ITAA The Script

INTERNATIONAL TRANSACTIONAL ANALYSIS ASSOCIATION VOL. 37, NO. 3 APRIL 2007

TEW Staff Wanted

The Training and Certification Council (T&CC) is looking for Teaching and Supervising Transactional Analyst (TSTA) volunteers who would like to be on the staff for the Training Endorsement Workshop (TEW) following the ITAA/USATAA international conference next August in San Francisco.

They would like to hear from TSTAs who are involved in training at some level and who have been certified at the TSTA level for some time. They are interested in having both experienced and new trainers who want to be trained as TEW leaders so as to carry on the training of trainers for this important aspect of the training and certification process. The TEW is important because it is the first step along the path to becoming a trainer.

The TEW begins on the afternoon of Sunday 12 August after the conference concludes and continues until the evening of Monday 13 August. The cost of lodging and food for the duration of the TEW is covered by the T&C Council.

If you are interested in serving on the TEW staff, please contact Jan Coleman as soon as possible. She can be reached by e-mail at xcoleman@bigpond.com.au .

Now Available on DVD!

We are pleased to announce that several of our most popular videos are now available on DVD, including:

Conflict Management: The Art of Making Peace with George Kohlrieser. $45 members, $55 nonmembers, plus $5 for PAL, shipping included. Also available on video: $25 members, $35 nonmembers, plus $5 for PAL, plus air shipping $5 US, $10 international, while supplies last.

Couples Therapy: Strategies for Treating Affairs and Passive Aggressive Behavior with Ellyn Bader and Peter Pearson. $45 members, $55 nonmembers, plus $5 for PAL, shipping included. Also available on video: $25 members, $35 nonmembers, plus $5 for PAL, plus air shipping $5 US, $10 international, while supplies last.

Master Therapists: Contracts by Muriel James, Permissions by Fanita English, Strokes by Claude Steiner, and Redecisions by Mary Goulding. 2 DVD set for $90 members, $100 nonmembers, plus $5 for PAL, shipping included. Also available on individual videos: Each one is $25 members, $35 nonmembers, plus $5 for PAL, plus air shipping $5 each video US, $10 each video international, while supplies last.

For information on other ITAA DVDs, videos, and books, see www.itaa-net.org or contact Ken Fogleman at ken@itaa-net.org .

The Body of Transactional Analysis

by Steff Oates

The following is an edited version of the keynote speech given by Steff Oates on 24 February 2007 at the third annual Cumbrian Conference, one of a number of regional transactional analysis conferences held throughout the United Kingdom. The conference was well attended and well organized by a committee purposefully comprising trainees from different training groups in Cumbria and transactional analysis practitioners from all fields.

The Body of TA

Hello, and thank you to the Cumbrian organizing committee for your kind invitation to present this keynote. I am both delighted and somewhat nervous to be standing here. In fact, I am having a rather vivid felt sense of the title of Susan Jeffers's (1998) book, *Feel the Fear and Do It Anyway.* I may be doing her a great injustice, but I never could bring myself to read that book. The title always seemed to me to represent an ulterior attempt to bully or cajole someone out of feeling afraid rather than helping the person to understand the meaning of the fear. I guess it also reminded me of our family motto when I was growing up: "It doesn't do to dwell." I must say I am now rather proud of having made a career out of dwelling and encouraging others to so too!

These days I like to think of the dwelling I allow myself and encourage in others as similar to what Winnicott (1965/1990) called "indwelling," which he used to describe "the achievement of a close and easy relationship between the psyche and the body and body functioning" (p. 68). I'd now like to ask you to dwell with me for a while on the theme of this conference: "The Body of TA."



What does "the body of" mean? I grappled for some time with how to design a speech around this idea. Today, as we meet here as a body of colleagues, I am proud to be part of that body. Presumably, because you are here, we share an interest in a body of theory that is transactional analysis. And some of us are supported by professional bodies such as the Institute of Transactional Analysis (ITA), the Institute of Developmental Transactional Analysis (IDTA), and so on. Finally, the advertisement for this conference stated that there would be workshops about

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A Conversation with the Berne Family

Moderator: Carol Solomon, PhD
5-6 pm Saturday 11 August 2007

Just before the San Francisco Conference Gala Dinner and Dance

Westin Hotel San Francisco Airport

Join us for an hour of conversation with two of Eric Berne's children: Janice McGee and Robin Way. They will share stories and answer questions about their father's life and work. This will be your opportunity to ask the questions that you've always wondered about, whether they be about the professional side of Berne's life or about more personal aspects of his life with his family.

When I recently visited Janice McGee and her husband, Bob, at their Carmel home, I was warmly welcomed with an immediate tour of the dwelling and stories of the Berne family's life there. Eric bought the house—an elegant and beautifully crafted cottage (constructed in 1888, it was the first house built in Carmel)—in 1947 and moved in with his wife Dorothy DeMass Berne and their three children, Roxana (age 10), Robin (age 9), and Janice (age 6). A few years later brother Rick was born followed by brother Terry. To create more space to accommodate the newcomers, Eric and Dorothy turned a little entryway into a tiny room beside their bedroom; it was just big enough to accommodate a crib and a small chest of drawers. Today it exists as a tiny, sunny alcove for a simple writing desk.



A happy Berne family at the wedding of Eric and Dorothy (from left) on 24 December 1949: Robin, Eric, Janice, Dorothy, Roxana

Janice and Bob's openness with family stories captivated my attention that evening and again the next morning as we sat around the breakfast table talking and enjoying the view of the garden just coming alive after its winter hibernation. I asked Janice about her parents' social life. "I know your father was a very social person and loved bringing groups of people together. How did that work in your family? Was your mother equally social?" Yes, she said, both parents were equally social and enjoyed entertaining and having people to their home. Dinner was a sit-down affair with the entire family present for all of Janice's growing up years, and many meals included guests at the dinner table. But her parent's social circles and preferences were different; Dorothy preferred the artistic crowd while Eric preferred the intellectuals. Luckily, their love of entertaining and the overlap of artful and intelligent people made their social scene work well for all of them.

I also asked what the relationship was like between her parents. What was Eric like as a father? Who was the better parent? I loved hearing about Janice's closeness with her dad—how he supported her and listened to her when her strict mother was cause for conflict during her teenage years. I then wondered what the family thought when Eric later married Torry.

There was so much more I wanted to know. Did Eric talk about transactional analysis to his family? Did he teach them TA and encourage them to use it? Did he pass on his script to them by encouraging them to write as his mother had encouraged him? Or was he able to support them and encourage them to pursue whatever their right livelihood might be?

And how did Eric's fame affect the children? Many famous people passed through the doors of their historic home, and the children were always encouraged to engage with the grown-up guests. Do any of these people stand out in the children's' minds? Do they remember Virginia Satir, Fritz Perls, or any others?

I wondered how the children felt about those Sunday gatherings at Stuarts Beach, when Eric—with his remarkably long, skinny legs—ran up and down the beach to get his exercise. He was, no doubt, a rather amusing sight!

I hope you will join us in a stimulating and interesting conversation with the Berne family Saturday before the gala banquet at the San Francisco International Conference. Your questions and your curiosity will shape the content of our dialogue. We hope to see you there.

Carol Solomon, PhD, is a psychologist in private practice in Oakland and San Francisco, California, and ITAA's staff liaison.

EDITORIALLY YOURS

by Bill Cornell

Being a Professional Community Among Professional Communities



I write this column on the plane coming home from a series of training workshops in Paris and Brussels, feeling stimulated and disturbed by my experiences on this trip.

