THE Script

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IN THIS ISSUE

Trudi Newton Receives 2023 EBMA 1

Upcoming ITAA-EATA June Webinar 3

Past February Webinar on Destructiveness 4

Evolving Directions for the *TAJ*: Part II 7

New *TAJ* Submission Portal 8

On Ethics 9

Keeping In Touch 11

TEW, Exam, and Training News 14



Trudi Newton Honored With 2023 Eric Berne Memorial Award

It is with great pleasure that we announce that ***Trudi Newton has been chosen as the 2023 recipient of the Eric Berne Memorial Award*** *for her work in establishing a new metaperspective that reframes transactional analysis as positive psychology. The article cited in the nomination is "The Health System: Metaphor and Meaning" from the July 2007 Transactional Analysis Journal. We offer here a summary of the statement submitted by the nominators for Trudi's award. The nominating group included Giles Barrow, Helen Rowland, Tomoko Abe, Sue Eusden, Jan Grant, Michel (Mick) Landaiche, Karen Minikin, Rosemary Napper, Karen Pratt, Keith Tudor, and Andy Williams.*

"The Health System: Metaphor and Meaning" is a remarkable original contribution to transactional analysis for three reasons.

First, Trudi offers a metaperspective on the theme of metaphor as significant for presenting TA ideas and explores both the advantages and limitations of using figurative language in developing theory. This critique alone offers a unique perspective on how TA captures usable imagery that reflects deep psychodynamics. Trudi draws on Lakoff's work on metaphors and how our understanding of them has changed over time. Metaphors help make sense of abstract ideas, organize our thinking, and help us learn and integrate new concepts and information by providing an experiential framework to accommodate abstract concepts. Trudi exercises a powerful account of the implications for the TA community of its extensive use of metaphor.

Second, Trudi's health system provides a dynamic framework that incorporates and integrates a wide range of TA models that otherwise might present as divergent and incongruent narratives about TA theory and practice. She offers a constructive critical view on some of the contradictions, namely, the tension between a pathological orientation and the conceptualization and practice of growth-oriented approaches. Trudi offers a frame-

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work for a more grounded, developmental TA that reconciles these contradictions.

Third, Trudi invites readers to decide for themselves how they establish their own relationship with theory, models, and ideas, that is, permission to innovate, cocreate new narratives and metaphors for framing individual and collective theory practice. She does this in her generous, inclusive writing that acknowledges others, as well as demonstrating her comprehensive model on developing resilience. Trudi's paper is an exhortation to all of us to engage in a kind of ongoing, ground-breaking process of theoretical evolution through practice, reflecting the spirit of the early pioneers in TA theory.

Trudi's article reflects her wider significant contributions to TA theory and practice, drawing especially from the work and ideas of educational and organizational TA practitioners. Her developmental perspective arguably also opens up important possibilities for TA practitioners in counseling and psychotherapy who address more severe disruption and trauma in human experience.

The originality of Trudi's article lies in its integration of existing models with new ways of framing how they can be connected. Her paper honors related earlier writings from those associated with a more developmental application and positive psychological mindset of TA and has relevance to all fields of TA application. In addition, because script itself is a process of learning, understanding the process by which an individual has arrived at where they are and sharing this with the client provides a nonpathologizing way for clients to appreciate how they got to wherever they are and that new learning is possible.

Trudi offers a high level of critique to fuel reflection at the levels of both individual practitioners and the professional community. In particular, the introduction of the resilient cycle alongside earlier work by Hewson, the notion of "normal dependency," and a philosophical position that values community alongside individuality are all part of a movement in TA seeking to reflect a more culturally diverse view of human experience. Likewise, the framework emphasizes the centrality of an ongoing, cyclical rhythm through which physis is renewed and refuels the human condition.

Trudi has demonstrated her commitment as an ethical, professional, and collaborative writer, often linking to others' work. There is a humility in her writing that does not seek personal aggrandizement. Her work is less concerned with proposing new theory and more about asking readers to think anew about existing theories. This might be associated with a more feminine-principle approach to writing that gently challenges the criteria for the EBMA, which arguably advocates for a more "masculine principle" approach such as highlighting a singular individual achievement. In submitting the nomination for Trudi, we hope to advocate for the more collaborative, organic, and incremental development that her writing and ongoing contributions in the community represent.

> ***"Trudi's paper is an exhortation to all of us to engage in a kind of ongoing, ground-breaking process of theoretical evolution through practice, reflecting the spirit of the early pioneers in TA theory."***

Trudi's article builds on the roots of TA and previous colleagues' work, integrates ideas from outside of TA, traverses fields of TA, and offers new models and ways of thinking that deepen the overall project of TA and its philosophy and application. Most importantly, Trudi writes about how we treat our clients, expands on the vitality of health, and calls on all practitioners to consider and challenge their frame of reference. She critiques and opens up the map of TA from a playful, ethically curious, and collegially respectful metaperspective. In so doing, she shows a leadership of thought and practice that inspires, impacts, and ignites practitioners from all perspectives.

On hearing the news of her award, Trudi said, "I want to thank those who nominated me. When I read the submission paper I felt very moved, not least because I saw how it developed the ideas in my article further, a great demonstration of the genesis and evolution of the Health System model from its beginning."

