THE Script

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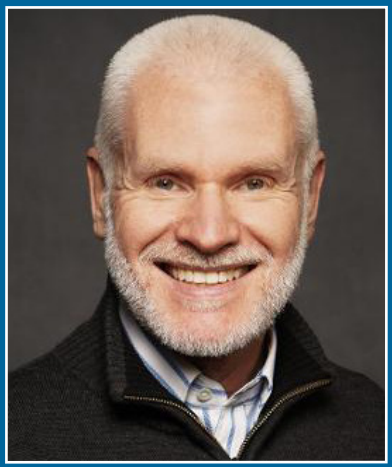
60 Years of the ITAA: A Milestone for Transactional Analysis and Its Future

by Thorsten Geck

As President of the International Transactional Analysis Association (ITAA), I am pleased to celebrate **the 60th anniversary of our organization. This anniversary is not only an occasion to look back at our roots but also to celebrate the development and future of transactional analysis (TA).**

The ITAA was founded in 1964 by Eric Berne, a visionary psychiatrist who developed transactional analysis as an accessible, pragmatic theory of human personality, communication, and behavior. Berne's goal was to establish transactional analysis not only as a theory but above all to anchor it in the practical application of psychotherapy. His vision was to help people improve their communication and interpersonal relationships by integrating the concepts of TA into their lives. His focus was (in my understanding) on encounter in groups. To this day, the theory has retained its depth and vitality in understanding people in groups and groups as a whole.

In the years that followed, the ideas of transactional analysis quickly found favor, initially in



"Our discipline has remained vibrant because it has always been open to new insights and methods. Today, we use TA in many fields. Through constant evolution, transactional analysis remains contemporary and effective."

psychotherapy but soon also in other fields of application. The 1970s and 1980s were the heyday of TA. Particularly in psychotherapeutic practice, but also in areas such as education, counseling, and organizational development TA experienced a strong upswing. It not only offered profound theoretical insights but was also applicable in practice, a combination that continues to make it attractive today.

Over the years, transactional analysis has not only proven itself but has grown and developed. We have not remained unaffected by the challenges and changes in the world, so the ITAA has repeatedly integrated creative new developments. Our discipline has remained vibrant because it has always been open to new insights and methods. Today, we use TA in many fields. Through constant evolution, transactional analysis remains contemporary and effective.

But although we look back on a proud past, we also face great challenges for the future. Our task as the ITAA is to continue to be attractive for professional practitioners in these fields, not only providing a solid theoretical foundation but also fostering lifelong learning and professionalization. The ITAA needs to be a community in which people can develop, whether it be in research, practical application, or exchange with other professionals.

In a world that is changing faster and faster, we have to ask ourselves: How do we remain relevant? How can we continue to create the best resources and networks for our members? One answer is to promote innovation and exchange across disciplines. TA has always been an approach that thought beyond the boundaries of disciplines, and it should remain so in the future.

The next decades will show that the ITAA is not only a guardian of tradition but also a pioneer in the further development of transactional analysis. It is our responsibility to continue on this path with open eyes, alert minds, and deep understanding of the needs of the future. We are committed to providing our members with a platform where they can grow and refine their skills.

On our 60th anniversary, I look back not only with pride on the achievements of the ITAA but also with confidence in the future. Together, we will ensure that transactional analysis continues to play a significant role in psychotherapy, education, organizations, and counseling in the decades to come.

To lead the ITAA into a successful future, we on the ITAA Board of Directors are developing concrete strategies to guide us. Our goal is to engage and support both our professional members and those who are passionate about transactional analysis. Therefore, we will develop a strategic plan that will enable us to provide customized offers for professional members while also supporting those who are not professionally involved in TA but are passionate about it.

Another important point is the adaptation of our services and products. We want to ensure that the ITAA meets the expectations and needs of those who have only recently discovered transactional analysis. This means that we are developing contemporary formats and content that appeal to a broad target group and make it easier for new members to access. With these steps, we are addressing the demands of a constantly changing world and ensuring that transactional analysis remains relevant and attractive in the future.

We would also like to draw on your experience and expertise. How should we network with other professional associations? What does "professionalism" mean to you, our members? All of this must be done in the context of responsible management of our members' assets. We have plenty to do, and we are happy to do it.

I thank all those who have supported the ITAA over the decades and look forward to being with you in the years to come.

Thorsten Geck, ITAA President, can be reached at president@itaaworld.com .

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IBOC News

This month **we celebrate those who were certified at the October online exams** and also announce a new incoming IBOC cochair.

October 3–4 saw 42 online exams take place, and 25 CTAs and 7 T/STAs were certified. **Our thanks and appreciation go to all those involved**, including examiners, translators, volunteers, and the exam team.



TSTAs (clockwise from top left): Raguraman K, Christine Huillier, Sudha Thimmaiah, Alla Babich, Alexandra Psallas and Ella Paolillo with Haseena Abdulla in the center

T/STAs

Haseena Abdulla, India, TSTA-P
Raguraman K, India, TSTA-O
Sudha Thimmaiah, India, TSTA-C
Alexandra Psallas, Belgium, STA-P
Alla Babich, Russia, TTA-P
Antonella Raffaella (Ella) Paolillo, Italy, TTA-P
Christine Huillier, France, TSTA-P

