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101 (Theory and Practice of Transactional Analysis):

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I'm Now a Cognitive Transactional Analyst, Are You?

by Fanita English

From now on, whenever I need to identify myself professionally, I will indicate that I practice cognitive transactional analysis or, more simply, cognitive therapy (with transactional analysis).

I want to spell out my reasons for this change—and perhaps you will consider making this change also as a first step to connecting better with other mental health practitioners whose practice may be similar to yours. At this point, I address primarily psychotherapists or counselors, for whom what I have to say may be most pertinent.

What first impelled me to this change was the proprietary annoyance (or jealousy, if you will!) I often feel on behalf of therapists and counselors in our association—myself included—whenever I read in the general press or psychological journals or college curricula that research shows how effective one or another form of “cognitive therapy” proves to be, usually in contrast to long-term psychoanalytic “insight” therapies that focus on dreams and/or past history.

Good for cognitive therapists, whoever and wherever they may be! But as I read such reports, I find myself muttering a paraphrase of lines from the musical *Annie Get Your Gun*: “Anything you

“The very fact that we make contracts and focus on our clients’ conscious attitudes and behaviors defines us as therapists who practice a form of cognitive therapy.”



(cognitive therapists) can do, we (transactional analysts) can do better!” However, the fact is, the general public does not know it, nor do all the colleges where doctors, psychology students, social workers, nurses, and others in counseling professions are taught about psychoanalytic theories, marriage counseling, group therapy, and cognitive therapies—with ne’er a mention of transactional analysis. Why is this?

The most recent article to arouse my competitive concerns (Langreth, 2007) appeared in *Forbes*, a well-known magazine addressed primarily to wealthy, or would-be wealthy, readers. The unusual cover caught my attention with a caricature of Freud and a couch.

In Berne’s time, psychoanalysis was fashionable, and many of the well-heeled readers of

Forbes proudly had years and years of psychoanalysis for anxieties developed in the course of their “rat races” to the top. Eventually, psychoanalysis and other insight therapies went out of fashion, and pharmaceuticals (originally developed for psychotic conditions) were ingested by individuals who wanted “quick fixes” for various emotional ailments.

The *Forbes* article lead-in trumpets, “No pills, no shrink’s sofa, no whining. Cognitive behavioral therapy sheds long-winded wallowing in past pain—and may be better than Prozac—after only 25 sessions” (Langreth, 2007, p. 80). Following examples of cases successfully treated by cognitive therapy, the article offers the following quotes:

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by P. K. Saru

The South Asian Association of Transactional Analysts—SAATA—is the culmination of a movement in the history of transactional analysis training in India.

Fr. George Kandathil returned to India in the late 1960s as the first Indian Teaching Member of transactional analysis certified by the ITAA. His encounter with transactional analysis was not planned; it was God sent, I must say. The other Teaching Members certified after Fr. George were Carlos Welch, Saroj Welch, Pearl Drego, and Oswald Summerton. These five were the only transactional analysts in India for over 2 decades. Pearl and Os were active in northern India, while Fr. George, Carlos, and Saroj were based in the south.

In 1973 Fr. George established the Institute for Counselling and Transactional Analysis (ICTA) and began providing transactional analysis training to individuals from all sectors: corporations, nongovernmental organizations (NGOs), educational institutions, and missionaries. There were

The History and Origins of New South Asia TA Association

in-depth training programs conducted at ICTA regularly.

But professional certification training was the brainstorm of Unnikammu Moideenkutty, who was introduced to transactional analysis through the flagship program of ICTA known as the “Peace Program.” Unnikammu realized the need to build up a second generation of professionals in transactional analysis using Fr. George’s expertise and knowledge. Unnikammu was concerned that if we did not “pick Fr. George’s brain right away,” we would lose a great legacy. He motivated Fr. George to revise his networking with the international transactional analysis community and also was instrumental in starting the affiliation process with the ITAA. He structured the first training program in 1989 leading to Certified Transactional Analyst (CTA) certification. This first transactional analysis training group (TATG) met in Cochin for 2 days each month with nine participants.

In 1992 Sr. Annie Maria, who had been training with Fr. George for many years, took her CTA exam in the United States. That was a milestone in India’s history of transactional analysis training and certification.

ICTA was affiliated to the ITAA in 1992, and the first international transactional analysis conference held in India took place in Cochin in 1993. There the pioneer group of ICTA advanced trainees, under the supervision of Fr. George, took their CTA oral exams. It was a proud moment for

Fr. George and in the annals of the history of transactional analysis in India. All nine candidates passed their exams with flying colors. It was the first oral exam to be conducted by the ITAA on the subcontinent and the first exposure of most international transactional analysts to the depth and standards of Indian transactional analysts.

“Our dream and goal is to bring the entire South Asia region within SAATA’s fold in order to build a strong base for this region.”

Thereafter, there was a great deal of momentum. Fr. George and Sr. Annie (who by now had become a Provisional Teaching and Supervising Transactional Analyst [PTSTA]) started many more training groups. Unnikammu, who was doing his master’s degree in organizational behavior through Ohio University, also did his CTA exam in Minneapolis, and I took my Training Endorsement Workshop (TEW) there. The next year, three more Indian CTAs took their TEW in Chennai, and all signed TSTA contracts. New training groups were started in Coimbatore, Chennai, and Bangalore. More than one training group was functioning in ICTA.

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No, Fanita, I'm Not a Cognitive Transactional Analyst

When I received Fanita's article (see page 1) for *The Script*, I was thrilled. It is exactly the kind of writing we relish for this newsletter—personal, passionate, well-informed, and provocative. I was fascinated by her personal story and her observations. I found it particularly interesting that while I agreed with many of her observations, I disagreed with much of her conclusion. Fanita's article merits serious consideration within our community. I decided to write of few of my own reactions and thoughts for this month's column and hope you, our readers, will also make the effort to write your responses.

Fanita articulates and amplifies a concern I have long had about the tendencies in transactional analysis toward isolation and superiority. She reminds us that Eric Berne had only a decade to develop his thinking in transactional analysis before his untimely death. She writes of his cognitive contemporaries, Aaron Beck and Albert Ellis, who are still alive and productive. How would Berne be thinking, writing, and working if he were still alive and had witnessed the profound changes in psychotherapeutic attitude and technique that have occurred since he started to develop transactional analysis? To imagine that he has left us with a complete theory and methodology, one that would not need or profit from continuing dialogue with other disciplines, is complete folly.

Fanita's description of Berne—with his "insecure, rebellious Child; his arrogant, compensatory Parent; and his splendid Adult" (English,

2007, p.7)—at first shocked me. But as I reread her manuscript, I thought, "Of course, that's so true, so strongly stated." Our legacy from Berne is complicated. We have, on the one hand, such enduring gifts from Berne as his determination to create a transcultural psychotherapy, his understanding of script, the use of contracts, his theory of groups, and his efforts to create an accessible and user-friendly system. We also have the legacy of the troubled aspects of his being and thinking. But I had never thought of this as a kind of organizational episcrite, as Fanita suggests.

"Fanita urges us not only to dialogue with cognitive therapists but to identify with them as well. Here is where I differ."

As I reflected on aspects of transactional analysis theory as episcrite phenomena, I thought of my attraction to Berne's rebelliousness and to Reich's defiant and antisocial attitudes. I thought of how often my early writing was presented as a critique, a challenge—and of how long it has taken me to learn to write in a way that fosters dialogue. How does a theory reflect the founder's script? How do "followers" enact aspects of the leader's script and unfinished business? I thought about Berne's well-known and wise sanction, now published on the inside cover of each *TAJ*: "If you are mad at the editor, please show it in some other way than by sending a first draft." I was also reminded of a conversation I had with Lew Aron, the long-time editor of *Psychoanalytic Dialogues*, who told me that first drafts are always an argument with somebody (maybe yourself), but a finished manuscript invites dialogue.

