ITAA The Script

INTERNATIONAL TRANSACTIONAL ANALYSIS ASSOCIATION VOL. 36, NO. 3 APRIL 2006

Something Different in This Script

Much of this issue of *The Script* is devoted to the publication of edited excerpts of an article by Ray Little entitled "Relational Transactional Analysis: The Therapist's Stance" along with a series of responses to and commentaries about what he wrote. All of these were published in their original form in the *ITA News*, the newsletter of the Institute of Transactional Analysis in the United Kingdom. Ray's article was published in the April 2005 issue, and the other letters and responses followed in the June and August issues.

We bring this series to *Script* readers for three reasons. The first is that they represent the kind of lively and respectful debate that can be offered in our newsletters, which often allow a more rapid exchange of ideas and viewpoints than is possible in the slower and more formal processes of our journals. It is just such stimulating and provocative exchanges of viewpoints that we welcome in *The Script*.

"There has been an unfortunate tendency among some in our community to set 'relational' transactional analysis and 'classical' transactional analysis in opposition (or competition) with each other."

The second is to bring material from the publications of other transactional analysis associations around the world to the attention of ITAA members, something we hope to do more often in the future in both *The Script* and the *Transactional Analysis Journal*.

The third is that this discussion captures much of the spirit and content of the current debate within the transactional analysis community with regard to the incorporation of new ideas and treatment paradigms, in this case what is coming to be known as relational transactional analysis. There has been an unfortunate tendency among some in our community to set "relational" transactional analysis and "classical" transactional analysis in opposition (or competition) with each other. Ray's comments and those of his discussants reflect, in engaging fashion, this tension between splitting and integration in the evolution of theory.

Our thanks to *ITA News* Editor Mark Widdowson and to the authors of the articles and commentaries for their permission to publish these excerpts and for their help in preparing them. As always, we invite your comments.

—Bill Cornell, *Script* Editor

Relational Transactional Analysis: The Therapist's Stance

by Ray Little

In the last 2 decades, a new approach to therapy has emerged in transactional analysis, one that has to do with the "how" of therapy —that is, methodologies and the way we are beginning to understand the nature of the therapeutic relationship. The traditional method of transactional analysis, with its roots in the classical/San Francisco school (Berne, Dusay, Karpman, etc.), is based on a cognitive-behavioral approach; it uses change contracts, identifying and addressing self-defeating behavior patterns, and expressive techniques (Ohlsson, 1998) as well as identifying decisions and supporting redecisions. The new approach is described by its proponents as "relational" (Erskine, Moursund, & Trautmann, 1999; Hargaden & Sills, 2002; Little, 2001), and it supports change through the intersubjective field of the client and therapist without focusing exclusively on change; this allows the therapeutically needed relationship to emerge through the pull to the repeated relationship.

Both of these methods are valid ways of working, but I believe they are mutually exclusive and should not be used in a single therapeutic relationship with a single client.

A relationship orientation has an honorable tradition. One of the earliest proponents was Harry Stack Sullivan (1947, 1953), who broke with the traditional psychoanalytic approach and developed an interpersonal stance. Fairbairn (1952), one of the founders of object relations theory, was the first to formulate a true object relational nature of the self, and, like Bowlby, he suggested that the infant is relationship seeking from birth. Self psychology offers contributions from various authors, including Stolorow (1994), who used the term "intersubjective" in his theory. Relational psychoanalysis really started with the work of Stephen Mitchell, who, with Greenberg (Mitchell & Greenberg, 1983), distinguished two distinct approaches to psychoanalytic theory: the drive-structure model and the relational-structure model. Within transactional analysis, a relational orientation has been described by various authors, including Cornell, Erskine and Trautmann, Little, Moiso, Novellino, Hargaden and Sills, and Summers and Tudor.

One of the features of a relational orientation is the therapist's stance in relation to the client. Gomez (2004) describes two broad positions that the therapist can take. The traditional humanistic stance is to be "alongside" the client, facing the client's problem together, locating the presenting problems either outside the therapeutic relationship or intrapsychically. This approach treats therapy as growth, and negative transference is often viewed as holding up progress. The traditional psychoanalytic position is to stand "opposite" the client and allow the client's problems to be concentrated within the therapeutic relationship, thus addressing the client's difficulties "live" in the here and now. In this orientation, the expression of negative transference is both supported and encouraged. This may be described as a two-person psychology, while the alongside position would be seen as a one-person psychology. The opposite stance is the one taken by the relationally oriented psychotherapist.



"Both of these methods are valid ways of working, but I believe traditional transactional analysis and relational transactional analysis are mutually exclusive and should not be used in a single therapeutic relationship with a single client."

Imagine for a moment that your client is experiencing strong primitive feelings that she usually keeps hidden under deep shame, feelings that reflect her inner relationship with her introjected mother. As her therapist, you could choose to introduce an active mode of therapy by, for example, inviting her to put her mother in a chair and to express her feelings and thoughts to her mother. As with the Gouldings (1979), you might aim to help your client move through the racket position of withdrawal and shame to the expression of the authentic feelings of rage and hopefully on to a redecision. You would be choosing to stand alongside your client so that the two of you could face her problems together.

Alternatively, you could work in the transference/countertransference matrix and draw your client's feelings toward you, thus accepting her projection of her mother onto you and encouraging her to see her mother in you. This would give your client a chance to resolve her difficulties "live" in her own way with you. By doing so, you would be choosing to stand opposite your client, and her problems would then more likely become concentrated within the therapeutic relationship (adapted from Gomez, 2004).

Each of the transactional analysts I mentioned earlier has his or her own particular emphasis within the relational approach. The aspects I (Little, 2001, 2004) stress theoretically are, first, that working relationally entails working primarily in the here and now within the therapeutic dyad. This means working within the transference/countertransference matrix, supporting the interpersonal manifestation of the intrapsychic, and thus transforming the repeated elements into the therapeutically needed relationship (Stern, 1994). Second, working relationally means dealing with the various defenses involved and being available to be impacted by the client (Erskine et al., 1999). This concentrates and focuses the issues within the therapeutic relationship so that the therapist becomes the object of the client's communication, which involves examining the client's experience of

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Hope and Despair

by H. D. Johns



Hope and despair are transactionally alike in that both involve the Adult ego state looking at the real world (Figure 1).

In despair the Adult looks at reality and the Scared Child, looking on, sees the bad things of life: the natural disasters, such as fire and flood and earthquakes; the inhumanity of humans to humans, such as war and genocide and brutality; the discrepancies of nature, "red of tooth and claw," drought and famine, the unequal alignment of the sexes (Figure 2).

