the SCRIPT

INTERNATIONAL TRANSACTIONAL ANALYSIS ASSOCIATION

VOL. 44 NO. 11
NOVEMBER 2014

IN THIS ISSUE

Board Notes:
San Francisco Harvest
1

2015 Sydney
Conference News
4

Call for Papers for *TAJ*
on Conflict
5

Call for ITAA
Awards Nominations
6

Report on 2014 ICTA
Conference
8

Now: Its Magical Power
10

BOARD NOTES

San Francisco Harvest

by John Heath

It's October already as I write this. The 2014 World TA Conference in San Francisco was 2 months ago, and, where I live at least, the days are darkening and the bright days of summer seem like another land. But what a summer! The ITAA Board of Trustees (BOT) worked really hard during its meeting in San Francisco, and we have a rich harvest to look forward to. Perhaps one of the more precious reflections I have about the BOT meeting this year is that it did not seem like hard work at all. The meeting was harmonious, and throughout it all we pulled together as a team of like-minded colleagues.

As all the ITAA staff reside in the San Francisco Bay Area, we embraced the opportunity to include them in our discussions. The BOT is aware that Robin, Ken, and Janet bring untold benefits to the ITAA, not only because of the tasks they carry out but also because of the continuity they provide. It was a rare treat to have them all with us. Likewise, meeting where we did gave us the opportunity to welcome Dan Sawney from SAGE to give, in person,



The ITAA Board receives appreciation at the General Membership Meeting in San Francisco (from left): Emily Keller, A. Geethan, Vladimir Goussakovski, Vann Joines, C. Suriyaprakash, Marco Mazzetti, John Heath, Milly De Micheli, Mandy Lacy, Chitra Ravi, and Karen Pratt (not shown: Diane Salters, Steff Oates, Susan George, Bill Holloway, and I. A. Mohanraj)

his first report to the board since our historic partnership was formed. He gave us a great deal of new information to think about regarding the analysis of online access patterns to the *Transactional Analysis Journal* and left the board confident that our journal is in safe hands and the partnership is working well.

There were many heroes around the table in San Francisco. I intend to draw attention to three in particular. The first is Geethan, our treasurer. Although there is still work to do, our finances are healthier now than they have been for some time. Accounting is like a foreign language to many of us, and Geethan has done a fabulous job of making transparent the financial aspects of ITAA's affairs. A good example of this is his report to the membership in the October edition of *The Script*. Geethan has helped us all to feel ownership of the finances. But he doesn't just count the money for us. He has also set himself the task of generating income. Geethan is enthusiastically chairing a fundraising committee, and the first of its projects may be launched soon. I won't steal the show by giving away the details here, but I will offer my thanks and appreciation to Geethan for all he is doing for us.



At the gala dinner in San Francisco, Steff Oates celebrates her 6 years as ITAA Secretary.

My second hero is Marco Mazzetti, president of EATA. He is, of course, a well-known and active member of the ITAA in his own right, and since his position in EATA has given him an ex-officio seat on the ITAA board, he has involved himself even more fully in the work of the association. Carrying responsibility in two organizations with different procedures, different traditions, and, it must be said, some difficult history between them, is no easy task. Marco does it superbly. As president of the ITAA and a European myself, our connection with EATA is an issue dear to my heart, so it is with particular delight that I am able to report that the board has voted to open talks with EATA about a new affiliation agreement. Marco has steered a similar resolve through the decision-making processes in EATA, and so we are now in a position to form a joint working group with the backing of both organizations. If we reach across the gap from both sides, I think we can make something happen. The details have yet to be worked through, and I shall report on developments in due course. My thanks and appreciation go to Marco for his work in both EATA and the ITAA to prepare the ground for these discussions.

My third hero is Steff Oates, who ended her term as a trustee in San Francisco. Steff has held the post of secretary throughout my term as president. She has been a wonderful colleague, a constant support, and a steadfast friend for all of that time. She is a natural networker. She doesn't just communicate, she makes people feel that she really knows them. Her warm, responsive, and open style has helped the ITAA through some tricky times. I took over an ITAA in 2010 that had suddenly become leaderless. It fell to me to get into the driving seat. One way and another, on the journey, Steff has provided oil for the gearbox, fuel for the tank, a map of the terrain, and at times a much needed nudge on the steering wheel. It is impossible for me to overestimate the part she has played in the life of the ITAA in recent years. Now she is concentrating on other things and taking a much-deserved rest from the constant pressure of emails that is really the day-to-day stuff of running our organization. We miss her, of course, but she did her bit and much more. I, and many of my colleagues, will always be grateful to her for that.

the SCRIPT

Newsletter of the International Transactional Analysis Association
2843 Hopyard Rd., Suite 155
Pleasanton, CA 94588, USA
Fax: 925-600-8112
Email: info@itaaworld.org
Website: www.itaaworld.org

Editor: Laurie Hawkes, MA
Managing Editor: Robin Fryer, MSW
Desktop Publishing: lockwood design

Deadlines—12th of the month prior to the month of publication (e.g., 12 November for the December issue).