Fanita urges us to throw off "the episcrite of defensive arrogance that isolates us" (English, 2007, p.7) and to connect with like-minded disciplines. I could not agree more. But Fanita urges us not only to dialogue with cognitive therapists but to identify with them as well. Here is where I differ. I do not think that adding yet another label—"cognitive," in this case—solves anything, other than perhaps as a kind of marketing strategy. To my mind, such a label overrides what I personally consider Berne's most brilliant contribution: developing a theory that addresses unconscious experience and work as well as cognitive/behavioral understanding and intervention. I refuse to split them apart or privilege one over the other. At a time when "cognitive" research on the "cognitive unconscious," mother-infant research, and contemporary psychoanalysis mirror many of Berne's original ideas, I will not turn my back on those aspects of Berne's observations and theories.

We have much in common with the cognitive therapy models, this is true; and we have a model that is more subtle and complex. The cognitive models developed by Beck and his colleagues are highly effective methods for treating some symptom constellations, and within some contexts they demonstrate substantial quantitative research. In other arenas, such as the treatment of personality disorders (my specialty), their work is anecdotal, limited, and to my mind quite unconvincing (Beck, Freeman, & Associates, 1990).

In my view, we have a comprehensive model that actually has more in common with contemporary psychoanalysis. As one small example, I quote from the psychoanalyst and recent editor of *The Psychoanalytic Quarterly*, Owen Renick (2006):

You can't treat a patient successfully without knowing what it is you're attempting to treat the patient for, and it's impossible to judge the progress of treatment unless you know what the desired outcome of the treatment is supposed to be. Therefore, the crucial first step in doing effective clinical psychoanalytic work is to reach an understanding with the patient concerning what his or her symptoms are and what symptom relief would consist of. By symptom I mean something about himself or herself that the patient needs to change because it is causing distress. (p. 7)

Sound familiar, TA folks? This is contemporary psychoanalytic thinking—this is not what Berne railed against.

We have much in common with many contemporary disciplines. We have much to teach and much to learn with our colleagues in a broad range of disciplines. I think and deeply believe that we need to retain our identities as transactional analysts without additional labels and to be willing to demonstrate what we know and examine what we do not know or do as well as others. I think we demonstrate credibility and validity much more effectively by dialogue with other disciplines, engagement in our professional communities, and the demonstration of a ca-

capacity for self-criticism than by taking on someone else's label and identity.

What do you think?

Bill Cornell is *Script* editor and can be reached at bcornell@nauticom.net.

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ITAA WEBSITE:
www.itaa-net.org

TAJ Theme Issue on "Trauma and Resilience"

by Sharon Massey

I have been asked to guest edit a theme issue of the *Transactional Analysis Journal (TAJ)* on the related topics of "Trauma and Resilience." Contributions are welcome from transactional analysis practitioners in all areas—clinical, counseling, developmental, educational, and organizational—describing their work at all levels, including with individuals, couples, groups, families, organizations, communities, and societies. This October 2008 issue represents an opportunity for a professional conversation about how we work with clients who have experienced natural and/or human-caused events that have left them feeling not OK about specific event(s), themselves, perhaps others, and possibly life. These experiences may even have them questioning how a deity can be possible in a universe that seems to have run so amok.

Among topics that could fit into such a journal are:

- Healing the effects of bullying (on the playground, in the workplace)
- Resilience in survivors of sexual abuse, job termination, apartheid, "disappeared" family members, and so on
- Intervention in community (family) violence
- Rehabilitation of the child (adult) soldier
- Resilient businesses, including weathering a shift from..... to
- Helping parents cope with sudden infant death
- Organizing communities in the aftermath of disaster (civil war, flood, hurricane, tsunami, etc.)
- Organizing the international community in a post-Cold War world
- Childhood trauma and resilience
- Healing in the aftermath of genocide

- Helping the individual (family) to confront terminal illness

Many other topics would also fit into this issue of the *TAJ*; they are as numerous and as interesting as the work that is collectively done by transactional analysis practitioners.

The deadline for manuscripts is 1 January 2008. Submissions should be sent electronically to Robin Fryer at robinfryer@aol.com with a cc to me at masseysharond@aol.com.

I look forward to hearing from you and to reading about your work regarding trauma and resilience.

San Francisco Area Consultation/Support Group with Fanita English

For therapists, counselors, and educators, using transactional analysis, cognitive, psychodynamic, group, and other modalities. Will meet bimonthly starting 15 September with Fanita English in San Mateo.

Reduced fee for USATAA members. Inquiries after 18 July FanitaE@aol.com or 650-685-8418.

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Redeeming Features Win Out

by Colin Brett

I came to transactional analysis as an Adlerian. Adler's world was that of the Viennese waltz, coffee houses, and informality, with the individual understood as a social being seeking a place and role in his or her community.



We were all in this thing called life together. Adler's school and his followers attached importance to insight, believing that understanding oneself would lead to change and movement. Humans were believed to have self-created, ideal goals that they moved toward all their lives. Therapy involved understanding the "lifestyle" (script) and developing courage to meet life's challenges, thus making significant changes to one's lifestyle. Little attention was paid to professional issues such as boundaries, contracts, and clinical diagnoses.

In contrast, the transactional analysis world seemed "chilly": nothing was done without agreeing first; every statement was relentlessly analyzed until the pathology in the transaction was uncovered; people said strange, convoluted, contorted things to each other in order to achieve some mental release or shift in the other person. It was a cold climate in which we thought lots and genuine warmth and kindness seemed to have little place. This new world felt a bit like a straightjacket at the beginning.

But transactional analysis was interesting, so I started reading. Being an advocate of Occam's Razor and believing in the power of short and to-the-point, I struggled my way through Berne's *Hello* book, recognizing myself as Jeder and losing my hope for a nonpathological future on every page. I read that I was doomed to live and end my life as an active Victim of my relentless script. The book was full of words that had a different meaning to the ones I knew—but, it was riveting.

I wondered about the author. He sounded so morally superior, so smug and potentially snide. I wondered what it was like to be in his skin and what it must have been like to work at his side. Neither felt particularly life enhancing.

The more I read, the more I got the feeling that he was out to prove something. There seemed to be no innocence in his model of people—everything could be analyzed to reveal the true pathology hiding beneath. And as always, Eric cleverly pointed out what the pathology was in an "I-know-better" way. Still, in spite of the obfuscating and discombobulating twisting of everyday terms and words, his writing was intellectually appealing.

However, a couple of things really bothered me. One was the seeming omnipotence in his belief that he could "cure" people and that was what transactional analysis was all about. This reminded me of Adler's phrase "the God-likeness of the neurotic." Still, in the greater scheme of neurosis, it seemed a fairly harmless belief to have.

The other thing that bothered me remained large in my memory because it did not fit the general, rather dark picture I was creating of Eric. In the *Hello* book, he wrote about "doctrinal objections" to script theory and acknowledged Adler for having had an idea very close to his own without trying to devalue him. Earlier, he even referred to Adler as coming close to being one of the first script analysts. This stuck in my memory because I thought it was a big statement from a man who was founding a new and

different school of psychology. I respected that generosity of spirit.

So, I had two different impressions. One was that Eric was a failed Freudian with a chip on his shoulder: rigid, deterministic, and mechanical. The other was that there was something else to the man, but it was obscured. I wondered if he had been a controversial figure in his own time.

After my first year of transactional analysis, I was interviewed by a journalist who wanted to write an article on TA. He had already met a Certified Transactional Analyst. At the end of the interview, I asked him not to use my name. He fell silent, and then said, "That's what the other person said as well. What's that about?" Good question for then, and maybe for now.

