the SCRIPT

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IN THIS ISSUE

Strategic Design for TA Associations 1

Raleigh Conference Presenters 4

Honoring Bill Holloway 6

A Place to Belong: Jamaica 2019 7

TA: The Mystery Method 9

Keeping In Touch 10

Strategic Design for TA Associations

by Sari van Poelje

I became interested in design thinking several years ago and now integrate it with transactional analysis in programs for "design your life" and "design your team." My consultancy work is focused mainly on helping businesses innovate their business practices as quickly as they innovate their products. The clients I work with come from all over the world and include mainly multinationals, family businesses, and start-ups that want to change their leadership, customer relationships, innovation processes, and cooperation styles to suit the world today.

I was looking for a way to free up creativity and innovative thinking in a world that is usually dominated by rationality and linear thinking. I guess in TA terms I work a lot with an



Sari van Poelje (left) won the design thinking championship at the Design Thinking Academy last summer for her integrated solution to trash in the Vondelpark in Amsterdam.



Customer journey team at work

excess of Adult, Normative Parent, and Adapted Child energy. But to become innovative, businesses must tap into Free Child and Rebellious Child thinking framed by Nurturing Parent perspectives on their customers.

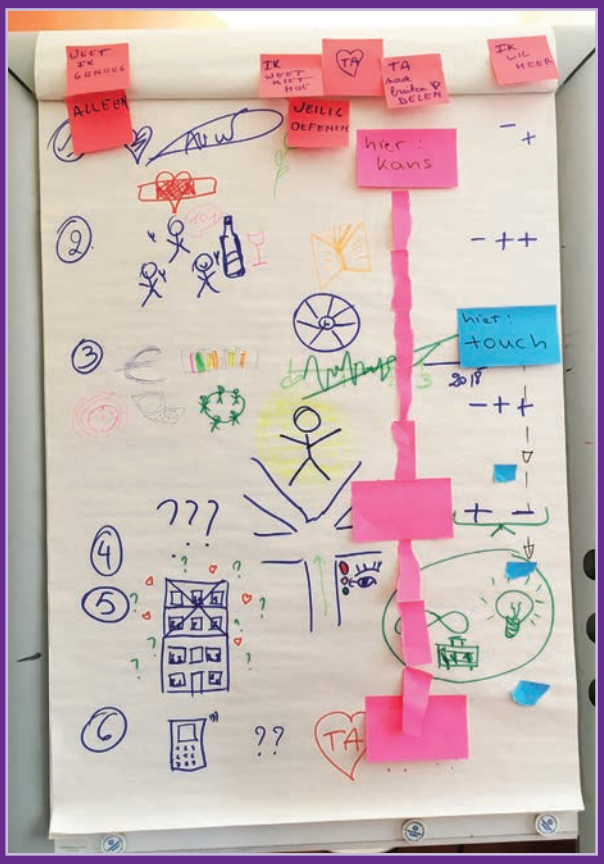
Design thinking comes from a tradition of industrial design in the 1950s, which has been generalized to social issues in the last 10 years. Within design thinking, we use an iterative, client-focused approach to find solutions for ambiguous issues. Our starting point is that we have to deeply understand our customers to be able to find the real problem and innovative solutions. It is human-centered, playful, visual, focused on learning by doing, and wicked problem solving. It is a rigorous process that allows room for a lot of creativity, which is why I use it to support innovation.

In the summer of 2018 I offered a series of strategic design thinking workshops to the Dutch TA association (NVTA), which was going through a period of change. Membership needs were evolving, we recognized there are different needs at different stages of membership, and there was a growing community of TA practitioners who chose not to be members. The challenge we set was to create a TA association that fulfilled the needs of tomorrow's members.

In the first stage—*discovery*—we created a TA customer journey map to identify the types of TA association customers we would focus on. It was important to define current touchpoints with the association now. Through a series of ethnographic interviews, we then deepened our understanding of the customer journey of that particular type. What were their pains, gains, and jobs to be done in that phase of the journey?

In the second stage—*define*—through a series of brainstorms and visualizations we then aggregated the narrative data into statements. For instance, we realized that people post basic training suffered from loneliness more than anything. After the "warm bath" of being in a group of peers, they now had to pursue their accreditation often on their own. They missed basic information in a simple form about deliverables and calibration with peers from other countries.