The Script (ISSN 0164-7393) is published monthly by the International Transactional Analysis Association. For information on membership, visit www.itaaworld.org or contact the ITAA at the above address.

© 2014 International Transactional Analysis Association, Inc.

With thanks to our new secretary, Mandy Lacy, for her excellent record keeping, the key outcomes of our 2014 Board of Trustees meeting are summarized below.

- Members will be sent a ballot to vote on changes to the ITAA Articles of Incorporation. This is the first step in a process of updating all ITAA bylaws.
- A separate account will be created for *TAJ* financial transactions.
- After a period of inactivity due to the poor global financial climate, funds will now be made available from the Scholarship Grant Fund.
- A written contract for BOT trustees was finalized.
- A special task force will be established to negotiate an affiliation agreement between the ITAA and EATA.
- A working group will be established to look at a policy on association agreements with other TA organizations.
- The ITAA Codes of Ethics and Professional Practice will be reviewed.
- TA trainees and student members will be offered reduced rates for online access to the *TAJ*. This will be part of a more general overhaul of membership categories.
- A fund-raising committee will be established.
- *The Script* archived editions will be made available on the ITAA website.
- The brief of the membership committee will include the responsibility for communicating with members in the regions. The committee will meet at least twice per year in addition to the annual BOT meeting.
- A new communications committee will be formed to oversee website, social media, marketing, and communication via existing publications.
- The possibility of scanning the *Transactional Analysis Bulletins* into digital format for inclusion on the website will be investigated.
- Our policy and practices regarding conferences will be overhauled. A new generic conference contract is to be formulated and finalized in 2015. The commitment to an annual ITAA conference will be reviewed in light of recent losses. The world conference commitment with EATA and FTAA will also be reviewed.
- The vice president of professional standards will be a cosignatory to any contract for conferences at which ITAA exams are to be held. The hosting committee will be provided with an exam budget.
- A task force will be created to review the policy on ITAA awards (other than the Eric Berne Memorial Award). This may include the creation of a new award for exceptional service to the ITAA.
- Current administrative procedures will be reviewed, particularly in relation to the monitoring of automated online processes.

John Heath is ITAA President. He can be reached at johnheath1105@gmail.com .

EXAM CALENDAR

Exam Date	Exam	Cert. Body	Location	Application Deadline
8-9 Nov 2014	CTA	COC	Lyon, France	*
13-14 Nov 2014	CTA	COC	Roesrath, Germany	*
14 Nov 2014	CTA	IBOC	Wellington, NZ	14 Aug 2014
8-9 Apr 2015	CTA	COC	Edinburgh, UK	*
7-8 Jul 2015	CTA	COC	Rome, Italy	*
28-29 Jul 2015	CTA	IBOC	Sydney, Australia	28 Apr 2015
6-7 Nov 2015	CTA	COC	Venue Louvain La Neuve, Belgium	*
13-14 Nov 2015	CTA	COC	Roesrath, Germany	*
8-9 Nov 2014	TSTA	COC	Lyon, France	8 Apr 2014
13-14 Nov 2014	TSTA	COC	Roesrath, Germany	13 Apr 2014
8-9 Apr 2015	TSTA	COC	Edinburgh, UK.	8 Oct 2014
7-8 Jul 2015	TSTA	COC	Rome, Italy	7 Jan 2015
28-29 Jul 2015	TSTA	IBOC	Sydney, Australia	28 Jan 2015
6-7 Nov 2015	TSTA	COC	Venue Louvain La Neuve, Belgium	6 Apr 2015
13-14 Nov 2015	TSTA	COC	Roesrath, Germany	13 Apr 2015
2-4 Dec 2014	TEW	COC	Salamanca, Spain	*
6-8 Dec 2014	TEvW	COC	Salamanca, Spain	*
13-15 Mar 2015	TEW	COC	Lyon, France	*
13-15 Jul 2015	TEW	COC	Rome, Italy	*
2-4 Aug 2015	TEW	IBOC	Sydney, Australia	2 Apr 2015
5-7 Dec 2015	TEvW	COC	TBA	*
9-11 Dec 2015	TEW	COC	TBA	*
19-21 Mar 2016	TEW	COC	TBA	*
11-13 Jul 2016	TEW	COC	Geneva, Switzerland	*
2-4 Dec 2016	TEW	COC	TBA	*

* For CTA and TEW deadlines see the EATA Handbook or contact the EATA Supervising Examiner.

For more information about IBOC exams, see www.itaaworld.org .
For further information on COC exams, see www.eatanews.org/examinations/ .

