



## In Memoriam: John James

It is with great sadness that we acknowledge the recent death of yet another well-known member of the transactional analysis community. John James, MA, MDiv, PhD, died on 6 February 2009 at the age of 62 after a courageous battle with cancer. A psychotherapist, educator, and theologian, John helped people find meaning and mission in their lives and wrote eloquently about connections between people and his own strong ties to nature. John, a Teaching and Supervising Transactional Analyst, was active in the ITAA for many years and served in several key positions. He was elected to several terms on the ITAA Board of Trustees (1975-1976, 1979-1980, 1984) and as vice president (1982-1983), was a member of the *TAJ* Editorial Board from 1981-1983, and served as editor of *The Script* from 1979-1980.

John's accomplishments were numerous and varied throughout his life. He led workshops with people and organizations, taught meditation, was fascinated with sports psychology, and authored four books, including *Physicians Survival Guide to Litigation Stress* and *Passion for Life: Psychology and the Human Spirit*, the latter of which was coauthored with Muriel James. He was a marriage, family, and child counselor, director of The James Institute, and before that a director of the Oasis Community Counseling Center, the Oasis Day Treatment Center, and the Oasis Group Home in Lafayette, California. John was an educator and trainer for psychotherapists, educators, clergy, and others, including at the Catholic University of Rome, L'Ecole du Bon Secours of Geneva, Universidad de Francisco Marroquin in Guatemala, the University of Victoria in British Columbia, Canada, and St. Mary's College in California, among others.

An ordained minister with a deep appreciation of many religious traditions, John's doctoral thesis in 2001 focused on Martin Buber's "I and Thou" spiritual philosophy. It was a central, guiding ideal in his life and one he applied beautifully: having a positive presence for genuine, open dialogue with others and being present for a true meeting of souls that can reveal touches of the divine. One of the first pages of his dissertation included the single phrase: "We all shape each other."

John is survived by his wife, Ibis Schlesinger-James, his three children—Ian, Mathew, and Gabriella—and others, including his mother, Muriel James, and his

*continued on page 2*

# Transactional Analysis "As Effective as Other Approaches" Suggests University Research Study

by Liz Khalil

In the May-June 2007 *Script*, we reported that The Berne Institute of Nottingham, England, had commissioned a research study to examine the evidence about the effectiveness of transactional analysis. The study—carried out at the School of Nursing, Nottingham University—has now been completed, and we offer here a brief summary of its results, prepared by researcher Liz Khalil. The full text of the report is freely available at [www.nottingham.ac.uk/nmp/research/mental-health/completed/berne.php](http://www.nottingham.ac.uk/nmp/research/mental-health/completed/berne.php).

The Berne Institute wishes to record grateful thanks to the European Association for Transactional Analysis (EATA) for their generosity in retrospectively funding this research project.

There is a body of material about transactional analysis theory and methods of therapeutic application. However, evidence about transactional analysis outcomes appears to be largely anecdotal and composed of case studies as compared with empirical literature that tests the effects of TA in experimental trials. The Berne Institute sought to establish the current academic and therapeutic evidence base for the effectiveness of transactional analysis counseling and psychotherapy, set within the context of TA as a discipline developing outside of mainstream academia.

### Key Questions of the Review

- What is the effect of transactional analysis on client outcomes?
- How does the treatment effect of transactional analysis compare with other types of psychotherapy?

### Method

A paucity of evidence was predicted, and this prediction was borne out by a preliminary search. For this reason, a wide-ranging, inclusive search method was employed. The aim was to retrieve any available evidence about transactional analysis outcomes. Studies were included provided they concerned the application of a transactional analysis intervention; demonstrated a reasonably clear, replicable method; and had used a pre- and posttest measure to gauge effect. Any reasonable attempt at measurement was deemed sufficient for inclusion. Search dates for evidence were set at 1950–September 2007 in order to encompass all available evidence since the inception of transactional analysis. These inclusion criteria were utilized in all four search strategies, which were carried out in the order listed.

- Search strategy 1: Word of mouth
- Search strategy 2: Electronic bibliographic databases
- Search strategy 3: Web review
- Search strategy 4: Specialized transactional analysis databases

### Findings

1. It seems that transactional analysis may be most effective when used as a group therapy as opposed to one-to-one and is probably as effective as other psychotherapies for many presenting problems.
2. The evidence base remains scant and of relatively poor quality, despite calls for improvement by previous reviews.

3. What evidence base exists is insular and not subjected to the quality reviews of the wider academic and health communities.

### Research Evidence-based Practice: The Future for Transactional Analysis?

A current, conclusive evidence base—comprising good-quality, peer-reviewed research studies to support a given practice or approach—is considered to be essential by modern health practitioners and service commissioners.

The Randomized Controlled Trial (RCT) is often viewed as the gold standard for such studies, but in practice the "true experiment" is an unachiev-

able goal, as real-life situations are often too complex to be investigated in such a rigid fashion. However, the quasi-experiment, in which a realistic degree of methodological control is employed, is acceptable in evaluating the effects of many interventions, such as psychotherapeutic treatments. In such a study, pre- and certainly post-intervention measures are taken, and the independent variable is clearly identified, with efforts made to control or address any other variables that may produce an effect.