If you'd like to congratulate Trudi directly, she can be reached at trudi.newton@btinternet.com .

the SCRIPT

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"OKness and the Paradox of Change" with Matthew Elton

19 June 2023

ITAA-EATA Webinar

Clients, learners, and organizations, in coming to TA professionals for help, often believe that they are "broken" or do not deserve to flourish. And as TA professionals, we can sometimes unwittingly send or reinforce that message—that yes, they are not OK, they are broken, that they are somehow getting things wrong.

It is hard to change when the starting point is that "there is something fundamentally wrong with me." It is easier to change—if change is what is wanted and is something for which there is agreement and permission—when there is an underlying basis of self-acceptance.

Getting help can feel paradoxical when the starting point for it is, in some fundamental way as indicated in TA, that we are all OK as we are. However, being OK does not necessarily mean there is nothing I want to change and that I do not want professional assistance.

Matthew Elton will discuss this tension and other ideas that are sometimes referred to as "the paradox of change," illustrating it with examples and reflecting on how TA and other approaches can respond to it.

We are looking forward to seeing you there.

EATA/ITAA Webinar Committee



Matthew Elton is a psychotherapist and supervisor based in Edinburgh and has been in private practice since 2005 (www.extra-help.org.uk). He works with a wide range of clients and has a special interest in writers and artists. His formative training was in transactional analysis, and he has since developed a strong interest in narrative therapy. Matthew regularly runs workshops for counselors and therapists. His book *Talking It Better: From Insight to Change in the Therapy Room* (PCCS) was published in 2021 and is also available as an audiobook.

The webinar is open to practitioners from all fields of application.

The times are as follows:

Monday 19 June 2023

UTC = 13.00
UK (BST) = 14.00
Europe (CEST) = 15.00
Delhi (IST) = 18.30
Sydney (AEST Australian Eastern Standard Time) = 23.00
San Francisco (PDT) = 06.00
Rio de Janiero (Brasilia standard time) = 10.00
Tokyo (JST) = 22.00

To register, click here.

Engaging With Destructiveness: Meeting Disturbing Aspects of Experience From a Place of Curiosity Instead of Reactivity

Written by Steff Oates From Presenter Diana Deaconu's Paper

On 15 February 2023, participants gathered for the latest ITAA-EATA joint webinar. With people from about 23 countries as far apart as New Zealand and North America, it was a popular event. As usual, Leilani Mitchell contributed her skills in managing these events as Zoom host, and committee members Chitra Ravi, Kristyna Tomonová, Cristina Caizzi, and I participated and enjoyed the gathering. I introduced our speaker Diana Deaconu, a hidden gem in our TA community, someone who has always worked quietly and seriously but somewhat behind the scenes. Diana is a Certified Transactional Analyst (P) working in private practice in Bucharest, Romania, and a former coeditor of the *Transactional Analysis Journal* as well as the author or coauthor of several articles. We were fortunate to have her present for us.

> ***"Diana expanded on other theories that consider destructiveness as part of a wider landscape, one where psychological pain also dwells."***

Diana began by talking about how the topic has been of interest to her for a long time for professional and personal reasons. She referred to an article that she coauthored with colleagues in 2022 touching on the phenomenology of destructiveness. They described it as a "a force that not only passively resides in the psyche but is active and has a particular impact on the mind. In fact, destructiveness renders the mind thoughtless and dehumanized" (Gheorghe et al., 2022, pp. 61–62). The result is a mind with little curiosity about internal experiences, one that equally objectifies self and others.

Diana then expanded on other theories that consider destructiveness as part of a wider landscape, one where psychological pain also dwells. She discussed the impact of psychological pain and how she has been influenced by the work of Elaine Scarry, essayist and professor of English and American literature and language. Although recognizing that a blanket causal link between pain and destructiveness is too simplistic, Diana stated that pain is ugly, makes our body tense, is intrusive, and at times sickens us to the point where we cannot stand being close to it. Pain is not for the faint-hearted. She went on to say that pain itself can become destructive. According to Scarry (1995), pain "actively destroys language" and eventually becomes "world destroying" (p. 172).



Diana Deaconu

Diana explained Scarry's argument that we entertain an illusion that the destructive person has access to an internal world, to beliefs and convictions that motivate destructive actions. Objects that populate such a person's internal world are not tools for communication but weapons that are incompatible with any form of psychological life. This puts us again in the face of dehumanization and deadness.

Diana then introduced another framework that places destruc-

tiveness alongside pain, that of transgenerational trauma theory. She introduced the work of Samuel Gerson (2009), who argued in his article about the Holocaust that a particular aspect of such traumatic experiences lies in the absence of a concerned other. This usually leads to a loss of faith in humanity itself, which is then internalized and becomes the legacy of subsequent generations. They are the hosts of such haunting absence. This absence is experienced as a collapse of psychological space. It feels as if the past and future are frozen in time and desires remain suspended and disembodied. Diana explained that Gerson described this absence, this unmourned loss, as a form of destructiveness that resides in the individual, rendering the person deadened and unable to engage with life. Deadness and destructiveness are perpetuated from generation to generation, and the pain they carry is devoid of any psychological meaning.

Diana said that her intention in presenting these frameworks was to put forward the intricate relationships that emerge between destructiveness and pain, which seem to be linked in ways that are sometimes accessible to our understanding and sometimes not.