Come together
the power of group dynamics

2015 ITAA Conference in Sydney

29 July - 1 August | The Menzies Hotel



by David Morley

Groups are universal, and the analysis of groups can be transformative. Today, across the globe, there is a heightened level of fear resulting in an us-versus-them mind-set. Culturally, socially, economically, and spiritually, groups are essential to the fabric of society and to the theory of transactional analysis. Our conference will be an opportunity to come together and explore groups through the lenses of each of the four TA fields: psychotherapy, counseling, organizations, and education.

The program will focus across all four fields and will highlight:

- Clinical aspects
- Transformative groups
- The impact of groups and belonging in education and organizations
- The roles of groups in society for better and worse
- Wider analysis of global movements

We also have a strong focus on bringing transactional analysis to the front doorstep of non-TA practitioners—those who work across each of the TA fields but who have either never heard of TA or who have perhaps heard the term but do not really understand what it means. As an organizing committee, we view this conference, and particularly this theme, as an opportunity to showcase TA as a modality that is as relevant today as it was when Berne first put pen to paper on the subject all those years ago. With this in mind, we are creating a program structure that reflects this and have worked hard to create a brand and marketing strategy for the conference that supports the idea that transactional analysis is not only about yesterday but about today and tomorrow.

In the meantime, if you have any questions, please feel free to drop me, David Morley, a line via email at conferencechair@2015taconference.org .

As chair of the conference, I am conscious at every step that we are inclusive and deliver value. To that end, I am proud to say that we have assembled a talented and dedicated team who are working to ensure that the experience of all participants is one that reflects the notion of "coming together."

For now, though, please put the dates in your diary and book your travel!

Key Information

Conference website: www.2015taconference.org

Preregistration (secure your place at the conference at early-bird rates!): www.2015taconference.org/the-conference/pre-registration

Call for papers: www.2015taconference.org

Conference Facebook page
(for frequent updates on conference preparation):
www.facebook.com/pages/ITAA-Conference-2015-Sydney/298228757035196

Key Dates

28-29 July.....TA 101, exams
29 July-1 August ....ITAA Conference (commencing on the evening of 29 July with a cocktail reception)
2 August .....Postconference Workshops
2-4 August .....TEW

Deadline: 1 January 2015

TAJ CALL FOR PAPERS

Theme Issue on "Conflict: Intrapsychic, Interpersonal, and Societal"

by Bill Cornell and Sylvie Monin, TAJ Coeditors

As the deadline approaches for submissions for this special theme issue of the *TAJ*, we want to encourage you to think about submitting an article on issues related to conflict on many levels:

- How, as transactional analysts, do we think about the meanings of "conflict"?
- How do we work with conflicts in their various forms of expression: the intrapsychic struggles that can plague our clients, conflicts between self and other, conflicts that can emerge in the classroom, conflicts created in learning something new, conflicts within an organization, conflicts of power and leadership, conflicts between the professional and the client(s), conflicts among theories, or conflicts within and among societies and cultures?



Bill Cornell and Sylvie Monin

- What of the conflict between growth and stasis? How can we think of areas and periods of conflict as providing opportunities for growth and learning?
- What are the pressures we feel as human relations professionals to avoid conflict?

These are just a few possible ideas to stimulate your thinking. We invite practitioners in all four fields of application to take up this interesting theme and contribute to this special issue of the *Journal*. Please consult the guidelines for submitting manuscripts here and send your contributions to *TAJ* Managing Editor Robin Fryer at robinfryer@aol.com .

TAJ Theme Issues



"Conflict: Intrapsychic, Interpersonal, and Societal"
Editors: Bill Cornell and Sylvie Monin
Deadline for Manuscripts: 1 January 2015

"The Practitioner's Vulnerability: Professionalism and Protection"
Guest Editors: Steff Oates and Ann Heathcote
Deadline: 1 January 2016

Please make sure to follow the submission requirements posted here. Email manuscripts to *TAJ* Managing Editor Robin Fryer, MSW, at robinfryer@aol.com

Nominations Sought for ITAA Awards

The ITAA invites you to consider nominating a worthy recipient for the ***2015 Eric Berne Memorial Award*** (EBMA). The following information and materials must be submitted to the EBMA Committee, c/o Thomas Steinert (email below). All documents must be submitted by email in electronic form (Microsoft Word or Acrobat PDF).



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

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

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

4. A brief title for the contribution: For example, the concept in theory, a descriptive title for the research project, the specific practice application, or a title for some other relevant area

5. A nominators' statement (1500 words maximum) supporting the nomination as an original and highly significant contribution to transactional analysis in the designated area. This statement must include discussions of the following:

- The originality and innovation of the contribution within transactional analysis
- The relationship to previous work in transactional analysis and related theories or fields of application, including research where applicable
- Evidence of the impact the contribution has had on the development of the field of transactional analysis
- Any other statements about the contribution that need to be considered by the committee in the opinion of the person(s) making the nomination

Each nomination needs to be supported by a single nominators' statement. If more than one individual is making the nomination, the nominating group will prepare a common statement and select a nominators' representative.