In addition, the expectations of participants and therapists need to be accounted for and a non-treatment group included for comparative purposes. *continued on page 2*

## Pio Scilligo: A Great Man and a Fine Scholar

by Massimo Gubinelli and Rosanna Giacometto

On 8 January 2009, on his 81st birthday, the Coordinamento Nazionale Scuole di Psicoterapia Italiana [National Coordination of the Italian Schools of Psychotherapy] (CNSP) conferred, through his close colleague and good friend Dr. Alberto Zucconi, an important award to Professor Pio Scilligo, director of the Istituto di Ricerca sui Processi Intrapsochici e Relazionali [Institute for the Research on Intrapsochic and Relational Processes] (IRPIR). The award was in recognition of his human and professional engagement in the field of psychotherapy.

A plaque was presented to Pio with the following inscription: "Conferral of Excellence in Psychotherapy. The Assemblée dei Soci del CNSP [General Meeting of Members of CNSP], held on 27 November 2008, unanimously decreed that recognition should be given to Prof. Pio Scilligo for his tireless work, for his notable contributions to the development and diffusion of psychotherapy in Italy, and for his efforts to improve the quality of training and scientific research in the field. The Assembly of the CNSP

confers this award on Prof. Pio Scilligo for his lifetime of work dedicated to promoting excellence in psychotherapy to mark the appreciation and thanksgiving of all your colleagues."

The ceremony was also graced by the presence of Dr. Piero Petrini, delegate of Federazione Nazionale Ordini dei Medici [National Federation of Orders of Doctors] and Vice-President of Commissione per le Scuole di Psicoterapia del Ministero Università e Ricerca-MIUR [Commission of Psychotherapy Schools at the Ministry for Universities and Research-MIUR] and Roberto Ciarlantini, editor of the journal *Idee in Psicoterapia* [Ideas in Psychotherapy].

The anniversary was a festive occasion for Pio and his colleagues, the staff of IRPIR, his Salesian brothers, and his closest friends. It was a time to rejoice with Pio and to sustain him in this difficult period of deteriorating health.

Pio's vital energy and the closeness of his dearest friends give us hope for continuing further along the road of life together.

If you would like to send your congratulations to Pio, he can be reached at [scilligo@irpir.it](mailto:scilligo@irpir.it).



(from left) Dr. Piero Petrini and Dr. Alberto Zucconi honor Pio Scilligo (far right) at his celebration

# Down Memory Lane

## The Study Circle of Madras Celebrates 30 Years

by Susan George

Friday 12 December 2008: It was a day to dust off old photographs, recall memories of bygone days, renew and rebuild relationships, meet new friends, rejoice at the achievements of the last 30 years, and look forward with hope and commitment. The occasion? The TA Study Circle (TASC) of Madras was celebrating 30 years of touching lives through transactional analysis. And what an occasion it was! For the old members of the study circle, it was a time to recall fondly how the circle started and the trials and tribulations in those early years. There was a feeling of gratitude for the eminent people who helped establish the TA Study Circle in Madras in those early years and for our new members, for the unfolding of the history. The enthusiasm of life members and their personal sharing was inspiring and humbling.

In the early years, TASC members were focused on learning and applied their learning in their personal lives and social interactions. They benefited from talks and workshops by transactional analysis stalwarts such as Muriel James, Jacqui Schiff, Vince Gilpin, Pearl Drego, and many more. The members were on the alert to get in touch with every resource person who would come to Madras and made the best use of every opportunity—sometimes having three workshops in a week!

The second decade continued with learning, and the focus was on sharing and passing on this learning. A number of theme-based workshops and TA 101s were organized. Three national conferences were organized, in 1981, 1994, and 2004. These generated a good deal of interest from people from various walks of life, and the study circle grew in numbers and quality.

years with rare old photographs and interesting anecdotes. This was followed by a presentation by Susan George highlighting the place of the TA Study Circle, Madras in the world context, the relationship and roles its members play and can play in bodies like the South Asian Association of Transactional Analysts (SAATA) and the ITAA. The programs for the coming year, based on the theme of “Harmony and Happiness through TA,” were also announced. The celebrations were followed by a talk entitled “Living in Harmony with Differences by Using TA” by Sumathi Narayanan, a founding member.



Saroj and Carlos Welch demonstrate “Using TA at 80” during Madras celebration

The 30th celebration continued with a TA 101 on 13-14 December and a talk by P. K. Saru on 9 January. A heartwarming event was a visit to Chennai by Carlos and Saroj Welch, who had helped establish the Study Circle. They made a presentation on “Using TA at 80” on 20 January. Their commitment, love, and connectedness to each other, the Almighty, and their surroundings was amazing and touched each participant in various healing and inspiring ways.

We have come a long way in these 30 years and look forward to many more years of learning, growing, caring, and sharing! We invite any of you who plan to visit Chennai to experience us and to let us benefit from experiencing you.

Susan George, Ph.D., PTSTA(P), is president of the TA Study Circle, Madras; she can be reached at [susangeorge4@yahoo.com](mailto:susangeorge4@yahoo.com).



TA 101 given as part of the TA Study Circle, Madras 30th anniversary celebration

### Research Study

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es. Ideally, participants are randomly assigned to the treatment or nontreatment group. Measures can be objective or subjective, but results are more meaningful if the measures have themselves been tested and found appropriate, reliable, and valid. Measures used commonly within health research allow findings to be understood readily by the wider research world and are more likely to be robust than those used in a more narrow context or specifically developed. It is common to use a range of measures, perhaps some more specialist and some more mainstream.