In stage 3—*design*—through a series of exercises, we then discussed what we call *TA association service options* for that particular type at that particular stage of their journey. What could we offer those people so that they felt supported and engaged with their TA association? For instance, could the



Customer personas



Results of brainstorms

association offer "speed dating" for peer supervision groups or information evenings on the CTA journey? Important criteria are usually: (1) What is the concept? (drawing, slogan) (2) Who is the target group? (3) What problem does it solve? (4) How does it work? (5) What is the WOW factor? (6) Value proposition? (7) Cost structure? and (7) Revenue stream.

In stage 4—*delivery*—we proposed prototypes or mock-ups of the service design, which we then presented again to members of the various target groups. Some of our assumptions proved correct, some doable, some profitable. In the end, it was up to the association to choose which correct, doable, and profitable services they would implement.

The strategic design workshops for the NVTA were very successful, both in terms of outcome and in terms of creating a platform of cooperation between members to design their association. I hope design thinking will be applied more in TA.

Drs. Sari van Poelje, TSTA-O, is the director of INTACT and does coaching and consultancy training around the world. She can be reached at sjp.intact@gmail.com .

Book Reviews and Reviewers Wanted

The *Transactional Analysis Journal* is looking for book review submissions. Books published within the past 3 years are preferred, and reviews are limited to 1,000 words. We are looking for reviews that offer readers a solid critique that reflects substantially on the book rather one that is primarily an endorsement. For more details or to discuss a possible book review, please contact *TAJ* Book Review Editor Ed Novak at edtnovak@gmail.com .

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Call for Examiners

CTA & TSTA Exams – Raleigh, 30-31 July 2019

We hope you will join us for the ITAA-USATAA conference in Raleigh, North Carolina, and if you are a CTA, PTSTA, CTA Trainer, or TSTA, we hope you will consider serving as an examiner for the IBOC CTA and TSTA exams. Supervisees and audience members for TSTA exams are also welcome. Exam briefings will be on 30 July in the afternoon, and exams will be on 30 July in the evening and the whole day of 31 July. If you are willing to help, please click on this link .

Please note that the exams will be in English. If you are not fluent in English, you need to make your own arrangements for translation. The IBOC does not provide translation. We will revert to you with further details as the exam dates get closer. Thank you!

Chitra Ravi, TSTA(P), Exam Supervisor TSTA Exams



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Healing the Divisions in Our World"

Cosponsored by the Southeast Institute, USATAA, and the ITAA

31 July–3 August | Raleigh, North Carolina, USA

www.usataa.org/conference/

Early Bird Registration Deadline Extended to 15 May 2019

Conference Presenters and Workshops Announced

Eleanor Avinor & Joanne Silman, Israel: "Sense of OKness Via KEG Cards (Keys to Emotional Growth)" (Psychotherapy, Education, & Counseling)

Giles Barrow, UK: "Education as Encounter" (Education)

Giles Barrow, Adrienne Lee, & Diane Salters, UK & South Africa: "Homonomy: A New TA Frontier" (Other)

Robert Boyd, USA: "Standing (and Sitting) in Your Truth" (Education)

Leonard Campos, USA: "A Transactional Analytic View of Age Scripting" (Psychotherapy, Education, & Counseling)

Jean Illsley Clarke, USA: "Let's Share Our Stories About Promoting Equality and OKness" (Education)

Alberto Jorge Close, Argentina: "Empowering to Defeat Poverty Versus the Robin Hood Syndrome" (Education, Counseling, Organizations, & Other)

William Cornell, USA: "Sex and Gender at the Margins: Identity Subversion, and Loss" (Psychotherapy, Education, Counseling, & Organizations)

Isabelle Crespelle, France: "In the Heart of Group Psychotherapy" (Psychotherapy)

Deepak Dhananjaya, India: "Trainer, Trainee, and the Third—Balancer of Equality!" (Psychotherapy & Other)

Janice Dowson, Canada: "Speaking of Ethics: Continuing Discussions and the ITAA Code of Ethical Conduct" (Psychotherapy, Education, Counseling, & Organizations)

Richard Erskine, Canada: "Life Scripts: The Psychotherapy of Unconscious Relational Patterns" (Psychotherapy & Counseling)

María Renée Gándara, Guatemala: "Integrative Medicine and Transactional Analysis: From Medicine to Ego States" (Psychotherapy & Other)

Bernard Gentelet, France: "Being a Man in an Intimate Relationship: A French Perspective" (Psychotherapy)