CTAs

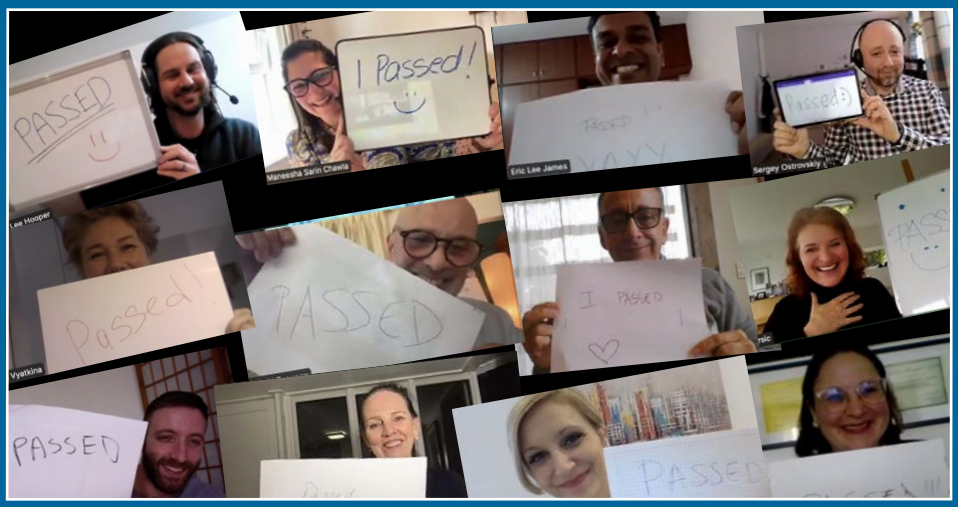
Abdul Hamid Ressang, Netherlands, CTA-E
Aleksey Vasilievich Grogul, Russia, CTA-P
Alena Nezhentseva, Russia, CTA-P
Alexandra Maftei, Romania, CTA-P
Alina Pavel, Romania, CTA-P
Ana Šušteršic, Slovenia, CTA-O
David González Chávez, Mexico, CTA-P
Denise Longhurst, UK, CTA-P
Dubravka Pešorda, Croatia, CTA-P
Dunja Stojanovic Krstic, Serbia, CTA-P
Emma Sanderson, New Zealand, CTA-P
Eric Lee James, India, CTA-O
Farah Tasneem, India, CTA-C
G. S. Rajarajeshwari, India, CTA-O
Hazel Stilgoe-McCombe, UK, CTA-P
Isaac Bloomberg, UK, CTA-P
Jelena Miloševic, Serbia, CTA-P
Lee Hopper, New Zealand, CTA-P
Maneesha Sarin Chawla, UK, CTA-C
Maria Renée Gándara Ulloa, Guatemala, CTA-P
Nebojša Žižic, Montenegro, CTA-P
Nickee Kelly, New Zealand, CTA-P
Olga Vyatkina, Russia, CTA-O
Sarah Clowes, UK, CTA-P
Sergey Ostrovskiy, Russia, CTA-P

Thanks to All CTA Examiners: Adri van den Brand, Adena Franses, Alina Comendant, Annette Terry, Louise Herbert, Carole Stilwell, Maja Delibasic, Claire Bowers, Elina Belyayeva, Danijela Djuric, Debi Davidson, Deepak Dhananjaya, Diana Deaconu, Dragana Jovanovic Boka, Elvin Ayden Keles, Fabiola Santicchio, Fiona Firman, Florenta Turlea, Frouk Willering, Masumi Aonuma, Elena Gamova, Gerry Pyves, Graeme Summers, James Sweeney, James Longwell, Jan (Honza) Simek, Jan Grant, Jane Tillier, Jelena Vrsaljko, Jennine Rook, John Evans, Kala Balasubramanian, Kate Hardy, Aya Jonoike, Hanna Konoplianyk, Lieuwe Koopmans, Liliana Horvath, Linda Gillham, Linda O'Hern, Lyn Wall, Mandy Atkinson, Maria Sorokopud, Marieke de Groot, Maxim Razdobreev, Michele D'Errico, Miek Hehenkamp, Milena Markovic, Nea Ildiko Clark, Roxana Draghici, Pierre Sebregts, Piotr Jusik, Piyush Dixit, Prathitha Gangadharan, Anjali Puri, Rosario Chavez, Sabine-Inken Schmidt, Sarah Demaree, Sushma Mathur Ramachandran, Maya Lutay, Tin Vanderhoeven, Will Daniel-Braham

Thanks to TSTA examiners: Susie Hewitt, Kateryna Bulhakova, Eleonore Lind, Blanka Cepická, Giles Barrow, Enid Welford, Suriyaprakash C, Olivier Montadat, Harry Gerth, Sandra Wilson, Marina Rajan Joseph, Charlotte Sills, Boris Volodin, Susan George, Sari van Poelje, Anne Tucker, Lieuwe Koopmans, Paula Dishman, Aleksandra Piotrowska, John Heath, Lis Heath, Trudi Newton, Mandy Lacy, Keith Tudor, Valerie Redman, Briony Nicholls, Vladimir Goussakovski, Anisha Pandya, Sabine Blumenstein, John Savage



CTAs (top row, from left): Dubravka Pešorda, G. S. Rajarajeshwari, Hazel Stilgoe-McCombe, Denise Longhurst (middle row, from left): Farah Tasneem, Alena Nezhentseva, Nebojša Žižic, Dunja Stojanovic Krstic, (bottom row, from left): Aleksey Vasilievich Grogul, Emma Sanderson, Alina Pavel, Sarah Clowes



CTAs (top row, from left): Lee Hopper, Maneesha Sarin Chawla, Eric Lee James, Sergey Ostrovskiy (middle row, from left): Olga Vyatkina, Abdul Hamid Ressang, David González Chávez, Ana Šušteršic (bottom row, from left): Isaac Bloomberg, Nickee Kelly, Jelena Miloševic, Alexandra Maftei; (not shown: Maria Renée Gándara Ulloa)

Thanks to those volunteering in the TSTA exams as audience members or supervisees: Linda Gillham, Kate Hardy, Will Daniel-Braham, Carole Stilwell, Elina Belyayeva, Danijela Djuric, Annette Terry, Piyush Dixit, Claire Bowers, Marieke de Groot, Fabiola Santicchio, Jelena Vrsaljko, Miek Hehenkamp, James Longwell, Florenta Turlea, Linda O'Hern, Jan Simek, Kala Balasubramanian, Jane Tillier, Helen Davies, Louise Herbert, Aya Jonoike, Liliana Horvath, Ioana Cupsa, Pierre Sebregts

Thanks to those supporting the TSTA teaching exams in the role of Zoom assistant: Keiko Hoshino, Tin Vanderhoeven, Graeme Summers

Thanks to all the exam supervisors:

CTA exams: Nicole Lenner, Mayke Wagner-Frobose and Sarah Lowes.