After these comments from Diana, participants were invited into breakout rooms to consider this question: "What are some theoretical perspectives you draw on when considering destructiveness, and what are the notions and theories that help you?"

After that, people reported back with their thoughts. One participant linked what Diana said to Freud's idea of drives (i.e., thanatos). Others were curious about the link between pain and emptiness, and others linked that with addiction, which in itself becomes destructive. One participant suggested pain as an unbearable live-body experience that empties the mind. Another talked of the destructiveness of shunning as a form of violence.

Diana responded with how she has been influenced by Scarry and Gerson's ideas, including Scarry's ideas about the power of imagination, which she considers to be a significant ingredient in the making of the world. Through imagination, objects are created, and pain becomes a more intentional state rather than a passive one of being suffered. In relation to Gerson's (2009) work, Diana spoke of the importance of witnessing, that is, an active presence that is receptive not only to the pain embedded in the original trauma but also to the tragedy of absence—the absence of a concerned other. Witnessing facilitates a courageous living with the loss rather than relinquishing it.

> ***"Diana spoke of the importance of witnessing, that is, an active presence that is receptive not only to the pain embedded in the original trauma but also to the tragedy of absence—the absence of a concerned other. Witnessing facilitates a courageous living with the loss rather than relinquishing it."***

The group then again went into breakout rooms to discuss a second question: "What has been useful to you in encountering destructiveness? What has not been useful?"

On returning, many people expressed appreciation for the webinar opening up this topic for discussion. They spoke of the importance of self-awareness, of reflecting on destruction as a passive behavior but mostly of the importance of being able to discuss with others how Diana's presentation had opened up their awareness.

Diana described her resonance with Gerson's emphasis on the importance of an active presence, of her understanding that accompanying someone from a place of active presence means having the capacity to look at their experienced reality afresh, to be able to express it in language that is descriptive and intimately connected to the senses and that is ultimately rooted in the lived experience. To Diana, this is something deeply generative and transformative (Deaconu, 2020), thereby offering an alternative to destructiveness. She particularly underlined that this state of engagement, curiosity, and imagination, which has the potential of offering an alternative to destructiveness, cannot be achieved in isolation. We need the minds of others (interested colleagues, reliable communities) as companions so that we can inhabit this reflective space.

Diana illustrated some of the aspects she had spoken about by introducing participants to the work of Sebastião Salgado, a Brazilian social documentary photographer and photojournalist. He documented sensitive issues in Africa and South America such as poverty, injustice, and the lives of migrants and refugees. Diana highlighted that his photos are proof of the fact that being involved in this kind of work exposes the artist to much suffering and pain. For Salgado, the contact with these aspects of humanity took him to a very difficult place: "I was sick. I was not well. I had lost faith in our species," he said in 2015 (see this link). He decided to take a break from photography. Shortly after that, Salgado and his

wife inherited a farm in Brazil from his parents. Another shock followed: "When we inherited this piece of land, it was as wounded, as dead, as I was," he said. At his wife's urging and with the support of many people around him, Salgado decided to rebuild the forest. For him, being involved in that project restored his faith in humanity by reconnecting him with life in its more generous forms. For that to be possible, he needed the presence of reliable, interested others not only to experience the depth of his loss of faith in humanity but also to be able to imagine potential futures.

In closing, Diana expressed that it was with the same hope that she decided to take part in this webinar to meet other fellow minds and together create a reflective space that can further support psychological life and growth. In turn, the webinar team thanked Diana for her profound contribution to our series and for creating such an important reflective space for us all.

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Fraud Alert

We receive spam and fraudulent emails from many sources, and this has sadly become the order of today's life and the relationship that we have with technology. While we cannot prevent these things from entering our private and personal computers, we can protect ourselves by being extra mindful about taking precautions, even if emails seem to be from reliable sources. Emails that solicit money or ask us to click links can have extremely unfortunate and irreversible tragic outcomes of losing a good deal of our hard-earned income.

When you receive an email solicitation, check the email address to see if it's an official source. In our case, as members you'll receive emails from info@itaaworld.org . Also check to see if money is being solicited. ***Neither the ITAA nor any board members will ask for money under any circumstances from our members.***

The following email was sent to our members on 6 April 2023:

> Dear ITAA Members:
>
> It has come to our attention that some of you may be receiving SPAM messages from chitraravi@mlacw.edu.in. This IS NOT from my email address.
>
> The subject line may read: "ITAA DELEGATES LOGISTICS SUPPORT" and in the message, they say, "I need your assistance with a transfer matter. Will you be kind enough to render some help!"
>
> Please do not respond to the email. Just delete the message.
>
> Official ITAA messages will almost always come to you from info@itaaworld.org. Although we do send emails reminding you about membership renewals, we do not solicit money in other ways.
>
> If you ever receive an email that you are unsure about, that gives you pause or seems odd or unclear, please write to us at info@itaaworld.org before doing anything. In this age of spam bots and people who want to do terrible things on the internet, we must all stay vigilant.
>
> Warm regards, Chitra Ravi, ITAA President

BELOW IS A SAMPLE OF ONE OF THE SPAM messages that we know that a member has received:

> From: Chitra Ravi <chitraravi@mlacw.edu.in>
>
> To: (email address of the member)
>
> Subject: ITAA DELEGATES LOGISTICS SUPPORT
>
> Dear (Name),
>
> Hope you are well and staying safe?
>
> I need your assistance with a transfer matter.
>
> Will you be kind enough to render some help!
>
> Look forward to your reply for more details if you can support me.
>
> Best wishes, Chitra Ravi (PRESIDENT, ITAA)

Evolving Directions for the *TAJ*: Part II

by Helen Rowland



Following our full *Transactional Analysis Journal* (*TAJ*) editorial board meeting in September 2022, I was prompted to write a short piece for *The Script* to share the thoughts we had explored as a board regarding accessibility and the academic tone of the *Journal*. We identified two distinct strands in this conversation: first, how to make the *TAJ* more accessible for new writers, and second, whether there is more we could do to improve the "readability" of articles for readers who do not have a conventional academic background or for whom English is not their first language. In my December 2022 *Script* article, I covered the first question, and now I want to expand further on our thinking as a coeditor team about the second: the "readability" of the *Journal*.

We occasionally hear from readers that they find the *TAJ* "too academic," and this is something that we as a team have under regular discussion. But first some history in order to understand the context of the ongoing conversation.

Under the leadership of Bill Cornell, a *TAJ* coeditor for 14 years and now our Consulting Editor, the *Journal* gained an external publishing agreement, first with Sage and now with Routledge, the leading academic publisher in the humanities and social sciences. This was a huge achievement and a testament to the quality of the articles that the *Journal* was publishing year on year—quite something for a journal that had started life as the humble *Transactional Analysis Bulletin* back in 1963. These publishing agreements greatly extended the availability of the *TAJ* to professionals and academics outside of our TA communities. But there is another important facet to this development: alongside the *TAJ* gaining valued academic credentials, Bill, and other coeditors, were highly invested in challenging the typical conservative norms in terms of the style of academic writing that was deemed acceptable.

Since then, we have sought to discourage writers from using the impersonal, "objective," and complex style that is more typical of academic writing in favor of a more personable, relatable, and readable style that captures the author's voice and passion for the subject. We edit the papers with the reader in mind and often ask authors to foster a conversation with the reader rather than deliver a monologue or teach. So compared to many other academic journals, our house style tends more toward the personal and relatable, and we actively encourage authors to pay attention to the voice in which they address the reader. Having said this, many authors also choose to write in a more traditionally academic style, and it is important to us to acknowledge that there is room here for everyone.

This leads us to the important discussion of how to differentiate academic style from academic content. We understand only too well that the norms of Western academia work to

Helen Rowland has been a TAJ co-editor since 2018. She can be reached at helen@helenrowland.co.uk .

exclude less conventionally academic forms of writing. But although we can relax on style, we are aware that relaxing academic standards regarding content is a different fish altogether. So, although we are keen to broaden the parameters of what we publish in order to disrupt the academic norms of what constitutes "knowledge," we nonetheless remain committed to upholding the intellectual standards that merit an academic journal. We can subvert norms around style and to some extent structure, but we hold as central the intellectual territory of deep thinking and reflective practice with regard to the content.

We believe that the function of a professional journal is to promote thinking and the evolution of theories and techniques. To do this, we must respect the history and development of ideas and the work of colleagues who are invested in similar fields of effort and discovery. It is important that authors are able to situate their work in the context of the current field of theory and practice, how their work might link to other developments in the field, and to offer evidence and supporting arguments for their own central thesis. It has also been important from an editorial perspective that we keep in mind that through Routledge, the *TAJ* is now available in over 6,000 libraries around the world. As a result, there are increasing numbers of readers who have little background in TA, so it is important that we respect and demonstrate the intellectual history of our ideas and those of others.

I remember being deeply touched in my early thirties when reading the work of bell hooks, the Black American feminist, author, social activist, and cultural critic. She argued that marginalized voices must reject the exclusionary practices of traditional academia but that we reject the principles of critical thinking and intellectualism at our peril (hooks, 1994). I believe this is the territory that the *TAJ* actively seeks to navigate through the developmental editing we provide to new writers and the ongoing encouragement for a more accessible style of writing. We hope that authors will take this permission to write for the *Journal* in a style that facilitates understanding while also encouraging readers to engage in a thoughtful and critical dialogue with the material. We will also continue to hold as central our task of maintaining the standards that continue to drive forward the development of our practice and theory.

Reference

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TAJ to Move to Online Submission Platform



Taylor & Francis/Routledge, the publisher of the *Transactional Analysis Journal*, is onboarding the journal onto a new submission and peer review platform. Rather than emailing your submission to the *TAJ* managing editor as has been the case in the past, you will log on to Submission Portal on the T&F website and submit your manuscript there.

To reach Submission Portal, go to the *TAJ* Routledge/Taylor & Francis homepage at https://www.tandfonline.com/journals/rtaj20. Under the "Submit" tab at the upper left, you will find "Go to submission site," which will link you to Submission Portal. There you will be asked to "log in" or "create a Taylor & Francis account." Note that the account you use to access the *TAJ* online should not be used for Submission Portal. So unless you have used Submission Portal before, you must create a new account. To do that, you may use the same email you use to access the *TAJ*, but you must create a new password. Then you will be able to log in and follow the instructions to complete your submission.