Marcia Guimaraes, USA: "Integration and Cooperation of Two Therapies to Treat Trauma" (Psychotherapy)

Michael Harsh, USA: " 'You're Not My Mother!': How Transference Disrupts the Couple Relationship" (Psychotherapy)

Julie Hay, UK: "Different Perspectives on OKness in the TA World Community" (Other)

Robert Hempel, USA: "Energizing Joy in the Child" (Psychotherapy)

Timothy Hunt, USA: "Affirmed, Armed, and OK: The Power of Affirmations" (Education & Counseling)

Vann Joines, USA: "Redecision Therapy: Working With the Emotional Brain to Resolve Social Injustice Traumas and Achieve Lasting Change" (Psychotherapy)

Lorna Johnston & Anne Klein: "Suffering is Optional: Using the Work of Byron Katie" (Psychotherapy, Education, Counseling, & Organizations)

Marina Rajan Joseph, India: "Enhance Learning with Yoga Practice" (Education)

Emily Keller, USA: "The Use of Play Therapy/Theater to Promote OK-OK Dialogue and to Heal Divisions in Communities" (Psychotherapy, Education, & Counseling)

Stephen Lankton, USA: "Predicting Games and Identifying Feelings, Behaviors, and Attitudes Needed for Treatment Contracts—Lankton Game Grid" (Psychotherapy, Education, Counseling, & Other)

Stephen Lankton, USA: "Tools of Intention: What Do You Do After You Redecide?" (Psychotherapy, Education, Counseling, & Other)

Inna Learn, UK: "Power Plays in Sexual Harassment of Women Via Lenses of Moral Typecasting and Discounting: The Possibilities of Collaborative Research" (Education, Counseling, & Organizations)

Amaia Mauriz-Etxabe, Spain: "A 'Life Line': Challenges, Disappointments, and Opportunities. Psychotherapy of Life Scripts" (Psychotherapy)

Melanie McGhee, USA: "Dismantling Injunctions with Acceptance and Integration Training" (Psychotherapy, Education, & Counseling)

Ray McKinnis, USA: "TA Analyzes the Sound of Two Hands Clapping" (Counseling & Other)

John McNeel, USA: "Redecision Therapy Enlarged" (Psychotherapy)

Olivier Montadat, France: "About Some Ways and Means to Promote Equality and OKness in Organizations" (Education, Counseling, and Organizations)

Gloria Noriega Gayol, Mexico: "The Transgenerational Script Questionnaire (TSQ): An Aid to Untangle the Family Tree" (Psychotherapy)

Janet Lee O'Connor & Del Worley, USA: "A Demonstration of Redecision Transactional Analysis" (Psychotherapy & Counseling)

Steff Oates, UK: " 'Am I at Fault If I Don't Feel OK?' A Plea for an Acceptance of Difference and Struggle" (Psychotherapy)

Anisha Sachin Pandya, India: "OKness in Practice" (Psychotherapy, Education, Counseling, & Organizations)

Shekh Zadi Rezina Parvin, Bangladesh: "Promoting Equality and OKness—Ensuring Healthy Couple Relationships by Psychotherapy Services: A Research Outcome of Psychotherapy Service of PRERONA" (Psychotherapy)

Fredric Suresh, Canada: "Equality and OKness with TA in Classrooms" (Education)

Edward Thomas Novak, USA: "Working in the Terrain of the Damaged Self Core: Berne's 'Secret Garden' Work" (Psychotherapy & Counseling)

Michelle Thomé, Brazil: "The Transgenerational Script Influence in the Relationship with Money" (Education)

Sari van Poelje, Netherlands: "Finding Your Purpose" (Psychotherapy, Education, Counseling, & Organizations)

Abe Wagner, USA: "Promoting OKness With Practical TA" (Psychotherapy, Education, Counseling, & Organizations)

Klaus War, Australia: "War on Suicide" (Psychotherapy)

Marian Weisberg, USA: "Empowering Women, Reorienting Men: Transition to a New Paradigm" (Psychotherapy & Other)

Martin Wells, UK: "The Ultimate Advantage of Games? (Many Lamps, One Light, Wu Hsin)" (Psychotherapy, Education, Counseling, & Organizations)

Jonathan Weiss & Laurie Weiss, USA: "Tool, Prayer, or Magic? An Introduction to Logosynthesis®" (Psychotherapy & Counseling)