I have always wondered what kept me in the TA world. I remember liking Sue (Fish), Maria (Gilbert), and Petruska (Clarkson) and wanting to learn from them. I also think I was in an unusual training group; we were a community—engaged, supportive, and, well, different from the other training groups of which I have been a part. Several of us have since gone on to TSTA status, some of us have held offices in national and international associations, and a number of us write prolifically. I still have a very deep friendship that started in that group and am on chatty or quickly personal terms with many.

What else kept me going so long? There have been other good souls along the way, usually quiet rebels or free thinkers. I am curious about health and what "makes" people "well" (physis is a good start, but what else is there?). I have always been firmly convinced that we can use transactional analysis for both the maintenance and conscious development of well-being and have speculated and used transactional analysis concepts and approaches for this. I have aligned myself with the developmental fields and feel especially close to the educationalists, who have a slightly different approach. I have also loved teaching people about themselves using transactional analysis: when taught simply it can be a huge source of insight and therefore freedom from the past for most people. Maybe that is the answer to why I stayed with transactional analysis: I see its value, and want other people to experience that, too.

So, in spite of my doubts, I read further. I was intrigued. Time passed. I came across Eric again when I was preparing for my Teaching Transactional Analyst (TTA) exam. I read Ian Stewart's (1992) excellent book titled *Eric Berne* and began to revise my opinion of TA's founder.

I began to see redeeming features in Eric and his theories. The first was the idea of "get well first and we'll analyse it afterwards" (Stewart, 1992, p. 82). I felt myself agreeing, thinking yes, don't "make progress," get on with it and forget the insight, where's the change? Similarly, I applauded the idea of going for the bull's-eye intervention (pull the splinter out). Was this the Eric I had dismissed?

The second feature was "primum non nocere": "He should not poke into any traumatized areas until he is ready to finish what he begins" (Stewart, 1992, p. 70). My ears pricked up. What was this? Genuine caring? Nurturing Parent in Eric? I felt (again) that I had missed something. I began to warm to Eric the man.

Third, there was "vis medicatrix naturae" (the "curative power of nature"). I remember reading and rereading this paragraph very slowly. I always had the impression that transactional analysis focused on what was not OK, with a minor by-the-way acknowledgement that some of us might just be all right. Thought set in, and

I wondered whether Eric had believed more in physis than I (and most textbooks) had given him credit for.

The fourth redeeming feature was "je le pensay, et Dieu le guarit" ("I treat them and God cures them"). Stewart (1992, p. 71) quotes Berne as saying, "The therapist does not cure anyone, he only treats them to the best of his ability"; in other words, that is "getting the patient ready for the cure to happen today." Gone, in my mind, was Berne's posture of omnipotence. I wholeheartedly agreed with the man. In my work as a coach, all I can do is prepare the way for change to happen. So it wasn't all about being the bearer of "cure." It made sense.

Finally, there was Berne's idea of the existential questions, especially the one that Stewart (1992, p. 76) quotes: "What will this hour contribute to their unfolding?" This forward thinking (or, as Berne would no doubt have put it, "teleology") relates to the idea that "energy flows where thought goes." This is clearly also the field of intentionality and how we can and need to ask ourselves future-oriented questions, such as why we are holding a conversation with someone, what our own expectation is, and what personal agenda we are following. I believe this is the area in which change lies, not in analysis. I felt engaged with this unknown Eric.

I think the most significant piece of information I heard about Eric was Pat Crossman's (2005) letter in *The Script* in which she recounted Eric's vision that transactional analysis should be like a Model T Ford: cheap and reliable and

available to Jeder and his family (my memory). I remember how all of me resonated in agreement. This was true social psychiatry, and this is where I personally find myself and my passion: community development using transactional analysis, that is, transactional analysis for ordinary people by ordinary people.

I have often wondered what I would have done if I had met Eric at one of his seminars. My inner dialogue runs something like this: "Eric, I want my five minutes with you. My script dictates (cough. Really?) that I want to give you a positive stroke for your unquestionably fine contribution to human development, but I question whether you will hear it. As your coach, I encourage you to become more of who you really are instead of trying so hard to be clever and get things right. As your consultant, I recommend that you find a simpler way of writing that is unambiguous and truly easy to understand. As a friend, I so want you to feel OK just as you are. And as Colin, I want you to know that I represent you honestly (if sometimes skeptically) and that I see how your ideas can help people change and thus make the world the better place I have come to believe you wanted it to be."

Colin Brett can be reached by email at crbrett@btinternet.com.

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History and Origins of SAATA

continued from page 1

By then, transactional analysis training was spreading rapidly in India. CTA oral exams were conducted here almost every year, and 1997 saw another international transactional analysis conference in India, this time in Coimbatore. Many international stalwarts of transactional analysis, including Fanita English, Carlo Moiso, and John Dusay, participated in the conference. For the first time, TSTA exams were also conducted in India. As the number of professionals increased, the level of transactional analysis training also went up. Networking with the international community became stronger, and many international trainers—Julie Hay, Marijke Wusten, Charlotte Daellenbach, and Elana Leigh, among them—traveled to India almost every year to share their expertise in training, run therapy marathons, and conduct exams.

In 2004 India again played host for another international conference, this time in Bangalore. By that time, Indian transactional analysis professionals had considerably increased and our transactional analysis community had become a force to reckon with. Robin Maslen, when he was ITAA president, had envisaged in 1993 that the future for India would be to build strong regional bases and to work toward having enough professionals to be able to establish our own training standards, just like the EATA. Doing so would help us to reach a level of professional expertise that would allow us to have our own exam process, one that would be mutually recognized by other international transactional analysis bodies. The seed of SAATA was sown as early as that, although it took us almost 13 years for that seed to germinate and for the first shoots to emerge.

As the transactional analysis community was growing here, there was a need for trainers to come together to network and deal with their

own processes. Thus, in 2001 the first Trainers Process Meet (TPM) was organized. Charlotte Daellenbach from New Zealand and Elana Leigh from Australia were the process facilitators. The TPM preceded the multilevel training introduced by Charlotte and Elana and became an annual event. Over the next few years, the trainers' group matured and started meeting on its own.

Now that we have enough professionals and trainees, C. Suriyaprakash felt the need for regional consolidation and suggested the idea of a regional body of transactional analysis professionals. The trainers' group met, discussed and ironed out our thoughts, fears, and apprehensions, and came to the conclusion that it is time for us to form a regional body representing South Asia. It was only natural that the TPM evolved into an association. The association's vision is that it become the nodal body of South Asia for networking and developing professional competencies in transactional analysis. Thus it was conceived as a professional association of transactional analysts and not a popular association of transactional analysis. The result was that nine PTSTAs and two TSTAs came together and formed a new body of transactional analysis professionals called the South Asian Association of Transactional Analysts (SAATA).

This development is a milestone in the dissemination and development of transactional analysis on the India subcontinent, and our dream and goal is to bring the entire South Asian region, including the Middle East, within its fold in order to build a strong base to represent this region in the global transactional analysis community.

For more information on SAATA, please visit our website www.saata.org.

P. K. Saru, TSTA (P), is president of SAATA. She can be reached at pk_saru@vsnl.com.

Introducing ITAA's Vice President of Operations

by C. Suriyaprakash

Z hail from Coimbatore, Tamilnadu, India. My profession is organizational development facilitator specializing in training and coaching. I have taught at the GRD Institute of Management in Coimbatore for nearly a decade and am now codirector of Relations Institute of Development. I am also a trustee, volunteer counselor, and secretary of Asha Counselling and Training Services, a public charitable initiative. I have an MBA and a MPhil and am currently pursuing doctoral research in the field of transactional analysis and leadership. I am also a Provisional Teaching and Supervising Transactional Analyst (O). I am married and live with my wife in Coimbatore. I love to travel, reflect, cook, and read philosophy and nonfiction.

I joined the ITAA Board of Trustees as vice president of operations last January. In the past 3 months I have started to get to know my colleagues on the board and to understand the scope of my job. I am especially grateful to Ken Fogleman at the office for patiently responding to all my queries and posting me with the right information promptly. I also appreciate the energy and initiative of our new president, Gianpiero Petriglieri, who made a point to talk with me by phone.