Once submitted, you will have access to a centralized author dashboard that displays updates concerning your manuscript status, including "Submitted," "With the Editor," "In Review," and "Decision" (Accepted, Minor Revision, Major Revision, Reject and Resubmit, Rejected).

You can find step-by-step instructions on using Submission Portal here.

Once an article is submitted, it will be transferred into ScholarOne for the blind review process. Please note that Submission Portal is a separate Taylor & Francis program and not part of ScholarOne, although on the back end they are connected.

If you have any questions, please contact RTAJ-peerreview@journals.tandf.co.uk .

We look forward to receiving your submission via Submission Portal and then taking it through the next steps via ScholarOne.

Whose Values and How Do They Relate to Ethics?

by Anne Tucker



In the April *Script* "On Ethics" article, Jan Grant asked, "What is ethical thinking?" and went on to talk about "the things we value." This got me thinking more about where we get our values from. The Schiffs gave us the theory of frame of reference (Schiff, 1975), which Jean Illsley Clarke diagramed in her 1996 *TAJ* article (see Figure 1).

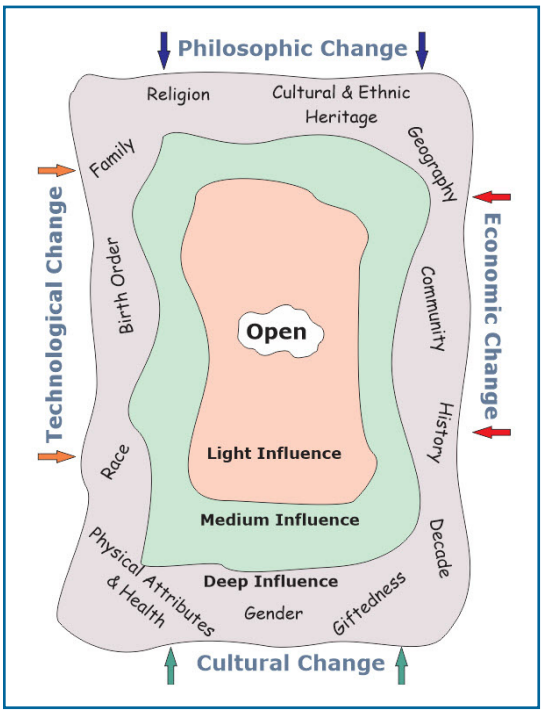

Figure 1.
Frame of Reference
(adapted from Clarke, 1996, p. 215)

The "deep influence" refers to those aspects that impact our young selves, aspects such as the values we are given or take about our place in our family, community, nation, and the world as well as influences derived from what decade we were born into, our history, and the things that molded us in our formative years. Many of us have the opportunity as life progresses to reevaluate those values, to make small or even large alterations or to completely amend them as our experiences give us "open" opportunities.

However, when cultural, technological, economic, and political changes challenge those deep influences, it is easy to fall back to those first fundamental experiences and the values we attached to them. So when we say that our values are the basis of ethics, that can mean that our frames of reference can vary widely from person to person as well as in relation to our cultural and national perspectives.

Anita Mountain and Chris Davidson, in their book *Working Together*, reframed Berne's recognition hunger as belonging hunger that is met by being recognized. This is being shown by several social science researchers as an inherent and fundamental need of human beings–that is, to belong to a group—and that in so doing, we will do all sorts of things just to feel that sense of belonging. So when we have differing fundamental values and when those values are challenged, it can feel like our very core is being judged, and we can respond in some seemingly strange ways to others.

> ***"So when we say that our values are the basis of ethics, that can mean that our frames of reference can vary widely from person to person as well as in relation to our cultural and national perspectives."***

Therefore, if we have all these differing values, how can we agree on what ethics are, and what are the values that we as transactional analysts hold as our basis?

EATA and the ITAA, in their ethical codes, have taken up the five values espoused in the United Nations Declaration of Human Rights: security, dignity, self-determination, health, and mutuality (see p. 2 of the current *ITAA Code of Ethics* here). Our current manual says, "This frame of reference is also congruent with the existential and philosophical perspective of transactional analysis."

When we consider our personal values, how they were developed, and how deeply we hold on to them, how do we tally those up with values espoused by the United Nations Declaration of Human Rights? Do they correlate and are they in sync? And when our values are challenged or someone or some people do not recognize or show respect for our values, how does that impact our ethics within the ITAA?

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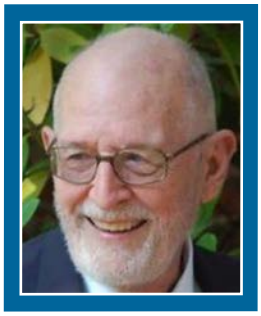
Events and Reminders Calendar

19 June 2023	ITAA-EATA Webinar With Matthew Elton
4 July 2023	International Trainers' Meeting, Dublin, Ireland
7-8 July 2023	Annual In-Person ITAA Board of Trustees Meeting
29 July 2023	ITAA Annual General Membership (AGM) Meeting (online)
1 August 2023	Deadline *TAJ* theme issue on "Leadership"
1 February 2024	Deadline *TAJ* theme issue on "Intimacy and Creativity: Revisiting Berne's Secret Garden"
1 August 2024	Deadline *TAJ* theme issue on "Relationships in Love, Play, and Work"

For more details about these and other events, visit the ITAA website at www.itaaworld.org .