Pam White, USA: "Redecision Therapy in Motion; Expanding Possibilities Through Pesso Boyden System of Psychomotor Therapy" (Psychotherapy, Education, & Counseling)

Bill Holloway

by Michelle Thomé



Bill Holloway's interest in and study of Berne's writings preceded his 1971 ITAA membership by 3 years. Had it not been for Bob Goulding's insistence, it is possible he might not have joined at all. Goulding and Holloway both held office in the American Group Psychotherapy Association, where they advocated for approaches that were different from those promoted by East Coast members who were primarily psychoanalytically oriented. Whereas Bob's emphasis was on integrating TA and gestalt therapy, Bill was more focused on applying general systems theory in group psychotherapy, something he realized Berne had also been interested in.

Although Bill had not planned to become a Provisional Teaching Member, he did in 1971, and soon after he initiated his first training contracts. Late that year, Bill established the Midwest Institute for Human Understanding as a TA educational facility where the tradition of weekly no-cost TA seminars was maintained. By then, ITAA membership was nearing 10,000 and conferences were fully booked. TA was widely known because of the writings of Berne and Tom Harris, and group therapy approaches were in vogue.

In 1972 Bill became a Certified Teaching Member. The interest in TA and certification among US and Canadian professionals was huge, with the result that there was significant disorganization in record keeping and certifying exams. Bill was invited to chair the ITAA Training Standards Committee and challenged to better organize the system, which led him to create the first training standards manual.

In 1976, Bill became the fifth president of the ITAA, the first who had not been a member of Eric Berne's original San Francisco Social Psychiatry Seminars. That year, he traveled to São Paulo to administer exams for the Brazilian TA Association. Soon after, he began frequent travel to Brazil for teaching and supervision.

Moving to California and reestablishing a practice there in 1977, plus the responsibility for the youngest four of his seven children, was challenging. He diminished his ITAA activities but continued activities in Brazil until 1986. Culturally, he was attracted to Brazil from his first visit and moved there in 1988. Romantically, he also became attracted to Lourdinha, now his wife and companion of more than 30 years.

Bill became active in ITAA governance once again in 2013 when he joined the board as the Latin America representative. During his time in that position, he made major contributions, including revising and updating the ITAA bylaws.

As Bill thinks about the ITAA and its future, he has concerns: "I continue to be impressed by the dedicated members serving as officers and committee members. However, although the ITAA has a well-stated purpose, without a vision supported by the members, the board is greatly challenged. My question is, 'What do the members want the ITAA to accomplish?' When that question is answered, the BOT will know its direction."

Having just recently turned 95, Bill describes his life as one of abundance. "Fortunately, I have no chronic illnesses and remain active. My collegial involvement with ITAA members has been a significant source of abundance. TA, as a frame of reference, is a potent aid in facilitating beneficial life changes and my preference among theories. People live through stories, and the stories of TA theory are more meaningful than others and for a wider population," says Bill.

Our congratulations to Bill on celebrating his 95th birthday, and our thanks for all he has given in time and energy to this association over the past many years.

Michelle Thomé, Latin America BOT representative: michellethome@gmail.com .
Bill Holloway: whhbrazil@gmail.com .

A Place to Belong: 2019 USATAA Jamaica Gathering

by Lucy Freedman

"Belonging" turned out to be a main theme of this year's USATAA Jamaica Gathering, once again meeting at the beautiful Frenchman's Cove resort. For readers who have thought about coming and have put it off, we invite you to move it up to the top of your list for next year. Whether coming in from the cold winter or from working hard all year or from curiosity about this fascinating country, everyone finds renewal, learning, and time to reconnect with themselves.



Jamaica Gathering group (from left): Ulla Schneider in front, Lucy Freedman, Hans-Peter Arens, Kat Christiansson, Sari van Poelje, Giorgio Ilacqua, Wolfram Lauterbach, Felipe Garcia, Brendan Bain, Pauline Bain, Mich Davis, and Dutch Berkley (photo taken by Roberto Ilacqua)

As usual, our self-organizing program yielded unexpected treasures. Every day we had a stimulating presentation, including the following:

- Sari Van Poelje guided us in finding both personal and group purpose.
- Felipe Garcia took us on a tour of competitive and cooperative transactions.
- Hans-Peter Arens gave a case presentation and theoretical background on constellation work.
- Lucy Freedman guided an open process group.
- Pauline and Brendan Bain from Kingston talked about the spread of TA in Jamaica and plans for a TA 101 to introduce more people next year.
- Giorgio Ilacqua illuminated the realities of suicide prevention in prison.
- Gloria Simms introduced us to the history and culture of the Maroon people of Jamaica.