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

7. Copies of the publication(s): One electronic copy of the article(s) or book chapter(s) in which the contribution being nominated appears must accompany the nomination. If the article or book chapter was written in a language other than English, then an English translation must be included, along with the publication(s) in the original language. No more than three articles and/or book chapters may be submitted.

8. Notification of the nominee: It is the responsibility of the person(s) making the nomination for the award to notify the author(s) of his or her intention to do so and to provide him or her with a copy of the written materials submitted to the EBMA Committee. The nominator is to verify to the committee that he or she has done so either by submitting a copy of the letter to the nominee or a statement to that effect. Without this verification, the nomination will not be accepted, except in those instances in which the award would be made posthumously.

9. Unpublished material and work published after December 2011 are not eligible for nomination at this point.

The deadline for Eric Berne Memorial Award nominations is 1 December 2014. Send nominations to Thomas Steinert at itaa@thomas-steinert.de .

The Hedges Capers Humanitarian Award was established to recognize ITAA members who have made significant, enduring contributions to humanity in keeping with the ideals and ethics of the ITAA. These contributions are primarily seen as activities that promote the welfare of humankind, especially through the alleviation or elimination of pain and suffering. ITAA members who make such contributions often do so at the cost of personal risk and/or sacrifice. The humanitarian activities may form a lifelong pattern or be expressed in a single, widely noted occurrence. The deadline for the Capers Award is 1 January 2015.



The Muriel James Living Principles Award honors ITAA members who have advanced the growth of transactional analysis by personal example as well as by contributions of an exceptional and lasting nature. Personal example involves consistently living the principles of transactional analysis, which includes, but is not limited to, clear Adult thinking, joyful creativity, compassionate ethics, and a lack of gaminess in transactions with others. Such a person models egalitarian relationships and promotes an "I'm OK, You're OK" atmosphere in both professional and personal arenas. The nominee will have demonstrated commitment, concern, and caring for both individuals and the world community and will be active in the international advancement of the principles of transactional analysis either professionally or personally. The deadline for the James Award is 1 January 2015.



The Robert and Mary Goulding Social Justice Award was established by the ITAA Board of Trustees to honor the contributions of Bob and Mary Goulding and other ITAA members who have contributed to others in the world through the application and advancement of redecision theory, therapy, and principles.

The Goulding Social Justice Award is designed to recognize individuals whose focus has been the advancement of humankind through utilizing the core principles of redecision theory in their personal and professional lives. These core principles include: self-determination, personal responsibility, direct action, and affirming relationships.



Nominees will have contributed, in their own way, by any or many of the following activities: disclosing unfairness, challenging injustice, confronting perpetrators, questioning values that support injustice, enabling understanding and respect, encouraging equalitarian values, and facilitating awareness of institutionalized injustice. The deadline for the Goulding Social Justice Award is 1 January 2015.

Any ITAA member may suggest another member for the Capers, James, or Goulding award by submitting in writing a detailed nomination that includes the nominee's name along with a narrative account of the reasons the individual deserves recognition, attaching all relevant documentation.

Send nominations for the Capers, James, and Goulding awards to ITAA Secretary Mandy Lacy at mandy@lacyconsulting.net .

For these awards to be meaningful, we need you to consider who within the ITAA is deserving of the association's highest honors and to let us know. We look forward to hearing from you.

Award Nominations Sought

Eric Berne Memorial Award
Deadline: 1 December 2014

Hedges Capers Humanitarian Award
Muriel James Living Principles Award
Goulding Social Justice Award
Nominations Deadline:
1 January 2015

See the ITAA Web site or contact the ITAA at info@itaaworld.org for details on making nominations for these awards. Send nominations for the EBMA to committee chair Thomas Steinert at itaa@thomas-steinert.de . Send nominations for the other awards to ITAA Secretary Mandy Lacy at mandy@lacyconsulting.net .

My Experience at the 2014 ICTA Conference

by Pearl Drego



Professor Dr. Mrs. Aleyamma Simon (right), conference chair and leader/trainer of the ICTA Trivandrum group that organized the conference, and her husband, Professor K. M. Simon

"There's been a cyclone and we have no electricity; please pray for the conference." This was the anxious plea that greeted me when I arrived at the venue in Trivandrum for the 30 April to 4 May 2014 National Conference on Transactional Analysis (NCTA) sponsored by the Institute for Counselling and Transactional Analysis (ICTA). I could see the branches of a huge mango tree lying across a broken section of the KJJM Animation Centre's compound wall. A generator was already in place, but everyone was in a flurry as flooding and transport difficulties had created several obstacles to the smooth functioning of preconference preparations. However, the enthusiasm of the participants was at a high level, and the conference leader, Professor Dr. Mrs. Aleyamma Simon, was in full form, directing operations and warmly available to solve every problem, with her husband Prof. K. M. Simon discreetly giving orders in the background.