Sad Loss of ITAA Past President Bill Holloway

We just received the news that Bill Holloway passed away on 17 April 2023. Bill was ITAA President from 1976–1977 and also served on the ITAA Board of Trustees (BOT). He was incredibly resourceful, solid, and one of the most valued members of the board. He importantly served on the bylaws committee and the BOT during crucial times and contributed immensely to the revision and simplification of our current bylaws. We honor him as an outstanding ITAA member, having contributed many articles and much work to TA over the years. Our best wishes to Bill's family and friends in coping with this sad loss. (We will publish a full In Memoriam in a later *Script*.)



– Chitra Ravi on behalf of the ITAA Board of Trustees

New Contact Information for the ITAA

Now that Huntington Association Management is working with us to manage most aspects of our staffing needs, we will be using their postal address and phone:

ITAA
2700 E. Foothill Blvd., Suite 209
Pasadena, California 91107, USA
phone: 626-689-4810.
The email will remain the same: info@itaaworld.org .

TA and One Love in Jamaica

by Lucy Freedman

A USA TA Association tradition for over 25 years, **the Jamaica Gathering once again took place at Frenchman's Cove, Port Antonio, Jamaica.** People came from the United States, Canada, Italy, Germany, and Jamaica. We swam, ate, exchanged ideas and presentations, tried out new material, and soaked up the healing influences of jungle, ocean, and culture. People expressed very positive feedback. If there was one thing they wanted more of, it was TA training! That's a good sign.

The Gathering is an open-space conference, where people request and offer sessions on topics or as process groups during the week. Sessions are documented so that participants can earn continuing education units based on the acceptance of their authorizing agency. We share social time and beach time as well as making connections with local Jamaican people and cultures.

This year session topics included "Mini-Intro to TA"; "Untranslatable Words"; "Here and Now: TA Process Group"; "Finding Balance in Health and Well-Being"; "Indian 101 – Introduction to Comanche Culture"; "Traditional Healing and Psychotherapy"; "Black Lives Matter, A Class Issue: The Afro-Jamaican Experience"; "Mysticism, Contemplative Practices, and Sexuality"; "Self-Care and Massage"; "Treatment of Sexual Trauma in Hispanic Male Immi-



Jamaica Gathering participants (from left): (back row) Lucy Freedman, Roberto Ilacqua, Giorgio Ilacqua, Ted Gittings, Dan Diaz, Mich Davis, Hans-Peter Arens; (middle row) Polly Hewson, Brendan Bain, Marion Gittings, Charlotte Shoup, Martha Schwope, Bianca Giesler; (second row) Paul Shoup, Pauline Bain, Kathryn Tijerina; (front row) Jarvis Larson, Dawn McBride, Ulla Schneider



Session on "Traditional Healing and Psychotherapy" with guest speaker Gloria Simms, MSW, founder of the Maroon Indigenous Women's Circle



Jamaica Gathering participants in front of old cannon in Port Arthur



Jamaica beach near Gathering spot

grants"; and "PASTA—Parental Alienation Syndrome and TA."

Participants wrote their evaluations of the week as a whole. Here are some highlights:

"Great physical space and temperature for training as well as living areas. Loved view and time to do other things beside training … more spontaneous than regular trainings." "Every presentation was rich and helpful. Thank you!"

"Fantabulous. The best ever. I am adding this event to my CV and filing the certificate. Topics well covered, objectives achieved." "Thanks for special gifts of people from community. Thanks for skilled process/circle and group development."

"Well organized—both workshop and nonworkshop time. Diverse topics with experts in their fields. Well-timed, easy to be present." "Group process organized week very well for workshops and evenings. New participants were well integrated with older participants. Group was dynamic and well connected throughout." "I really appreciated the TA-related presentations." "Presentations were informative and well thought out. Would come again." "Good relaxed, accepting, supportive group. Growing over the week. Need more TA stuff." "A pleasure to meet and in such a short week have become friends with everyone." "I enjoyed meeting the community of other folks who have participated in the Gathering."

We are exploring the possibility of holding another Gathering in 2024 with a team of organizers. Frenchman's Cove offers us meeting space and a beautiful setting that would be hard to match.

If you want to be informed about a possible Gathering in 2024, please write to jamaica@usataa.org .

A Hugs Meeting for Ukrainian Transactional Analysts

On 11-12 March 2023 in Warsaw, Poland, there was a "TA Hugs" meeting for Ukrainian TA colleagues. This was a long-anticipated, in-person charitable meeting among like-minded people, friends, and colleagues supported by the Ukrainian Society of Transactional Analysis (USTA) and EATA. One of the best ways to support and self-support during challenging times is to create your own inspiring and supportive events. This helps to restore confidence in one's strengths and capabilities. We created such an event together. More than 100 Ukrainians from Ukraine and all over the world came to the meeting, the first since the beginning of the war. The organizers were Nataliia Isaieva, Olena Kryvonos, and Irina Zayats.