Participants also took advantage of private sessions that were offered by several group members, which enhanced our sense of mutual support as well as personal growth.

The week started off with Felipe sharing the principles of Open Space, by which we guide the Gathering. Every day we had a different group member leading us, from the oldest to the newest member.



Brendan and Pauline Bain from Kingston talked about the spread of TA in Jamaica

In addition to the varied daytime learning sessions, we spent evenings in dining adventures around the town of Port Antonio, took early morning swims in the ocean and river or practiced yoga-style exercises with Dutch Berkley, and visited and danced in the moonlight at the old cannon that sits on a cliff by the glistening sea. A highlight of the week was the preparation of true Italian mushroom risotto by Giorgio's brother, Roberto, who took a vacation from his work as a classical musician to hang out with us and spend days at the beach while the group met.



Felipe Garcia presents on the "Elements of Winning Together"

We are grateful to the management and staff of Frenchman's Cove for treating us like family and welcoming us back year after year, and especially to Mr. Grainger Weston, his assistant Ms. Gloria Esquivel, and his family, including Mr. Galvin Weston, for extending their invitation and support.

This story may give you some idea of the delicious opportunity offered by the annual Jamaica Gathering, now in its 22nd year, but nothing except being there can give you the full experience. Save the dates of 1-8 February 2020 to enjoy learning and exchange in an atmosphere of spontaneity, authenticity, and intimacy. Contact jamaica@usataa.org to hold your place.

TA Conferences

10-12 May 2019: Birmingham, UK. UKATA National Conference. Contact: www.ukatanationalconference.co.uk

4-6 July 2019: Cherkassy, Ukraine. EATA Conference. Contact: www.eatanews.org

31 July - 3 August 2019: Raleigh, North Carolina. 50th Anniversary Southeast Institute/USATAA/ITAA Conference. Contact: www.usataa.org/conference/

8-9 November 2019: Manly, Sydney, Australia. Australasian TA Conference. Contact: Rhae@directgroup.com.au

EXAM CALENDAR

Exam Date	Exam	Cert. Body	Location	Application Deadline
8-9 May 2019	CTA	COC	Birmingham, UK	*
2-3 Jul 2019	CTA	COC	Cherkassy, Ukraine	*
30-31 Jul 2019	CTA	IBOC	Raleigh, NC, USA	30 Apr 2019
7 Nov 2019	CTA	IBOC	Sydney, Australia	7 Aug 2019
7-8 Nov 2019	CTA	COC	Köln-Rosrath, Germany	*
9-10 Nov 2019	CTA	COC	Belgium	*
8-9 May 2019	TSTA	COC	Birmingham, UK	*
2-3 Jul 2019	TSTA	COC	Cherkassy, Ukraine	*
30-31 Jul 2019	TSTA	IBOC	Raleigh, NC, USA	30 Jan 2019
7-8 Nov 2019	TSTA	COC	Köln-Rosrath, Germany	*
Jul 2019	TEW	COC	Cherkassy, Ukraine	*
4-6 Aug 2019	TEW	IBOC	Raleigh, NC, USA	4 Nov 2018
10-11 Nov 2019	TEW	IBOC	Sydney, Australia	10 Feb 2019
1-3 Dec 2019	TEW	COC	Italy	*

*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/ .

Transactional Analysis: The Mystery Method

by Catherine Tardella



Ever since I started training in transactional analysis, I have been wondering why this approach is not better known to French psychologists. I asked José Grégoire about it during a workshop he gave last year in Lyon, and his hypothesis was that the history of psychotherapy in France is deeply influenced by psychoanalysis (French analysis, which is mainly Freudian or Lacanian, not relational, not rooted in the body). In recent years, however, analysis has been losing ground, and there is more talk here about Anglo-Saxon methods seen as more "scientific," "effective," and "fast," such as cognitive-behavioral therapies (CBT) or eye-movement desensitization reprocessing (EMDR).

In fact, there seems to be a split of sorts in the teaching of psychology in French universities: psychoanalysis on the one hand, CBT on the other. I hardly ever heard about transactional analysis during my studies, and when it was mentioned, it was mainly in relation to the drama triangle as used by coaches or human relations trainers. But my psychologist colleagues seem not to know anything about TA, or some confuse it with René Kaës's "transitional analysis."