As vice president of operations, my role is mainly in the areas of membership, conferences, funds (scholarship grant fund and Eric Berne Fund for the Future), awards, and other professional services. The area I have identified as the most immediately important is to ensure the timely responsiveness of committees toward members. I believe one of the key aspects that influence members' satisfaction is the rapidity with which their queries and other communications are responded to. Therefore, I have taken as my personal mission efforts to gear up committees to be quick in responding.

Other initiatives taken in the past three months are:

Membership Committee: Ironically, I found that for a long time we did not have a membership committee, that is, until last year. Now we have a full committee in place, principally constituted by the trustees who are regional representatives. I personally thank each one of them—Diane Salters, Günther Mohr, Jan Grant, Mohan Raj, Joaquín Granados, and Gloria Noriega—for readily agreeing to be on the committee. Their immediate task is to contact those

members who have not renewed their membership and urge them to do so. In the long run, the committee will come up with innovative strategies for retaining and increasing membership. This will include means to identify and fulfill the needs of existing and prospective members. We need more members from different regions to join the committee and actively contribute to the growth of the ITAA, so if you are interested, please let me know.

Scholar Grant Fund Committee: After the sudden demise of previous chair Elaine Childs-Gowell last year, Robert and Sharon Massey agreed to become the co-chairs, and the committee is fully operational now. They are working on responding to the applications on hand and also preparing a guidelines manual for the operation of the committee so that applicants can obtain prompt service in the future. This committee also needs more members to make it representative of all regions, so let me know if you would like to help.

"We have a long way to go. And that will be possible only if more members become actively involved in running the association. I urge you all to join a committee that interests you and thereby enrich our resources."

Conference Committee: John Heath has done a terrific job as chair and sole member of this committee in coordinating with the USA-TAA for the San Francisco conference this year. We look forward to a well-attended and profitable conference, thanks to the excellent rapport between the ITAA and USATAA. John is now busy with negotiations for the Johannesburg, South Africa, conference in 2008 and has already started scouting for hosts for the 2009 and 2010 conferences. I am chiefly engaged in reviewing the role and modus operandi of conferences in line with the new vision of the ITAA. This committee has many important things to accomplish, so I am requesting volunteers to join the conference committee.

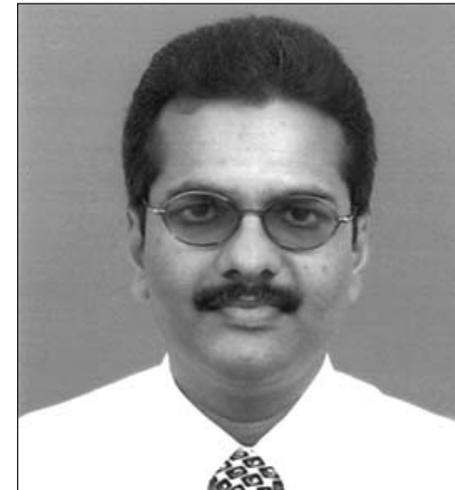
I have not yet become directly involved with the functioning of other subcommittees, such as those related to awards, ethics, and the EBFF, but I hope to do so shortly.

All I have just described is part of our basic operations, which keeps things working smoothly as they are. But, for us to thrive and flourish, we need to do more, beyond mere sustenance. Last year, for the first time in a long while, we had a balanced budget. However, membership is still declining and costs are increasing as we strive to serve members more and better. The growth of regional associations often seems to marginalize ITAA's role in the global arena, and I often hear people suggesting quick-fix solutions to our apparent problems. In my view, the ITAA no longer enjoys the position of the supreme body for transactional analysis worldwide. This changed reality must be kept in mind when we work toward a new identity for the ITAA. We may need to ask some basic questions: What is the relevance of transactional analysis in today's world? What is the relevance of the ITAA in the current regionalization of transactional analysis associations worldwide? Who are the people the ITAA aspires to serve? What is our relevance in terms of the professional development of transactional analysis and its position within the larger movement of social psychiatry? How does its current structure fit into the schemes of things? What changes are needed to make it relevant to the new millennium?

In my opinion, we need to address these core issues before we embark on any lofty restructuring. For that to operationalize, we need opinions, comments, ideas, and discussion from the membership at large. There must be a broadly based discussion and involvement in the decision-making process rather than a handful of people struggling to do this. This often leads to plateauing of innovation and creativity. We need more members to actively participate in this too.

As the vice president of training standards and ethics of the newly founded South Asian Association of Transactional Analysts (SAATA), I look forward to global-level interaction and exchange and collaboration between regional bodies and the ITAA.

We have a long way to go. And that will be possible only if more members become actively involved in running the association. So, I strongly urge you all to join a committee that interests you and thereby enrich our resources. We need



you in order to turn around the fortunes of the ITAA. I have no fantasy of transforming the whole association in the next 3 years, but I am looking forward to making a marked difference. That will be possible only with the help of more members as committee volunteers. This is OUR association. Together, we shall make it happen!

To join a committee, please e-mail me at suriya.sunshine@gmail.com .

TEW Schedule

The Training Endorsement Workshop held just after the International Conference in San Francisco will take place from 1-9 pm on Sunday 12 August and 9 am-5 pm on Monday 13 August. For more information, please contact T&C Coordinator Janet Chin at tc.admin@itaa-net.org .

WELCOME TO NEW MEMBERS

NEW MEMBERS	MEMBERSHIP SPONSOR
May 2007	
Shirin Akther, India	—
Victor Alva, Peru	—
Guo An, China	—
William Angulo, Peru	—
Sividas Aniyana, India	—
Shao Jian Bo, China	—
Olivera Bogovac, Serbia Montenegro	Zoran Miliwojevic
Blanka Bogunovic, Serbia Montenegro	Zoran Miliwojevic
Lillian Marie Brown, New Zealand	—
Maria Teresa Cancino, Mexico	—
Petr Chaloupka, Czech Republic	—
Sun Cheng, China	—
Carole Jones, Wales	—
Mojgan Karimi, Iran	—
Sukumaran Kunnampath, United Arab Emirates	—
Seyed Abdolmajid Moosavi, Iran	—
Elicy P.C., India	—
Michelle Peng, China	—
Padma Ramesh, India	P.K. Saru
Sonja Sovljanski, Serbia	Zoran Miliwojevic
Jelena Suboticki, Serbia	Zoran Miliwojevic
Rosi Torres, Peru	—
Nada Veres, Serbia	Zoran Miliwojevic
Vesna Vuletic, Serbia	Zoran Miliwojevic

Award Nominations Sought

Eric Berne Memorial Award

Nominations Deadline:

1 December 2007

Hedges Capers Humanitarian Award

Muriel James Living Principles Award

Goulding Social Justice Award

Nominations Deadline:

1 January 2008

See the ITAA Web site at www.itaa-net.org or contact the ITAA office for details on making nominations for these awards.

ITAA Membership Meeting Time Changed

Members are urged to attend the 10 August 2007 membership meeting from 4:45-6:15 pm in San Francisco, California, USA (not at 5 pm as previously announced). If you cannot attend, please fill out the proxy form below. The ITAA Bylaws state that the quorum for conducting business at the membership meeting is 50 voting members or 5% of the qualified voting membership, whichever is smaller. Please sign and mail the form to the ITAA by 27 July or file it with the ITAA secretary at least 30 minutes before the scheduled time of the meeting. This general proxy will only be used to establish a quorum.

Proxy Vote Form

I (please print) _____ herewith assign my proxy vote to the secretary of the ITAA or to (print name) _____ to be used only to establish a quorum at the membership meeting of the International Transactional Analysis Association, convening on 10 August 2007 at 4:45 pm in San Francisco, California, USA.