John McNeel was a special guest of honor. Shortly after Russia invaded Ukraine, John offered his services to his colleague, Nataliia Isaieva, Honorary Member of USTA. Since that time, John has been meeting monthly on Zoom with 200+ Ukrainian psychotherapists, providing emotional and psychological support as well as guidance in conducting therapy with people who are severely traumatized. At the conference, John presented on the uses of the redecision process to the entire conference. On Friday evening he gathered with the 45 Ukrainians who were attending and was honored to meet those brave people in person. Many thanks to John for meeting with us and for

continued with photo on page 13



Participants at Warsaw conference in support of Ukraine, with John McNeel (second row, fourth from left) and Tony White (fifth from left)

the workshop he presented at the General Meeting. At the meeting, John McNeel was invited to become an Honorary Member of the USTA, and he agreed.

Thanks in addition to Tony White, who is also an Honorary Member of the USTA and has supported our Ukrainian TA colleagues for a long time. He also led a workshop at the General Meeting. We thank Ukrainian TA trainers who gave workshops: Katerina Bulgakova, Roxana Yashchuk, Natalia Spencer, and Vlada Berezyanskaya, and community members Sade Tetyana and Pletka Olga.

Stand with Ukraine!

USATAA Name Change: At the Annual USA TA Association General Membership meeting on 11 March, the Council's decision on changing the organizational name was supported by attending members. The change is from the USATAA to the North American Transactional Analysis Association (NATAA). This transition was inspired by the desire to reflect the fact that members of the NATAA/USATAA are also from Canada and Mexico and also to express a sincere desire to provide the experience of acceptance and respect to members of North America.

The 7th Biennial South Asian Association of Transactional Analysts (SAATA) Conference on TA is planned for 23-24 September 2023 in Bangalore, India. The theme of the conference is "Heggidira: Dialogues on Mental Health." Heggidira is a word from the Kannada language that means "How are you?" a way we start conversations with each other. SAATA is happy to invite you to engage in conversations and dialogues on mental health over the 2 days of this conference. The conference brochure and call for presentations will be shared soon.

IBOC News

Successful TEW Held Online

An inspiring and truly international **Training Endorsement Workshop (TEW) was held virtually 31 March to 2 April 2023.** The participants and staff were spread between nine different countries ranging from Guatemala on one end and New Zealand on the other end of the time zone range—18 hours difference! Everyone was fully present and involved for the 3 days, whether it was an 8am to 3pm day, a 1am to 8am day, or an 8pm to 3am day! There was rich learning across such a diversity of experiences and contexts. The candidates were moved by and worked with the TSTA values of educational diversity, ecological sensibility, and diversity and inclusion promoting social change. It was a delight to be able to heartily endorse all nine candidates and fun to have Eric Berne celebrating with us on John's T-shirt!

March Online Exams

The March exams welcomed 11 CTA candidates, 8 TSTA candidates, 27 CTA examiners, 28 volunteers for TSTA exams, and 32 TSTA examiners. People from 19 countries were involved in this exam set.

On 23 March the following passed their CTA exams:

Yuko Shimada (P), Japan
Olivia Scobie (P), New Zealand
Reena Goenka (P), Singapore
Larissa Tyutenkova (P), Kazakhstan
Maria Senina (P), Russia
Maxim Razdobreev (P), Russia
Dunja Stojkovic (P), Serbia
Rosemary Kurian (E), India
Maksuda Begum (P), Bangladesh
Vaaruni Sundar (P), India
Meera Ravi (P), India

See photo on page 15.

On 23-25 March, the following passed their TSTA exams:

Blanka Cepická passed her Supervision exam so is now a TSTA (P), Czech Republic
Lisa Bedford Cooper passed her Teaching exam so is now a TSTA (P), UK
Anisha Pandya, TTA (P), India
Cor van Geffen, TSTA (O), Netherlands
Patrick Brook, TSTA (P), UK
Traian Bossenmayer, TSTA (O), Romania
John Savage, TSTA (P), New Zealand
Tatjana Gjurkovic, TSTA (P), Croatia

See photo on page 16

We want to thank everyone involved:

Exam staff: Volunteer Coordinators - Tess Elliott and Haseena Abdulla. Zoom sheet creative - Deepak Dhananjaya. CTA Exam Supervisors -



Successful TEW Participants (from left): (top row) TEW Staff: Susan George (TSTA, P), India; Karen Pratt (TSTA, E), South Africa; Trudi Newton (TSTA-E), UK; and Hanna Konoplianyk (P) UK; (middle row) Anjali Puri (P), UK; Piotr Jusik (C), Guatemala; John Evans (P), New Zealand; and Kate Hardy (P), Wales; (bottom row) Danijela Djuric (O), Serbia; Aya Konoike (O), Japan; Roxana Draghici (P), Romania; and Frouk Willering (E), Netherlands.