Workshop leaders and participants arriving from various destinations in India were greeted by a host of shining transactional analysis practitioners in the main entrance hall of the building. Two other husband and wife teams were at the helm of conference affairs. Vinu Mathew and Teney Edison kept the registrations active, distributing snazzy black bags to each participant together with the conference folders and preparing the charts of daily workshops. Tressa Patrick and Mr. Patrick Leon welcomed the participants and kept track of the accounts. Patrick had taken leave from work to oversee the finances of the conference while Tressa worked intensively to ground the arrangements. Reshmi Nath and Lini Joseiah attended to issues of accommodation, communication, and food. Every morning Vinu Mathew, the general convener, placed the workshop announcements on the wall while Teny, who was also editor of the souvenir program, read the biodata of the workshop leaders and the room allocations of each workshop. Other members of the organizing committee, including Rev. Koshy Alexander Ashby, Rev. Nelson Suresh, and Rev. J. Daniel Joseiah, also welcomed people and helped with last-minute rearrangements. Fr. Vadakal, K. A. Sebastian, A. Sebastian, John P. John, and Prakash Chandy, all stalwart transactional analysis trainers and ICTA board members, gave their support wherever needed. V. V. John, the activist and TA trainer who leads advanced training groups in Pune, Mumbai, Trissur, Chandigarh, and other places, helped set up workshop sites in addition to encouraging participants in various ways.

The organizing and officiating members of the conference were all part of the TA Training Group of Trivandrum that had been started by Fr. George Kandathil SJ in 1995 to bring TA training to a variety of fields, including ministries with migrant workers, cancer patients, farmers, HIV-infected persons, youth, and so on. The conference organizers and participants hailed from different faith traditions: Christian, Hindu, Muslim, Parsee, Jewish, and Jain. All worked together in love and partnership, cooperation and fellowship to make the conference a true experience of interpersonal solidarity and a genuine celebration of multicultural transactional analysis. We were of one mind and one heart, in spite of our many differences and even dis-

agreements, celebrating each other's talents while absorbing the beauty of this land.

The gathering was ICTA's 41st annual conference, and the opening took place on the evening of 1 May at the close of the TA 101 conducted by Beena Dharmen and a 2-day workshop on games titled "No More Drama" conducted by Susan George. That evening, unending tributes were paid to ICTA founder the late Fr. George Kandathil for what he had done organizationally and interpersonally. In addition, awards and citations were given to those who had provided services and training programs during the year. Prof. P. C. Chacko, Chairman of the Languages Legislative Council of Kerala, was given the 2014 Fr. George Kandathil Award. We also remembered other founders of TA in India, including Fr. Oswald Summerton SJ and Mr. K. S. Venkataraman. After a speech by ICTA President Mr. Kunjachen, we were regaled by colorful, rhythmic regional dances and folk songs of Kerala.

The conference theme was "NOW – It's Magical Power," and it was my privilege to give the opening address (see page 10 for a summary). I also gave several workshops on permissions, contracts, ego states, and TA culture that highlighted the pioneer Indian contributions to TA, besides being available for individual counseling.

Because participants desired both basic and advanced TA theory, the conference provided a spectrum of workshops—from hypnotic therapy and health practices to organizational communication, stress management, leadership skills, counseling techniques, and meditation—conducted by leading trainers such as C. Suriyaprakash, K. A. Sebastian, T. S. Radhakrishnan, A. Sebastian, V. V. John, Rajendran Pillai, Dr. S. Girija, Farroukh Buchia, Margit Sleewen Hoek, Dr. Sidharthan, Muthiah Ramanathan, Mrs. Soshina Saravanan, T. N. Gopi, Mr. Sadagopan, V. V. Stephen, Mrs. Amba Shankari, and others. Rev. Dr. K. M. George gave the final keynote on "Spirituality Is Being Present," and Mr. Joy Oomen IAS presided over the closing ceremony.



Teney (right) and Vinu Mathew, TA trainees and members of the core team of conference organizers

The NCTA participants included well-known psychologists, doctors, social workers, surgeons, psychiatrists, catechists, teachers, counselors, parents, students, group trainers, evangelists, and many young people from colleges and business schools. Some came from TA groups in Chennai, Coimbatore, Bangalore, Mumbai, Pune, and Hyderabad, and many had been in TA training for more than 10 to 15 years, whereas others were teaching TA and doing TA counseling or therapy. They had experience of grassroots mobilization, and several were working for disadvantaged populations such as daily-wage laborers, patients, special needs children, and victims of domestic violence. They were aware of the dangers to the human mind arising from market-driven globalization and were dedicated to social transformation and political justice. ICTA members told inspiring stories of the help they had received over the years from Fr. George, Sr. Candida Kandathil, and Sr. Annie Maria.

