but purposeful. The person employs his/her symptoms as defense mechanisms to ward off an overload of emotional pain. In other words, the individual has created the behavior for a reason. Intentional and purposeful behavior cannot be reduced to the deterministic cause-and-effect level of a defective gene. (Colbert, 2001a, pp. 11-12; information in parenthesis added).

So why has this myth been perpetuated? Much of the problem stems from how research findings are reported in the press. For example, the headlines read, "Researchers Have Found a Marker Gene for Schizophrenia." The problem is that the general public does not know what a "marker gene" is and assumes that a gene has been found for schizophrenia. For those who may not know, a marker gene is a gene for something that is often associated with another condition. Do you know what the marker gene is for schizophrenia? It is shyness. So, as is clear in this case, a marker gene means almost nothing. However, such distorted reporting is how many of these myths get started.

Could it also be that much of this frenzy to find a biological cause for mental illness is economically driven? Look at who pours billions of dollars into the research and who stands to profit most from such a finding: the drug companies, who also, by the way, heavily court physicians who will prescribe their drugs. Recently, I saw an ad on TV promoting medication for "social shyness disorder," for which a whole list of symptoms had been manufactured that would fit most anyone. Even more recently, I saw an ad for "restless legs syndrome"; the antidote, of course, was a neuroleptic drug. The manufacture of these disorders and syndromes by the drug companies is really becoming absurd. To repeat, despite the billions of dollars spent and the frantic search since the early 1940s, no gene has been found for any mental illness. In fact, Plomin and his fellow researchers (1994), who have done much of the genetic research, admit that most likely no gene that causes a mental illness will ever be found.

Loren Mosher (as cited in Colbert, 2001a), who was director of research on schizophrenia for the National Institutes of Mental Health and the first editor of the journal *Schizophrenia*, resigned from the American Psychiatric Association over this issue. In his resignation letter he wrote, in part:

> After nearly three decades as a member it is with a mixture of pleasure and disappointment that I submit this letter of resignation....At this point in history, in my view, psychiatry has been almost completely bought out by the drug companies....Psychiatric training reflects their influence as well; i.e., the most important part of a resident's curriculum is the art and quasi-science of dealing drugs, i.e., prescription writing....No longer do we seek to understand whole persons in their social contexts—rather we are there to realign our patient's neurotransmitters. The problem is that it is very difficult to have a relationship with a neurotransmitter—whatever its configuration....We are all just helplessly caught up in a swirl of brain pathology for which no one, except DNA (bad genes), is responsible....The fact that there is no evidence confirming the brain disease attribution is, at this point, totally disregarded. What we are dealing with here is fashion, politics and money. This level of intellectual/scientific dishonesty is just too egregious for me to continue to support by my membership.

On the other side of the picture, as Karon (1999) pointed out in his article, "The Tragedy of Schizophrenia," there is an abundance of solid evidence that schizophrenia can be cured by different forms of psychotherapy. He further notes that there is a 200-year history of this fact. What if all the money that is being spent on trying to find a gene for schizophrenia were spent on improving psychotherapy, which we know works? The same holds true for bipolar disorder and ADHD; we know that psychotherapy works for these as well. While medication can be very helpful and is sometimes essential, it is not possible to be "cured" by taking psychotropic medication. Medication does not change intrapsychic structure; only psychotherapy can do that. Psychotropic medications simply disable the part of the brain that is producing the troubling symptom. They do nothing about the reason the person created the symptom in the first place nor do they help to resolve that issue. The value of medication is in reducing the troubling symptoms until the individual learns how to resolve the original issue. Of course, once on medication, it is important for individuals not to come off it prematurely since that can also lead to serious problems. But learning that it is possible to resolve the underlying problem for oneself, and doing so, helps the person reclaim his or her autonomy and experience his or her OKness rather than feeling defective and like a victim of his or her own biology.

For a long time it was assumed that the mind is controlled by the brain. Now, neuroscientific research has made it clear that it is the mind that controls the brain and ultimately determines its structure. In *The Mind and the Brain: Neuroplasticity and the Power of Mental Force*, Jeffrey Schwartz, MD, presents the latest research in this area. Previously, it was thought that neuroplasticity only existed in the brains of young children, but current research shows the same neuroplasticity in adults' brains. While brain structure is initially determined by genetics, we continually remap our brain and change its structure by our experiences, how we interpret them, and the subsequent behaviors we develop. Schwartz used this information to develop an exciting new approach to treating OCD. By helping patients focus their attention away from their symptoms and toward positive behaviors, they can change their own neural pathways as evidenced by his research and case studies utilizing CBT scans to measure brain changes.

Finally, Howard Glasser (Glasser & Easley, 1999), who works exclusively with "difficult" children, has found that he can turn around any child regardless of his or her diagnosis (ADHA, attention deficit disorder, conduct disorder, oppositional defiant disorder, disruptive behavior disorder) without medication in 2 weeks or less. He does this by teaching the parents and teachers how to provide as much or more intensity in a positive direction as the child has been getting in a negative direction. He says that these kids are no fools; they are bright, know where the intensity is, and go after it. I urge readers to learn about his work by visiting www.difficultchild.com, getting a copy of his book, and/or purchasing a videotape of his work. I think you will be as impressed as I was. Berne taught us in the 1950s that stroking was the bottom-line issue in all behavior. Glasser is simply applying the principles of stroking in a powerful and profound way.