#### Why Is the Transactional Analysis Empirical Evidence Base So Scant?

It seems that a significant proportion of the transactional analysis research that is being conducted is high-profile within the TA world but is indeed “beneath the radar” to the wider health and academic community. Of the 19 included studies, 14 were published in the *Transactional Analysis Journal*, which is not widely accessible outside of the transactional analysis world. One likely reason for this situation is that transactional analysis is not taught in mainstream United Kingdom (UK) institutions, although courses are accredited by UK universities. This limits the access of transactional analysis researchers to the wider research community, to opportunities for wider dissemination of their work, and to the rigors of peer-review associated with this, which ensures quality standard in the wider academic world.

### Recommendations for Further Research: How Might the Transactional Analysis Evidence Base Be Supplemented?

1. This exercise will inform a research bid for a larger study to examine transactional analysis treatment outcomes. This could be targeted specifically at funding bodies for under-researched areas.
2. A first step would be to conduct a large-scale audit-style survey of treatment outcomes in the UK.
3. Dissemination of results needs to be targeted at the wider research and health communities to give it higher profile.
4. Partnership studies with academic institutions would allow access to valuable experience and assistance in meeting research design and publication quality standards and in wider dissemination.

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### John James

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grandson, Kaelan. A memorial service to celebrate John’s life was held on 12 February. Condolences may be sent to Muriel James at 3644 Terra Granada 1A, Walnut Creek, CA 94595, USA, and to Ibis Schlesinger-James, at 725 St. Mary’s Road, Lafayette, CA 94549, USA, or by e-mail to [ibis@tiestotheworld.org](mailto:ibis@tiestotheworld.org). Those who wish to honor John’s memory with a donation may give to Ties to the World, an organization he strongly believed in and supported. Founded by his wife, Ibis, it focuses on helping orphan-ages become self-sustaining ([www.tiestotheworld.org](http://www.tiestotheworld.org)).

Our thanks to Ian James for his help in preparing this article about his father.

**ITAA WEBSITE:**  
**[www.itaa-net.org](http://www.itaa-net.org)**

This thirst for learning brought structured transactional analysis learning to Chennai, with P. K. Saru leading an advanced training group that began in February 1995. Three members of this group successfully completed their CTA (P), and two of them—Dr. T. S. Radhakrishnan and Dr. Susan George—founded Poornam (the fullness of our being), an institute that provides transactional analysis training and supervision. The trainees of Poornam take an active part in the activities of TASC, Madras. The members of TASC meet on the second Friday of every month with a resource person leading the discussion on various topics, with the goal of providing a climate of personal growth and change. Slowly and steadily the members have bonded, with trust, hope, and harmony.

**“We have come a long way in these 30 years and look forward to more years of learning, growing, caring, and sharing!”**

A special evening was organized at the Hotel Abu Palace in Chennai to celebrate 30 years of touching lives through transactional analysis. The evening opened with tea, which provided an opportunity for meeting old friends and making new ones. The program began with the lighting of the traditional Kuthuvallaku (lamp) by the past presidents. This was followed by a creative presentation of the history of the Study Circle by Mr. S. Narayanan, a founding member who continues to be actively involved in all the activities of the circle. He brought alive the journey of 30

### ITAA The Script

#### The Newsletter of the International Transactional Analysis Association

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## If It Weren't for Eric . . .

by Jonathan B. Weiss  
and Laurie Weiss

In a moment of madness in August 1968, I, Laurie, actually touched Eric Berne below the waist, and it changed my life!

It happened this way. One evening during the 1968 ITAA conference in Carmel, California, there was a party at Eric's home. Late in the evening he stood up and started saying "NO TOUCHING." To my amazement, people started jumping on him. Caught up in the drama of the moment, I, a 28-year-old, certifiable Jewish American Princess, jumped on too.

When the huge, laughing people pile untangled itself, I discovered that part of my body was actually touching the great Dr. Berne. My next memory is of huddling under Berne's dining room table, crying hysterically. At the time, I had no idea why I was crying. In retrospect, I guess it was a reaction to breaking so many injunctions so abruptly, without any kind of protection.

I think it was the following day that I participated in Claude and Ursula Steiner's permission workshop and danced in a long conga line, singing "Ding Dong The Witch Is Dead" from the *Wizard of Oz* movie. We were celebrating our release from the tyranny of the Witch Parent (P1) messages. My life changed forever during that weekend.

### The Back-story of the Party

I, Jonathan, the REAL trainee, had been to the summer conference that day and heard Eric speak. At that talk, he announced, "No touching! Touching isn't TA! There is a direct connection between the fingertips and the genitals, so TA therapists should not touch their patients [pause], and if you DO touch your patients, be prepared to come to next year's summer conference and present a scientific paper about your rationale and results."

I, Jonathan, heard Eric speak again in Chicago the following year at the Institute for Juvenile Research (Jack Ruby's boyhood home). We walked in late to see Eric hammering on his thumb on the podium and saying, "Most patients come in like this: 'Doctor, my thumb hurts—is there anything you can give me for it?'"

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*"If it weren't for Eric Berne, our lives probably would not have been richer and more exciting than we could possibly have imagined."*

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Listening to Eric speak was fascinating. He would say something about nurses, and all the nurses would get steamed while the doctors laughed; in the next sentence, he would say something about doctors, who would seethe while the nurses all laughed. After offending and delighting everyone in sight, he would urge people to "go out and cure patients."