What a pity! To me, transactional analysis wonderfully offers permissions and security as well as being particularly effective in promoting well-being. I do not see it as "normative" (i.e., emphasizing Parent), contrary to what I have heard from some people—nor as old-fashioned, as a gestalt colleague suggested. So, I would like to share my view of this approach, which I practice with enthusiasm and hope to take part in making known—even eventually teaching it one day—in my country.

My encounter with transactional analysis took place fortuitously a little over 15 years ago when I sought therapy. I knew nothing about TA; I was merely meeting with a psychologist for help. After a few months, she introduced me to group therapy. For years I had been living with limiting fears and beliefs and had been feeling alone and misunderstood. In group I gradually discovered other people with other problems, other ways of thinking, acting, and feeling. I was surprised at first—"What? Not everybody functioned the way I did? What, my Truths were mere beliefs?"—and then I became curious to understand all of us with our differences.

Thanks to that experience, I learned to create bonds and to put my internal frame of reference into perspective. With time, I no longer saw myself as abnormal but rather "similar yet different." In group, there was no such thing as "normal": Each of us was unique and yet an interesting and respectable person. I was learning to like myself, first thanks to the others' supportive eyes, then through my own. It was a real revolution in my little world!

Although sometimes painful, that 5-year group experience opened doors to a different and much broader worldview for me. I learned that my way of thinking and feeling was just my own, that there were many

others that made just as much sense. When facing difficulties, I now had new options, and bonds with other people were becoming a resource. I was so fascinated by the inner changes taking place for me and the other clients that I decided I wanted to become a therapist myself.

> *"In TA we add 'internal interactive' work, between ego states, as well as work with script, making meaning of the client's history in his or her current issues."*

At the time, I was well into my law studies, and after I finished those I worked for a government agency using my bits of TA knowledge to help me manage teams. Finally, I went for training to the Paris TA school, and then in Lyon where I now live. Because I needed a different degree be a psychotherapist, I went back to school and became a psychologist. After a 7-year change of course, I was able to start seeing clients myself using transactional analysis.

TA had first attracted me because of its social and group dimension, and today I see it as an amazing tool for psychotherapy through relationship. That is what its name means to me: analyzing transactions, relational messages. This relationship can be understood as between two or more people (which can be analyzed in couple or family therapy) but also as what goes on inside oneself between various ego states (in individual therapy). And studying these relationships in their past, present, and even future dimensions is the basis of evolution or change.

In this sense, TA theory is close to systemic theory, which is also interested in interactions. However, systemic therapy is interested in them mainly in their present and future aspects, rather than in the past—which is why, to me, TA goes much further. (If you want to read more about systemic and TA similarities, see my interview with François Balta in French at www.ct-psy.com.) In TA we add "internal interactive" work, between ego states, as well as work with script, making meaning of the client's history in his or her current issues. Using concepts such as the script matrix and the racket system can lead to psychic movement that is similar to what psychoanalysis calls *symbolization*, but TA does it with words that are better suited to sharing information with clients. I really like that in TA we share our tools with our clients, who then can take possession of them. This facilitates autonomy more readily than through more "secretive" modalities in which therapists reveal little of their understanding or observations of their patients and less about their own lives.

In my practice, I also sometimes use behavioral contracts, EMDR, and a little analytic thinking. These channels of communication can be mobilized to varying degrees, and by adapting my interactions to my client, I can offer them verbal and nonverbal experiences that are structuring and lend support beyond words.

I also like TA for the sometimes controversial notion of contract. I am not rigid about making contracts with my clients, but I do use them for support in seeking a common goal between us. Contracting really embodies Berne's philosophy of OK/OK: a competent client with a competent practitioner working together as partners.

I have so many other things I would like to say enthusiastically about TA! My goal at this point is to share how rich Berne's input has been for me in practicing psychotherapy and how important it is to keep it alive.

Catherine Tardella can be reached at contact@ct-psy.com; website: www:ct-psy.com .

TAJ Theme Issues

"Normativity, Marginality, and Deviance"
Coeditors: Diana Deaconu and Helen Rowland
Deadline: 1 November 2019

"Concepts of Cure"
Editor: Helen Rowland
Deadline: 1 May 2020

"What Went Wrong and Why? Cathexis Theory and Reparenting Reexamined"
Coeditors: William F. Cornell and Diana Deaconu
Deadline: 1 November 2020

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

Membership Dues Payment Options

The options for paying your ITAA membership dues now include Pay Pal and wire transfer. Please contact Ken Fogleman at ken@itaa-net.org for details.