TSTA exams: Tess Elliott & Sue Eusden with Nicky Worrall as volunteer coordinator

New Cochair for the IBOC

Sue Eusden will end her term on 31 December this year, and Nicole Lenner will take over as new IBOC Cochair. Nicole is already working closely with Sue to ensure a smooth handover.

Online TEW Coordinator Needs Help

The Training Endorsement Workshop (TEW) coordinator is looking for a voluntary staff member for the online TEW, which will run on 25–27 April 2025. Our wish list: a fairly "young" Teaching and Supervising Transactional Analysis (not in age, but in being a TSTA) in the psychotherapy field willing to work online roughly from 8am–4pm UK time with many breaks and not based in Western Europe. If you are interested or want to know more, please contact Jacqueline van Gent, TEW Coordinator at jacqueline@itaaworld.org .

From the REC Coordinators to CTA Candidate Sponsors

We, as Regional Exam Coordinators (RECs) for Europe, Asia, and Australia/New Zealand/Singapore, love our (volunteer) jobs for the IBOC. We are happy to help create an (easier) opportunity for more TA professionals to integrate TA into their lives, professions, and communities, thereby increasing inclusion and diversity within the TA world.

What Is Our Role? If someone submits a written exam to the ITAA, the REC from that region checks that it meets the formal requirements (word count, bibliography in correct format, anonymity guaranteed as described in the May 2024 *Script*) and finds an evaluator for it. We are quite busy with these tasks.

We Need Your Support: Increasingly, we find that all this takes time and can make the exam process challenging for both us and the candidate. We could support candidates and sponsors better with some help. Here are some things we need from CTA candidate sponsors:

1. Please work with candidates on their written exam around anonymity. We often see that the names of cities, counties, teachers, and even websites have been included.
2. Make sure that your candidate's exam meets all the necessary criteria so we can focus on finding markers.
3. Boundary issues for RECs having a personal relationship with sponsors: As the manual suggests, the candidate receives their results within 90 days of having submitted their exam. We request that sponsors do not approach the RECs during that time and follow the protocol of approaching the IBOC office if they have any questions or concerns.

Anisha Pandya, REC India (anisha.pandya@gmail.com); Jr-Earn Lam, REC Australia/New Zealand/Singapore (karen@seraphcorp.net); and Miek Hehenkamp, REC Europe (miek@miekhehenkamp.nl)

Grants and Scholarships Available

EBFF and SGF grants are available as resources permit. If you or your organization could benefit from either fund or have questions about the process/applications, email Michael Harsh, Chair EBFF/SGF, at imokayurokay@me.com . **The Eric Berne Fund for the Future (EBFF)** provides financial support for projects that promote TA, build unity in the TA community, support professional standards, and for research in TA. Grants are available to individuals and organizations. **The Scholarship Grant Fund (SGF)** provides need-based funding for students pursuing certification in TA (for dues, contract filing fees, exam fees, conference registration, workshop attendance, etc.). Available to ITAA members and to students seeking dues assistance to join the ITAA for the first time.

IBOC Exam Calendar

Type	Exam Date	Location	Application Deadline
CTA	19-20 Nov 2024	Wellington, NZ	Closed
TSTA	19-20 Nov 2024	Wellington, NZ	Closed
CTA	27 Feb-1 Mar 2025	Online	27 Nov 2024
TSTA	27 Feb-1 Mar 2025	Online	27 Aug 2024
CTA	9-11 Oct 2025	Online	9 Jul 2025
TSTA	9-11 Oct 2025	Online	9 Apr 2025

IBOC TEW Calendar

Type	TEW Date	Location	Application Deadline	TPO Deadline
TEW	24-25 Nov 2024	Wellington, NZ	Closed	Closed
TEW	25-27 Apr 2025	Online	Closed	Closed
TEW	28–30 Nov 2025	Online	28 Mar 2025	28 May 2025
TEW	24–26 Apr 2026	Online	24 Aug 2025	24 Oct 2025
TEW	27–29 Nov 2026	Online	27 Mar 2026	27 May 2026

Note: Written exams can be submitted anytime throughout the year.

Please send applications for exams and TEW to the IBOC administrator: iboc@itaaworld.org . For the EATA exam calendar, please refer to: https://eatanews.org/exams/#coc-calendar and for the EATA TEW calendar, go to: https://eatanews.org/tew-calendar/?highlight=TEW%20calendar

October *TAJ* Is Available Online

The newest issue of the *Transactional Analysis Journal* is now online with Routledge. A non-theme issue, it has numerous articles that we know will be of interest and usefulness to readers.

In her "Letter From the Coeditor," Trudi Newton writes:

In early August I was at Edfest, a transactional analysis (TA) event that happens in a field in Suffolk, United Kingdom, each summer and is a gathering of educators and those with an interest in all aspects of learning. The days included "conversations" (rather than workshops). One of these, led by Lieuwe Koopmans, was about deconstruction, with the intriguing title "What Do We Do After We've Said Goodbye?" It was basically a rebellious discussion about ways to renew TA theory by exploring what we would get rid of. We had a go at deconstructing some TA concepts, an engaging process with a great level of agreement among the participants. But more important than the concepts we investigated was the idea that we can do that—in fact, should do that—that is, continually interrogate our theories and our working practice, to look at the subtext and ask "What are we conveying here, beneath our words? What is really going on here?"