Signature: _____ Date: _____

Italian Conference Considers the Relevance of the Unconscious for Transactional Analysis

by Massimo Gubinelli, Valentina Terlato, and Monica Riccucci

The 7th National Conference of the Italian Society of Transactional Analysis took place in Rome at Salesian University on 8-10 December 2006. The theme, "The Relevance of the Unconscious," arose from the need for transactional analysts to reconsider terms and processes related to the concept of the unconscious (today a gripping subject), both from theoretical and clinical/methodological points of view. Although the conference took place during the weekend of the holiday of the Immaculate Conception, it was successful and, in confirmation of the attractiveness of this theme for transactional analysts and psychologists, there were 265 participants from all over Italy. This, if also considered from the perspective of the quality of the presentations, highlights that this "antique theme" is still living and of great interest to psychotherapists.

Recent developments in neuroscience have brought to our attention processes and memories that need comparison with essential unconscious elements. Transactional analysis has emphasized the phenomenological and social level and has progressively left out the development of a theoretical reflection on the unconscious, starting from Berne. It was only in the 1980s, when transference processes were reconsidered, that transactional analysis started talking about the unconscious again.

Articulated into two large sections, the conference was divided into eight specific sessions and oriented in a theoretical, clinical/methodological, and experiential (workshops) sense. We want also to acknowledge the original contribution of Bill Cornell, who, although unable to attend in person, contributed a paper based, in part, on interviews with some of the people who

participated in the San Francisco Seminars; he wrote about the relevance of unconscious experiences in modern transactional analysis and about a conceptual model that is useful when dealing with issues related to the theme of the Freudian unconscious, which was left incomplete by Berne.

"Fervent and engaging, the debate pointed out the need for a broader epistemological exchange on basic transactional analysis concepts and the need for transactional analysts to have their own model of the unconscious."

At the close of the conference, on Sunday morning 10 December, two roundtables took place. The first, "Modern Representations and Models of the Unconscious," was a journalistic debate animated by discussants Giorgio Cavallero and Pio Scilligo. It compared the psychodynamic approach, advocated by Paolo Migone (University of Aosta—American Psychoanalytic Association) with the cognitive approach, advocated by Antonio Semerari (Italian Society of Cognitive and Behavioral Psychotherapy). The second roundtable was moderated by Resi Tosi (former SIAT President and president-elect of EATA) and included representatives of the Italian transactional analysis institutes. Giorgio Cavallero (AUXIMON), Sylvie Rossi (IAT), Laura Quagliotti (AIAT), Evita Cassoni (CPAT), and Pio Scilligo (IRPIR) met with Carlo Moiso and Michele Novellino (recipients of the Eric Berne Memorial Award in 1987 and 2003, respectively) to discuss the theme "Perspectives on Theories of the Unconscious in TA."

Fervent and engaging, the debate pointed out the need for a broader epistemological exchange on basic transactional analysis concepts and the need for transactional analysts to have their own model of the unconscious.

One of the main benefits of the conference was to put the various Italian transactional analysis realities together along with the richness, variety, openness, and availability of both participants and speakers. In confirmation of the atmosphere that developed—oriented both toward theory and concrete operating—we want to underline how, at the end of the debates, the desire to integrate what had been said with one's personal professional experience was palpable. This seems to us to reflect a common thread in the speakers' rich presentations, even if different content was emphasized. Attention to possible reconceptualizations of the unconscious in light of new developments in neuroscience, cognitivism, and psychodynamic theories was common to many presentations. The concepts of implicit memory, associative networks, discontinuity of the consciousness, and modularity of unconscious processes are modifying our knowledge of the relationship between conscious and unconscious and also our explanations of change in psychotherapy.

It seems to us that the ability to define the fundamental theoretical concepts of transactional analysis with clarity and to verify them and support them with applied and comparative research is essential for the survival, growth, and development of the transactional analysis theoretical model within the international scientific community.

Massimo Gubinelli is coordinator of the SIAT Scientific Commission, Valentina Terlato represents the SIAT Scientific Commission, and Massimo Riccucci is a journalist. Thanks go to the conference organizing committee (Cristina

Caizzi, Cristiana Spiridigliozzi, Teresa Bevilacqua, Sabrina Marciano, Valentina Branca) and the SIAT Scientific Commission (Iolanda Angelucci, Giorgio Cavallero, Massimo Gubinelli, Roberta Sanseverino, Valentina Terlato). Special thanks to Pio Scilligo for his hospitality and to Roberta Sanseverino for her kind collaboration. Conference Acts are being prepared and can be requested from Massimo Gubinelli at massigubbi@tiscali.it.

Upcoming TA/Theme Issues

"The Relevance of the Unconscious for Transactional Analysis"

Coeditors: Bill Cornell and Maria Teresa Tosi
Deadline for Manuscripts:
1 October 2007



"Trauma & Resilience"

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

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



First South Asian Association of Transactional Analysts (SAATA) Conference

26 - 30 September 2007



At the South India Textile Research Association, Coimbatore, South India

"In/Out . . . This/That . . . We/Them . . . Balancing Polarities"

Organized by Nitya Gurukula

Welcome to the First SAATA Conference in Coimbatore. Join us to explore and unwind, to learn and unlearn, to work and to play in the protective ambience of the transactional analysis community.

PRECONFERENCE INSTITUTES: 26-27 September **WORKSHOPS AND LECTURES:** 28-30 September **CTA EXAMS:** (BOC): 27 September
TRAINING ENDORSEMENT WORKSHOP: 30 September and 1 October

KEYNOTE SPEAKERS: Keith Tudor and Diane Salters

CALL FOR PROPOSALS DEADLINE: 20 August 2007

We invite proposals for institutes, workshops, and lectures in all fields of application (e.g., psychotherapy, counseling, organizational, and psychotherapy). Institutes are 1 or 2 days, comprising 6 or 12 hours, respectively. Workshops are 1.5 or 3 hours. Lectures are 1.5 hours. Please link/base your presentation to/on the conference theme.

CONTACT: For details visit the conference website: www.nityagurukula.net/www.saata.org.
Send conference questions to R. Uma Priya at nityaguru66@dataone.in or Sashi Chandran at sashichandran@hotmail.com.

“It is at least as effective as drugs for virtually any nonpsychotic disorder,” says Vanderbilt’s Hollon. “We thoroughly embrace the concept,” says Rhonda Robinson Beale, chief medical officer at the behavioral health unit of United-Healthcare. Psychiatrist Hyong Un, a national medical director at Aetna, says he sees a “pendulum shift” away from simply putting patients on antidepressants, a quick fix that gained widespread practice in the 1990s. . . . Among psychologists, CBT now has almost twice as many adherents as old-guard psychoanalysis. (p. 83)

The article also offers a listing of high points in the development of CBT, starting with the 1977 “landmark 41-patient trial by CBT creator Aaron Beck [that] finds that cognitive therapy works as well as antidepressants” for depression. It continues to 1980, “when the term cognitive behavioral therapy first appears in medical journals,” then on to years when various forms of cognitive therapy were proven to be effective, including studies in 1985 for depression, 1992 and 1994 for panic disorders, 1994 for anxiety, 1995 for depression, 1999 for chronic insomnia, 2004 for hypochondria, and some later studies showing the effectiveness of CBT combined with various medications. The list concludes by indicating that as of 2007 “a total of 148 trials study CBT in everything from fibromyalgia to schizophrenia to irritable bowel syndrome” (Langreth, 2007, p. 83). None of these listings specify the kind of cognitive therapy involved, and none of them make any reference to transactional analysis.

According to the *Psychotherapy Networker*, “Cognitive therapy emerged quietly and unobtrusively on the scene in the 1960s, invented more or less simultaneously and independently by Aaron Beck and Albert Ellis” (“The Top Ten,” 2007, p. 28). This article also fails to mention Berne or transactional analysis, although it lists and describes the 10 most influential therapists of the past quarter-century, including Beck and Ellis.