My stimulation and satisfaction comes from the quality and enthusiasm of the groups with whom I interacted. My disturbance has to do with some of the issues being confronted by the transactional analysis communities in France and Belgium. While in Paris, there was much discussion of a recent move on the part of the French government to have transactional analysis designated as a sect or cult; its credibility as a legitimate professional model is being seriously challenged. The basis of this complaint is a revival of the controversies surrounding the Schiff family and Cathexis Institute, especially the fact that reparenting techniques continue to be used in transactional analysis today and Cathexis theory is still taught in TA training and included on exams. I was asked by the Belgian transactional analysis association, Association Belge pour l'Analyse transactionnelle, to give a presentation on "When Therapy Becomes Coercive: Inadvertent Shaming in TA Therapy and Supervision." The context of the request for this talk was, in part, the controversy brewing in France as well as the efforts of the Belgian transactional analysis association board of trustees to define ethical standards for the application of reparenting and confrontation techniques in TA.

I think we see here not only the consequences of a tragic period in transactional analysis history but also the lingering consequences of the isolationist attitudes that permeated the beginnings of TA and that still create serious trouble in the perception of transactional analysis within many professional communities. It has been a part of the cultural script of TA to be set apart from other professional communities. In preparing for the presentation in Belgium, I thought anew of the legacy of Berne's growing bitterness, sarcasm, and isolation toward the end of his life. I reread "Away from a Theory of the Impact of Interpersonal Interaction on Non-Verbal Participation" (Berne, 1971/1976), a talk given to the Golden Gate Group Psychotherapy Association a few months before his death and published in the first issue of the *Transactional Analysis Journal*. His characteristic humor had devolved into nasty cracks and sarcasm. For example:

> And I think patients can tell in about three hours which therapist is a winner and which is a loser. And since most patients don't really want to get well they're very likely to stay with the losers, but if they do want to get well they may find a winner. I'm going to try to talk about how people make themselves into losers, particularly in the social sciences where there seems to be a tremendous resistance against knowing anything. (pp. 15-16)
>
> In other words roughly speaking most of the group therapy done in this country—by most I mean 51%—could probably be just as well done by a sophisticated scout master. (pp. 19-20)

This does not strike me as a way to communicate respect to one's colleagues or to get people to cue up and join your club.

> *"In Paris there was much discussion of a recent move on the part of the French government to have transactional analysis designated as a sect or cult; its credibility as a legitimate professional model is being seriously challenged."*

I revisited the Schiff material as well, recalling as I did the tremendous upheaval that resulted from the legal and ethical proceedings surrounding Jacqui Schiff and some of her coworkers. Schiff held herself apart from (and above) those who disagreed with her. In her contribution to Graham Barnes's (1977) *Transactional Analysis After Eric Berne*, "One Hundred Children Generate a Lot of TA: History, Development, and Activities of the Schiff Family," Jacqui Schiff (1977) wrote:

> The circumstances of my moving to Virginia [from California] are not significant to this account. What is relevant is my exposure to the stifling bias of conventional views of psychotherapy at the time, my irritation and frustration at the lack of involvement and coping, the too prevalent philosophy that treatment consisted of assisting the client or patient in accepting and adapting to limitations. The therapists I was exposed to, with only a few exceptions, maintained no expectations for achievement or success either for themselves or their patients; and success as a social worker seemed dependent on subscribing to a remarkable standard of mediocrity. (p. 57)

Schiff must not have looked too hard for other colleagues and institutions that were deeply committed to the therapy of severely disturbed patients. A short drive from where she lived and worked in Virginia was Chestnut Lodge, a residential treatment center with staff members such as Frieda Fromm-Reichman (1959, 1960) and Harold Searles (1960, 1965), both of whom were extraordinarily involved with their psychotic and schizophrenic patients. There was also the Austen Riggs Center in Massachusetts, where Erik Erikson, among many others, worked. And at the time Schiff was developing her reparenting techniques in Virginia, I was working at a brilliant residential treatment facility in Oregon. I and other staff there were deeply committed to (and effective with) profoundly disturbed families. We worked with Virginia Satir, among others, and it was there that I was introduced to Berne's writings.

I remember too how Jacqui Schiff often positioned herself as a courageous and lonely pioneer, holding herself above and apart. She defined those who challenged her (I was among those) as persecuting her; she told me that "you'll be next because you touch people and do body therapy" because she saw the powers of the ITAA aligned against those who took risks. Ultimately, her membership in the ITAA was terminated because she refused to acknowledge that the ITAA ethics committee or board had the right to challenge or sanction her.

Jacqui Schiff insisted that her patients sever ties with their biological families (a major point in the French declaration of sect behavior). She adopted some of her patients as her legal children; her patients/children often then became therapists and trainers on her staff. Such a narcissistic use of one's patients would never be tolerated today. I reread Alan Jacobs's (1994) *TAJ* article entitled "Theory as Ideology: Reparenting and Thought Reform," which accounted for the history of ethical difficulties surrounding Cathexis Institute and underscored the cultish aspects of the Schiffian "family" structure and many reparenting communities. Jacobs (1987), English (1987, 1996), and Massey (1987) addressed issues of autocratic power in psychotherapy, though not directly addressing these articles to the controversies surrounding Schiff.

Most reparenting communities have collapsed, although many of the reparenting and confrontational techniques remain (often at the center) of some transactional analysis practitioners. We still teach some of the theory developed by Schiff and Cathexis Institute in ITAA and EATA curricula, and I do not think Schiff's clients, trainers, and followers have been able to undertake a systematic reevaluation on their own—her personality was too dominant, her shadow too dark. Thirty years later, *Cathexis Reader* (Schiff et al., 1975) remains the central text articulating Cathexis theory and technique, and there are only a few articles in the *Transactional Analysis Journal* addressing or critiquing these issues, including Moroney (1989), Smith (1990), Weiss (1994), James & Goulding (1998), Lankford (1998, 2004), Haykin (1998), Weiss & Weiss (1998), Woods (1998), Goulding (1998), Leong (1999), and Barnes (1999)—far too few I think. In contrast, most other major elements of transactional analysis theory and of Berne's own writings have been subject to major discussion and revision in the *TAJ* and other professional transactional analysis texts.

The ITAA ethics committee and board of trustees took responsible and forceful action in response to the charges brought against Jacqui Schiff and some of the activities at Cathexis Institute. However, I do not think we have done enough to re-evaluate the theory. If we keep the Cathexis material in our treatment repertoires and training curricula, we have a responsibility to reevaluate these models. They must have theoretical functional validity or we must disiden-tify transactional analysis from them. It is my personal hope that ITAA and EATA will provide whatever support and information necessary to the French and Belgian associations as they address these issues. We cannot afford to deny or repress this aspect of our history.

I write this column with some hesitancy and regret. I wish it were not necessary. I write, in part, to support the transactional analysis communities in France and Belgium but also to address the consequences of professional isolation. I believe firmly that transactional analysis communities must function as professional communities among other professional communities and other disciplines, even when we do not agree with them. We must remain open to criticism and welcome dialogue through our journals, conferences, and conversations among peers.

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After He Said Hello

edited by Pam Levin

What Conferences Meant to Eric

Eric always stressed the importance of having, attending, and presenting at conferences. Once transactional analysis conferences began, there were always annual summer and winter conferences. In the following contributions, various long-term members of the ITAA share what Eric "taught" them through this emphasis and how it affected their lives.

Fanita English: Eric communicated that conferences were essential to spreading the word about transactional analysis. At the Monterey conference—the last one before he died—he talked in a mixed way . . . "Well, we have gotten so big now that I'm not sure I know everybody by name, but I hope we get bigger. . . ." To me, the message was always "spread it." He was very happy when I moved from Chicago to Pennsylvania and helped spread transactional analysis there. I took that message very seriously and even started to spread it in Europe, and it so happens that my career has been exclusively in Europe since 1981. Therefore, in many ways I identify with the growth of transactional analysis in Europe. But as an American who retired to California, I'm now very involved with USATAA and looking forward to increased membership of US members in USATAA. The ITAA conferences have been my transactional analysis identity and my way of connecting both in Europe and the United States. By participating in international conferences, I was able to experience myself both as a transactional analyst who works in Europe and as an American who is identified with the United States, thus avoiding feeling "schizophrenic" between my connections with Europe and the US.