Although most of the rest of my exposure to Eric was through his writings, he apparently knew who I was. At one point, I heard him refer to me as "The Satrap of Colorado" (yes, I had to look it up, too). That was at a time when Colorado had one of the largest populations of TA folks outside of California.

About his writings: The first thing I read, while still a graduate student, was *Transactional Analysis in Psychotherapy*, which made so much sense to me that I immediately began to use it with my mental health center clients. I was

impressed by how quickly it provided tools that we could use to understand and communicate about what was happening. I also quickly discovered that TA was a two-edged sword: If I could use it to describe and make sense of my patients' behavior, I also found it describing my own patterns, and I had no choice but to pay attention to them—and learn from it.

When *Games People Play* came out, I found myself reading the first psychology book I had ever encountered that made me laugh out loud. I was hooked! Soon after that came my first TA 101, with Dave Kupfer and Bob Goulding, who ran a training institute together at the time. I committed to getting advanced training from them the following summer, which was the time of the "No touching" incident.

Besides the edgy humor, which appealed directly to my post-adolescent rebellious spirit, I identified with "the Martian point of view," because I had always felt slightly out of step with the people around me, not quite understanding what was going on. Giving it a name and a positive value helped me make it into a skill, rather than a problem.

I had another experience that validated, for me, Eric's wisdom. I had just been reading his comments about playing poker, winning and losing, and noticed that, in the lunchtime poker game played for matchsticks at the mental health center where I worked, I was a consistent small loser. Based on Eric's ideas, I started paying more attention to what I was doing and quickly transformed into a consistent winner. I was also told, "You're no fun to play with any more!"

The only things that came out of all this were a career and a lifestyle. The following year the summer conference got too big for Monterey and moved to San Francisco. I watched the TA 101 that was being taught there and asked then ITAA President Ken Everts, "How is it decided who teaches the 101, and why not me?" The following year, it WAS me, and, like it says in the old blues song, "I've been in a world of trouble ever since."

Laurie again. Up until that fateful weekend, I had seen myself as a wife, the mother of a 2-year-old son, and a junior high school science teacher. When we returned to Chicago a week or two after the conference, I joined the ongoing TA seminar and attended a 101 with Dave Kupfer and Fanita English. I was fascinated with everything I was learning and took whatever TA training was available in Chicago at the time.

As I learned, I applied my new TA tools to my life and my work as a teacher. Classroom management became incredibly easy, and my eighth graders loved the secret power TA gave them to manage their relationships with their parents and other teachers.

Soon, instead of just influencing us, we were on our way to letting TA take over our lives.

After a year in which both of us were actively involved in the Chicago TA Seminar, Jonathan accepted his dream job in his hometown of Denver, Colorado. By this time we were both avid proselytizers of TA. About the time we announced our plans, we learned that two other seminar members, psychiatrist Warden Rimel and his wife, Carolyn, a social worker, were planning to move to Denver at the same time we were moving.

We excitedly made plans to introduce TA in Denver. Jon and Warden started doing talks about TA, inviting interested professionals to our new seminar. By October or November 1969, the Denver TA study group was meeting twice monthly.

Jonathan was awarded his Clinical Membership in ITAA in January 1970 and quickly organized the first 101 in Colorado. Soon he and Warden were running a training group (I participated), and we had an active and growing TA community in Denver.

We even had a direct connection to Eric Berne when his daughter, Ellen Berne Calcaterra, moved to Denver and became an active member of the group. (Jonathan: It felt a little strange when I told her to put father in the empty chair as part of the training program.)

Ellen brought us other riches as well. Berne had been sharing the *What Do You Say After You Say Hello?* manuscript with her as he created it. Ellen had retyped each chapter as she read it and shared her copy of the completed manuscript with us before it was published. What a thrill!

A couple of years later, at an ITAA conference, Natalie Haimowitz suggested that I probably had enough hours to take my clinical exam. Before that moment, it had never occurred to me that I had become a clinician. That was not my intent. I saw myself as a "real teacher of TA." The late Ken Ernst, author of *Games Students Play*, and I had conversations in which we talked about how TA could be taught much differently by real teachers.



When I took my clinical exams in Denver in January 1972, I didn't exactly pass. I was awarded a Special Membership instead. In August 1972, I became a full Clinical Member, and we were actively teaching TA to anyone who would listen.

If it weren't for Eric Berne . . . We would never have taught or demonstrated TA in 23 states and 12 countries. Our lives probably would not have been richer and more exciting than we could possibly have imagined.

Jonathan and Laurie Weiss can be reached at [weiss@empowermentsystems.com](mailto:weiss@empowermentsystems.com).

## Life Scripts: Unconscious Relational Patterns and Psychotherapeutic Involvement

Richard G. Erskine, Ph.D.

Integrative Psychotherapy Residential Workshop  
Monday, 3 August to Saturday, 8 August 2009

This residential ten-day workshop will present the theory and clinical practice of Integrative Psychotherapy. The theme of the workshop will focus on life scripts, unconscious relational patterns, unconscious prereflective patterns, nonverbal communication, introjection, and physiological survival reactions. Various methods of working within a supportive regression, involved therapeutic relationship, and/or a caring body therapy will be taught and demonstrated.