Successful CTA Examinees (from left): (top row) Yuko Shimada, Meera Ravi, Rosemary Kurian; (middle row) Dunja Stojkovic, Maxim Razdobreev; (bottom row) Vaaruni Sundar, Maksuda Begum, Larisa Tyutenkova; (not pictured) Olivia Scobie, Reena Goenka, and Maria Senina

Marian Timmermans and Jacqueline van Gent. TSTA Exam Supervisors - Sue Eusden and Jacqueline van Gent. TSTA Zoom Assistants - Tin Vanderhoeven, Graeme Summers, and Deepak Dhananjaya

CTA Examiners: Graeme Summers, Nynke de Geus, Vanessa Williams, Sudha Thimmaiah, Patrick Odendaal, Joy Roshan, Raguraman K, Elena Lazarenko, Rosario Chavez, Danijela Budisa Ubovic, Alice Timmermans, Debi Davidson, James Longwell, Geethan Ananthan, Grace Lam, Seema Pradhan, Enid Welford, Tin Vanderhoeven, Prathitha Gangadharan, Mirjam te Slaa, Marguerite Sacco, Rebecca Davies, Adri van den Brand, Gerry Pyves, Anjali Puri, Julie Hay, and Deepak Dhananjaya

TSTA Volunteers: Farah Cottier, Pei-Ying Huang, Sumedh Yadav, Sonja Billmann, Michelle Hyams-Ssekasi, Monika Cox, Danijela Budisa Ubovic, Prathitha Gangadharan, Vanessa Williams, Grace Lam, Rebecca Davies, Alice Timmermans, Debi Davidson, Patrick Odendaal, Sudha Thimmaiah, Raguraman K, Rosario Chavez, Adri van den Brand, Jackie Longwell, Elena Lazarenko, Seema Pradhan, Nynke de Geus, Marguerite Sacco, Anjali Puri, Gerry Pyves, Alina Commendant, Nicole Lenner, and Alva Ramirez Villatoro

TSTA Examiners: Marina Rajan Joseph, John Heath, Annie Rogers, Vladimir Goussakovski, Giles Barrow, Marion Umney, Thomas Ohlsson, Karen Minikin, Anne Tucker, Enid Welford, Günther Mohr, Izumi Kadomoto, Nicky Worrall, Julie Hay, Sashi Chandran, Susie Hewitt, Lis Heath, Boris Volodin, Emma Haynes, Moniek Thunnissen, Harry Gerth, Tomoko Abe, Cholena Mountain, AlekSandra Bubera Ninic, Rosemary Napper, Anette Dielmann, Rachel Cook, Michele D'Errico, Jan Grant, Alessandra Pierini, Piet van Haaster, and Tess Elliott

Written Exam Marking

We have recently sent out emails to all CTAs and P/TSTAs to ask about training needs regarding marking the written exam. This is part of an initiative to introduce some online training for markers. Thank you to so many of you who have responded already. If you have not yet, please check your email (and spam folders if not received), and we welcome your responses. The form will stay open until 5 May.

Important Notice: Payments for Written and Oral Exams

To pay for a written or oral exam, you must first apply to the IBOC via the email iboc@itaaworld.org. You will then be sent an invoice and PayPal payment link. Do not make a payment to the ITAA because it will go into the wrong account and add more work for the administration. We ask all supervisors to inform potential candidates and for all candidates to check in via the IBOC to make payments. Thank you.

Conference Calendar

23-24 September 2023 SAATA Conference, Bengaluru, India

19-21 April 2024 UKATA National Conference



Successful TSTA Examinees (from left): (top row) Anisha Pandya, Lisa Bedford Cooper, Patrick Brook; (middle row) Tatjana Gjurkovic, Cor van Geffen; (bottom row) John Savage, Blanka Cepiká, Traian Bossenmayer

Professional Standards Committee Update

Following the recent round of examinations, we are clarifying two specific components of both the online and in-person TSTA examination process.

With regard to the Teaching exam and the TA101 teaching section, we clarify the following point: **The TA101 element of the examination will be managed by an online application called Pickerwheel** (an example of a provisional option can be found here: https://pickerwheel.com/), which has been adapted to include all the TA101 topics and will be operated by the chair of the board at the appropriate time in the exam. The 101 Teach is intended to show the capacity of the candidate to be spontaneous and competent with regard to the 101 topics. Therefore, prepared presentations, electronic or otherwise, and use of notes in the 101 teach are not permitted. Creation of a diagram, for example, in the moment, using appropriate technology is acceptable.

With regard to the Supervision exam, we make the following clarification: **When considering the scoring of the supervision exam, the board members must take into account both the live supervision process and the debriefing by the candidate in speaking to their practice.** To emphasize this point, assessment should not be given solely on the 20-minute live process but reflect an overall evaluation of their confidence and competence as a reflective supervising practitioner.

Giles Barrow and Karen Pratt, PSC Cochairs

TAJ Theme Issues

"Leadership"
Coeditors: Sue Eusden and Giles Barrow | Deadline: 1 August 2023

"Intimacy and Creativity Within the Real Self: Revisiting Berne's Secret Garden"
Coeditors: Edward T. Novak and Karen Minikin | Deadline: 1 February 2024

"Relationships in Love, Play, and Work"
Coeditors: Brad McLean and Helen Rowland | Deadline: 1 August 2024

Webinar Recordings Available to View Online

There are now two webinar recordings available on the ITAA YouTube channel.

Ethics Committee webinar:
"From the Intrapsychic to the Systemic: Evolving Ethical Thinking"
27 October 2022
https://www.youtube.com/watch?v=CctEW-5H5-0

Social Engagement Committee webinar:
"Hope & Despair: How Do We Conceptualize and Experience Them as Transactional Analysts?"
4 April 4 2023
https://youtu.be/k9QRrdVul0M