P. K. Saru (seated behind table, fourth from left) and Dr. Fehmida (to Saru's left) with Muslim women celebrating the first anniversary of Aspire to Inspire

Bringing TA to Muslim Women: PK Saru writes, "It was a great joy to interact with so many young, beautiful Muslim women belonging to a group of 83 members called Aspire to Inspire in Calicut, Kerala, India. The group, most of whom are young Muslim women, began in April 2018, and they describe themselves as "opportunity designers" who want to create better versions of themselves by sharing and supporting ideas. I was invited to be their chief guest for their anniversary celebration. The topic of the 3-hour workshop was 'Relationships: Key to Happiness.' When I took up transactional analysis training, one of my objectives was to empower Muslim women and broaden their perspectives so they would be more autonomous within their social, cultural, and religious frameworks. This event, organized by the group leader, Dr. Fehmida, was a golden opportunity to do just that. I am also proud to say that Muslim women as professionals in TA are increasing. We already have one more PTSTA—Haseen Abdulla—among Muslim women in Kerala, and I'm sure she will also contribute to empowering Muslim women. The session was very interactive and focused on incisive questions about relationships, autonomy, and religion. There was also keen interest in developing a deeper understanding of TA concepts, which was a welcome sign pointing toward growth and change. For me it was a wonderful experience, and I'm sure it will lead toward expanding young Muslim women's perspectives and anchoring them within themselves and their own strengths."

Recent Publications

The South Asian Journal of Transactional Analysis January 2019 issue (Vol. 5, No. 1) is now available online at https://goo.gl/XHB5f6 . This issue features articles on the theme of "TA Training in India: Impact on Personal and Professional Self." Articles include: "Transactional Analysis Training in India: My Personal Experience and Perspectives, Exploring, Expanding, Being Inclusive" by Chitra Ravi; "The Value of Contracting in TA Training Groups" by Karen Pratt and Chitra Ravi; "My Spiral of Growth—The TA Way!" by Vidya Ramaswamy; and "Exploring Autonomy Through Time Structuring" by Merlin Mythili S. The journal is published twice yearly and welcomes submissions. This and all previous issues are available here .

Tango and TA in Bulgaria: Since 2011, Elena Nikolova has been organizing official TA training in Sofia, Bulgaria (see *The Script*, December 2016). Some 150 people so far have taken an official 101 course at Metamorfozia, Elena's therapy center. She has invited various trainers from around Europe, including Isabelle Taquin, Françoise Platiau, Béatrice Godlewicz, and Dominique Gérard from Belgium; Barbara Repinc Zupancic from Slovenia; Eleonore Lind from Sweden; Rosemary Napper from the UK; and Jacqueline van Gent from The Netherlands.



Women who participated in the tango workshop in Sofia, Bulgaria (Laurie Hawkes, standing, fourth from left)

In the spring of 2018, Laurie Hawkes was invited to give a talk at the St. Kliment Ohridski University, with the focus being on the book by Laurie and France Brécard, *Le Grand Livre de l'analyse transactionnelle* (2008, Eyrolles, Paris), which Marina Stoycheva François translated and published in Bulgarian. The talk introduced TA and concepts such as ego states and script. Twenty people attended, including TA trainees and friends of theirs, colleagues of Elena's, and university students.

On the following two days, a seminar was organized at Metamorfozia on "Script, Permission, Body and Tango." It turned out that, although not intentional, the group was all women, which may have been an advantage because they were perhaps more comfortable working with the body experimentation of tango. Most of the participants were advanced TA trainees who had either completed the 4-year training or were in their fourth year. Participants included one woman who was about to sign her CTA contract, a young psychologist just beginning with TA, several psychologists, one person in human resources, a coach, and a tango instructor and psychologist who plans to use tango in a similar therapeutic way.

During the first day, the group discussed scripts and how they are constructed as well as permissions and injunctions and the more or less potent hold they have on us depending on the time and strength with which they were delivered. On day two, the group took that learning to the level of bodily expression, sometimes seriously, sometimes playfully, with tango exercises followed by discussions of the way script and permissions are expressed by someone who is attempting to dance.



Elena Nikolova (left) and Laurie Hamilton in Sofia, Bulgaria