“Could it be that we hold ourselves so aloof, as a special group, that we ask to be ignored when practical approaches to therapy are discussed?”

Like Berne, Beck was an early devotee of Freud. During the late 1950s, Beck set out to demonstrate empirically the correctness of psychoanalytic theories by working with patients’ dreams. However, eventually he recognized that instead of using psychoanalytic dream-interpretation techniques, he was more effective when he empathetically and sensitively got his patients to examine “evidence” about whatever harmful, dysfunctional, but deeply entrenched conscious beliefs they carried that affected their daily lives. Thereupon, Beck claimed (and demonstrated) that patients he treated this way showed significant improvement after about 10-12 sessions. (Does this sound familiar to those transactional analysis therapists who deal with their patients’ Adult ego state, in the process challenging some of their archaic or Parental beliefs, or what I call survival conclusions?)

Beck was reviled by the psychoanalytic establishment, which was very powerful at the time

and which had many training institutes all over the United States. But unlike Berne (whose reactions I will discuss later), Beck modestly and with determination plodded on writing and presenting cases under all possible auspices (even to this day), with the result that he and his work are now fully accepted and supported. He also renamed his approach cognitive behavioral therapy (CBT).

Albert Ellis was also a contemporary of Berne (except that both he and Beck are still alive). He departed radically from the psychoanalytic approach a few years before Beck (and Berne) with what he called rational emotive behavior therapy. However, after Beck’s success with CBT, Ellis, who had a particular talent for promotion, claimed to be the inventor of CBT.

Ellis’s treatment method is a little more elaborate than Beck’s in that, as he puts it, it contains a “realistic and rational philosophy of life, based on unconditional acceptance of oneself, of others and of the world as it really is” (“The Top 10,” p. 32). This is not much different from our “OK” stance. However, it is Ellis who, for 4 decades, pushed for the acceptance of the cognitive approach to therapy through lectures, workshops, interviews, and publications (more than 65 books and 600 articles).

I can see why people are helped by the teachings of cognitive therapies. It brings to mind the first-century stoic Greek philosopher Epictetus, to whom Ellis has referred by quoting, “We are disturbed, not by events, but by the views we take of them.” It is not hard to understand that becoming aware of this can help us mobilize our own resources to deal with disturbing situations.

Nowadays, most practitioners who identify themselves as cognitive therapists do not bother to specify who “invented” the term, especially since both Beck and Ellis now refer to their approach as CBT. Thus the term “cognitive therapy” has become generic for all forms of relatively short-term “talk” therapies that focus on a client’s disturbing, problematic present-day thoughts, feelings, and behaviors with the aim of modifying those that are obviously irrational, repetitive, destructive, or unproductive so as to help the client feel and function more satisfactorily. This corresponds to what we practice as transactional analysts when we connect with our clients’ Adult ego state to establish treatment contracts with well-defined goals.

Of course, by knowing how to identify ego states and transactions, we in transactional analysis can offer additional effective help with communication, and we recommend work in groups. Some of us also have the competence to make additional contracts for more profound work and do not deny the existence of unconscious processes, but the very fact that we make contracts and focus on our clients’ conscious attitudes and behaviors defines us, in my view, as therapists who practice a form of cognitive therapy.

Then why is it that transactional analysis is not seen or named in conjunction with the recognition given to the value of effective cognitive therapy? Could it be that we hold ourselves so aloof, as a special group, that we ask to be ignored when practical approaches to therapy are discussed, be it in colleges, universities, textbooks, or general magazines?

One reason why we may sound slightly mysterious is our name, which includes the word “analysis” and thus, paradoxically, brings to mind psychoanalysis, the very methodology Berne rejected for its jargon and incomprehensibility for the average person. However, for the general public, this word conjures up a complicated process of potentially interminable therapy—the opposite of our actual contractual treatment approach.

Yet a more important reason that we are often ignored by the general professional community as well as by much of the public is because, rather than participate with other like-minded mental health professionals, we tend to be simultaneously elitist in one way and blind in another. For

instance, we have established our own standards for rigid credentialing (CTA, TSTA), with exams ruled exclusively by our own certified examiners, without taking into account other training (or lack of it) in an occupational field or certifications by other organizations or by governmental bodies.

Thus, as Bill Cornell (2007) recently pointed out in connection with another issue, we maintain the “isolationist attitudes that permeated the beginnings of TA and that still create serious trouble in the perception of transactional analysis within many professional communities” (p. 2). Our “isolationist attitudes” started with Berne and his rebellion against the psychoanalytic establishment, but they are now part of our culture and need to be reexamined, just as we might ask a client to reexamine certain archaic survival conclusions that are counterproductive.

In the 1950s and 1960s, membership in a psychoanalytic institute was the only way to become a socially recognized psychotherapist receiving referrals. American psychoanalysts who belonged to these elite institutes were the prestigious therapists who brooked no challenge to their authority and their absolute “expertise” about therapy, with sessions 3-5 times a week—the more years the better! Berne trained as a psychoanalyst and sought membership, first with the New York Psychoanalytic Institute, then with the one in San Francisco. But he was rejected, in spite of his book *The Mind in Action* (Berne, 1947), with which he made psychoanalytic theory more accessible to the general reader—or maybe because of it? He never got over the rejection.

“Our ‘isolationist attitudes’ started with Berne and his rebellion against the psychoanalytic establishment, but they are now part of our culture and need to be reexamined.”

Berne had the creative genius to prove that he had an enormous contribution to make to the field of psychotherapy, but he also had a very hurt and angry Child who wanted to thumb his nose at the psychoanalytic establishment that had failed to accept him. Their rejection provoked his arrogantly defensive stance: “I’ll show them, and show the world, and they’ll be sorry! They claim they can analyze the psyche! Well, I can analyze entire transactions and prove I can do better than they can, the rats! I am more Freudian than they are. Like Freud, I can found an organization in opposition to accepted psychiatry and exclude them, the way they excluded me!”

At that time, the psychoanalytic establishment had a monopoly on “talk therapy,” so Berne’s antagonism became generalized to all other present and future methods of therapy, including group therapy, which grew out of the psychoanalytic movement. Berne even rejected the word “therapy” and instead insisted on the word “treatment.”

With hindsight, I can see that from the beginning, Berne was spurred to outdo the psychoanalytic establishment, not only by developing his entirely new system of “treatment,” the way Freud had, but also by founding a proud, independent organization that set its own standards outside university settings, the way Freud’s original psychoanalytic network had functioned.

Had Berne lived longer, perhaps he could have pulled it off, just the way Freud practiced and wrote for many years in relative isolation with just a few followers until his theories gained worldwide acceptance. But unlike Freud, who had the time to keep refining his theories—even changing some while waiting for recognition—Berne did not have time—certainly nothing like the 39 years Freud had from the time of publication of *The Interpretation of Dreams* (1900/1964) to his death. Berne only had about 9 years

Cultural Difference

Can We Be Different and Still Get on with Each Other?

**The Institute of Developmental Transactional Analysis
Annual Conference
9-10 November 2007**

Beardmore Hotel and Conference Centre, Glasgow, Scotland

Developmental transactional analysis is a thriving and growing discipline used in the organizational, educational, and counseling fields. It provides a range of techniques and methods to support individual, team, class, school, and organizational development. The annual conference is a pivotal event for those with an interest in or curiosity about transactional analysis. It provides delegates with the opportunity for professional development, sharing skills and knowledge, and investigating and experimenting with new ideas. This year’s conference explores cultural difference from the perspective of can we be different and still get on. Presenters will aim to motivate and inspire delegates, offering new or different approaches to working in their particular field. The two-day conference will provide keynote speakers, a range of workshops and the opportunity to network. The conference is aimed at:

- Managers
- Team Leaders
- HR professionals
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- Educationalists
- Coaches
- Mentors
- Counselors
- Anyone with a role or interest in personal and professional development for themselves and/or others

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after the publication of *Transactional Analysis in Psychotherapy* (Berne, 1961) before he died, and we all know that in some ways transactional analysis is still incomplete and in need of revision. It cannot be self-sustaining, especially in the United States, where we have no central institute or university where our methods can be learned year round. It is thus clear that we cannot afford to remain in dogmatic isolation without making special efforts to connect with other like-minded systems and organizations.