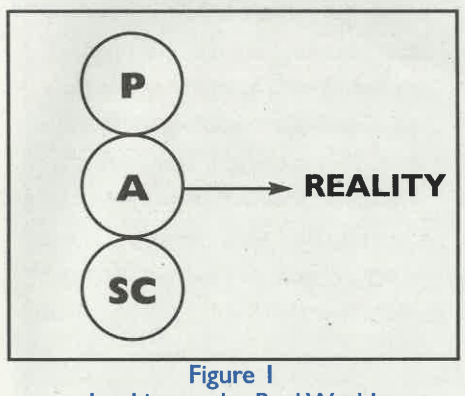

Figure 1
Looking at the Real World

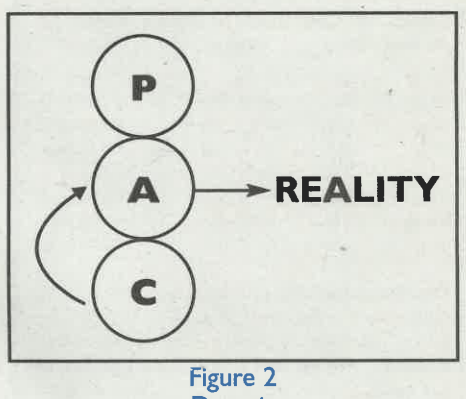

Figure 2
Despair

In hope the Adult looks at reality and the Free Child, looking on, sees the good things in life: the natural beauty, the blue sky and white clouds, the green grass and waterfalls, the colors of the rainbows and the birds and flowers; the

continued on page 2

Hope & Despair

continued from page 1

warmth and love and beauty in human relationships; the opportunities to learn and grow (Figure 3).

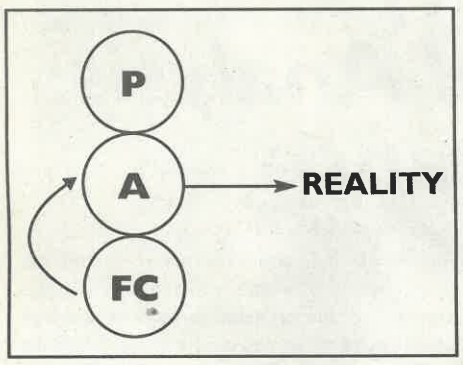

Figure 3
Hope

The contrast is one of pessimism and optimism. The pessimism of the Scared Child scans reality and sees the worst-case scenario, the optimism of the Free Child scans the same world and sees the best-case scenario. Part of reality is our interpretation of it: seeing the glass half-empty or half-full.

Much of optimism and pessimism is superficial. That is, we scan the surface of reality and come up with a fear or a hope about what is going to happen. A cloud in the sky, although not in itself threatening, may be interpreted as forewarning a storm or promising shade on a hot sunny day. Reality stays the same; the difference lies in the inward stance. And the inward stance is in the Child ego state. A drop in the stock market may be seen, pessimistically, as predicting ruin, or optimistically, as an opportunity to buy shares of stock at a reduced price.

Superficial optimists are much happier and more pleasant to be around than superficial pessimists.

Of course, circumstances vary from place to place and from person to person. One needs a margin in one's life to be optimistic. It is difficult to turn on the Free Child when you or your children are starving or when floods sweep across the land or when fire destroys all that you own.

Each of us lives with fears in our Child ego state. Some of them are realistic, others have little foundation in fact. When they are not factual, it is our privilege to shift our inward stance from Scared Child to Free Child. It helps to be aware that "even this" will pass. It's OK to hear the birds sing and it's OK to smell the roses. We deserve any luxury we can afford.

There is a difference between despair and depression. In depression the Parent ego state beats on the Child ego state (Figure 4).

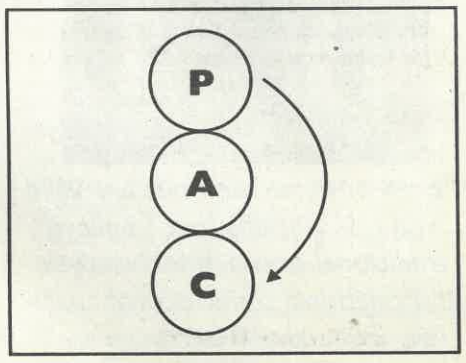

Figure 4
Depression

Usually some depression accompanies despair, that is, when I feel threatened by disaster, often I also feel guilty and blame myself. But despair need not accompany depression. Of the two, despair is far more serious and lethal. It is looking at reality without any hope. Frequently, what is diagnosed as "clinical depression" would be more accurately defined as "despair."

This article is an excerpt from H. D. Johns's book, Serendipity: Discoveries Made While Doing Psychotherapy. *H. D. was a Navy chaplain for 22 years and the primary trainer in the Navy's 31 counseling centers. A founding member of the ITAA, he has authored three books and numerous articles, the latter mainly in Italian journals. He has conducted workshops throughout the United States and Europe and is the founder of the Greater Washington Institute for Transactional Analysis. He has been in private practice for more than 30 years. H. D. Johns can be reached at 4520 Morgal St., Rockville, MD 20853, USA; e-mail: hdj2@verizon.net .*

ITAA *The Script*

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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.

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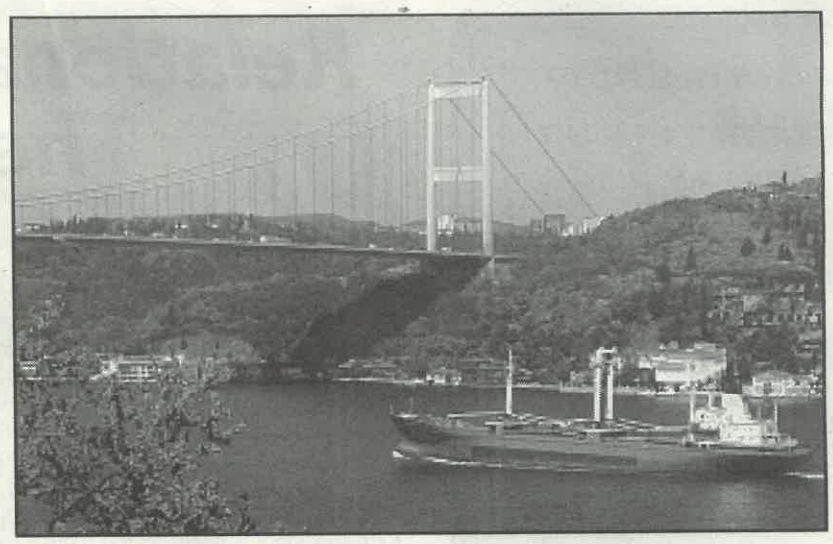

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Organized by The International Transactional Analysis Association (ITAA)
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Supported by ASAM Child and Family Development Center

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

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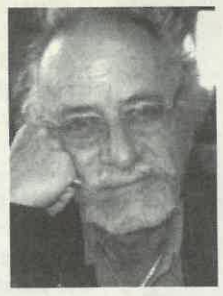

Special Presentation, Saturday 9-10 am
"Quo Vadis Transactional Analysis?": Change and Trust
with Claude Steiner

Given the many diversifications of transactional analysis since the death of its founder, Eric Berne, it might be appropriate to ask, "Where is transactional analysis going?" Together we will look at this fundamental question and at the changes that are taking place with the aim of establishing mutual trust and common goals for the future of our movement.