This workshop is for mental health professionals who want to apply theory in clinical practice and to enhance their effectiveness through identifying aspects of contact interruption, life script, and countertransference. There will be opportunities for case consultation. I will teach, demonstrate, and elaborate on the concepts in *Beyond Empathy: A Therapy of Contact-in-Relationship* by Richard Erskine, Janet Moursund, and Rebecca Trautmann (1999, Brunner/Mazel, ISBN 0-87630-963-5).

**Cost:** \$1,995 for tuition, room, meals; reservation fee: \$995 nonrefundable  
**Location:** Kent, Connecticut (near New York City)  
at the Old Chestnut Inn, with spacious grounds, gardens, and swimming.

**For information and to register, call or write:**

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## Transactional Analysis on the Map!

By Moniek Thunnissen

One of the things many people within and outside ITAA say from time to time is, "It is amazing—transactional analysis is such a sound theory with so much impact on people, why is it not better known and more widely acknowledged? Why is it not taught in universities and to young parents; in hospitals to doctors, nurses, and patients; and in organizations to managers and employees? So many people could benefit from transactional analysis—why does everyone keep its assets so hidden?"

*"I see it as one of my tasks to promote the influence of TA within different fields from a perspective of theoretical development, empirical research, and comparative studies of different models."*

That is true. Of course, many ITAA members know the history of transactional analysis—how Eric Berne, as a somewhat eccentric, rebellious, and critical psychiatrist, developed transactional analysis as a reaction to psychoanalytic theories and practice; how in only a few years Berne attracted many adherents and admirers, in the beginning from within the field of mental health but later also from all kinds of other fields, such as education and organizations; how the popularity of transactional analysis became a disadvan-

tage because of the pop psychology label that became attached to it. Since the 1980s, there has been a gradual decline of interest in transactional analysis, especially in the United States and parts of Western Europe. In some areas, transactional analysis nearly disappeared as a method of psychotherapy and counseling in universities, hospitals, and out-patient departments, although in private practices there were still professionals using transactional analysis as a method of (psycho)therapy. On the other hand, in Eastern Europe, Asia, and parts of Africa and Latin America, transactional analysis has flourished since the 1990s. And within the organizational field, transactional analysis has also blossomed in many countries of Western Europe.

As ITAA Vice President of Research and Innovation, I see it as one of my tasks to promote the influence of transactional analysis within different fields from a perspective of theoretical development, empirical research, and comparative studies of different models. One of the ways to do that is to make transactional analysis better known outside the scope of those who are already members of a transactional analysis organization. Last year, there were a few opportunities that we were able to use to move toward that goal.

For example, as a result of the initiative of Servaas van Beekum from Australia, we made contact with Karnac Books in London and eventually signed a contract to sell the *Transactional Analysis Journal (TAJ)* through them. The *TAJ* will be announced as a new product on the Karnac Web site, and new theme issues will be announced and offered for sale through Karnac's bookstore and Web site.

Another example is that we signed contracts with professional companies—EBSCO and ProQuest—to make the *TAJ* available through their electronic publishing services. This means that the *TAJ* is available for a large audience of subscribers of ProQuest and EBSCO and that royalties will be paid to the ITAA for each article ordered through one of these companies.

We hope that through these steps, the *TAJ*, as one of the core products of the ITAA and a vehicle by which current knowledge of transactional analysis is developed and propagated, will become more easily within reach of professionals in many fields.

Moniek Thunnissen, MD, is ITAA Vice President of Research and Innovation. She can be reached at [m.thunn@xs4all.nl](mailto:m.thunn@xs4all.nl).

### Keep Your ITAA Web Listing Current

If you have an entry or link in the ITAA Web site community (e.g., as a practitioner, a link to your Web site, on the list of institutes and associations, etc.), please check it now by starting at [www.itaa-net.org/community](http://www.itaa-net.org/community). Send any necessary updates to the ITAA Webmaster at [webmaster@itaa-net.org](mailto:webmaster@itaa-net.org). We regularly delete entries that no longer work, so please make sure to send us updates when relevant.

### Upcoming TAJ Theme Issues

#### "Redecision Transactional Analysis"

Coeditors:  
Les Kadis and Peter Pearson  
Deadline for Manuscripts:  
1 July 2009



#### "Eric Berne: Then and Now"

Celebrating the 100<sup>th</sup> anniversary of Berne's birth

Coeditors:  
Bill Cornell, Ann Heathcote, and Birgitta Heiller  
Deadline for Manuscripts:  
1 January 2010



#### "Ethics"

Coeditors:  
Bill Cornell and Sue Eusden  
Deadline for Manuscripts: 1 July 2010

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](mailto:robinfryer@aol.com).

## Call for ITAA Board Nominations

As described by ITAA President Gianpiero Petriglieri in the December 2008 *Script*, the ITAA has reopened nominations for the following elected positions for the term 2009-2011. **The deadline for these nominations is 15 March 2009.**

**Officers** (nominations allowed from any region and elected at large by all ITAA voting members)

- President-Elect
- Vice President of Development
- Vice President of Internet (2008-2010)
- Secretary
- Treasurer

**Regional Trustee** (nomination and election only by members of the region)

- Trustee Asia/India

In addition, the ITAA is seeking regular nominations for the following elected positions for the term 2010-2012. **The deadline for these nominations is 31 May 2009.**

**Officers** (nominations allowed from any region and elected at large by all ITAA voting members)

- Vice President of Operations
- Vice President of Research and Innovation

**Regional Trustee** (nomination and election only by members of the region)

- Latin America: 1 position
- North America: 1 position
- Africa: 1 position

Nominations require the name and consent signature of the nominee (it may be yourself), the name of the person making the nomination, and the name of the person seconding the nomination. To be eligible for nomination, trustees may

not have already served two consecutive terms of office in any position on the board. Position statements (charters) that describe the function and selection criteria for each of the officer positions are available from the ITAA office or in the Guidelines (part of the official documentation) on the ITAA Web site at [www.itaa-net.org](http://www.itaa-net.org). Nominees are encouraged to read and understand these before accepting nomination.