One example of this formed part of Bill Cornell's (2024) recent article considering the vexed question of OKness. He wrote, "Perhaps we can modify the idealization of 'OKness' with some version of 'your idea is not-quite-OK-with-me-but-interesting-to-consider." Or perhaps, "Your way of thinking really upsets (threatens?) me, but I'll see if I can understand it even if I think differently" (p. 120). Do we aim to be engineers or explorers: engineers who know just how to use a certain set of tools expertly, or explorers who know how to think, who welcome new ideas and experiences, who have the flexibility to use multiple frames of reference?

TAJ Theme Issue

"A Life of Digital (Dis)connection: The Impact on Society, Groups, and Individuals"

Coeditors: Alexandra Gheorghe and Traian Bossenmayer

Deadline: 1 February 2025

Please follow the submission requirements posted here.

Submit manuscripts to *TAJ* Managing Editor Robin Fryer at robinfryer@aol.com

> ***"The TAJ is probably the most visible face of international and worldwide TA and one place where these issues are reflected on and made part of the TA discourse."***

Then we can move on, through discourse and in respectful conversations, not by adversarial dispute. And this is how I think about any issue of the *Transactional Analysis Journal* (*TAJ*): What is being added through these new explorations, how are we engaging?

With a new project, starting at the beginning is generally a good idea. For me, when writing, I first ask myself "What do I want to say?" and "Why do I want to say it?" This is a technique I sometimes share with fellow writers, particularly if they are struggling. It is both focusing and liberating. But in writing this editorial my technique is only partially working. Of course, I know what I want to say and why—I'm introducing a new issue of the *TAJ*, with a range of fascinating articles, and I have the pleasure of describing them and hopefully stimulating your interest and desire to engage with them. As always, I look forward to that task.

This time, though, it feels a bit different because I am about to depart from the coeditorial group. That real-

ization, and the associated "looking back," frames my thinking as I start to write. I joined the coeditor team in 2019, and the 5 years since have been a privilege and a delight—I'll say more about this in a moment. The ITAA has changed in that time too—becoming a professional organization and working through the implications of that. But these have also been 5 years in which it feels as though the world has shifted on its axis. We have lived through a global pandemic (and apparently learned little from the experience), we now live with major conflicts (those in Ukraine and Gaza the most prominent), climate change has become a desperate and urgent climate emergency, and politics everywhere is in serious and dangerous disarray.

The *TAJ* is probably the most visible face of international and worldwide TA and one place where these issues are reflected on and made part of the TA discourse. … What has it meant to be part of the *TAJ* team over the last 5 years? In Spring 2020, when the Birmingham World Conference was cancelled because of the pandemic, the coeditorial team decided to meet regularly on Zoom. This has been a fertile, supportive, enjoyable, contactful source of learning and growth. We have talked about everything: the "shape" of the *TAJ*, including the criteria for, diversity, range, and types of articles. We have broadened our knowledge through adding a research specialist to our team, we hold online meetings for reviewers, we talk about everything. We do not always agree, but we do all hold the value of the *TAJ* as primary and constantly review what that means in any situation. … It has been a privilege and a joy to be part of this team and part of the ongoing conversation that keeps TA fresh and relevant.

TA is essentially a practical tool based on experience and on a creative theory linked to sound philosophy and often supported by research. Every article in this issue expands some part of this trilogy. They include the following:

"Internalizing the Monarchy: Power and the Cultural Parent" by Beren Aldridge

"Authority and Power in the Classroom: Implications of Schooling on Life Script" by Giles Barrow and Anisha Pandya

"The Contactful Quad: An Effective Tool for Working With Trauma" by Anita Holland and Paula Smythe

"Functional Ego States in Treatment-Resistant Depression in Japan Evaluated Using Two Different Self-Rating Questionnaires" by Katsumasa Muneoka, Michio Takahashi, Koichi Sato, and Yukihiko Shirayama

"Have I Been Here Before? The Script System in Clinical Supervision" by Biljana van Rijn, Charlotte Sills, William B. Stiles, and James Agar

The October *TAJ* can be reached via the ITAA website by clicking on the "TAJ Access" button at the top of the homepage. We hope you enjoy this issue and would love to hear your comments.

Reference

Cornell, W. F. (2024. In these dark times: Exploring our values as transactional analysts. *Transactional Analysis Journal*, *54*(2), 114–125. https://doi.org/10.1080/03621537.2024.2327266

October *TAJ* Free-Access Article on "Internalizing the Monarchy: Power and the Cultural Parent"

From the October 2024 *Transactional Analysis Journal*, the free-access article is "Internalizing the Monarchy: Power and the Cultural Parent" by Beren Aldridge.

This essay, adapted from a conference keynote speech given at the time of the coronation of King Charles III, examines the impact of monarchy on the Cultural Parent of the United Kingdom. Beren suggests that monarchy invites deadening and powerful injunctions, such as Don't Lead and Don't be Powerful, and a driver message of "Know your place." These ideas are further developed, examining the impact of capitalism on all people: the pressures to give up hope, to "other" people, and to give away our physis. Beren uses models of analysis developed by Drego to confront the Cultural Parent of 21st century neoliberal capitalism and suggests actions transactional analysts might take to combat the nihilism that capitalism and monarchy might evoke in our community of practice.

We encourage all *TAJ* readers to read this article and to use this important opportunity to encourage your colleagues and friends to learn more about contemporary transactional analysis. You will find the free-access article from the October issue available on the Taylor & Francis *TAJ* website (accessible via the ITAA website). Look for the green checkmark in the lower right corner.