As transactional analysts, we have been given a great legacy by Eric Berne, and I think we have an obligation to pass that on to others. It is our challenge to help our clients realize that they are not victims of their brains or their body chemistry but are in charge of their own behavior and lives. In this manner, we can assist them in achieving their own sense of OKness and in becoming whole, autonomous human beings.

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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. If you want your website linked from the ITAA site, please forward the site address (URL) to webmaster@itaa-net.org . Please also forward any suggestions, feedback, and information for upcoming events.

KEEPING IN TOUCH



At the transactional analysis reunion in Alberta, Canada (from left): Organizers Maisie Jacobson and Marie Shaw with Alex Lawson and Vince Gilpin

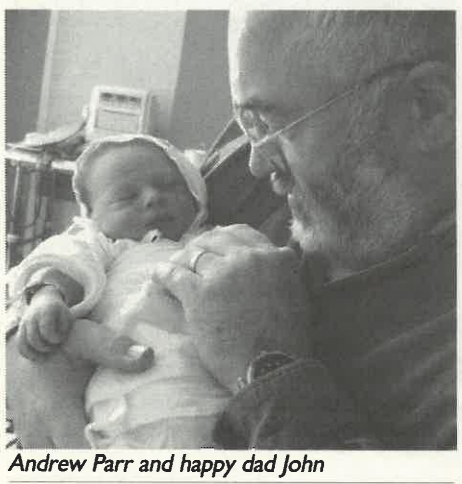
North American Region

ALBERTA TRANSACTIONAL ANALYSIS FOLKS who were part of the ministry of **ALEX LAWSON** at McKillop United Church in the 1980s gathered for a reunion to reminisce and honor past leaders. The 3-day event included a workshop with Vince Gilpin, a dinner, and lots of tributes and strokes. Norma Struble, a former leader, was the theme speaker. Statistics quoted showed that in 1 year, over 1100 people attended 50 transactional analysis groups, which ran for 10 weeks and were led by 140 leaders. The atmosphere was like Camelot: For one shining moment there was this place....Norma said of McKillop, "This is where I was born." We had a wonderful time. Alex was awarded a doctor of divinity for his unique style of ministry, and his work was the subject of an hour-long documentary by the National Film Board of Canada.

JIM MCKENNA is excited to share that he just learned that his new book, *Beyond Tells*, has gotten a terrific review, and the website poker-bookreport.com has rated it in their top ten of poker books (www.pokerbookreport.com/jamesmckenna_01.htm).

European Region

JOHN PARR writes, "Dear friends and colleagues in the TA community: I am happy to introduce my latest child, Andrew, born at 10:03 am on Saturday 28 January 2006. He is a sheer joy and such a reminder of how quickly children can find their way into their parents' hearts. We have been watching him grow by scan for months, and now here he is! We are in an immediate love affair. Carmen and I are so proud of him, and we are enjoying each day, sharing the task of caring for him. Thanks to all of you who have supported us through some of the pregnancy and for the lovely messages of shared joy at his safe arrival."



Andrew Parr and happy dad John

NADYEZHDA IVANOVNA SPASSENKO, PRESIDENT OF THE UKRAINE ASSOCIATION OF TRANSACTIONAL ANALYSIS (UATA), writes, "Two of our groups have completed 4 years of transactional analysis training and are now attending Professional Excellence Workshops taught by Vladimir Goussakovski, TTA, PSTA-EATA, from St. Petersburg. We are gathering a fourth Kyiv group to begin transactional analysis training in September. Transactional analysis is now officially recognized as an elective course at the Peduniversity in Pereyaslav, my home town. Over 250 students have attended at least one of our seminars here. I am planning to suggest a practical transactional analysis course for the general public over our local television station. Our trainees are imaginatively using transactional analysis to help severely disturbed persons under their care become acquainted with their own emotions and to begin to recognize feelings in others. We expect to award the 1000th and 1001st TA 101 certificates this year. The new CTA in Russia will be traveling regularly to the Ukraine to conduct marathons for us because our teachers are so busy teaching that they are mostly not available to lead them."

SUSANNA LIGABUE writes, "We had the pleasure and the privilege of having ITAA President **JAMES ALLEN** join us in Milan, Italy, last November for 3 days of work on advanced transactional analysis theory and supervision. After his November 2003 presentation on 'Neurological Underpinning of Ego States' in conjunction with our conference on 'Transactional Analysts Talk Together: Same Roots, Different Outlooks,' Italian transactional analysis trainees and colleagues were eager to have him back to deepen our mutual discussion about transactional analysis theory and clinical issues from Jim's original frame of reference. Last year we were finally able to do that when he came to supervise our advanced members for a half day on 25 November and then did a 2-day workshop on 26-27 November for our entire school of over 300 trainees.