Send nominations to the ITAA Vice President of Operations and Nominations Committee Chair C. Suriyaprakash at [suriya.sunshine@gmail.com](mailto:suriya.sunshine@gmail.com). **Please note the two deadlines for nominations: for the reopened nominations it is 15 March 2009; for the regular nominations it is 31 May 2009.**

Those who accept nomination to the above positions must e-mail a written statement and digital photo to the Nominating Committee Chair as soon as possible and no later than the relevant deadline. Statements should be a maximum of 500 words for president-elect nominees and 250 words maximum for other officers/trustees.

**Election Procedures:** As per the ITAA bylaws (revised 1996), 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. If there is more than one nominee for a position, a ballot will be mailed to all voting members within 60 days of the close of nominations. The deadline for return of ballots is 60 days from the date of mailing. The results of the election will be announced to the candidates within 30 days after the election results are determined and to the voting membership as soon as practical thereafter.

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# Traveling with Eric in Bulgaria

by Terry Berne

The following is the prologue written by Terry Berne for the Bulgarian translation and republication of *A Layman's Guide to Psychiatry and Psychoanalysis* published in 2008 by Galina Radeva. We thought you would enjoy reading about Terry's travels with his father in that part of the world.

When I was 12, my father took me on a month-long trip to Europe. We visited various countries, but the country that impressed me most and that I will never forget, was Bulgaria. It was the autumn of 1967.

We lived in Carmel, a small, very beautiful coastal town in Northern California. My father had discovered the town in the mid-1940s when he was a captain in the army assigned to head the psychiatric department at nearby Fort Ord. Carmel was famous as a bohemian village that attracted writers and artists to its tree-lined streets and pretty, white-sand beaches, including Jack Kerouak and Henry Miller and the poets Robinson Jeffers and Dylan Thomas. The pioneering photographers Ansel Adams and Edward Weston lived there. Robert Louis Stevenson had also sojourned there. Monterey Bay, where Carmel is located, was made famous around this same time by John Steinbeck, the Nobel Prize-winning author of *The Grapes of Wrath*, *East of Eden*, and *Cannery Row*, the latter of which chronicled the lives of people who settled in the region.

By 1967 my father was a well-known psychiatrist and author, founder of transactional analysis, and author of the best-selling book *Games People Play*. His first book had been the one you are reading now, which was originally titled *The Mind in Action*. It had also been a modest best seller in the year of its publication, 1947.

1967 was a year of upheaval in the United States and other parts of the world as a generation born after World War II was questioning society's materialistic values and goals and were taking to the streets to fight for social justice, the rights of minorities and women, and an end to the ever more evident destruction of the environment. The Cold War was at its height, thousands of people were dying every year in Vietnam, and the world was ever more divided between the two reigning political ideologies of capitalism and communism. 1967 was also the 50th anniversary of the Russian Revolution.

On our way to Europe, we stopped in Montreal, Canada, where my father was born in 1910. He had grown up there and attended McGill University, where he got his medical degree. We visited his mother's grave and walked through his old neighborhood, stopping before the house he had grown up in. I saw a beautiful gold watch in a store window on one of the city's main boulevards, and he bought it for me. I still wear it 40 years later.

In New York my half-sister Ellen joined us. She was Eric's daughter by his first marriage. She was 10 years older than me, tall, blond, and beautiful, and was studying psychology at New York University. The three of us arrived in Vienna, where Eric was attending a psychiatric congress. We stayed at Schloss Laudon, a Baroque water palace converted into a hotel on the outskirts of Vienna. I remember being fascinated by the swans floating on the palace's ponds. Our plan was to meet Ellen's older brother Peter, Eric's first child, who was studying music in Salzburg, and then continue on to Bulgaria.

We arrived in Sophia on the Orient Express. At that time the train had lost all its legendary opulence, though not its intrigue. We had to pass through Hungary and Yugoslavia, and I recall the

tension among the passengers when we crossed the border into the former Eastern Bloc countries, then controlled by the Soviet Union. It was late at night, and I could see the breath of the soldiers under the bright station lights as they walked up and down the length of the train, machine guns at their side, carrying oil lanterns and bending down to search for illegal passengers beneath the train. I was aware that we were crossing more than just a geographical border, and I remember my father telling me not to stare at an officer who was looking at us from the platform.

It was also late at night when we arrived in Sophia. We had to book a room through Balkan-tourist, then the State tourist agency. We were given a room in a private apartment, and I remember a corpulent, middle-aged woman greeting us cheerfully at the door. My father spoke several languages, including a little German, and Peter spoke German fluently, and that was the language we would communicate in for most of our stay in Bulgaria.