The famous beaches of Kovalam were just down the road from the conference venue, so participants went for early morning or evening walks along the seashore. There was enough time for chatting, socializing, sharing, and celebrations. We spoke a lot about the modernization of Kerala, the need to preserve age-old values and family cultures, and the importance of using the know-how of transactional analysis to restore the ecosystems of our whole country.

Beneath the surface of the conference, there lingered many stories of deprivation and depression that the therapists were dealing with in their home communities. I learned that numerous parents in Kerala lived lonely lives as their children are studying or working in the United States or Australia. Others have sold ancestral lands as their children had settled in other parts of the country. The workshops provided participants with opportunities to heal by expressing their suffering, anxiety, anger, and resentment about personal, family, and cultural issues. From such sharing a deeper solidarity grew among us, and our caring for each other increased across differences in age, religion, culture, and gender. Much credit for this community feeling goes to Dr. Aleyamma Simon with her efficient leadership and warm acceptance of everyone.

Now: Its Magical Power

by Pearl Drego

The following is a summary of the inaugural keynote speech delivered by Pearl Drego on 1 May 2014 at the ICTA Conference.

The Now moment was first emphasized in gestalt theories and interventions. *Gestalt Therapy Now* was the title of a well-known book coedited in 1970 by Fagan and Shepherd. In it, Levitsky and Perls defined the principle of Now in their article, "The Rules and Games of Gestalt Therapy": "The idea of the now, of the immediate moment, of the content and structure of present experience is one of the most potent, most pregnant, and most elusive principles of Gestalt therapy" (pp. 140-141). The transactional analysis world was also familiar with the racket diagram developed by the Gouldings (Goulding, 1972, p. 117), which had the words "here" and "now" positioned at its center. However, it was Eckhart Tolle's (1999) book *The Power of Now* that made the Now world famous. He wrote, "Realize deeply that the present moment is all you have. Make the Now the primary focus of your life" (p. 30).

The Now in Berne's Early Followers

The use of Now in transactional analysis in terms of helping a person to change now was vital to TA therapists from the beginning. Robert Goulding (1977) confirmed that Eric "was more interested in working with patients to change (he called it 'cure') than to find out why. He said, 'Cure the patient, then analyze' " (p. 83). In "What Shall I do Tomorrow?" English (1977) viewed her "Sleepy," or C_1, as similar to Perls's "zero center," which has a "gravitational pull" by which "we can relate to the infinity of time and space, not by structuring them, but by experiencing a deep oneness with them. Thus Sleepy promotes peacefulness and serenity" (p. 333). Jean Isley Clarke places affirmations for Being in the first stage of development, and Pam Levin has Being at the center of her cycles of development. Claude Steiner implicitly brought the joy of Now to a high point when he described how to ask for, give, and receive strokes in plenty.



Eckhart Tolle

Looking at an overview of the Now in the works of Tolle, we see that the Now is related to his view of time: "Time isn't precious at all, because it is an illusion. What you perceive as precious is not time but the one point that is out of time: the Now. That is precious indeed. The more you are focused on time—past and future—the more you miss the Now, the most precious thing there is" (Tolle, 1999, p. 49). He also wrote, "Love, joy, peace are deep states of Being or rather three states of inner connectedness with Being" (p. 24).

The NOW in Indian Transactional Analysis

George Kandathil SJ, said that true personal freedom required love, joy, and a combination of heart and head, "but the goal is peace that comes from God which dawns on us when reason walks behind the heart" (Kandathil, 2003, p. 20). He emphasized the presence of God in the whole of creation and underscored the connectedness of humans to nature and to each other, making the Now an inner enlightenment. Fr. Oswald Summerton also left a legacy of the here and now with the reminder that God is creating us and loving us at this moment. He asked everyone to accept the wonder of union with the GAAG, or the God Above All Gods, and to feel the divine presence as an enduring, enveloping, comforting closeness in the Now. Summerton (1994) advocated a paradigm of five steps taken from the gospel of Mark: "1) Now is the moment; 2) divine power is close at hand; 3) change unhealthy ways of thinking; 4) have faith, be committed; and 5) follow him on his way" (p. 216). He also said, "Don't waste time being sorry – change! Dream about it and do it" (p. 218).

Eric Berne's Script Time and the Now Moment

In terms of the relationship of the Now to Berne's (1972) concept of script time, we find never scripts, always scripts, until or before scripts, after scripts, over and over scripts, and open-ended scripts. For example, a person with a never script avoids the reality of Now and lives with a permanent feeling of prohibition. Greer (1975, p. 171) quoted Perls's famous comment "Don't push the river; it flows by itself" to remind us that pushing destroys the Now. The game "I'll do it when I'm damn Good and Ready" as described by Carla Haimowitz (Haimowitz & Haimowitz, 1966, p. 20) is another type of after script that denies a person the right to have what is needed at the appropriate moment.