Special Note: The daily wrap-up sessions held during the conference will be unique; they will bring people together in their various fields of interest to provide participants with a kaleidoscopic view of the day's workshops.

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

See the January-February 2006 issue of *The Script* for more information

Join a Committee and Help in ITAA's Revitalization

by ITAA President James R. Allen

In 2005, 189 new people joined the ITAA. This is the largest increase in membership that we have had in many years, and it reflects, I think, awareness of our revitalization.

The members of the ITAA Board of Trustees are working hard to be available and to increase their interaction with members, not always an easy task in an organization as large and spread around the world as ours is. Please feel free to contact any of them with your ideas. Contact information for the officers is listed below; e-mail addresses for regional trustees are available from the ITAA office.

Let me also urge you to become a member of one of our committees. Generally, being a committee member does not require an excessive amount of work, and these days, most committee work is accomplished via the Internet. If you have an interest or expertise in a specific area and a willingness to become involved in your association, please contact the chair of the relevant committee or the vice president in charge of that area to see what you might contribute. It's a great way to meet interesting people and to both teach and learn.

And for those committees that do not currently have a chair, how about offering to take that position on?

Those of us on the ITAA board and committees are working hard to make the ITAA the best that it can be. We'd love to have you join us!

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The *TAJdisk* is available now for £59 (currently about $104), which includes worldwide shipping. A percentage of each sale is received by the ITAA, and bulk purchase discounts are available for training organizations.

Full details and purchasing are available at www.tajdisk.co.uk .

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 an-nounced 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.

Relational TA

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the therapist's subjectivity (Aron, 1996). The therapist has now become an observing participant in therapy.

Among the benefits of a relational approach are that the client has the opportunity to experience with the therapist feelings, fantasies, and needs in the presence of the person to whom they are now directed. The client experiences the therapist responding in a nondefensive manner (the therapeutically needed relationship), and the therapist helps to establish meaning and understanding rather than becoming the frustrating and disappointing other that is expected (the repeated relationship). This has the possibility of transforming the closed script system and liberating the client's creativity and spontaneity. A final thought: Since the original wounding probably occurred in a relationship and rewounding will no doubt occur in relationships, healing will also need to occur in a relationship.

Ray Little, CTA (Clinical), maintains a private adult psychotherapy practice in Edinburgh, supervises psychotherapists and counselors, and facilitates professional development seminars in both London and Edinburgh. He can be reached at 4/1F2 Oxford Street, Edinburgh, EH8 9PJ, Scotland; e-mail: Enderby@janeandray.ndo.co.uk .

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This article originally appeared in the March 2004 issue of Counselling & Psychotherapy Training Institute Newsletter, *Edinburgh, Scotland, and was subsequently published in the* ITA News, *No. 18, April 2005. This edited version is published with permission of the author, CPTI, and the Institute of Transactional Analysis (ITA).*



Another Perspective on the Therapist's Stance

by Bill Cornell

In Ray Little's (2005) article in the *ITA News*, "Relational Transactional Analysis: The Therapist's Stance," he describes his therapeutic stance within a relational model of transactional analysis. Ray points out that a number of transactional analysts are working and writing from relational perspective and that each has his or her own particular emphases. The last two summary paragraphs in Ray's article reflect much of my own understanding of this style of work, but my own stance differs significantly from his, so I thought it worthwhile to present another point if view.

Relational transactional analysis, as it is coming to be called, has emerged from our own clinical experimentation and from within the broad rubric of relational psychoanalysis. This relatively new paradigm in psychoanalysis embraces and reflects a multiplicity of theoretical models: interpersonal, object relations, self psychology, attachment, and intersubjective, to name a few. As a group, at least in the United States, the relationists are more interested in the exploration of and debate about the functions of the therapeutic relationship as a curative factor in psychotherapy than in suggesting any particular range of therapeutic techniques. I have experienced them as a wonderfully diverse and creative crew, although there are those who suggest they are a rather motley crew.

My first, and perhaps major, disagreement with Ray is with his position that the cognitive-behavioral and relational approaches are "mutually exclusive and should not be used in a single therapeutic relationship with a single client" (Little, 2005, p. 6). It is my clinical experience that most psychotherapies are a constant back-and-forth weaving among the client's concerns about daily life and relationships outside of the therapy session, the client's intrapsychic conflicts as they emerge over the course of treatment, and the matrix of transference/countertransference dynamics within the therapeutic relationship itself. A few years back, I wrote an article for a special issue of the *Transactional Analysis Journal* in which all of the articles were written for our clients. My contribution was about the nature of the therapeutic project. Entitled "What Am I Getting Myself Into?" I (Cornell, 2003) described the interface among differing aspects of the therapeutic experience:

> Transactional analysis therapists often make use of contracts—clearly stated, mutually negotiated therapeutic goals—to explore new possibilities for behavioral and emotional change. New experiences, however much desired, can be enormously threatening. Letting go of a familiar emotional or relational way of being (Berne's structure hunger) is a complex and often anxiety-provoking undertaking. The end result of something new is something unpredictable. Therapeutic contracts are a means of managing the rate of experimentation, the size of the risk, and the degree of anxiety involved in trying something new. Gradually new experiences accumulate to buffer the old, familiar pains and failures and create the ground for new, more vigorous stories. We gradually internalize new models for ourselves and about how relationships can work. (p. 10)
>
> Psychotherapy is a hard and exciting endeavor. It is work, rewarding work. Transactional analysis psychotherapy is a collaborative effort ("collaborate" comes from the Latin word *collaborare*, which means "labor together"). You and your therapist will have a working relationship, one that may be gentle and supportive at times but challenging, conflictual, and even disorganizing at others. Your therapist's primary job is to provide you with a respectful and reliable space within which the two of you (or perhaps a group of you) can reflect, explore, and experiment with feelings, beliefs, and interpersonal behavior. Things that you may have taken for granted about yourself, life, and others will be opened to question. You will have the opportunity to examine how you relate to yourself internally and with others interpersonally. You will work with your present-day relationships, on the one hand, and look at the lingering influences of childhood relationships on the formation of your beliefs, feelings, and behavior, on the other. Your willingness to question, be questioned, reflect, challenge your beliefs, and experiment with new possibilities is at the heart of your job as a client. (p. 5)

Seen, for example, from the perspective of impasse theory, the course of most clients' work will shift among Types 1, 2, and 3 impasses. The first two types of impasse are definitely amenable to treatment through the techniques of classical and redecisional transactional analysis. Over time in treatment, Type 3 impasses—which do not exist or dominate the psychic structure of every client—emerge and may

"In my experience, the relational 'stance' is fundamentally fluid, at various times 'alongside,' opposed, fused, split, empathic, mutually influenced, deadened."

come to dominate treatment. This level of impasse is lived/expressed through the relational dynamics in the here and now with the therapist; traditional transactional analysis models are not so effective at this level of psychic organization. Here the relational perspectives have brought important advances in transactional analysis treatment approaches. Many clients need a therapeutic model—and a therapist—open to multiple levels of intervention.