Lucy Freedman: Berne described how he invited kids over to his house to have a club so he would have people to play with, and I've thought of it often when I've been hanging out with transactional analysis people attending conferences—wonderful friends from around the world. Also, when asked "What is the script of a script analyst?" he said something like, "You make a lot of money and you travel the world." I don't necessarily make a lot of money, but I live like someone who does because I travel the world to all the transactional analysis conferences I've been to. I get to live that script. This year in San Francisco we are inviting the kids to our clubhouse with the hope of the same awareness, spontaneity, and intimacy occurring that Eric talked about. If he were still alive, he'd recognize the core of what he started and he'd also find out so much more than he could have possibly imagined—how people have developed and added to what he gave us. From the people who knew Eric to the ones who are just now finding out about transactional analysis, conferences are a meeting ground you don't want to miss. And the conference this coming August in San Francisco is on his home turf!

Felipe Garcia: Eric Berne could have made transactional analysis "his," just as a lot of people do who develop a theory. Instead, he helped his students to develop theory, to develop their own careers and professional lives instead of being followers or protégés; he wanted to give people an opportunity to share how it was working for them. Therefore, even today a lot of people continue to develop around the world, continue to develop theory and share it at conferences. This has been demonstrated again by the fact that we have received over 65 proposals from around the world for the upcoming ITAA/USATAA conference in San Francisco this August. Transactional analysis thus continues to impact my life and those of students and clients of professional transactional analysts worldwide. It continues to impact the world, helping individuals, couples, and organizations stay out of games, live better lives, and be productive, happy, successful, spontaneous, authentic, and intimate. And this conference will provide an opportunity to do just that—to connect, learn, share, and spread the benefit to the rest of the world as we return home.

Jack Dusay: Eric would have marveled at today's conferences and the representation we see there from all walks of life and all around the world. He would humbly quip that during our first meeting we had to share the hall at Asilomar with another group—the California highway engineers—but now we had the whole hall to ourselves. When the meetings got bigger and more exclusive, he was very happy that in 1964 it grew to include people from around the country and then the world. It was so important to him for people to share ideas and to have stimulating reviews of basic transactional analysis concepts and to build on those with people from everywhere. Also, there's no question that he enjoyed the fun and frivolity of getting together with such exciting people. Personally, I shared that and knew that when we signed the ITAA into existence in 1964 that the movement would be growing exponentially. The conferences stimulated the creativity, the Free Child ego state of all of the participants. Many of the bright ideas presented at conferences ultimately became future building blocks of transactional analysis. Although there was a healthy abundance of Adult thinking, there's no doubt that the freedom of the Child within us was the hallmark of our meetings and still is. Returning to our roots in San Francisco will be coming home and will certainly revitalize that great tradition, which is what I will talk about in my keynote: the power of simplicity. Eric said that if something had meaning, it had to be understood by the professor of symbolic logic at MIT [Massachusetts Institute of Technology] and likewise by a farmer from Minnesota with a third-grade education. The power of being understood has given transactional analysis its life, and this will unfold as we revisit our home.

Pam Levin: Conferences were the means through which Eric encouraged and empowered, the way he used to turn the potential that he saw in people (and he saw potential in everybody) into actuality. For example, when I met Eric in 1966, I was working in a hospital and mentioned that there were a lot of games going on with the nursing staff. He said, "Write them down," to which I replied "Sure" and did nothing more. A few months later, he was due to give a presentation to the staff at Oakland Naval Hospital, and he called asking for the games I'd written. I spent a painful weekend getting a few committed to paper and gave them to him. He presented them, and the next time I saw him, he asked me to present them along with others at the summer conference. I had never talked before an audience in my life. I spent an anxious and frenzied time coming up with more games and turning them into a presentation. I was sure the paper would be turned down, but it was not, and not only that, Eric came to hear it. It was a baptism by fire for me, one in which he had set a series of successive "hurdles" for me to jump over. He had to know I was terrified and totally wet behind the ears (I was 24 at the time), but the fact that he expected me to do it was everything. And with each consecutive leap, I gained in my own confidence and personal power, and in his approval. At a conference on how people develop scripts, I remarked that I thought first people had to develop and then they developed scripts. So, we have to understand the developmental process in order to understand how scripts developed. Eric simply said, "Yes," and in that one word gave me the message, "Yes, that's your assignment," which is how I stayed committed to studying development until I "got" it—a process that took 20 years and involved several articles and books. Conferences continue to be a place for taking these personal "leaps" in an atmosphere that—like Eric created with

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IN MEMORIAM

Erika Stern, 1942–2007

by Servaas van Beekum and Diana Shmukler



There are mothers who give birth to children, nurse them, feed them, raise them, guide them, and fight with them, all in order to help their children to stand happily on their own feet. There are other mothers—professional mothers—who do pretty much the same for more metaphorical children, such as trainees, causes, projects, and clients. Erika Stern, who died on 6 March 2007 after being diagnosed with incurable cancer 10 months before, was such a professional mother.

Few people would argue that Erika was an easy person. Her complex personality would always leave space for the unexpected—for a new idea, a confrontation, an insight. Meeting and working with Erika was often a challenge to one's frame of reference, an invitation to rethink positions. However, her messages were delivered in good spirit, they came from an unequivocal OK position, and she was always available to open up the process. In her life, Erika was driven to make a difference and leave the world a better place than she found it.

Surviving the holocaust as a baby and a toddler, growing up in a foster home, and merging her United Kingdom and Dutch upbringing did not give Erika an easy start in life. But she developed a survival instinct and learned to assess her possibilities, which left her with some basic beliefs for life: her belief in development, her love for people, and her conviction that you make more from life when you allow complexity to be named and included. In hindsight, one can say that the former two brought her into a long and intensive relationship with transactional analysis, while the latter actually drew her away from it.

Erika was among the first to bring transactional analysis to the Netherlands. From the mid-1970s until the late 1980s, she was a driving force behind an intensive 2-year program at the University of Utrecht to train teachers as school counselors. She put her full energy behind learning from experience, introducing group praxis and counseling praxis (what we would now call supervision) at the center of that training. She also introduced modalities such as transactional analysis, rational emotive therapy, and gestalt into this program and was very creative in designing self-directed learning methodologies. Erika's influence in this area has definitely shaped the way school counseling in the Netherlands has developed: Teachers opened up and flourished, school managers started to create structures for counseling, and school boards found budgets. The ones who profited in the end were the thousands of schools with their hundreds of thousands of students.

Erika was a devoted psychotherapist and trainer, choosing transactional analysis as one of her main approaches for a long time. However, she was always an integrator of modalities. Her generosity of heart allowed clients to prosper and colleagues to grow. The transactional analysis training groups she conducted as a Provisional Teaching and Supervising Transactional Analyst (PTSTA) were well known, including for their annual intensive merger with training groups from Germany (thus making German-Dutch issues visible in the training). This development resulted from Erika's integration of group process, psychodynamic, and systemic issues in training and consulting. The world of transactional analysis became too narrow for her. With her extension into other modalities, she opened up other networks for her students and colleagues.

In 1991 she cofounded Group Relations Nederland, which was linked with the network of international associations that study unconscious process in groups, organizations, and society. She reframed her training—still as part of Utrecht University—to include the systemic perspective. She was always interested in and committed to understanding and exploring cultural diversity and the factors that separate people and cause conflict as well as how to bring people together and resolve conflict.