The Now of Being

There are nine dimensions of the Now, and they provide an antidote to script time patterns because it is in the therapeutic Now moment that a person shakes off old injunctions and makes contracts for change to achieve self-reliance and love. The Now can be connected to the philosophy of Sri Shankaracharya, who spoke about being-consciousness-bliss as the ultimate peak of spiritual experience. Sufi, Jain, Buddhist, and Sikh scriptures also describe practices similar to the spiritual Now. These are Now experiences of unconditional presence and unconditional positive regard when we discover "the underlying I Am … the substratum, the underlying background to every experience, thought and feeling" (Tolle, 2005, p. 243).

Pearl Drego can be reached via email at pearldrego@gmail.com .

> *"The experience of the Now and the ethics of the Parent ego state in transactional analysis empower a person to be respectful for the natural universe, healing the devastation of the environment and replenishing the earth in a spirit of renewal and restoration."*

Being there with attention and alertness is to be in the Now: being present to a person, event, or scene in nature means being aware of the depth of the innermost self. The experience of the Now and the ethics of the Parent ego state in transactional analysis empower a person to be respectful for the natural universe, healing the devastation of the environment and replenishing the earth in a spirit of renewal and restoration. We can do this if we keep in mind what Berne (1972) said: "Permissions are the chief therapeutic instrument of the script analyst . . . [and] the most important permissions are to love and to change and to do things well" (pp. 124-125). It is then that the magic of Now becomes the miracle of Now.

References

Berne, E. (1972). *What do you say after you say hello? The psychology of human destiny.* New York, NY: Grove Press.

English, F. (1977). What shall I do tomorrow? Reconceptualizing transactional analysis. In G. Barnes (Ed.), *Transactional analysis after Eric Berne: Teachings and practices of three TA schools* (pp. 287-347). New York, NY: Harper's College Press.

Fagan, J., & Shepherd, I. L. (Eds.). (1970). *Gestalt therapy now: Theory, techniques, applications.* New York, NY: Harper Colophon Books.

Goulding, R. L. (1972). New directions in transactional analysis: Creating an environment for redecision and change. In C. J. Sager & H. S. Kaplan (Eds.), *Progress in group and family therapy* (pp. 105-134). New York, NY: Brunner/Mazel

Goulding, R. L. (1977). No magic at Mt. Madonna: Redecisions in marathon therapy. In G. Barnes (Ed.), *Transactional analysis after Eric Berne: Teachings and practices of three TA schools* (pp. 77-95). New York, NY: Harper's College Press.

Greer, A. (1975). *No grown-ups in heaven: A TA primer for Christians (and others).* New York, NY: Hawthorne Books.

Haimowitz, M., & Haimowitz, N. R. (Eds.). (1966). *Human development: Selected readings.* New York, NY: Crowell.

Kandathil, G. (Ed.). (2003). *One plus one is three.* Cochin, India: Institute for Counselling and Transactional Analysis.

Levitsky, A., & Perls, F. S. (1970). The rules and games of gestalt therapy. In J. Fagan & I. L. Shepherd (Eds.), *Gestalt therapy now: Theory, techniques, applications* (pp. 140-149). New York, NY: Harper Colophon Books.

Summerton, O. (1994). *Becoming OK: Transactional analysis basic concepts.* Bombay, India: Alfreruby Publishers.

Tolle, E. (1999). *The power of now: A guide to spiritual enlightenment.* Novato, CA: New World Library and Vancouver, Canada: Namaste Publishing.

Tolle, E. (2005). *A new earth: Awakening to your life's purpose.* New York, NY: Dutton.

TA Conferences

31 January–7 February 2015:
Port Antonio, Jamaica. USATAA Gathering. Contact: www.usataa.org

9-11 July 2015:
Rome, Italy. EATA Conference: First TA Research and Theory Development Conference. Contact: www.eatanews.org

29 July–1 August 2015:
Sydney, Australia. ITAA/FTAA Conference. Contact: www.2015taconference.org

Welcome to New Members

FEBRUARY 2014
Helen Blake, UK
Bernard Dougherty, New Zealand
Marina Farina, Italy
Alexandra Gheorghe, Romania
Kristina Krstic Joksimovic, Serbia
Paula Latimer, UK
Tjasa Medvesek, Slovenia
Eunice Mortimer, UK
Amanda O'Brien, UK
Karen O'Connell, UK
Kirsty Pattinson, UK
Simona Ramella Paia, Italy
Larry Sandberg, USA
Saki Sugimoto, Japan
Robert Teune, Netherlands
Mandy Thomas, UK
Alex van Oostveen, South Africa
Margaret Webb, UK
Chris Welford, UK
Juliette Willett, UK
Georgina Woudstra, UK