The Role of TA in Physical Illness and Health

by Pamela Levin



We all have to deal with physical symptoms and illness in life. When we are healthy, we are used to telling our bodies what to do. But when illness strikes, our bodies become increasingly in charge, requiring us to listen to what they are saying instead of the other way around. Can transactional analysis play a role in such circumstances? After all, TA largely deals with the mind, emotions, and relationships rather than the physical body.

The answer to that question turns out to be that the mind always plays a role in physical illness and recovery. Whether symptoms are mild and short lived (a head cold, a nagging cough, a throbbing headache) or long term and terminal (progressive autoimmune disease, cancer), the mind is always involved. This fact—that the body is intimately connected to the subconscious mind—was scientifically demonstrated by Dr. Candace Pert, who also discovered the opiate receptor. She put it this way: Your mind is in every cell of your body.

This means that whatever attitudes toward illness and healing we have, although they begin in the mind, they transform themselves into the body via emotions. That is where the tools and gifts of transactional analysis can provide such significant contributions toward healing and recovery. When we change how we approach physical symptoms and illness, we literally change our physiology.

Some of our attitudes toward symptoms and illness are detrimental to recovery, whereas others support healing. For example, we might approach the appearance of symptoms and illness with impatience, shame, or denial. Alternatively, we might be curious and compassionate toward our suffering selves. But whatever attitude we adopt, we are producing corollary and dramatic physical shifts in hormones, neurotransmitters, cell functioning, and more.

How can we tap into this capacity to affect our bodies with our minds so that we can best support healing and repair?

I have asked that question repeatedly over the more than 50 years I have worked with the mind in physical symptoms and illness. I have found that turning toward the symptom with receptivity is a good way to begin directing the mind toward a positive impact in the service of healing. In greeting the symptom or illness as its student, we move from powerlessness and victimhood (What did I do to deserve this?) to being in charge of our process (What are you here to teach me? What is your hidden message?). Naturally, this involves digging beyond the layers of what we know consciously. It means searching for hidden patterns that might be buried in unconscious layers of our minds.

Beginning this process in personal work draws from what Eric Berne taught us about contracting: to describe what we want as if we were

> ***"This means that whatever attitudes toward illness and healing we have, although they begin in the mind, they transform themselves into the body via emotions. That is where the tools and gifts of transactional analysis can provide such significant contributions toward healing and recovery. When we change how we approach physical symptoms and illness, we literally change our physiology."***

8 years old. Adapting this question slightly proves to be a profoundly useful strategy in defining physical symptoms or illnesses. Using 8-year-old language not only provides clues that remain hidden using sophisticated medical diagnosis language, it also informs the healing process.

This fact was revealed to me when I worked with a client whom I will call Alice. Prior to making her first appointment with me, she had received a 6-months-to-live terminal diagnosis from a top university hospital. A Phi Beta Kappa graduate of a prestigious university, she had no problem understanding what the medical world could teach her about her condition. However, that knowledge did nothing to assist her in finding the healing she so desperately sought. Asking her to describe her symptoms so an 8-year-old could understand them started her more conscious relationship to their message.

Alice described how she understood her disease process as if she were only 8 years old this way: "First, my immune system attacks my skeletal muscle, that's why I'm so weak now. When it gets done doing that, it will attack my essential organs—kidneys, liver, etc., and I'll be dead." Although such an approach initiates a more constructive relationship to a symptom than running from it or collapsing, it is unfamiliar territory. Entering further into this ongoing discovery process is assisted by focusing not on medical labels, but on questions about physical sensations such as: What do you actually feel in your body? Where do you actually hurt or feel good? Where do you have tension, pain, or numbness?

In the process of answering questions such as these, the person-with-symptom transforms their relationship to their situation from suffering victim to someone with agency who is curious and taking charge of their recovery process.

Continuing with other exploratory questions aids this discovery process even further. For example:

- What is this symptom/illness an expression of?
- What needs to happen for me to get well?
- If I already had the healing result I seek, what does that look like?
- What is the role of my mind and emotions in this health challenge?
- How can this hidden material be defined in such a way that it points in a healing direction?
- Might this symptom be my inner child-self's solution to a developmental problem?
- Where in my developmental process and under what developmental circumstances would it make perfect sense to run my body this way?
- What does this part of me actually want to do?

Answering these questions enabled Alice and can enable others to follow the trail of their symptoms down into the depths of their psyche, a process familiar to clinical transactional analysts. As Alice answered these questions and used other tools of TA, she moved from her "6-months-to-live" prognosis to an official medical verdict: no-sign-of-the-disease.

Alice's process is one example that demonstrates the profound role transactional analysis can play in illness and healing, a role that can prove crucial in dealing with physical health challenges successfully.

Pam Levin, TSTA-E, can be reached at info@nourishingcompany.com .

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Pert, C. (1999). *Molecules of emotion: The science behind mind-body medicine*. Simon and Schuster.

Conference Calendar

21-23 November 2024
TAAANZ International TA Conference
Wellington, Aotearoa, New Zealand

11–13 April 2025
UKATA National Conference
Swindon, UK
conference@uka4ta.co.uk

8–10 August 2025
World TA Conference
Montpellier, France

20-21 September 2025
SAATA Conference
Chennai, India



The Language of Power

by John Evans

In the last *Script* ethics column, my colleague Keiko Hoshino wrote about the power of language. I was impacted by the gentle and reflective tone of her words. It occurred to me that the language of power is often at odds with the constructive concepts Keiko raised.

Listening to and reading the language used by leaders—of countries, organizations, political parties, social groups—can be disturbing, even chilling at times. Often the words I hear or read are inflammatory, blaming, threatening, shaming, and/or polarizing. At other times, the language of power may sound innocuous or even inspiring, even though it contains an ulterior drama message with an othering, alienating, frightening, or oppressive impact on the audience, thereby creating a sense of Victimhood. If facts are not conducive to the message, this language distorts, avoids, or replaces them. This kind of language of power seems to pursue an agenda in which democracy is ultimately eroded or kept out of reach.