Throughout his article, Ray creates a kind of either/or mentality that I think represents a serious error in his representation of these models. I strongly disagree with his positioning of humanistic and relational analytic perspectives in opposition to one another. My experience of the relational models—very much like Berne's own in the genesis of transactional analysis—is deeply rooted in humanistic thinking, with the influences of Ferenczi, Fromm, Sullivan, Fromm-Reichman, Horney, Buber, Ghent, and McLaughlin, among others. In my experience, the relational "stance" is fundamentally fluid, at various times "alongside," opposed, fused, split, empathic, mutually influenced, deadened.

Ray invites the reader to "imagine for a moment that your client is experiencing strong primitive feelings that she usually keeps hidden under deep shame" (p. 7). In his discussion of this imagined client, Ray represents a British object relational stance in which one would "draw your client's feelings toward you, thus accepting her projection of her mother onto you" and in so doing "encouraging her to see her mother in you" (p. 7). Many relationalists would strongly consider the possibility that the client was not so much seeing her mother in the therapist as seeing the problematic therapist that is actually in the therapist. As Lew Aron (1996) put it:

> Relational analysts, by contrast [to Freudian analysts], assume, first, in spite of having undergone an intensive analysis of his or her own, the analyst is inevitably drawn into ongoing enactments with the patient (mutual participation or mutual enactment), and they further assume that analysts will not be detached enough (if working properly) to observe and work through these unconscious participations of their own. (pp. 127-128)
>
> If in the classical model the idea is to be analyzed well enough to keep one's own problems out of the way, in a relational model, I suggest, the analyst needs to be analyzed well enough to tolerate some degree of anxiety about having a good deal of his or her character exposed and scrutinized by patients. We need to become comfortable with our conflicted desires to know and not know the other, to be known and to avoid being known by the other. (p. 249)

Lew's description very much mirrors my own experience working within the relational perspective. It is very demanding (and rewarding) for the therapist.

My own work has been deeply enriched by my reading in the relational field and through my discussions with many of the writers in this emerging paradigm. For those of you interested in pursuing these ideas, the British object relations models have been reasonably well represented in the transactional analysis literature for quite some time now. The American perspective is less familiar to transactional analysts. I would recommend the reading of several key texts by Stephen Mitchell (1988), Lew Aron (1996), Martha Stark (1999), and Jim McLaughlin (2005). Each of these books are smart, compassionate, and full of examples of therapists/psychoanalysts struggling with their own psychic realities as well as those of their clients.

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Maybe Now We Will Be Accepted

by Steve Dennis

In his article entitled "Relational Transactional Analysis: The Therapist's Stance," Ray Little (2005) compares the "traditional" approach to transactional analysis (cognitive-behavioral) with a "relational" approach that works within the transference. He asserts that the two methods are mutually exclusive, which suggests that a distinction needs to be made between those therapists who practice traditional transactional analysis and those who work in

a relational model. Ray states that both methods are valid, however he clearly believes the relational approach to be more effective. He also seems to believe that those who do not profess to be relational are not working within the therapeutic relationship and may even be stuck in an old, traditional transactional analysis model.

He supports his view of differentiating between the two approaches by reference to the article by Lavinia Gomez (2004) entitled "Humanistic or Psychodynamic: What Is the Difference and Do We Have to Make a Choice?" Gomez traces how humanistic and psychodynamic approaches became polarized by entrenched attitudes, misunderstandings, and prejudices. She describes humanistic approaches as those in which the therapist works "alongside" the client, in an equal relationship, with transference regarded as an interference with the therapeutic purpose. Psychoanalysis, on the other hand, is presented as a model in which the therapist takes a stance "opposite" the client by working within the transferential relationship.

My first response to Ray's article concerns a historical perspective on transactional analysis. The model currently in use around the world is integrative and has come a long way from the traditional model of the 1960s. A strength of transactional analysis is that relational (or opposite) approaches are already widely integrated within current practice, so there are few therapists who are still practicing 1960s-style transactional analysis. Although transactional analysis is regarded as a humanistic therapy and part of the Humanistic and Integrative Psychotherapy Section (HIPS) division of United Kingdom Council for Psychotherapies (UKCP), this categorization disguises the strong psychoanalytic roots of transactional analysis. From the very beginnings of transactional analysis, Berne "spelled out explicitly how his theory of transactions could be used to analyse transference and countertransference" (Stewart, 1992, p. 37). He suggested that transference cure was the third stage of treatment following social control and symptomatic relief (Berne, 1961, 1972). In practice, the stages may be more fluid, however it is clear that Berne intended transference to be addressed in therapy. Various practitioners have built on this over the years. Moiso's (1985) and Novellino's (1985) work on transference became integrated into transactional analysis theory and practice in the 1980s. The current ideas on relational therapy are a further development of this. Therefore, it does not seem necessary to make relational transactional analysis an exclusive divergence—either in theory or practice—from the core approach.

"Is it possible to practice therapy that is not relational? If we accept that transference, or relationship, is constantly present, I doubt whether we ever work outside of it."

Whether a therapist chooses to work effectively within the transference matrix may depend less on the strength of a particular model and more on that therapist's stage of professional development. Those who begin their careers using traditional transactional analysis methods will naturally develop their approach over time rather than continuing with those methods until they retire. A therapist developing in this way will synthesize a relational approach into their work, particularly when their clients have been badly hurt in early childhood relationships. Working within the transference is not specialized work, and it could be patronizing to our clients to suggest it is. A respectful way of regarding transference is to think of it as a phenomenon we create with our clients. Hargaden and Sills (2002) uphold an OK-OK stance on transference when they state, "For us the transferential relationship is indistinguishable from any other relationship. It is part of how we cocreate the relationship between others and ourselves" (p. 46).