In the last decade or so of her life, Erika became increasingly more prominent and highly regarded internationally in the group relations world. The postacademic course she developed at the University of Utrecht, "Counseling in Context," is widely respected in the Netherlands and throughout Europe.

Her students, trainees, supervisees, colleagues, and friends will miss Erika deeply. She contributed to and impacted many lives, enriching all with whom she came into contact.

Dear Erika, you were loved, respected, admired, and feared for causing discomfort and confrontation. None of those who knew you remained unaffected by their contact and experience with you. Those whose lives you touched so deeply are grateful for their relationship with you and will carry your influence with them into their lives and work.

Rest in peace, Erika.

For more memories of Erika Stern, see the Members' Forum, page 4.

MEMBERS' FORUM

RESPONSE TO ARTICLE ON SUICIDE

Dear Bill:

Your article "Thinking about Suicide: Learning from Clients" in the March 2007 *Script* was a pleasure to read. It got me rethinking about suicide and how and when I both use, and choose not to use, no-suicide contracts or personal commitments.

Many of my clients have both childhood as well as current fantasies of suicide that are often the way to reveal implicit archaic memories of their sense of depression as young children that can only be expressed through a fantasy of "giving up on life."

Thank you for this brilliantly written article. I appreciate your contributions to our transactional analysis body of knowledge on clinical process.

Richard Erskine, New York, New York

Editor's Note: Another relevant article has been brought to my attention and I highly recommend it to Script *readers interested in the topic of suicide: "Existential Realities and No-Suicide Contracts" by Geoff Mothersole from the April 1996* Transactional Analysis Journal, 26*(2), 151-159.*

REMEMBERING ERIKA STERN

I only met Erika a few times but enough to know what a lovely woman she was. In addition, her edited book *TA: The State of the Art: A European Contribution* (1984), as well as her more recent work, is a real contribution to our literature. My condolences to all those in the Netherlands who mourn her passing.

Charlotte Sills, London, England

MEMORIES OF ERIKA: A CLIENT'S EXPERIENCE

Erika was my first-ever therapist when I lived in the Netherlands in the early 1980s. Her generosity and love, and equally, her ability to confront, had a very significant influence on me becoming the therapist I am today. Therapeutic styles have come and gone, and quite likely my experience of her—and hers of me—would have been very different had we worked together in more recent times. To me, this highlights the significance of the relational and cocreated nature of psychotherapy: It is about two individuals who are constantly changing and evolving.

I got to know quite a lot about Erika in those days, both regarding her professional as well as her personal life. Her then new partner Rolando cooked delicious meals while she ran her therapy group, and enticing flavors would waft from the kitchen. We used to leave, only half-jokingly mentioning how nice it would be to stay for dinner. We weren't invited, to be sure, but there were other areas of contact between the personal and the professional spheres. For example, Erika attended the wedding of one of the group members, as did most of the rest of the group. Self-disclosure was fairly OK in those days, but it didn't stop us from having all sorts of transferential issues with Erika that were duly worked through.

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What could be discussed was discussed, within reason, and there was never a sense of it being gratuitous or overindulgent. The rules around touch/no touch were different, as were the contracting styles (big sheets of paper blu-tacked all over the room, following the Muriel James format, with the group being encouraged to challenge members who didn't seem to be "working on" their agreed upon issues).

What I take from all this, my first therapeutic relationship, is a sense that, at the heart of relational work, it is not about current styles and fashion, but about an attitude that is hard to put into words. The work we did at the time—all 4 years of it—wouldn't be classed as relational in terms of current understanding, and yet it very much was. I am certain that Erika changed the way she worked profoundly in the last 25 years, but I am equally certain that the essence of it would have remained the same.

I battled with Erika and didn't want to succumb to her holding me—"holdings" were de rigeur at the time, and relenting to being held was a sign that one had actually entered therapy "for real." When I finally did, I cried for a long time, all the while worrying about the mess I might be making. She didn't mind, even though I suspect she might have had a hard time getting my mascara out of her grey mohair jumper.

The main reparative and deeply transformative experience, however, came by way of the fact that she, a survivor of the Theresienstadt concentration camp of World War II, seemed to genuinely accept me, an Austrian. In 1986, Kurt Waldheim was elected president of Austria despite national and international protests because of his involvement in Nazi atrocities. It was not at all easy being an Austrian in the Netherlands during those years. For a long while this issue was not openly addressed in our sessions, until at some point I broke down, asking Erika whether, deep down, she hated me. The fact that she didn't was like absolution for a sin I had never committed but which had lain heavy on my heart purely by implication. What's more, Erika facilitated me in taking pride in my national identity, and I became, for the first time ever, truly proud of my heritage, which I had previously preferred to reject.

I came to love Erika, but it was also very important for me to leave the group when I felt it was the right time for me to do so, despite the fact that I wasn't "fixed" yet. Some group members gave me a hard time, but Erika let me leave, just as she had welcomed me to stay.

I only met Erika twice after that. The first was at the EATA conference in Blackpool in 1988, when I was beaming with pride after having just completed my PhD. The next time I saw her was in 1996 at the EATA conference in Budapest, and again it was a celebratory occasion because I had passed my CTA exam. Our relationship had changed, and professionally I felt more equal.

I was surprised and sad that Erika didn't attend the 2002 EATA conference in Utrecht—despite the fact that it was held right on her doorstep—because I had looked forward to seeing her again. I assumed she had her reasons not to attend.

I never had the need to chase after her, or know anything more about her, or try and enter her life—the therapy had been completed. I was kept up-to-date regarding Erika's life in general terms by mutual acquaintances, and I felt profoundly saddened when I heard last summer that she was gravely ill. After some deliberation, I chose not to make contact. My relationship with Erika was what it was, for a few years, and I feel OK and complete in that knowing. I didn't feel guilty about not contacting her, assuming that she had a lot of people around her who loved and supported her. It felt inappropriate to open up an old connection. This sense of completion was certainly at least in part owing to the way Erika was with me during our therapeutic relationship and her ability to welcome, accept, be with, and also ultimately let go.

I am left with gratitude and I mourn the passing of a generous, warmhearted, and deeply human woman. I learned a huge amount from Erika, and I will always hold her in my heart.

Birgitta Heiller, Guildford, England

IN MEMORIAM: ERIKA STERN

In a small corner of her life—which was a vast hall in mine—Erika taught me about the richness she had accomplished in her life. She guided me, as my primary teacher in counseling and later as my supervisor in psychotherapy and as my mentor through two courses and exam processes. She guided me through towns of knowledge, we walked through small villages of a client's sense-making, until finally I found my own way, my own academic and professional route.

Just the two of us sat together, gradually building on the construction of my professional stance and academic thought. Erika had very clear ideas about learning processes and supervision; she envisioned the latter as a three-stage process working toward a mutual, professional dialogue between equals.

That effort made this whole process a colorful combination of the ink of book knowledge with the experiential engraving of those ideas on my own internal world. Like a piano player hearing a much practiced piece becoming gradually melodious, she took delight in hearing the melody of my own thinking. At first that was only a faint murmur in the background, proffered hesitantly: How would I ever reach the thoroughness, the shadedness of thinking she knew could be reached? But she used to turn up the music of my murmur with just one keen English expression: a few words, which would make my thoughts click in an entire genealogy of academic thinkers. Those were incredible moments when she would show me the beauty of my own thinking by getting to the very heart of the matter while simultaneously handing me down my "ancestors." Every thought, every construction was coupled to its own logic as well as to its specific academic history.