So often the language of power speaks of the "other" as dangerous, hostile, predatory, and/or destructive ("They" are the Persecutors in the drama). The language of power frequently communicates a Rescuer message that offers simple, monopolistic answers to complex problems, although in effect it gaslights, intimidates, and polarizes.

For me, it is painful to consider how so much of the contemporary language of power oppresses overtly or covertly. I understand this to be from the life position "I'm OK, You're OK, We're OK, They're not OK" as described by Keith Tudor in his 2016 article "We Are: The Fundamental Life Position." This has now become the first chapter of Keith's most recent book (*Transactional Analysis Proper and Improper*, 2024) and in my view remains an important contribution.

How else might the language of power be understood? An organizational TA colleague recommended *Managing Without Power: Seven Alternative Ways to Be Influential* by de Graaf and Kunst (2024). This is a hopeful and helpful source focused on managers and strongly inspired by Claude Steiner's ideas about power, particularly his "Seven Sources of Power" article. A wonderful quote is included: "Power is almost universally and mistakenly seen as the capacity to control other people. Here it is defined as the capacity to produce change" (Steiner, 1987, p. 102).

> ***"The language of power may sound innocuous or even inspiring, even though it contains an ulterior drama message with an othering, alienating, frightening, or oppressive impact on the audience, thereby creating a sense of Victimhood. If facts are not conducive to the message, this language distorts, avoids, or replaces them. This kind of language of power seems to pursue an agenda in which democracy is ultimately eroded or kept out of reach."***

Having traveled a long road from my early studies of philosophy and sociology, and eventually reaching the territory of psychotherapy, I am heartened that transactional analysts, recognizing the crucial social and humanistic aspects of our work and study, are engaging with and

critiquing power as a social phenomenon. I believe there is much more to be done in this space, and for now the question I offer to my colleagues is: How do we respond to the tension between bystanding and resisting when the language of power seeks to accumulate, hoard, and weaponize power?

References

de Graaf, A., & Kunst, K. (2024). *Managing without power: Seven alternative ways to be influential*. Routledge.

Steiner, C. (1987). Seven sources of power: An alternative to authority. *Transactional Analysis Journal*, 17(3), 102–104. https://doi.org/10.1177/036215378701700309

Tudor, K. (2016). We are: The fundamental life position. *Transactional Analysis Journal*, 46(2), 164–176. https://doi.org/10.1177/0362153716637064

Tudor, K. (2024). *Transactional analysis proper and improper: Selected and new papers*. Routledge.

John Evans can be reached at jevans883@yahoo.co.nz .

Keep Your Account Current!

Remember to go into your member account on the ITAA website to make sure your information is current. That will help to make sure that you receive your 2024 *TAJ* hard copy.

Welcome to New Members

SEPTEMBER 2024

Behnam Abdevand, United Kingdom
Rachel Belton, United Kingdom
Isaac Bloomberg, United Kingdom
Vesna Boncina, Croatia
Kaustubh Bradu, India
Sarah Carcillo, United Kingdom
Katie Carson, United Kingdom
Abigail Giles, United Kingdom
Vladimir Grubovic, Serbia
Liya Gupta, India
Sandra Ickinger, Germany
Ashwini Inamdar, India
Gursimran Kaur, India
Barbara Kohler, United States
Marko Majkic, Serbia
Bojana Maricevic, Serbia
Vida Mlakar, Slovenia
Shel Mountain, United Kingdom
Irina Nevzorova, Russia
Simon Pfersdorf, Germany
Oleksandra Povstiana, Ukraine
Franziska Schmid, Germany
Elisaveta Sekulovska, North Macedonia
Veronika Sudakova, Russia
Maryna Sukhoversha, Ukraine
Glenn ter Veer, Netherlands
Anca Timis, Romania
Dinara Tolemissova, Kazakhstan
Janet Turkstra, Netherlands
Zorana Vasic, Serbia
Nataliia Vorushylina, Ukraine

TAAANZ Transactional Analysis Association of Aotearoa New Zealand

Transactional Analysis Conference November 2024—Wellington

Conference theme: Karangarua—Unity through diversity in relationship.

Join us in Wellington and be part of a transformative experience that bridges cultures and disciplines. At this international conference, we invite you to focus with us on whanaungatanga (relationships) and what happens when they are disrupted. Local and international speakers will lead us in an exploration of how transactional analysis can be used to help us build and maintain crucial relationships.

The conference will be preceded by an introductory TA101 course which will have a strong bicultural perspective (19th–20th November) and TA exams (also on 19th & 20th November). **Early bird pricing** applies until 15 July: **$525NZD for TAAANZ members** and $575NZD for non-members.

21st to 23rd November, Wellington, Aotearoa New Zealand

Te Raukura, Taranaki Wharf

To register, go to the TAAANZ website:
https://www.taaanz.nz/2024-international-conference

Call for ITAA Board Nominations

The following positions are open for nominations now. **Deadline for nominations:** 26 January 2026 11pm PST (23:00 UTC):

Vice President Operations, (2025–2028)

Regional Representative, Europe (2025–2028)

Nominations require the name and consent signature of the nominee (it may be yourself), the name of the person making the nomination (if not the nominee), and the name of two people seconding the nomination (one may be the person making the nomination). Trustees who have served two consecutive terms of office in any position on the board are not eligible for nomination. Position statements (charters) that describe the function and selection criteria for each of the officer positions are available on the ITAA website at itaaworld.org and from nominations chair Rema Giridhar at general-secretary@itaaworld.com. Nominees are encouraged to read and understand these and the full nomination/election documents before accepting nomination.