Studies into the effectiveness of therapy suggest that the model used is not as important as the quality of the relationship. So do we really need a "model" of how to be in relationship with another human being? We may simply need humility, humanity, and understanding, qualities that are more related to our personal development through therapy than to a set of techniques. The current discussions, books, and articles on relational approaches are useful, but in helping to define what we are already doing.

Looked at another way, is it possible to practice therapy that is not relational? If we accept that transference, or relationship, is constantly present, I doubt whether we ever work outside of it. Surely our countertransference—our way of relating—is intrinsically part of us and therefore omnipresent. I am in relationship with my client whether I am drawing up the racket system with him or her or engaging in the transference with full awareness. The challenge for me as a therapist is not to adopt whichever model is in vogue, but rather to have awareness of my own transference issues, however unacceptable they may be to me, and the willingness to use this awareness therapeutically within the relationship.

Models are only useful insofar as they mean something to us—that is, if they can illuminate something and make it clear. For example, is there a distinction to be made between "alongside" and "opposite" models in transactional analysis? Gomez does not support Little's views that the two approaches are mutually exclusive. In fact, she writes, "There is nothing in the humanistic approach that rules out a psychodynamic orientation . . . and nothing in the psychoanalytic approach that rules out the humanistic spirit" and that polarizing them "carries grisly therapeutic hazards."

However, Gomez does assert that we have to choose which orientation we are primarily going to adopt in relation to each individual client. Isn't this the current state of the art in transactional analysis? Gomez does not promote an either/or polarization of humanistic and psychodynamic approaches because of the problems inherent in exclusive applications of each model. She asserts that each approach has its flaws and illustrates this by describing how Ferenczi recognized the need to be both alongside and opposite the patient but did not realize the constraints of each. He seemed to suggest that we may have to make some kind of choice. Gomez's view is, "Whichever way we choose, the client seems to suffer"; she goes on to say that "in practice all relational therapies operate on a mixture of the two."

Gomez continues this line of argument with the following: "We can begin to see why therapy cannot work if the 'alongside' relationship is neglected, any more than if the 'opposite' relationship is ignored," and "therapists who work through the 'alongside' relationship lose their channel of therapy while those who work through the 'opposite' position lose the essential therapeutic alliance without which no therapy can proceed." She concludes that "in both cases the therapeutic alliance between adults dissolves into a regressed transference."

My pre-transactional analysis training as a dramatherapist was surprisingly psychoanalytic in approach and neatly combined with gestalt, psychodrama, and other active methods. I believe the reasons for this were more political than therapeutic. The psychoanalytic and academic aura cultivated around dramatherapy by means of a research base and psychoanalytic theory input made it acceptable to the decision makers in statutory services. So, under the guidance of Sue Jennings (1987) and others, dramatherapy has, from its early beginnings in the United Kingdom, been seen as "of the establishment," solid and safe. This stance resulted in widespread acceptance within health provision, culminating in state registration. It seems that this enviable position of respect has frequently eluded the transactional analysis movement as it has strived to achieve acceptability and to discard its antipsychiatry humanistic "pop" psychology tag.

So, by introducing a relational form of transactional analysis, are we wanting a foot in psychoanalysis and a way of being a "serious psychotherapist" (Erskine, 2002) while keeping the other foot in the humanistic tradition? Hargaden and Sills (2002) write, "We do not intend or wish to redefine transactional analysis in terms of the transferential relationship and lose all the other facets that make it such a versatile and integrative approach" (p. 5).

The origins for finding a new branch to perch on may lie originally with Berne who, on failing to be accepted into the American psychoanalytic movement, split off to do it his own way. Maybe some believe a relational approach will provide us with a way of achieving the acceptance that Berne could not. In his article, Ray does not suggest that we need a new model that goes beyond a "perspective," but his assertion that the two models are mutually exclusive suggests that once you've gone down one route, there is no way back. This is ostensibly being applied to individual client work, but I sense there is a wider issue that could lead to the establishment of a diverging approach at an organizational level. This is not a problem in itself as transactional analysis has a history of people with different perspectives splitting off to do something new while still staying connected to the transactional analysis community (e.g., the Schiffs and the Gouldings). However, I would not accept that individual practitioners are labeled as either practicing outdated transactional analysis psychotherapy or a new "serious" (Erskine, 2002) form of transactional analysis psychotherapy.

In conclusion, I suggest that we already work relationally within current transactional analysis practice and do not need to distinguish between this and a relational perspective. Many clients I work with do not want transactional analysis theory or any other theory. Relationship is their primary need. Other clients want to grasp an understanding through ego states and so on while I see that others benefit from both. The choice of route has more to do with what clients want to achieve and their depth of trust in the therapeutic alliance.

Returning to Gomez for the last word, she does not advocate that we need to make a firm choice. As an object relations therapist, she does not want to "succumb in either of these ways" and instead advocates containment and a shift of focus from what the therapist does to how the therapist is. In other words, our actions matter less than our state of mind when we enter the therapeutic relationship.

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Little Replies to Commentaries

I am grateful for the replies to my article "Relational Transactional Analysis: The Therapist's Stance" (Little, 2005b). I found them thought provoking and stimulating and want to respond by expanding on some points.

First, in my desire to make a point about the therapist's stance, I believe I oversimplified the traditions of transactional analysis. Steve Dennis was correct to point out the current multifaceted model in transactional analysis.

Second, with regard to the therapist's stance, I believe there is a technical choice about how to respond to the transference. I stated in my article (Little, 2005b) that the choice consists of either standing alongside the client and working "with" the transference or standing opposite the client and working "within" the transference. The two positions represent different paths. Ohlsson (1998) talked about a similar choice when doing regressive therapy. He saw the choice as between doing transactional analysis proper—that is, working with the transactions between therapist and client (which I would describe as working "within" the transference)—and using expressive techniques such as two-chair work (which I would see as working "with" the transference). I think it is important to make a choice about which path to take and then stick to it. Moving between the two can be confusing for both therapist and client and in the end disrupts and weakens a deepening of the transference work. Nevertheless, I am aware that some therapists do move between the two positions.

The choice of which stance to take with each client may be influenced by such factors as whether the work is going to be short or long term, the context and setting of therapy, the nature of the client's difficulties, and the therapist's preference. I use both approaches but with different clients following an assessment of the nature of the problem and the availability of internal and external resources. However, I will describe what I see as some of the therapeutic advantages and benefits of remaining within the transference.

"If we are moving between working with and within the transference, it is more difficult to track either of our defensive maneuvers."

Staying within the transference matrix creates the possibility of deepening the experience. The client's feelings, needs, and defenses will be "alive" in the dyad and focused on the therapist. Likewise, the therapist's feelings will also be "alive." The risks and challenges of this way of working include the possibility of a greater stirring of feelings, fantasies, and any unresolved issues in the therapist. If we stay within the transference dyad, meaning making and understanding occur in the transference and at an emotional level with the therapist as part of the process.