“Berne only had about 9 years after the publication of Transactional Analysis in Psychotherapy (Berne, 1961) before he died, and we all know that in some ways transactional analysis is still incomplete and in need of revision.”

Here I would like to share a little about my personal experiences, which I think are relevant. In 1964 I was a psychoanalytically trained therapist who had had 8 disastrous years of psychoanalysis with a highly regarded analyst from the Chicago Psychoanalytic Institute as well as extensive supervision. Although my practice was booming, I was dissatisfied, and the extensive supervision and consultation that I kept seeking left me frustrated and feeling my patients were being short-changed. *Transactional Analysis in Psychotherapy* (Berne, 1961) inspired me to

seek transactional analysis training at Berne’s original institute in Carmel.

It soon became obvious that Berne was quite ambivalent about my presence. On the one hand, he was flattered that I had put my practice on hold to come all the way from Chicago—I was the only non-Californian there at the time—but he was also suspicious of me because of my psychoanalytic background, to the point where he mercilessly set various traps for me. This puzzled me until I realized that he was projecting his well-nigh paranoid suspicion of psychoanalysts onto me. Fortunately, simultaneously I was getting wonderful training and support from David Kupfer and Mary Goulding (then Edwards) or I would have quit.

I still feel, like many others, that “transactional analysis saved my life,” which is why I remain dedicated to TA. However, with regard to Berne, I needed all the life experience I had behind me to maintain balance under his nasty needling until he realized that I, also, had rejected psychoanalytic practice and did not represent the psychoanalytic establishment. He was afraid that it might absorb and overpower his nascent theories and organization. (For instance, it was taboo to imply that the Parent may be connected to the superego. There was a strict rule that his institute did not accept any practicing psychoanalysts for certification because of the assumed danger that they might teach transactional analysis as a minor branch of psychoanalysis and take credit for developing it!)

Eventually, as I learned about ego states, I could distinguish between Berne’s insecure, rebellious Child; his arrogant, compensatory Parent; and his splendid Adult with all its brilliant creative genius bursting forth. While in Carmel, principally I managed to fight back with my own aggressive Child whenever I felt attacked by him, and, with Kupfer’s help, we guardedly became friendly.

“It is clear that we cannot afford to remain in dogmatic isolation without making special efforts to connect with other like-minded systems and organizations.”

However, even then I did not see the extent to which Berne’s Child hatred of psychoanalysts contaminated his Adult. I remember an occasion when he was invited to participate in a panel discussion of a well-known psychoanalyst’s case presentation at Michael Reese Hospital in Chicago. This was at a time when he was eager for national recognition of transactional analysis, which was still unknown in the Midwest United States. Thus, some of us had worked hard to get him invited to that panel. In his discussion, instead of showing elementary courtesy, he used transactional analysis to demolish the presenter’s work on the case and clearly humiliated him. Even on reading the material afterward, one can see that Berne was brilliant but totally oblivious of his impact. Of course, he was never invited back, although originally the invitation was supposed to usher in a whole series of future such invitations.

I can now see how Berne’s arrogance about being the only legitimate heir to Freud’s genius, his hatred of the psychoanalytic establishment, and the ramification of these feelings to despising and rejecting all other forms of therapy were transmitted as “hot potatoes”—precisely to those of us who, early on, were most convinced of the value of transactional analysis.

Thus, I believe that along with ingesting Berne’s wonderful theoretic and practical approach to treatment, the early members of the San Francisco Seminars and the ITAA—myself included—absorbed Berne’s excluding attitudes about other therapeutic practices without recognizing that we, and the whole organization, were episcricted to carry Berne’s attitude of superiority and suspicion about all forms of therapy other than TA. It became a matter of tribal loyalty,

which, of course, leads to isolation. Here we were preaching OK/OK while carrying an “us-versus-them” attitude! I plead guilty to this myself. We set ourselves up to be ignored!

As indicated earlier, as of 1977—7 seven years after Berne’s death—the revolution of cognitive therapy began against the dominance of psychoanalysis. Had he lived, would Berne have condescended to notice any colleagues like Beck and Ellis who were also pioneering cost-effective treatment techniques using the conscious (cognitive) level, as he was? Would he have deigned to team up with them? Perhaps he would have, after the psychoanalytic establishment became a paper tiger, however powerful it had seemed.

“We, the ITAA—the organization Berne founded—must throw off the episcrict of defensive arrogance that isolates us.”

Either way, we, the ITAA—the organization Berne founded—must throw off the episcrict of defensive arrogance that isolates us. We must find ways to connect with other like-minded schools of therapy and communication as well as improve our public relations. Personally, I am too old to become active in this regard, but as a modest initiative and stimulus to my colleagues, I will now call myself a cognitive transactional analyst—or better, a cognitive therapist who uses transactional analysis and other modalities. And I will change my previous “Annie” mutterings to the more humble, “Anything you now do, I hope to do also!”

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Examiners Needed

Exams for Certified Transactional Analyst (CTA) and Teaching and Supervising Transactional Analyst (TSTA) will be held on Wednesday 8 August just before the official opening of the International Conference in San Francisco. A meeting for examiners will be held on Tuesday 7 August from 5-6 pm, and an orientation meeting for examinees will be held on Tuesday at 6 pm. We expect that San Francisco will be a popular venue for candidates so there will be a good number of exams. If you can help examine, please contact Lorna Johnston at lornajohnston@shaw.ca . We also need supervisees and audience members for the TSTA exams; if you can help in that way, please contact Trudi Newton at trudi.newton@btinternet.com .

EXAM CALENDAR

Exam	Exam Adm.	Exam Date	Location	App. Deadline
CTA EXAM	BOC	8 Aug. 2007	San Francisco, USA.	8 May 2007
	BOC	29 Sept. 2007	Coimbatore, India.	29 June 2007
	BOC	19 Oct. 2007	Wellington, NZ.	19 July 2007
	COC	16 Nov. 2007	Neustadt, Germany.	1 Aug. 2007
TSTA EXAM	BOC	8 Aug. 2007	San Francisco, USA.	8 Feb. 2007
CTA Written	All Regions	Your choice	Submit to Regional Exam Coordinator after paying \$50 fee to T&C Council	Your choice
TEWs	BOC	12-13 Aug. 2007	San Francisco, USA.	12 April 2007
	BOC	30 Sept.-1 Oct. 2007	Coimbatore, India.	30 May 2007

* COC CTA exam candidates who are doing the COC written case study must submit it no later than six months before the oral exam date. Details/application available from the COC Language Group Coordinators.
Note: Exams subject to availability of examiners/exam supervisors. BOC not responsible for expenses incurred when unavailability of examiners/exam supervisors causes exams to be canceled or postponed. To be an examiner for an ITAA/BOC exam, examiners must be at least a CTA for a CTA exam or a TSTA for a TSTA exam.
To arrange to take a BOC exam, contact the T&C Council, 2186 Rheem Dr., #B-1, Pleasanton, CA 94588-2775, USA. Note: COC people sitting for BOC exams must forward the equivalent of the EATA fee to the T & C Council office. **To arrange to take a COC exam,** contact your EATA Language Coordinator. Check with the EATA office or the EATA Newsletter for the name of the appropriate Language Group Coordinator. **TSC Training Endorsement Workshop fee:** \$450 ITAA members/\$600 non-ITAA members payable in US dollars to T&C Council, c/o the T & C Council office, 2186 Rheem Dr., #B-1, Pleasanton, CA 94588-2775, USA. **COC Training Endorsement Workshop:** to take a COC TEW, contact the European TEW Coordinator, c/o the EATA office.