Send nominations to ITAA Nominations Committee Chair Rema Giridhar at general-secretary@itaaworld.com.

Those who accept nomination to the above positions must sign the "Rules for Candidates Seeking Election" (see this page), which they will receive from Rema Giridhar and are also posted on the ITAA website. They must also email a written statement (maximum of 250 words) and digital photo to Rema as soon as possible and no later than the 26 January 2025 deadline.

Election Procedures: As per the ITAA bylaws, if there is no more than one candidate per position, there will be no ballot, and the results of the election will be announced in *The Script* newsletter. An unopposed candidate will take up his or her position following the Annual General Membership (AGM) meeting. If there is more than one nominee for a position, a ballot will be sent to all voting members within 45 days after the close of nominations. The deadline for return of ballots is 45 days from the date of mailing. The results of the election will be announced to the candidates within 45 days after the election results are determined.

If you have not already submitted a Consent to Use of Electronic Transmissions so that you are eligible to vote electronically in case of a ballot, we urge you to do so immediately by visiting https://itaaworld.com/governance-documents-2/ (Use the document titled ITAA Consent for Electronic Transmission).

Rules for Candidates Seeking Election

3.4 Election Campaign Guidelines

Preamble. These guidelines are intended to assist in maintaining a spirit of collegiality and essential fairness in all ITAA elections and to keep the amount of campaigning and electioneering for trustee positions within established procedures. They also offer a procedure for identifying a campaign violation and spell out the consequences.

3.4a Endorsement of Candidates

i. Individual members may endorse candidates for elected positions within the ITAA provided that such endorsement makes clear that it represents the personal view of the endorser. If such personal endorsements are made by individuals holding an elected, appointed, or honored position within the ITAA, they may not mention their position within the organization as part of the endorsement.

ii. ITAA resources may not be used for the purpose of supporting any one candidate over another.

iii. The electioneering use of online, social media, newspaper/newsletter, or journal advertisements, as well as setting up websites and social media pages, is prohibited.

iv. The association's newsletter may be used to report the candidacy of nominees and election results provided that the report is included as a news article and all candidates for a nominated position are represented.

v. The staff of the ITAA are to refrain from electioneering in any form, including making personal statements regarding the qualifications of any candidate.

3.4b Campaign Statements

i. Candidates may make written statements to appear in the ITAA newsletter at such time as the nominations are announced therein. Such statements will be confined to a discussion of issues facing transactional analysis and the ITAA as well as a brief personal biographical sketch. Statements from nominees for all positions may not exceed 250 words. Statements exceeding the word limit will be edited down at the discretion of the ITAA Managing Editor.

3.4c Campaign Spending and Membership Appeal

i. Mass mailings, including mass emails, on the part of a candidate seeking nomination or election or on behalf of that candidate by other individuals or organizations are prohibited. Although it is appropriate for nominees for elected positions within the ITAA to communicate their platforms and qualifications to the membership (see item ii below), mass mailings are deemed inappropriate because they create the possibility of unfair economic advantage for some nominees.

ii. Individual personal letters, including emails or phone calls to friends and colleagues, are appropriate.

iii. Form letters or "Dear Colleague"-type letters or emails sent by an individual or a group of individuals to a group of persons on a mailing list are not acceptable practice.

iv. Setting up a website, distributing an electronic poll, and/or using social media in such a way that it may be deemed to be part of a future or ongoing election campaign is also not acceptable.

3.4d Dissemination of Information on Electioneering

i. These election guidelines will be published in *The Script* newsletter at the same time and along with the announcement of the list of nominees for the year if there is at least one contested position and therefore an election ballot.

ii. The ITAA Nominating Committee chair will mail a copy of the election rules to each candidate at the time his or her nomination is official. For nominations to be accepted, nominees must sign and date the rules form.

3.4e Reporting a Violation of Campaign Procedures

i. Any member who suspects that he or she received or viewed communication from a nominee or on behalf of a nominee that violates these election guidelines may file a complaint by emailing the ITAA Secretary.

ii. Members are encouraged to first reach out directly to any such nominee to clarify his or her intent and to give the person feedback about the communication in question.

TRANSACTIONAL ANALYSIS PODCAST

In this month's episode, the TA Podcast **honors the life and legacy of Dr. Mark Widdowson**, a beloved colleague, mentor, and great contributor to the world of TA. The hosts reflect on his profound impact on the TA community and revisit his inspiring ITAA Research Award acceptance speech from the 2017 World TA Conference in Berlin.



3.4f Violation of Election Guidelines

i. These guidelines are posted on the ITAA website.

ii. All nominees are expected to know the guidelines and will therefore be held responsible for following them even before the guidelines have been sent to them when their nomination is submitted. Any behavior counter to the guidelines, therefore, is considered a violation of campaign procedures.

iii. The ITAA Board of Directors will contact any nominee thought to be in violation of these guidelines as part of an inquiry into his or her actions.

iv. If the Board of Directors judges the nominee to be in violation of the guidelines, the person's nomination will be rescinded for that election cycle.

v. The nominee will not be prevented from participating in future election cycles.