Erika enjoyed herself when the sounds of my personal music became somewhat louder, especially when she discerned some new bustle in my compositions. She did not tire of bending over schemata I had made, mapping the genealogy of my thinking: the philosophers, clinicians, and searchers-in-life who influenced my thinking. She would add new ones, as we discussed the context of my thinking—artists that shared it, times that bore it, philosophers that inspired it. During that process, quite implicitly, I received a colorful gift to unwrap gradually: the shades of a deep personal respect for the human intentions underlying academic ideas, their role in the all-too-human sense-making of the thinker of life, of living, of understanding.

My impression is that in those hours between the two of us she enjoyed my personal growth. Yet, the real gift for her behind all of this was my growth as a part of human striving. Uncovering human strivings has meant a great deal to her, whether it was in group relations, counseling, or psychotherapy. Unconscious processes were her passion, bringing them to the surface had her ongoing attention—letting them glimmer through so that they could be studied in all their shades in order to let thought bear on psychic life.

She herself might balance this statement with a deeper thought than I can have right now. I truly miss her deepening additions. I must walk my own journey now, through villages of sense-making, through towns of knowledge, in the meantime missing my mentor, my teacher, to enjoy the dialogue together, and to point out extra beauties on the way. But she has taught me to walk, to think, to look.

I owe her, and in a way my clients owe her in my experience of how interaction can be internalized—"where, in what place, internally things might land," as Erika would say—as much as in my professional self-agency.

A growth process can be like white-water rafting. I learned to paddle my own canoe through her unrelenting solidarity with my growth. This, together with an immense rucksack of inspiration and sheer delight in dialogue with the enjoyment of what emotionally charged thinking can give, are some of the things she left to me. This, and a continuous recognition that there are always still more profound layers to grasp.

She might not agree with the sentimentality of what I have said here. But after some debate, we would find common ground in the thought that as much as I owe her as a person, I owe generations before her, owe the history of human endeavors, to live life graciously and all that has brought forth. If nobility is measured by personality instead of by land, I have met one person of high nobility, that's for sure.

And the gift she gave me? It is still being unwrapped: I am not yet half way . . .

Thank you, Erika. A big thank you.

Claire Nelissen, Haarlem, Netherlands

Editor's Note: The material about Erika Stern in this issue was gathered and published in cooperation with the ITA News *and the* EATA News.

Editorially Yours

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After He Said Hello

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me personally—provides abundant sources of OKness and enthusiastic "Of course you can do it!" messages in an milieu of connection, positive strokes, and fun. Returning to our home ground in San Francisco for the upcoming conference will be an opportunity to drink deeply from the wellspring Eric began here.

CONFERENCE UPDATE

"Cooperation and Power: Relationships, Choices, and Change"

Earn CEUs • Network with Colleagues • Learn State-of-the-Art Transactional Analysis

San Francisco
8-12 August 2007
Westin Hotel
San Francisco Airport



Sponsored by the ITAA and the USA TA Association

Meeting of Transactional Analysis Association Presidents

Special Invitation: Are you are currently president or head of a transactional analysis association? I hope you will plan to attend the San Francisco conference, and if you do, I cordially invite you to join me for a gathering of presidents, Wednesday 8 August at 10 am. We will have an informal meeting, followed by a luncheon. This time will offer a unique opportunity to reconnect, dialogue, and exchange the experiences, challenges, and plans of transactional analysis associations around the world.

Gianpiero Petriglieri, ITAA President

ITAA President's Reception

On behalf of the ITAA, I am delighted to invite all attendees of the San Francisco conference to an informal reception on Monday evening 6 August. This will be an opportunity to say hello and reconnect with colleagues from around the world and to celebrate together the beginning of a great week. I look forward to seeing you there.

Gianpiero Petriglieri, ITAA President

Social Events to Delight You

No transactional analysis conference is complete without time to play and have fun with new and long-time friends. This one will be no exception!

The opening reception on Wednesday evening after Jack Dusay's keynote will give us a chance to greet each other, hear about how great the preconference events were, celebrate the successes of the transactional analysis certification process, and graze on refreshments, with a background of live music. Ahhhh, a good start you say.

Thursday evening we go outside to dine and play at a nearby park that has coastal views, eucalyptus groves, and an environmental education museum that will be the site of our "Gold Rush" picnic/barbecue/cocktail party. We'll be outside, stretching our legs, mingling, learning about the region and world environmental issues as well as the California Gold Rush of 1849, chomping on good ol' Western barbecue! Be sure to sign up when you register for the conference! Bring your cowboy hat and a good ol' guitar. Or just come and watch how "westerners" do it.

Friday evening, leave your heart in San Francisco! You may go into the city on your own or sign up for buses leaving from the hotel in the early evening that will take you to one of the most famous areas in the world for sightseeing and good food (Union Square or Ghirardelli Square near Fisherman's Wharf). The buses pick you up for a return to the hotel at the end of the evening. Or stay near the hotel—enjoy a walk around the bay hiking path and watch the sun set, have a lazy dinner and a massage in the beautiful Spa-Westin, resting up for . . .

Saturday evening banquet and dance! The band Soul Intention will provide Free Child spirit to swing and sway to after a gourmet meal and great conversations with friends and colleagues. This is a "don't miss" event. There will be relaxing music wafting through the room as we dine, then Soul Intention will get us movin' and groovin'. Some of you we saw carrying on in Istanbul at the closing Gala—we are waiting for the next dance with you!! Put on your glad rags and dancing shoes.

The Thursday picnic, Friday buses, and Saturday banquet are optional events, so be sure to include them when you register for the conference.

Change in Abe Wagner Institute

Please note that the date has changed for Abe Wagner's institute on "Breaking the Communication Barrier." It will be a one-day institute on Tuesday 7 August, not a two-day institute as previously published.

Training and Certification Council Training Day

On Tuesday 7 August, from 9 am to 5 pm, in San Francisco there will be a free all-day workshop about issues related to training and certification. Often we talk about how important the joint area of training and certification is for the worldwide transactional analysis community. In fact, global cooperation in TACC (Transactional Analysis Commission of Certification) is flourishing. The major cooperating partners in TACC are the Training and Certification Council (T&CC, which is the service provider for ITAA in matters of training and certification), EATA, and WPATA. The goals of the training day are: (1) to foster contact between trainers; (2) to exchange current practices, questions, and grievances; and (3) to update trainers and supervisors on current issues related to training and certification. All those who have a current contract as a PTSTA or are a TSTA are invited. Participants will come from the broad transactional analysis community that T&C Council serves, so this will be an international event. The day will be chaired by the cochairs of T&C Council, Tomoko Abe (Japan) and Susan George (India); one of the cochairs of the ITAA Board of Certification, Lorna Johnston (Canada); and the vice president of training and certification, Servaas van Beekum.

Advertising Opportunities for the SF Conference

If you would like to advertise in the program book for the August ITAA/USATAA international conference, reserve display space at the conference, or sponsor conference events or other needs, please send an e-mail to conference@usataa.org . We will provide you with details.

The Theory and Practice of Transactional Analysis (TA 101)

This comprehensive two-day course will offer a classic and contemporary presentation of the fundamentals of transactional analysis. Participants will learn information that they can apply in a wide range of professional settings, including health care, management, education, psychotherapy, counseling, and coaching. The insights they gain will immediately influence how they do their work. This course, long a common experience for those interested in transactional analysis, is also the first stepping stone on the way to full certification as a transactional analyst.

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Visit the conference Web site at www.usataaconference.org

The Body of TA

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body psychotherapy—the body in transactional analysis.

Now I am passionate about transactional analysis as a dynamic body of theory. At the time I chose to train in TA, I was applying for a clinical psychology master's course, and in those days we had to choose a cognitive behavioral or a psychodynamic route. I didn't want to make that choice.