"The 2-day seminar was titled 'Script: Nature, Nurture, Narrative,' and Jim focused his work on three main topics:

1. Script, brain functioning, and the development of ego state networks (particularly the Child ego state network), with special attention on environment-dependent gene expression and individual differences.
2. Greenspan's developmental structuralist model of early child development connected with attachment theory and transactional analysis script concepts, with special attention to memory systems, organizing principles, existential positions, and internal models.
3. Relational needs, permissions, posttraumatic growth, and child strengths

"A good blend of theory, practical exercises, and discussion made the seminar a special opportunity for those in attendance. The seminar was reserved for students doing advanced transactional analysis training in psychotherapy and counseling through the School of Specialization in Psychotherapy and the School of Psychosocial Counselling at Centro di Psicologia e Analisi Transazionale in Milan. The location of the seminar was the beautiful conference center 'Le Stelline' in Milan, a renovated medieval convent across the street from the Church of Santa Maria delle Gracie, famed as the location of Leonardo da Vinci's painting of the *Last Supper*. Unusual weather conditions offered a special atmosphere, with snow in the morning and sun in the afternoon.

"The supervision group with CTA, PTSTA, and TSTA colleagues was a most interesting opportunity for reflection and discussion about different settings, formats, transactional analysis diagnosis, and clinical interventions, with special attention given to the relational aspects of the therapeutic exchange. The time with Jim was a real "check" of transactional analysis principles, aliveness, and flexibility in relation to different cultures, professional needs, and models."

TA CONFERENCES WORLDWIDE

JULY 26-29 2006: Istanbul, Turkey. International TA Conference sponsored by ITAA and TAD. Contact: info@ta2006.org or secretariat@ta2006.org; Website: www.ta2006.org .

SEPTEMBER 7-9 2006: Bahia, Brazil. XXVI Latin American TA Association Conference. Contact: Antonio Pedreira (ALAT President) at atpedreira@uol.com.br or call 71 3237-2035/3331-6855; or contact Noeliza Bianchini at noeliza@directnet.com.br .

NOVEMBER 17-19 2006: Sydney, Australia. 18th Australasian TA Conference. Contact: Nadine Emmerton at nemmerton@primusoline.com.au .



Lunch at Fondazione Stelline Conference Center in Milan on the occasion of Jim Allen's seminar (from left): Marco Mazzetti, TSTA-P, COC chair; Jim Allen; Capoferri Cristina, PTSTA-P; Casartelli Ariela, PTSTA-C; Grassi Silvia, PTSTA-P; Lo Re Emanuela, PTSTA-P; and Filippi Simone, PTSTA-P. All except Jim are teachers and supervisors at the Postgraduate School of Psychotherapy and the Psychosocial Counselling School of the Centro di Psicologia e Analisi Transazionale in Milan, Italy.

Dorothy Berne 1912-2005

Eric Berne's second wife, Dorothy, a long-term resident of Carmel, California, died there on 27 October 2005 at the age of 93. Born in Washington in 1912, she grew up in a middle-class home with her mother and stepfather. As a teenager, Dorothy was visited by her deceased father's sister, who belonged to a wealthy family from Florida. After that Dorothy lived part of the year with her aunt's family in Florida, attended private school in Pennsylvania, and traveled in luxury throughout Europe and the Middle East. She married Robert Way in 1938, and they had three children. They moved from Michigan to San Francisco in time to attend the opening ceremony of the Golden Gate Bridge. After divorcing her first husband, Dorothy settled in Carmel with her three children in 1946. She dated John Steinbeck for a time before meeting Eric. Dorothy and Eric were married on Christmas eve of 1948 and promptly moved into the house on Carpenter Street just south of Second, which Eric had purchased the previous year and which would be Dorothy's home for the next 58 years. Known as the Davenport Bromfield cottage, it was the oldest known residential house in Carmel, built in 1888 by the surveyor hired to plot the new City of Carmel. The birth of Eric and Dorothy's first son, Eric David, was duly noted in the 28 March 1952 edition of the local *Pine Cone* newspaper. Their second son, Terence, was born 3 years later. The couple were prominent members of the town's "bohemian" social life. However, Eric's heavy work schedule and frequent travel took a toll on their relationship and they divorced in 1963, although they remained on friendly terms, with Eric living for a time across the street. Dorothy dedicated herself to her five children and to maintaining her large garden; she also worked as a counselor for the local chapter of Suicide Prevention for some years. Dorothy and Eric were considering remarrying before he died in 1970, and she acted as Eric's literary executor for several years. She is survived by her daughter Janice Way McGee, of Carmel, and her sons Robin Way of Pacific Grove, Eric (Rick) Berne of Fairbanks, Alaska, and Terry Berne of Madrid, Spain, as well as by four grandchildren and four great-grandchildren.

—Terry Berne



Eric Berne and Dorothy Berne on the beach in Carmel, CA, circa 1950