Award Nominations Sought

Eric Berne Memorial Award

Deadline: 1 December 2024
Send EBMA nominations to committee chair Lis Heath at lis.heath@gmail.com

Hedges Capers Humanitarian Award ❖ Muriel James Living Principles Award ❖ Fanita English Lifetime Achievement Award ❖ ITAA Service Award ❖ Goulding Social Justice Award

Deadline: 1 January 2025
Send nominations for the Capers, James, Goulding, English, and Service Awards to ITAA Secretary Rema K Giridhar at general-secretary@itaaworld.com

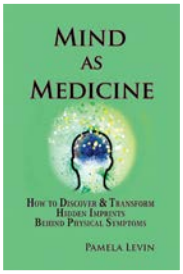
ITAA Research Award

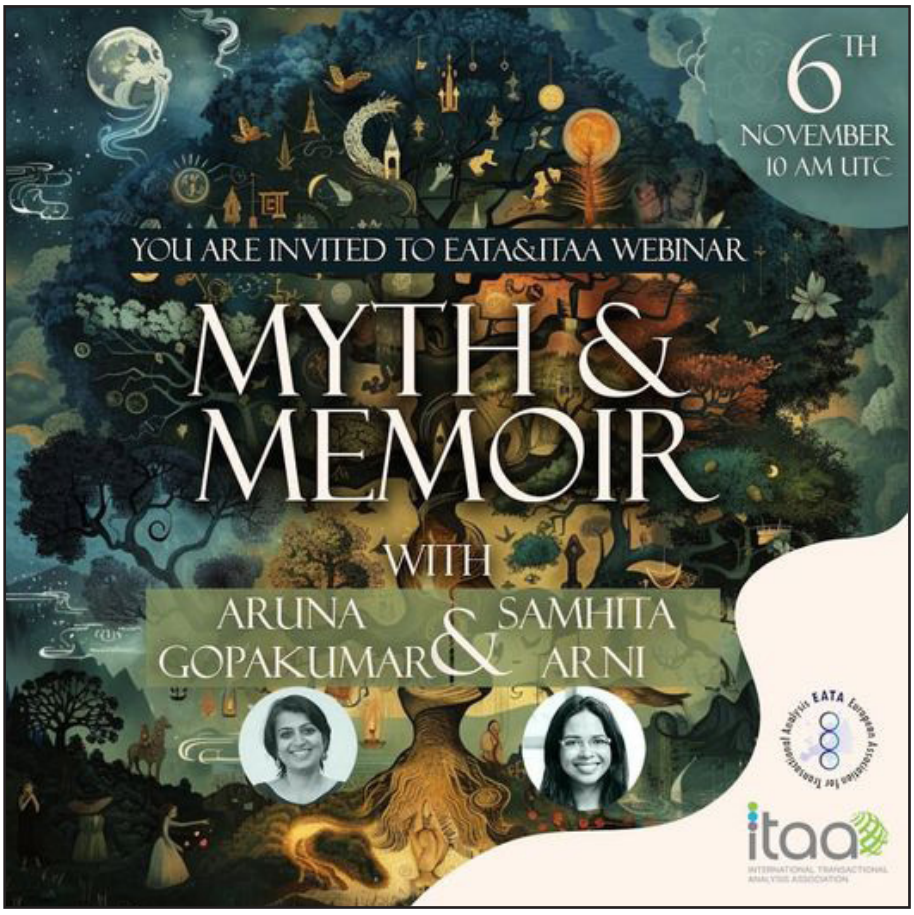
Deadline: 1 January 2025
Send nominations for the ITAA Research Award to committee chair Rosanna Giacometto at rgiacometto@gmail.com

See the ITAA Web site at https://itaaworld.com/about-itaa/awards/ or contact the ITAA at info@itaaworld.org for details on making nominations for these awards.

Recent Publications

Pam Levin has a new book out: ***Mind as Medicine: How to Discover and Transform Hidden Imprints Behind Physical Symptoms*** (Nourishing Company, 2024). In it she considers how the hidden role of the mind can be accessed, decoded, and rewritten to reclaim the health and vitality that is every person's birthright. She reveals a way to translate physical symptoms into the messages they contain so they can be transformed. Whether physical symptoms are mild and temporary or chronic and life threatening, 60 real examples demonstrate that discovering and transforming hidden imprints behind symptoms always leads to better health and often complete and permanent recovery. The book is based on over 50 years of Pam's clinical experience.





"Exploring Legacy, Legitimacy, and Identity: Transactional Analysis in a Changing World"

8–10 August 2025
Montpellier, France



We are excited to provide you with the latest updates on the 2025 World Transactional Analysis Conference (WTAC) 2025.

Accommodation Options: We have secured special rates for accommodations around the conference venue, with prices starting at just €63 per night. To streamline the booking process, we've created a one-page platform where you can update your stay dates and the number of guests. Secure your accommodation at the negotiated price by visiting the WTAC Accommodation Platform here .

Gala Party Tickets: Tickets for the optional Gala Party are now available for purchase on our ticketing page here . This unique event promises an authentic French experience with a touch of "petit je ne sais quoi." Enjoy a delightful blend of French gastronomy, cabaret, stunning architecture, and the lively spirit of a traditional "guinguette."

The ticket price includes transportation between the conference venue and the gala, drinks, food, entertainment, and a variety of surprises. For example, on arrival, you'll be greeted with a living champagne wall experience—ring the bell and enjoy a glass of champagne, à la française!

Workshop Proposals, Program and WTAC Website: Our Workshop Proposal Reviewer Team has completed the review of the many outstanding submissions we received. They did an amazing job! The Organizing Committee and Program Committee are now working diligently to assign time slots and conference rooms for all accepted proposals.

Social Activities: In addition to the conference sessions, we are organizing various social activities, including yoga, art sessions, healing singing bowl sessions, massages, and sensory experiences. We are also planning city tours for accompanying persons and families who are not attending the conference.

We are thrilled to have 467 participants registered so far! All of the Organizing Committee members are grateful for your trust, and we can't wait to meet all of you!

Jean-Luc Boyer
IFAT President & Conference Chair
WTAC 2025

The WTAC ticketing system is now open:
https://my.weezevent.com/world-ta-conference-france-2025

Registration Discounts Available

If you are interested in being considered for a discount voucher to use for registration fees for attending the Montpellier conference and are not yet a member of the ITAA but are from a TAlent 1 or TAlent 2 country, please email info@itaaworld.org with your full name, your country of permanent residence, and the country where you are currently residing along with your current mailing address.