Around that time, I decided to embark on my own therapy, and it was as a client that I first saw that transactional analysis offered me the opportunity to explore both routes—the cognitive behavioral and the psychodynamic—and, what's more, to be an active participant in my own healing process. I remember asking in my first session, "Do you think you'll be able to help me?" My therapist's reply engaged and intrigued me: "Yes, and you'll have to make some changes." I was hooked; here was someone willing to engage with me and insisting on my involvement too.

This was in sharp contrast to the psychologists I had consulted, who appeared to share the same opinion as many of my aunts that "I suffered with my nerves," as if my "nerves" weren't part of me. This split, it seems, goes back to Descartes, who wrote, "I have a clear and distinct idea of myself as a thinking non-extended thing and a clear and distinct idea of body as an extended and non-thinking thing" (cited in Garber, 1998/2003). He argued that the mind—a thinking thing—can exist apart from its extended body. Thus, the mind is a substance distinct from the body, a substance whose essence is thought.

I was taught that one of the basic philosophical assumptions of our body of transactional analysis theory is that everyone has the capacity to think. In training I swallowed this whole, understanding it as "everyone must think." I now feel some discomfort in the confrontations I made of my first group of clients. When I posed a question and they answered "I don't know," I would say, "Yes you do" and "You can think and feel at the same time." I was diagnosing a Don't Think injunction and inviting what I believed was a thinking response. Actually, I think the responses were almost always an overadaptation, as was my application of the theory: me acting in a way I thought a transactional analyst should and the client producing what he or she thought I needed to hear. Why wouldn't you in response to that confrontation?

However, in writing this speech I am now remembering a client from that time who respectfully gave me an article from the twentieth-century philosopher Ludwig Wittgenstein (1921), who wrote, "What we cannot speak about, we must pass over in silence." I think the appropriate ulterior in that response from my client was "Back off!"

> *"The body in Berne's writings came to be viewed as a way of signaling script and a means of indicating that something needed fixing rather than as a body wanting something to be understood."*

After my Certified Transactional Analyst (CTA) exam, something clicked. I gave myself permission to think and speak for myself, and to some extent, my passion since has been to follow the challenge that thinking does not necessarily involve cognition and that meaning making may not involve words. These days I believe not knowing and not being able to verbalize does not necessarily mean passivity or unwillingness to problem solve.

Just last weekend, I observed a friend's 9-month-old daughter crawling for the first time. As Lilly (Lilly the Kid, her parents call her) made her first attempts to crawl, she appeared to be intensely involved in thinking, working out through her body where to put her hand and then how to move her knee cross laterally. Cross-lateral crawling is believed to help develop the connections across the corpus callosum and so aid communication between the left and right hemispheres of the brain.

You see, not knowing or not verbalizing does not mean that thinking is not going on. It is just a different type of thinking, more a process of making important meaning through experience. Though this might have been a shocking idea for Descartes, my belief is that we need our bodies to think with and through. That is, our bodies can actually help us understand our thinking.

Originally, Freud apparently massaged his patients, and it was through this process that the free association technique was developed. It seemed that a route to the unconscious could be found through the body. However, an enlivened body in that place and time in history was too threatening, and Freud therefore developed a more distant way of working: the patient was on the couch, the analyst behind, let's not let the enlivened body get in the way of the analysis.

It is interesting to note that both Freud and Berne appeared to radically change their way of working as a result of external challenges. Freud admitted that he did not like his patients looking at him. And since love and sex emerged in the transference, he felt the need to protect the moral code of psychoanalysis at a time when some psychoanalysts acted out in the erotic transference with their patients.

Changes in Berne's way of working and writing about his work came about when he was not received with open arms on his first application to the psychoanalytic society in 1956. In fact, this is often cited as the reason that transactional analysis exists today. Prior to this rejection, he had written the following in 1949:

> To understand intuition, it seems necessary to avoid the belief that in order to know something the individual must be able to put into words what he knows and how he knows it. . . . Dogs know things and so do bees. . . . True knowledge is to know how to act rather than how to know words. (cited in Stewart, 1992, p. 28)

Berne in 1949 was not so insistent on explanations as he is seen to be today.

At this stage in its evolution, Berne's theory was not so much about thinking cognitively—or at least verbalizing those thoughts—as it was about behavior, that is, how we act. In his writings he made frequent reference to the body, noticing gestures to help diagnose ego states and asking "which sphincter is the patient holding tight?" (Berne, 1973, p. 70). In fact, in his attention to diagnosis—the behavioral and phenomenological—very much involved the patient's body.

Berne also knew the importance of the body in relationship, that it plays a vital role in our psychological and interpersonal development. The formation of his theory around stimulus hunger was based on the work of Spitz, who had found that infants deprived of handling would sink into an irreversible decline. Berne also wrote of tissue scripts and tissue damage in third-degree games.

My favorite reference involving the body is Berne's (1977) description of the primal protocol, where he referred to thinking with our muscles (p. 3). The primal protocol was described as a system that forms the original skeleton of the script, in many ways the most important aspect of script. However, after 1956 Berne's emphasis shifted. In *What Do You Say After You Say Hello?*, he wrote, "From two to six the ground is firmer because nearly everyone remembers a few transactions, incidents or impressions from that phase of script development" (Berne, 1972, p. 99). The focus here is on more explicit memories involving language and words.

Like Freud, Berne could see the importance of the body in psychotherapeutic work, but he moved away from incorporating it into his methodology. When he did refer to it, his attention was focused on the patient's body. There was no reference to therapists using signals from their own bodies as an aid to diagnosis or using their own bodies in work with the client. In fact, in 1967 Berne expressed a specific wish that transactional analysts not have physical contact with clients.

Berne believed that if a transactional analyst considered bodily contact to be desirable for a certain patient, that person should be referred to a dance class, a sensory awareness group, or a permission class. Bodily contact was beyond his remit and that which he was prepared to recommend to his followers. His job, as Berne saw it, was as a head mechanic, and he emphasized the importance of cure. He suggested that if you are going to cure people's heads, you should use the medical model, and he emphasized being a real doctor (Berne, 1971, p. 6). Over time, the body in Berne's writings came to be viewed as a way of signaling script and a means of indicating that something needed fixing rather than as a body wanting something to be understood.

It appears to me that eventually, Berne was not into knowing without being clear how we know what we know. Although he had written in 1949 in his studies on intuition that there is a time for scientific method and a time for intuition—that one carries more certainty and the other more possibilities—it seems to me that Berne became increasingly focused on providing answers and certainty for his patients.

Much earlier, Willhelm Reich, the pioneer of body psychotherapy, apparently also struggled with the splitting of mind and body (Cornell, 2000, p. 30). His concept of character analysis proposed that people form a body armor to protect themselves not only from the challenge of living with others in the world but also from their own desires and instincts. Reich's theory of character formation is more different from than similar to Berne's model of script, yet for me, both describe a tension between our desires and impulses and the compromises we make for the sake of relationship. While Berne appeared more focused on the head or the mind, Reich was similarly accused of siding with the body against the ego.

I have always delighted in Berne's unapologetic capacity to change his mind, yet like Reich, Berne's theory is often read as dogma. Both men were determined characters, and at times this determination came across as inflexibility. Reich was expelled from the International Psychoanalytic Association in 1934 for political militancy, and Berne, when he was still working to gain the status of psychoanalyst, dared to defy Freudian concepts of the unconscious in his writings. From their different yet both rather iconoclastic positions, they each created a solid foundation of theory, which certainly in their earlier writings, meandered back and forth from their original psychoanalytic roots while creating new and dynamic methods of working.

Body psychotherapists trained in a neo-Reichian perspective today are, I believe, enjoying a capacity for holding more possibilities in a way that Reich was not able to afford himself. Similarly, transactional analysts these days are enjoying the capacity to question and expand or disagree with some of the basic assumptions in the application of TA. In my opinion, both Berne and Reich had some difficulty recognizing that more

TA CONFERENCES WORLDWIDE

12-15 April 2007: University of York, United Kingdom. ITA National Conference. Contact: www.ita.org.uk .