When working within the transference, the therapist's subjective experience becomes a more important aspect of transformation and change. One of the unconscious reasons we as therapists may move to working "with" rather than "within" the transference is because feelings may have become too uncomfortable. It may feel easier to talk about the client's history and/or relationships

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outside the therapy than to stay with what is emerging in the therapeutic relationship.

When I am working "within" the therapeutic dyad and I notice that I am directing my attention as well as the client's to working "with" the transference, I have learned that often I, or we, are attempting to avoid something—perhaps a feeling, fantasy, or a relational need that is just below the surface in either of us. Staying with the potential intimacy of the therapeutic dyad can provoke anxiety in both parties. Likewise, if we start focusing on the past and move away from the present, I start to wonder whether we are projecting something into the past rather than addressing it in the here and now. What I now realize is that probably something important has been going on and perhaps the client and I are avoiding it. If we are moving between working with and within the transference, it is more difficult to track either of our defensive maneuvers.

I agree with Bill Cornell that new experiences can be threatening, and letting go of a familiar way of relating is often a complex and anxiety-provoking process. When I describe working within the transference, I am thinking more of working with primitive Child ego state processes (Little, 2005a), and my focus is more at a primitive level of psychic organization, which Bill describes as a Type 3 impasse.

One perspective on transference is to view it as the client's experience of the therapeutic relationship being shaped by his or her characterological structures and relational schemas. The transference/countertransference matrix is an "intersubjective system of reciprocal mutual influence" (Stolorow et al., 1995, p. 42). From this viewpoint, the therapist is seen to affect the transference to some degree and may influence which aspects of the transference are in the foreground. In working within this matrix, it is important to wonder what it is in the therapeutic dyad that may have evoked a given response from the client (Gill, 1982). The therapist explores the meanings and understandings that the client is coming to in response to the therapeutic dyad and also examines the "organizing principles" (Stolorow, 1995) that structure the client's view of the situation. Although both therapist and client participate in the intersubjective, and the therapist is required to examine his or her subjective experience, this process is asymmetrical (Ogden, 1997/1999, p. 109) in nature; the fact is that the therapeutic relationship is structured so as to favor understanding and transforming the internal world of the client.

We as therapists will inevitably be drawn into enactments and psychological games with clients. This process offers the therapist an opportunity to understand the client's dissociated experience and struggles and creates the possibility for the therapeutically needed relationship to emerge out of the repeated relationship. This will entail acknowledging oneself as the object of the feelings, some of which may be expressions of previously repressed archaic feelings and others of which may be directly in response to the therapist in the here and now.

Although in working with a client I may accept and even invite the projection of the "mother" onto me, I will stay with the fact that it is now me to whom the feelings are directed. The experienced and/or reexperienced feelings are now being expressed and directed toward me as the therapist, although the source of some of the feelings may be historical. My focus is not to identify the object that is being projected and to offer a genetic interpretation or make a historical diagnosis, which would move us out of the transference. Rather, my aim is to work through the feelings—validating and normalizing them and, when appropriate, owning my part in the process. During therapy, I often wonder what it is about me or the therapeutic dyad that the client is responding to.

At times it is difficult to separate archaic feelings from current feelings. Therefore, when a client is projecting an object from the past that emanates from an archaic relational schema, there will also be some aspect of me that is consistent with the object, something I have said or done that has impacted the client and may have triggered the current behavior. The therapeutic process consists of blending the intrapsychic and structural conflict with the immediate intersubjective experience. Therefore, my therapeutic focus is on here-and-now transference work and not on genetic, there-and-then interpretations.

Inevitably, the therapist will have some qualities that are similar to the client's old object and some that are different and possibly new and needed. At times the issues will be archaic, and at others times the issues will be here and now and sometimes a mixture of the two. The new evolves out of the old and the repeated becomes the therapeutically needed.

I hope this brings some clarification of my viewpoint.

—Ray Little

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All Change: Indecency and Inclusion within Transactional Analysis

by Paul Kellett

Freud once commented that it was "plain indecent" to brand certain therapeutic practices as "not psychoanalytic" when they were judged not to conform strictly to his own approach. Joseph Schwartz used this comment in a presentation given in April 2005 that marked the launch of the British branch of the International Association of Relational Psychoanalysts and Psychotherapists in order to highlight the archaic nature of such arguments within the psychoanalytic community. Yet it is all too often so within the wider psychotherapeutic world, including, it would seem, our own transactional analysis community. While we talk of integration within transactional analysis (see, for example, Jim Allen's [2005a, 2005b] articles in *The Script*), there remains a shadow of resistance to inclusion that, in turn, "talk[s] of a split between the traditional approach and the more recent approaches," as Jeder (2005) reports.

The idea of a "traditional approach" as a coherent, authoritative paradigm within transactional analysis is something of a myth. Even before Graham Barnes (1977) identified three different approaches within transactional analysis, our inheritance comprised a multiplicity of traditions. In formulating his model of transactional analysis, Eric Berne himself drew on diverse philosophical, theoretical, and methodological approaches, such as client centered (Rogers), existential (Sartre), experimental psychology (Penfield), gestalt (Perls), psychoanalytic (Freud), and object relations (Klein). Like Freud, Berne continued to develop his theories and practices throughout his lifetime, and this modeling of ongoing development remains an inspiration for us today.

> *"We may, at times, feel threatened by such growth and, in response to such a perceived threat, cling to the myth of a hierarchy of approaches within transactional analysis—that some are more OK than others."*

I'd like to highlight two important points that can be drawn from these historical observations. First, transactional analysis has, from its inception, represented an integrated and integrating approach (Tudor & Widdowson, 2002). Second, as a philosophy, theory, and practice, transactional analysis will always be in the process of becoming, and its continuing development will inevitably place differing emphases on various aspects of our diverse roots as well as involve a selective integration of emergent ideas and findings from contemporary disciplines. Such developmental dynamics mean that transactional analysis will grow along routes that may appear to converge and diverge at differing times and from differing perspectives. This was so in Berne's day as it is for us today.

Ray Little's (2005) article, "Relational Transactional Analysis: The Therapist's Stance," in which he offers a summary account of a relational approach within transactional analysis, illustrates these points. Ray locates the genesis of his approach in the writings of Erskine, the Gouldings, and Hargaden and Sills from within the existing transactional analysis canon as well as Fairbairn, Mitchell, Stolorow, and Sullivan from the wider psychoanalytic world. The flavors of his relational transactional analysis are thus blended from diverse ingredients, creating a model of therapy that Ray finds exciting and effective. Other authors have created different relational flavors within transactional analysis that draw on other traditions and models that they find effective, thus illuminating diverse paths for future exploration. Such creativity represents a vital source of growth within our community, without which we would atrophy and stagnate (Loria, 2003). I, for one, am grateful to Ray and others for sharing their thoughts and experiences.