MARCH 2014
(Elizabeth) Dena Adamson, UK
Ayse Banbridge, UK
Alison Brake, UK
G. Cardo, UK
Lies de Bruijn, Netherlands
Arlene Duncan, UK
Mayumi Kabeya, Japan
Ilia Kovalev, Russia
Raffaella Leone, Italy
Daniel Little, UK
Assissi Menachery, India
Jacki Morgan, UK
Rona Rowe, UK
Ana Paula Simoes, Brazil
Catherine Sloan, New Zealand
Caroline Stanford, UK
Pippa Stevens, UK
Ayse Vahiboglu, UK
Helene Wagner, Canada
Wonita Woolhouse, New Zealand

APRIL 2014
Sara Andrews, UK
Robert Atherton, USA
Suzi Bailey, New Zealand
Pui Yee Chau, Canada
Daria Chernova, Russia
Paula Dishman, UK
Paul Dixon, UK
Fiona Hooper, UK
Bob Hunter, UK
Marija Joksimovic, Serbia
Jenny Labbett, UK
Ljiljana Ilic, Serbia
Mira Marojevic, Serbia
Marie Naughton, UK
Sharon Richey, USA
Lorna Smalley, UK
Zeljka Stevanovic, Bosnia & Herzegovina
Ivana Tankosic, Serbia
Amy Underwood, UK
Owen Vaughan, UK
Eleanor Yearwood, UK

MAY 2014
Silvia Autiero, South Africa
Marjan Berg, Netherlands
Jane Bielby, UK
Andrew Boyton, UK
Maria Capoferri, Italy
James Chen, China
Antoinette Davey, UK
Judit Dietz-Blasko, Hungary
Ivan Erokhin, Russia
Clara Freyre, Mexico
Rosie Harris, UK
Youngsook Kim, Korea
Young Lee, Korea
Sue Lewis, New Zealand
Stefano Morena, Italy
Denise Mukadam, UK
Vidya Paruchuri, India
Anemona Peres, Poland
Uros Rajakovic, Serbia
Miranda Salmon, UK
James Sweeney, UK
Kristiyan Topchkov, Serbia
Lisa Williams, UK
Nicky Worrall, UK

JUNE 2014
Daniela Allamandri, Italy
Erwin Butzelaar, Netherlands
Lena Cromartie, New Zealand
Ugo De Ambrogio, Italy
Deepak Dhananjaya, India
Sandra Ellis Feely, UK
Christine Euler, UK
Moira Godbert-Laird, UK
Annie Hay, UK
Veronica James, UK
Carole (Cari) Jones, UK
Daniel Jones, UK
Jayashree K.V., India
Christine Kalin, New Zealand
Veronique Lenfant, France
Yudong Liu, China
Ana Miralrio, Mexico
Niamh Moriarty, UK
Alison O'Dowd, UK
Chandrashekhar Shastry, India
Kathy Stewart, UK
Alice Timmermans, Netherlands
Bruce Turner, UK
John Watkin, UK

JULY 2014
Clayton Ainger, UK
Enrico Benelli, Italy
Niall Christie, UK
Hélène Dejean, France
Samiksha Jain, India
Val Jones, UK
Karolina Jovanoska, Slovenia
Elena Lazarenko, Russia
Ae Ryeon Lee, Korea
Lynn Parker, UK
Sam Peppiatt, UK
Gwyneth Rees, UK
Steve Russell, UK
Judit Szamosi, Hungary
Takami Taka, Japan
Peter Tia, New Zealand

AUGUST 2014
Amanda Cook, UK
Lee Eun Kyoung, Korea
Maria Gandara Ulloa, Guatemala
Han Jung Gyun, Korea
Michael Korpiun, Germany
Atsushi Matsumoto, Japan
Benedetto Mellacqua, UK
Marko Milivojevic, Serbia
David Pittle, USA
Debra Rennie, New Zealand
Gaetano Sisalli, Italy

SEPTEMBER 2014
José Antonio Alonso Sánchez, Spain
Robert Bessems, Belgium
Dena Darling, UK
Frankie Dean, New Zealand
Uroš Dřcić, Slovenia
David Fellay, Switzerland
Emma Haynes, UK
Gonnie Joosten, Netherlands
Tila Laclette, Mexico
Jazz Rehal, UK
Barbara Revello, Italy
Dhruva Sen, India
Radha Siddhanti, India
Maria Smith, UK
Carol Woolf, New Zealand

Send us your TA news and photos

We would like to hear from you about news and photos of transactional analysis activities in your region. Send submissions to managing editor Robin Fryer at robinfryer@aol.com .