8-12 August 2007: San Francisco, California, USA. ITAA/USATAA International Conference. Contact: Felipe Garcia at conference@usataa.org or visit www.usataa.org/conference

26-30 September 2007: Coimbatore, India. First South Asian Association of TA Conference. Contact: Uma Priya at nityaguru66@dataone.in or Sashi Chandran at sashichandran@hotmail.com .

11-12 October 2007: Singapore 3rd International Conference (organized by the Singapore Transactional Analysis Association and the Berne TA Center of Singapore). Contact: Berne.Spore@pacific.net.sg ;Web site: www.staa.org.sg

14-17 November 2007: Guatemala. Asociación Latinoamericana de Análisis Transaccional (ALAT) Conference. Contact: Edgar Ramírez at earamirez@gmail.com or visit www.conglat.com .

Announcing an Update: TADATA 5.0

A Complete Reference Guide to the Transactional Analysis Literature

This database includes about 15,000 keywords covering the *Transactional Analysis Bulletin* (1962-1970), the *Transactional Analysis Journal* (1971-2006), essentially all books (not pamphlets) on transactional analysis in English from 1947-2006 (123 books), and 490 journal articles from the APA PsychINFO database covering abstracts from some 1300 journals worldwide (1967-2006), including 304 research article references to transactional analysis and 152 research dissertations. The system includes three search programs, the results of which can be output to the monitor, the printer, or to file storage. TADATA 5.0 is provided on a CD disk in IBM-compatible format. There are no articles or book excerpts on this CD. Two megabytes free hard disk space are required. Standard price: $60 for ITAA members, $70 nonmembers, which entitles the purchaser to register as a user and to obtain updates for $15. ITAA members whose dues are set using the TAlent system can have the price of this product prorated on the same basis as their dues. For further information, contact the ITAA, 2186 Rheem Dr., #B-1, Pleasanton, CA 94588-2775, USA; phone: 925-600-8110; fax: 925-600-8112; email: itaa@itaa-net.org . Copyright © 1995, 1997, 1999, 2003, 2007 Theodore B. Novey, PhD

Upcoming *TAJ* Theme Issue

"Trauma and Resilience"

Guest Editor: Sharon Massey
Deadline for Manuscripts: 1 January 2008

Please follow the instructions to authors on the inside front cover of any recent issue of the *TAJ*. Please e-mail manuscripts to *TAJ* Managing Editor Robin Fryer, MSW, at robinfryer@aol.com .

often than not, the crux of the work is in the dynamic tension between ego and body. Although their theories are rich and complex, both men were passionate about their patients experiencing a better life—Reich in arguing that the best cure was to be found in an active, guilt-free sex life and Berne in "getting a new show on the road" free of limiting script behaviors. Both in their eagerness looked to find a way out of the dilemma their patients were experiencing before they truly found a way in.

Today, I am appreciating more that the way into understanding an impasse is that opposing views each have energy of their own, something important that needs to be heard. In allowing room for the validity of each force—however irrational—and acknowledging that which needs to be expressed, we find a truer and more congruent understanding.

While respecting the passion behind the goals of Reich and Berne, I see their methods as contrasting with Winnicott (1977), who, in his work with the Piggle, stressed the "importance of my not understanding what she had not yet been able to give me clues for" (p. 48).

"The most exciting aspect of integrating attention to the body into my work as a transactional analyst has been expanding my tolerance for not knowing, for not making meaning too quickly and allowing more space for my client's experience to deepen."

For me, the most exciting aspect of integrating attention to the body into my work as a transactional analyst has been expanding my tolerance for not knowing, for not making meaning too quickly and allowing more space for my client's experience to deepen. This is often not as comfortable as it sounds; both client and therapist have to experience the tension longer and be willing to stay with discomfort until something emerges.

One of the best things that I have heard recently from one of my clients is "Steff, it is strange, but since working with you I feel like my therapy is 'happening to me.' " This was an experienced client and an experienced practitioner. Like me, she was taught that "weather happens," our experiences don't happen, and we must always take responsibility for the happening. Now this client can allow things to emerge rather than direct them. As a result, she is discovering a more organic process of meaning making rather than one that is imposed by an insistence on thinking and understanding.

I have developed more confidence in this way of working by watching a number of body psychotherapists. A particularly defining moment for me was in a workshop in which a client who was allowing her body to shake quite fiercely asked the therapist, "Do you know what is happening?" At that time, I expected an assured reply from the therapist. Instead, her potent reply was, "No—but I trust that your body does." I was impressed!

More and more I find that allowing space and being willing to be a solid presence in this dynamic tension generates an environment in which clients develop more capacity to recognize that they are the author of their own experience.

However, what also remains vital for me is that the proverbial baby not be thrown out with the bathwater. While I consider the body to be involved in all aspects of the way that each of us has shaped his or her life, I still remember why I chose transactional analysis: It remains for me a system that affords me the possibility of working across the range of the cognitive behavioral and psychoanalytic approaches. Different clients need different approaches, and the same client may need different approaches over time. My job is to use what I know to help the client, not to get the client to fit the theory.

All too often when people start to reshape good theory—like the theories of Berne or Reich—new ideas have the potential to become dogma. Sometimes in an attempt to get their passionate views heard, developing theorists may be seen to regard the foundations of their theory as "old hat"; the new order is the one where it is now at. If we are to keep enjoying the body of transactional analysis as the dynamic theory that it is, we need to come together as a body of colleagues to discuss, debate, disagree, change our minds, and develop. We need our own bodies to think through, and we need each other as a body of colleagues to think with.

In conclusion, I would like to paraphrase Jane McQuillan's phrase "What is a body to do?" I invite you to join as a body of colleagues today to wonder, question, debate, disagree, and be open to entertaining paradox—not necessarily this or that, but maybe this and that. There is vitality in disagreement, and my experience is that if I listen long and nondefensively enough to opposing views, my thinking is often reshaped, reformulated, and revitalized. Both Berne and Reich's original theories are agile and supple enough to be stretched; we can be creative and find ways to apply our ideas and remain flexible enough to provide a range of possibilities for our clients. I invite those of you at this conference to entertain the capacity for paradox. As Winnicott wrote in a letter to Augusta Bonnard, "Let's enjoy being ourselves and enjoy seeing what we do when we meet it [what we do] in the work of others."

Steff Oates, Teaching and Supervising Transactional Analyst (P), runs a private psychotherapy and supervision practice in Cheshire, United Kingdom. She has been in neo-Reichian training for the last 6 years, runs short courses integrating body psychotherapy and transactional analysis, and is cofounder of the Northern College of Body Psychotherapy. She can be contacted at steff@xxist.com .

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ITAA Conference Update

continued from page 5

In a remarkable collaboration, this special session will be led by many of the developers of the topics being taught as well as skilled teachers and transactional analysis leaders from around the world. This will be an outstanding op-portunity to hear about the story and value of transactional analysis directly from powerful and knowledgeable tran-sactional analysts. A tentative list of faculty includes: Claude Steiner (USA), Anne de Graaf (Netherlands), Janice Dowson (Canada), Fanita English (USA), Jan Grant (Australia), Gloria Noriega (Mexico), Steve Karpman (USA), Fatma Reid (Turkey), Diane Salters (South Africa), Taibi Kahler (USA), and Charlotte Sills (England). Jack Dusay (USA) has also been invited.

Transactional analysis as developed by Eric Berne is a theory of personality that invites students to be actively involved in their learning. In the San Francisco course, presenters from around the world will teach transactional analysis from the unique perspective of their country of origin. Participants will learn cultural aspects of transactional analysis as well as fundamental ideas. The class will also include discussions of recent innovations in theory and practice. The format of the course will include lecture, experiential exercises, and group interaction.