Sophia, through the eyes of a 12-year-old American, was fantastic. I remember beautiful avenues lined with equally beautiful buildings; I remember cobble-stoned streets. Is it possible that they were painted yellow . . . or is that my memory playing tricks? I remember an attractive park and what might have been a painter's market beneath bright sunlight. I remember my father earnestly explaining to me the historical significance of a partially ruined ancient monastery with gorgeous polychrome paintings we visited somewhere on the city's outskirts. I remember entering a café full of working men on their lunch break and ordering sausage and bread—seemingly the only food available for much of our trip.

With some trouble we rented a car from Balkan-tourist and set out to cross the country to the Black Sea. Evidently, independent travel was frowned on, and I seem to remember that Varna was considered a strategic seaport, even more reason to be suspicious of our motives. We were told not to take any photographs.

By this time in my life I had traveled quite a bit, both in the United States and Europe, and had even lived in Switzerland for a year when I was 4. But this trip by car across Bulgaria has stayed with me forever as one of the most beautiful. We saw few other cars, and the mountains and valleys we passed through were in full autumn color; I especially remember the numerous great bunches of brilliant red peppers hanging outside the farmhouses to dry all along the road, the mountains behind covered with golden and russet trees, and from time to time blue smoke hovering above the valley floor.

When we arrived in Varna, it was past midnight, and I recall seeing men with huge wheeled hoses washing the streets. We continued on to Golden Sands (Zlatni Pyasatsi) where we would stay for several days. By now I was fairly tired of the small choice of food available to us so far. What I really missed was a breakfast specialty known in America as French toast. This consists of bread soaked in egg with a little milk, sugar and cinnamon added, fried in butter and topped with maple syrup, which is the refined sweet sap of maple trees, a delicacy of New England, in the northeastern part of the United States. My father was growing impatient with my complaining, though he understood my dilemma. One morning he asked to speak to the hotel's chef. He disappeared into the kitchen, emerging ten minutes later with a smile on his face. He had described the recipe to the chef in a combination of Russian, French, German, and English, and we now sat down to await the results. A few minutes later the chef himself proudly served me a plate with a golden slice of bread fried in egg, and in place of maple syrup, a spoonful of strawberry preserves. It was not exactly French toast, but it was delicious, and from then on I was served the dish every morning during my stay.



Terry Berne

I remember noticing that one consequence of a socialist economy was that everyday objects all seemed to have been made in the same factory or factories. There were many hotels in Golden Sands, but they all were of similar construction, and the silverware we ate with was the same everywhere we went.

One evening we drove into the hills behind the string of hotels along the beach and ate fresh lamb in an extremely rustic restaurant (or so it seemed to me), with the trunks of cut trees serving as tables, lively folk music, and a flock of sheep grazing not far away from where we were devouring their cousins.

On our last morning, after eating my Bulgarian version of French toast for the last time, the chef presented us with a menu, pointing to a new addition to the restaurant's breakfast offerings, written in by hand: Terry Toast.

As was his habit, it is possible my father visited one or two mental hospitals while in Bulgaria, if he was allowed to do so by the authorities. I remember saying to him as we left the country that Bulgaria seemed like a wonderful place to live, and he became very serious and asked if I hadn't noticed how we'd been followed everywhere, and that Marxism sounded good in theory, but that the reality was quite different and went completely against the most basic human psychology.

When I returned home to Carmel, I found an interesting looking book in my father's library. The book was *Balkan Firebrand: The Autobiography of a Rebel, Soldier & Statesman* by Kosta Todorov, published in English in 1947. I began leafing through its pages and decided to have a go at reading it. Once I began, I did little else for the next week. I had just finished reading *For Whom the Bell Tolls*, Ernest Hemingway's great novel about the Spanish Civil War, and this book was equally fascinating. *Balkan Firebrand* recounts in a colorful narrative style full of passion the author's incredible exploits and adventures: He began as a revolutionary terrorist in Russia and later became a soldier in France, a chetnik in Macedonia, the head of the Free Bulgarian Committee, and finally, when he was made an "unperson" by the communists, a political exile in Europe and America. His story competes with the best adventure stories and literary spy dramas and recounts a period of history little known to non-specialists. Although at the time I understood little of the actual history he described, nor the intricate political ins-and-outs of Bulgaria's struggle for independence, the author's idealism and commitment to freedom impressed me deeply.

Eric Berne would be proud to know that transactional analysis was being made accessible to Bulgarians in their own language, to therapists, patients, and all readers interested in human psychology, 40 years after his own memorable journey through the country.

Terry Berne currently lives in Madrid, Spain, and can be reached at [tberne@orange.es](mailto:tberne@orange.es).

## Transactional Analysis in Bulgaria

by Galina Radeva

Because transactional analysis was unknown in Bulgaria, I started a Web site 5 years ago on which major transactional analysis core concepts were outlined, thus encouraging the creation of a transactional analysis community here and giving people the chance to learn more about it ([www.tacenter-bg.org](http://www.tacenter-bg.org)). This has permitted transactional analysis to be clearly defined and to avoid the misunderstanding of TA concepts.

### About Bulgaria

Founded in 681 AD, Bulgaria is one of the most ancient countries in the world. As in all nations with an ancient and long history, the preservation of freedom has always been an issue. Apart from the strong predisposition to freedom, Bulgarians have always striven for knowledge, which lies deep inside Bulgarian culture. Since the fall of the Berlin Wall and the collapse of the Soviet Union, Bulgaria has been learning how to play the game of democracy.