KEEPING IN TOUCH

NORTH AMERICAN REGION

Fanita English was invited by the Eastern Regional Transactional Analysis Association (ERTAA) to present at their advanced seminar on 10-11 March 2007. She presented an interactive workshop entitled "It Takes a Lifetime to Develop a Script." Fanita reports that the meeting was quite emotional for her and a number of participants. Way back, in "ancient" times when she was living in Philadelphia, she was voted in as a "lifetime member" of ERTAA. However, she has not seen many of the participants for years, so there was an almost college reunion feeling during the workshop.

Bill Cornell is contributing a chapter to the book, *Bodies in Treatment: The Unspoken Dimension*, due out in July 2007. His chapter is titled "Self in Action: The Bodily Basis of Self-organization," and it covers a history of the traditions of bodywork and the parallel histories of body-centered practitioners and early psychoanalysts, many of whom experimented with body-work in their own lives and with patients. The book contains chapters by contemporary psychoanalysts, including Frances Sommer Anderson (the editor), Adrienne Harris, Wilma Bucci, and Steven Knoblauch, among others. Many of the authors have experienced body-centered work in their own lives and write to address how a body-centered perspective has enlarged their thinking about psychoanalytic therapies.

Rev. Edith Beaujon, CTA, now runs a supervised ministry at the Sing Sing Correctional Facility in New York. At her invitation, **Denton Roberts** offered a transactional analysis workshop for a group of inmates on 2-3 February 2007. **Fanita English** also conducted a workshop for another group at the prison with 15 inmates who were set to receive master's degrees in May. Some may obtain probation in the near future and thus needed particular skills to reintegrate into society. The workshop therefore focused particularly on the analysis of transactions, especially how to avoid crossed transactions with potentially violent outcomes and how to maintain emotional balance to sustain what she calls the "fifth position" ("I'm OK, You're OK—Adult") rather than sink into despair or compensate defensively. At the request of the inmates, Edie Beaujon, who meets with them on a regular basis as a minister, will now consistently add transactional analysis education to their work together.

Bob Buchicchio, LCSW, DCSW, won a bronze medal from the Independent Publishers in the sexuality/relationship category for books published in 2006 for his book *Taking Space: How to Use Separation to Explore the Future of Your Relationship*. For more information see www.takingspace.com.

Ellyn Bader and Peter Pearson were honored in the category of "Article of the Month"



ERTAA Advanced Seminar with Fanita English in March 2007: (back row standing, left to right) Ravi Sethi, George Kandle, Stephanie Weisner, Marian Weisberg, Barbara Little Horse, Art Hohmuth, Chuck Holland, Pearl Ratushewitz, Dianne Maki; (front row seated, left to right) Tom Nissley, Brenda Bary, Peg Schumann, Fanita English, Valerie Lankford, Fred Clark

by Mo Bailey of Write4Good Research & Communications. They award businesses, individuals, and services who are "caught in the act of excellence." The article was published in a free newsletter Ellyn and Pete send out. The May Write4Good newsletter will feature Ellyn and Pete as a successful example of "couples who work together" along with their tips for negotiating for couples. To see the issue in which they are featured, sign up for the Acts of

Excellence eZine in the upper right corner of the page at www.write4good.com.

ALL REGIONS

Günter Jursch has written a little pocket book in German and Spanish entitled *Depression: Sickness or Emergency Brake?* He would like to publish it in English as well and is looking for someone who will translate the Spanish text into English on the basis that she or he receives 50% of the honorary. He would also like the person to have contacts with American editors to facilitate publication. If you are interested, contact him at coaching@jursch.eu or visit www.jursch.eu.

George Steinfeld has many years of back issues of the *Transactional Analysis Journal* he is willing to donate. If you know of someone who can use them, contact him at gussy@aol.com.

AMOR:ROMA: Integrative Transactional Analysts Meet in Rome

by Richard Erskine

Rome, Italy, was the site of the 3rd International Integrative Psychotherapy Association (IIPA) conference 12-15 April 2007. The theme of the conference was "Love in Psychotherapy: The Meaning, Role, and Significance of Therapeutic Involvement and Respect in a Relational Psychotherapy." The conference was hosted by Elena Guarrella (CTA & PSTA, Rome) and the Istituto di Analisi Transazionale Integrativa. Over 160 participants enjoyed both the lovely spring weather and a wide variety of professional activities. Sixty presenters, most of whom are certified clinical transactional analysts, conducted 20 clinical forums and workshops. There were nine whole group presentations and demonstrations on themes such as the psychotherapy of unconscious processes, ethics as a statement of love, love in couples relationships, macro- and micro-processes in therapeutic relationships, and self-love. Marye O'Reilly-Knapp, CTA, from Cape May, New Jersey, gave a rousing keynote speech entitled "Love, Boundaries, and the Development of Self." Other keynote speakers included Elena Guarrella, Carla deNitto (CTSTA, Italy), Kathryn van der Heiden

(past president of the American Academy of Psychotherapists, USA), Grover Criswell (past president of the American Academy of Psychotherapists, USA), John Hallett (Canada), and Richard Erskine (CTSTA, USA).

The engaging dialogues and professional exchanges about concepts and therapeutic processes of a relational psychotherapy are the hallmark of integrative psychotherapy conferences. The 3.5-hour clinical forums are unique: They emphasize a candid exchange of ideas and opinions about the practice of an in-depth and relational psychotherapy. Clinical forums are composed of 6 or 7 psychotherapists from different countries or training programs who study a specific topic for a year and then come together for the first time to openly discuss their ideas in a roundtable format. Each clinical forum begins with the chairperson giving a 10-minute controversial introduction to the topic. The introduction is followed by an hour-long roundtable discussion among forum members. The chairperson then monitors the group process of the roundtable discussion encouraging full participation of each member and an active exploration of their ideas. The audience is then included in



Grace Slottjæg and Elena Guarrella

the discussion of the concepts or the answering of questions. In the second half of the clinical forum, there were either live therapy demonstrations or prepared case presentations by clinical forum members. Following this, each person on the roundtable was asked to address the clinical question, "What would you have done differently?" This question often raises stimulating discussions and even professional debate while creating an exciting environment for learning from each other. Finally, the audience was invited to be active in the discussion of the theory and methods and how they would have approached the psychotherapy differently.

Several workshops featured psychotherapists who are experts on a particular topic. Workshops are designed to be a structured, educational experience for the advanced psychotherapist. Workshop topics included relational group psychotherapy, brain organization and affect regulation, psychotherapy for permanent change, psychotherapy of the schizoid process, couples psychotherapy, psychodrama, psychotherapy of grieving, and the difficult-to-love client.

The conference concluded on Sunday afternoon with a large group process session and the active involvement of all the participants in planning the 2009 conference, which will be held in either Vancouver, Canada, or Ljubljana, Slovenia.

Information about the International Integrative Psychotherapy Association is available at www.IntegrativeAssociation.com.



Amor:Roma Conference awards ceremony on last day: (from left to right) Marye O'Reilly-Knapp (Philadelphia, Pennsylvania), Mario Salvador (Lugo, Spain), David Conlin (Vancouver, Canada), Richard Erskine (New York), Karen Hallett (New York), Elena Guarrella (Rome, Italy), Igor (translator from Bilbao, Spain), Joan D'Amico (Croton-on-Hudson, New York)

TA CONFERENCES WORLDWIDE

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

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

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

10-11 November 2007: Lyon, France. French national conference, organized by the Institut Français d'Analyse Transactionnelle (IFAT). Contact: armelle.brunot@wanadoo.fr for general information; lp.congres2007@orange.fr for registration.

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