Yet, as Jeder (2005) highlights, we may, at times, feel threatened by such growth and, in response to such a perceived threat, cling to the myth of a hierarchy of approaches within transactional analysis—that some are more OK than others. To so position certain approaches within transactional analysis epitomizes a defensive discount, a one-up maneuvering that is alienating, resulting in a splitting of the transactional analysis body into good and bad and the consequent projection of these deified and demonized constructs onto various approaches and individuals. Let us not underestimate the toxic effects of such a process, akin, as it is, to racism or homophobia, whereby I'm/We're OK, You're/They're Not OK. Neither let us forget the lessons of our own historical roots. Berne was denied membership in a psychoanalytic community because he did not jump through the hoops set by their exam process. If we require aspiring transactional analysts to jump through our own hoops, as Jeder has experienced, then we will repeat the same damaging script. Jeder suggests various ways to address this issue: greater consistency between markers, recognition of supervisor's endorsements, and valuing originality and creativity as desirable qualities. But what of the wider issue of inclusion we face within our community as our theories, models, and practices continue to develop and grow?

The development of an integrating and inclusive ethic (Adult) is crucial to the health of our transactional analysis community as a whole and a necessary prerequisite for any changes made to the exam system. If we are to avoid falling into the trap of elitism, we need to develop a more Inclusive Adult both individually and collectively in order to establish a more OK and constructive way in which to accept diversity and by which to expand our collective frame of reference. Such processes require a setting of ourselves before ourselves in order to look again at what we make of what we see and to give ourselves permission to grow and change. Ultimately, as Graham Barnes (as cited in Cornell, 2005) says, "If you want people to change, you have to change, I have to change, we have to change, our theories have to change" (p. 6).

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At the Kitchen Table on a Friday Night

by Barbara and John Monk-Steel

BARBARA: John, I'm feeling puzzled. I've just read the *ITA News* article "Relational Transactional Analysis: The Therapist's Stance" (Little, 2005), which said that the classical school was based on a cognitive-behavioral approach. I've also read something similar in Hargaden and Sills (2002) book *Transactional Analysis: A Relational Perspective.* I've never understood the classical school in that way. Berne's early writings are full of psychoanalytically based concepts, and my take on classical transactional analysis is that it's thoroughly grounded in the psychoanalytic and psychodynamic schools. What Berne and his colleagues did was to identify concepts that allowed us to spot the behavioral manifestations of unconscious processes.

JOHN: Yes, I can understand your puzzlement given that the roots of the ego state model come from psychoanalysis, that is, Federn and Weiss. In Berne's (1961) book *Transactional Analysis in Psychotherapy* he wrote about the four stages

of cure, the third being "transference cure" and the fourth being "analytic cure" (pp. 161-162). In addition, he described scripts and games as being transferential phenomena and dramas. In this work, the links and underlying theories of transactional analysis to me are clearly analytical. I agree that what Berne added was the identification of the ego states behaviorally. I wonder how the idea that his work is cognitive-behavioral primarily occurred.

BARBARA: "Well, of course, he included techniques and ideas that were also being developed in more cognitive-behavioral approaches. For example, Little (2005) mentions contracting, and Berne provided structure and was willing to teach his clients and explain the methods he was using to them, which was a deviation from psychoanalytic practice.

JOHN: I appreciate that, and I am reminded of a *Transactional Analysis Journal* article by Bob Drye (1980) in which he described contracting analytically, quoting the time as being 1959. Thus, it seems to me that maybe Berne was actually developing further a contracting process he may have encountered in psychoanalysis, not just cognitive-behavioral work.

BARBARA: And, of course, in brief focal therapy there needs to be some agreement on the focus of therapy. Another thing that puzzles me is the notion that transactional analysis practitioners do not work with the unconscious. My understanding has always been that the unconscious is central to transactional analysis; for example, script is an unconscious process as are games. Berne, with his transactional analysis proper, gave us a tool for spotting unconscious communication. That is the ulterior transaction and any transactions that originate structurally from Parent or Child.

JOHN: That concept of transactional analysis proper is exciting because, as you know, I have

"What Berne and his colleagues did was to identify concepts that allowed us to spot the behavioral manifestations of unconscious processes."

been exploring relational psychoanalysis, and some of Berne's concepts seem to fit this in terms of the exploration of what is going on between the client and the psychotherapist. The analysis of transactions that Berne wrote about seems to fit with the analysis of the relational process described by Stephen Mitchell (1988, 2000), although Berne used different words even though they both use the term transactions. In addition, I take the position that Parent and Child are transferential phenomena.

BARBARA: I think Berne actually said that Parent and Child were transferential, but I'd need to check that. So, what you are saying is that Berne was ahead of his time.

JOHN: Berne was ahead of his time, and he developed a theory that encompassed the cognitive-behavioral, psychoanalytic, and humanistic traditions.

BARBARA: Yes, that is what I have always found so exciting about transactional analysis. I see it as a unique synthesis of these approaches. It is founded in the humanistic philosophical frame and its concepts identify the behavioral manifestations of psychodynamic processes. That means that I can work with clients where we can connect most easily.

JOHN: I agree with the concepts of transactional analysis you describe. I would also add that Berne was very interested in and used the relationship between the psychotherapist and client. Although he was strongly influenced by Federn, Weiss, and Fairbairn, he often wrote from the drive-conflict model of psychoanalysis (i.e., Freudian). His genius, I believe, was in what you described as the synthesizing of various apparently incompatible models.

BARBARA: And, of course, relationship was central to his theory. Autonomy contains the capacity for intimacy. The existential life positions are all relational, and transactions are essentially the means by which we maintain our relationships.

JOHN: Yes, Berne appeared to recognize the importance of the relationship for healing between the psychotherapist and client and that this was central to the philosophy, theory, and

"Berne's genius, I believe, was in what you described as the synthesizing of various apparently incompatible models."

practice of transactional analysis. It seems to me that the primary position in transactional analysis is held by relationship. This includes the internal psychodynamics and the interpersonal interplay of these dynamics with others as well as the impact of others on the self.

BARBARA: And each person in the relationship will bring his or her own unique constellation of intrapsychic dynamics. This means that each therapist will make a different contribution to the relationship and that will include a preference for a different style and approach. Isn't that what intersubjectivity is about?

JOHN: That is an interesting question. I believe the meeting of the client's relational matrix and the therapist's relational matrix creates the intersubjectivity; through this, something new is created. This may also be why a client may need a different therapist for different needs as we all have a unique relational matrix. So the client may need to experience different therapist styles of both relating and practice.