ITAA Vice President of Development Gaylon Palmer is organizing the event. Further details will be posted as available on the conference website at www.usataaconference.org or you may contact Gaylon Palmer, MSW, for more information at gaylonlcsw@aol.com . Continuing education units (CEUs) are available.

Nominations Sought for ITAA Board

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 Internet (2008-2010)

Regional Trustee *(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 Europe (2008-2010)

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.

There is also one vacancy on the board that can be filled by board appointment for the remainder of the term of office: Treasurer (2007-2009). If you are interested or wish to suggest someone else to fill this vacancy, please contact the ITAA office.

Send nominations to the ITAA Secretary and Nominations Committee Chair Lorna Johnston at thechangeinstitute@shaw.ca or fax to her at 1-403-243-4209. **The deadline for nominations is 31 May 2007.**

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.

EXAM CALENDAR

Exam	Exam Adm.	Exam Date	Location	App. Deadline
CTA EXAM	BOC	8 Aug. 2007	San Francisco, USA	8 May 2007
	BOC	29 Sept. 2007	Coimbatore, India	29 June 2007
	BOC	19 Oct. 2007	Wellington, NZ	19 July 2007
	COC	16 Nov. 2007	Neustadt, Germany	1 Aug. 2007
TSTA EXAM	BOC	8 Aug. 2007	San Francisco, USA	8 Feb. 2007
CTA Written	All Regions (Non-Europe)	Your choice	Submit to Regional Exam Coordinator after paying $50 fee to T&C Council	Your choice
TEWs	BOC	12-14 Aug. 2007	San Francisco, USA	12 April 2007
	BOC	30 Sept.-1 Oct. 2007	Coimbatore, India	30 May 2007

* 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.

A Brief History of TA 101s in Britain

by Keith Tudor

Thirty-five years ago—following the establishment in April 1972 of a transactional analysis discussion group in London initiated by Lawrence Collinson and David Porter—the first official TA 101 introductory course took place in Britain in November of that year. It was organized by Alan Byron, held in Sheffield, and run by Warren Cheney, a psychotherapist and Teaching Member of the ITAA.

Five years ago I ran a TA 101 in Sheffield, also in November. It took place at Temenos, a training organization running graduate and postgraduate training courses in person-centered psychotherapy, counseling, and supervision and now a Member Organization of the United Kingdom Council of Psychotherapy. The 101 ran over 3 days and included a component comparing the theory and practice of transactional analysis with the person-centered approach. In running it I was ably and generously assisted by Mark Widdowson, then a Certified Transactional Analyst and a local psychotherapist before his move to Glasgow.



TA 101 Temenos, Sheffield, 2002

The TA 101 was timed to coincide with the 30th anniversary of the first TA 101. Prior to the workshop, I e-mailed Margaret Turpin, who had attended the first 101, and she sent her greetings: "Those were mind-blowing, exciting times. I'm sure TA is just as exciting now!" The traditional 2-day structure of the 101, with its defined curriculum and emphasis on delivery, perhaps reflected the organizational needs and style of the times. In talking with other transactional analysis trainers, I have found more creativity in the structuring of 101s, for instance, taking place 1 day per week over 3 weeks or spread over 10 evenings. The comparative component of this 101 perhaps reflects the psychological zeitgeist in acknowledging the cultural and theoretical diversity of our postmodern times. It is not possible—or, in my view, desirable—to present transactional analysis (or any other theory of therapy) in splendid isolation.

The anniversary theme continued in the breaks in the workshop, which were accompanied—thanks to the research and organization of another colleague, Mike Worrall—by music from 1972.

This year I ran another TA 101, this time for a local housing action group—Action Housing Association—for whom I will be running another one in the autumn. I ran this course on the basis of a cocreative approach to transactional analysis, theory, and practice (see online article by Graeme Summers and myself at www.co-creativity.com). As a part of presenting the history of transactional analysis, I again acknowledged the now 35th anniversary of TA in Britain.

Just for fun, here are some other reminders of those times.

In transactional analysis in 1972: Eric Berne's last book *What Do You Say After You Say Hello?* is published posthumously. Also, articles are published on rackets and real feelings by Fanita English, scripts by Jim and Barbara Allen, the crazy Child in the Parent by William Holloway, and egograms by Jack Dusay.

Music released (and represented on the anniversary CD) includes: Hawkwind – *Silver Machine*, Deep Purple – *Smoke on the Water*, The Rolling Stones – *Tumbling Dice*, The Staple Singers – *I'll Take You There*, Aaron Neville – *Hercules*, David Bowie – *The Jean Genie*, T. Rex – *Metal Guru*, Curtis Mayfield – *Superfly* and, especially in honor of TA, Bob Dorough – *The Magic Number* (the number, of course, being three!), and many, many more…

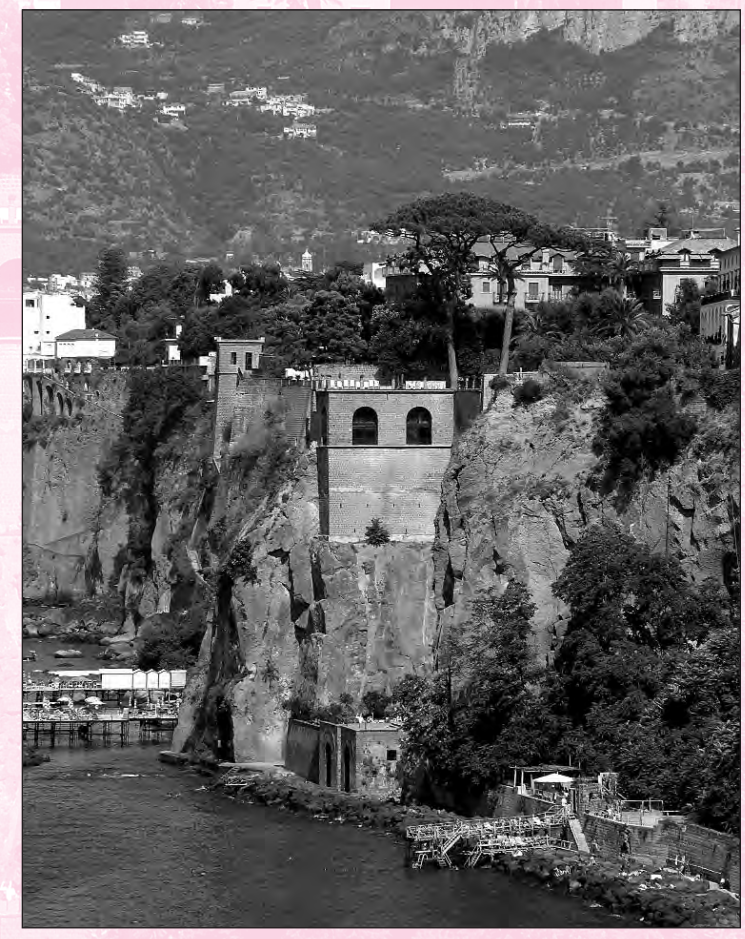
Keith Tudor, MA, MSc, CTA (P), TSTA (P), is a UKCP-registered psychotherapist with a private/independent practice in Sheffield, United Kingdom, where he is also a director of Temenos (www.temenos.ac.uk) and a widely published author. He can be reached at keith.tudor@temenos.ac.uk .



TA 101 Action Housing Association, Rotherham, 2007

Ellyn Bader, PhD, & Peter Pearson, PhD
in
SORRENTO, ITALY
7 October 2007 to 12 October 2007
(6 days, 5 nights)

"High Impact Couples Therapy: How to Sustain Systemic and Intrapsychic Change"



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