BARBARA: It's hard to find words that express human experience succinctly. That was what Berne tried to do, and he made a good job of it, but inevitably the experience is never completely captured.

JOHN: I think you put that beautifully. Through our clumsy words we may lose the essence of the true meaning of what the other person is trying to say, and I suspect that Berne was a victim of this. Do you fancy a cup of coffee? I'm going to put the kettle on.

Barbara Monk-Steel, PTSTA (Psychotherapy), is a university lecturer in mental health nursing and a mental health nurse. She also has a private psychotherapy practice in Leicester. John Monk-Steel, TSTA (Psychotherapy), has a background in mental health nursing and runs a private practice in Leicester. They can be reached at 43 Stoneygate Rd., Leicester LE2 2BP, England; e-mail: monksteel@notmail.com .

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Therapeutic Journey: Practice and Life



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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

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KEEPING IN TOUCH



Participants in the March TA 101 in Istanbul (from left, back row): Huseyin Ozcan, Bernhard Wydra, Hande Yasargil, Billur Cakirer, Gokce Onurlu, Esra Daga, Murvet Yalnizoglu, Murat Muzaffer; (front row): Fatma Reid, Gokcicek Dogan, Hakan Kirkoglu.

European Region

THE MOST RECENT TA 101 GROUP IN ISTANBUL, TURKEY, met on 3-4 March 2006. The seminar was led by Bernhard Wydra, a psychotherapist/lawyer now working as a European Union advisor in Ankara. Fatma Reid writes that it was an excellent interactive training program.

NADYEZHDA IVANOVNA SPASSENKO writes that they are starting a new transactional analysis group in Dniepropetrovsk as a result of the fact that the organizers found her data in the directory on the ITAA Web site. Two of their groups have completed 4 years of training in transactional analysis in psychotherapy and are actively preparing for their CTA exams. They now have 10 groups in the Ukraine studying clinical transactional analysis.

THE THIRD INTERNATIONAL INTEGRATIVE PSYCHOTHERAPY ASSOCIATION CONFERENCE — AMOR:ROMA—will be held in Rome, Italy, 12-15 April 2007 at the Hotel Universo in the heart of the old city. The conference theme is "Love in Psychotherapy: The Meaning, Role, and Significance of Love and Involvement in a Relational Psychotherapy." The exploration of love and respect as the essence of cure in a therapy from the heart will be explored in keynote speeches and workshops. Some of the allied topics to be presented include transference and countertransference, therapeutic love, presence, involvement, response to affective states, attachment and differentiation, boundaries, and ethical concerns. For more information, see the conference Web site at integrativeassociation.com or contact IIPA President Richard Erskine at 212-734-5291 or integpsych@cs.com .

DAVID MIDGLEY is pleased to announce the publication of his latest book, *Dying to Live: Spiritual Case Story of a Secular Counsellor* (Free Association Books, 2006). It is the "personal . . . story of the developments that profoundly influenced [his] life." He describes how he overcame his childhood experiences through spiritual insight and an exploration of transactional analysis as well as the ways he applied his knowledge and expertise in a variety of fields, including military intelligence, prison work, television/radio presenting, counseling and psychotherapy, preaching, lecturing, and increasingly, following his loss of mobility and coherent speech through motor neuron disease, to writing.

THE INSTITUTE OF TRANSACTIONAL ANALYSIS NATIONAL CONFERENCE will be held 6-9 April 2006 in Exeter, United Kingdom. The theme is "Homonomy: Belonging and Separateness." The term "homonomy," invented by Andras Angyal, MD, describes our "trend to be in harmony with . . . the social group, nature, God, ethical world order, or whatever the person's formulation may be." Preconference institutes will be given by Keith Tudor and Anita Mountain and Chris Davidson, and keynote speakers will be Diane Salters, the Drum Café, and Sandra Wilson. For more information, contact Heather Fowlie at heatherfowlie123@aol.com .

Pacific Region

SYDNEY, AUSTRALIA: The relational transactional analysis training began in February with Jan Grant as the director for this stream. Trainees have placements in various agencies, which gives them the opportunity to feel supported when starting out as a psychotherapist. New student representatives will meet with trainers three times a year to give feedback about training so that the program stays open to change. There will also be two tutorial evenings a year at which trainees present papers followed by a social evening. Sean Manning will do a two-day psychotherapy intensive where trainees will have the opportunity to see and experience transactional analysis in action and then have the work analyzed, thus integrating theory with practice. Finally, an exam preparation group will meet for a training weekend that will consist of process, theory, and supervision. (Our thanks to *The Tattler*, the newsletter of the New Zealand Transactional Analysis Association, and its editor, Jason Brennan, for permission to reprint this information.)

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 .

AUGUST 19-20 2006: Coimbatore, India. Annual meeting organized by Asha Counselling and Training Services and Relations Institute of Development. Contact: C. Suriyaprakash at suriya@asha-net.com or fax: +91 422 2310520; www.asha-net.com .

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 .

A Personal Invitation to Come to Istanbul

Dear ITAA Members:

Our annual meeting in Istanbul promises to be intellectually exciting and culturally delightful. The conference theme—"Trust and Uncertainty in the 21st Century"—is an important one and reflects dynamics that are central to both our transactional analysis community and our larger world today. Our keynote speakers—Bill Cornell, Adrienne Lee, and Gianpiero Petriglieri—will offer provocative and challenging comments on this issue. Our preconference institute leaders—Julie Hay, Dolores Munari Poda, Gordon Law, Abe Wagner, Bill Cornell, and Jean Illsley Clarke—will present an array of stimulating day-long workshops in which to consider in depth topics such as organizational culture, child therapy, teaching styles, and how write well. In addition, there will be several interesting panels and over 40 workshops considering a wide range of subjects for transactional analysts in all four fields (psychotherapy, education, organizations, and counseling).

This is also a key year for the transactional analysis community as we begin to cocreate our future. There will be important meetings of the ITAA Board of Trustees and its committees as well as our annual membership meeting and CTA and TSTA exams. And to make sure that community building occurs in the spirit of fun as well as hard work, there are multiple social events planned, including a special cruise on the Bosphorus and a gala dinner on Saturday night.

For all of these reasons—and the opportunity to partake of the magical and wondrous land and culture of Turkey (with tours available to some of the world's most astonishing ancient sites)—we hope that you will make your plans now to join us in Istanbul next summer.

I look forward to seeing you there!

Jim Allen
ITAA President

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Further information on the conference is available at www.wpata. com.au or contact either Nadine Emmerton nemmerton@primus online.com.au or Robyn Johnson RobynJ@conexion.com.au