### About Me

I studied and practiced psychology in Bulgaria but left the country for 10 years. When I came back, I had to confront deep changes that Bulgarian society had experienced in my absence. I was impatient to make the first steps in transactional analysis so that it would become known in Bulgaria, but I realized the road would be long. Many of Bulgaria's young people had fled the country. People were living in a psychological unreality and attachment to the bad objects of the past. Both the media and the social speakers sponsored and upheld an air of fear and strong resistance to new

ideas. Casinos were built where bookshops once stood. The main ideas that cultural institutions promoted was that people are no good.

### About TA in Bulgaria

Transactional analysis was unknown in Bulgaria, and several times I experienced the effects of TA without referring to them using TA terminology. My desire to translate Eric Berne's books into Bulgarian grew so that there could be a deeper knowledge of interpersonal relationships. In May 2008, the translation of *A Layman's Guide to Psychiatry and Psychoanalysis* was published and a month later the translation of *Games People Play* was released. Now there is no reason to say that transactional analysis is unknown here.



Bulgarian translation of *A Layman's Guide*

*A Layman's Guide* immediately gained acclaim, revealed in expressions such as "The book is a conversation with my own self" and "This book gives me the possibility to see through my destiny and take control over it." For Bulgarian readers, the book has another value, which is Terry's "Prologue" (see this page). It has had a strong impact because it refers to a period of time not so long ago but that is not spoken about in Bulgaria. This time is unknown to the younger generation and even adults have limited notions of the time when they were children.

Galina Radeva can be reached by e-mail at [gala.radeva@gmail.com](mailto:gala.radeva@gmail.com).

# How Vital Is the ITAA?

By Rosemary Napper

I felt despair on reading ITAA President Gianpiero Petriglieri's (2008a) article in the December *Script*, a feeling that was heightened when I read Dan Cauble's (2008) article about training and exams a few pages later. My feelings were triggered in part by the content—board members resigning, complaints about CTA requirements—which resonated with similar situations and their impact in my national association as well as with similar stories I have heard about other TA organizations. However, my emotional response was also to the subtexts of these two articles.

Suppressed pain and hurt at the attack on his leadership skills seemed to suffuse Petriglieri's article, and rage at the exam leadership seemed to permeate Cauble's piece. Both articles fumed with frustration at the ITAA membership or the leadership or maybe both. Such frustration feels familiar to me in my relationship with the ITAA, prompting me to inquire using my organizational transactional analysis thinking: What is up with our organization if members typically feel passive and/or frustrated? To what extent is this a symptom of the vitality of our organization? And what might this mean for ITAA's future?

It is easy to forget that the ITAA is OUR organization—membership is voluntary for most, although it (perhaps confusingly and unhelpfully) may be obligatory for some in order to maintain a national professional licence. The ITAA is also run by elected representatives, so membership of the executive is conditional. Berne (1963) highlighted that such categories of membership carry significant psychological meaning for each of us and, I would suggest, collective meaning also. (For example, informal research among transactional analysts indicates that Don't Belong is a commonly carried script, so the half-in/half-out way that many of us choose to belong to the ITAA may well fit our proclivities.) This creates diverse psychological meanings for members, all of whom bring and, as Berne suggested, may have to give up their own inclinations and cultural frames of reference to belong to an organization.

It would be easy to ask what led to Petriglieri's and Cauble's articles. However, I have learned that delving into past events often serves primarily to persecute the individuals involved and amplify the game-playing dynamics rather than help us grapple with the contextual systemic issues that give rise to and aggravate such games. Such issues are buried in the texts and context of these articles. It is neither ethical, useful, nor valid to consider individuals taking on specific drama triangle roles within organizational contexts merely due to their personal pathology, especially when we have theory and practice that allows us to think more in depth about such phenomena. We all have the capacity to act "badly" when enmeshed in powerfully cocreated contexts such as organizations, in which such enactments strengthen the underlying culture (Berne's analysis of culture suggested the *character* delineates the acceptable aberrations to the *etiquette*).

## TAJdisk v3

The TAJdisk v3, updated to cover TAJ articles from 1971 through January 2008, was recently released. The TAJdisk is a research tool designed to complement and promote the existing TAJ paper journal. Volume 3 is available now for £99 (currently about US \$196), which includes worldwide shipping. A percentage of each sale is received by the ITAA, and bulk purchase discounts are available for training organizations. The TAJdisk has been developed by Graeme Summers and authorized by the International Transactional Analysis Association. Full details and purchasing are available at [www.tajdisk.co.uk](http://www.tajdisk.co.uk).

Yet such out-of-date drama triangle analysis is often prevalent in our organization, aggravated perhaps by the common contemporary Western "blame culture" that has arisen out of an overemphasis on individualism.

Such payoffs are embedded in the culture of an organization. The character of the culture as described by Berne (1963), which is almost impossible to describe or measure, is nevertheless a "felt known" experienced often simultaneously and with immediacy by those in contact with the systemic culture. This cultural character emerges from the interplay of the structures and dynamics of the organization and is carried at the psychological level, often out of awareness, by the membership. It infuses all of their activities within the organization, and in so doing, is passed on, like organizational DNA, largely unchanged, to new recruits, often through informal communication, gossip, and ulterior transactions. (Berne's 1963 organizational writings were largely unedited and at times opaque, but they are full of rich ideas about culture and systems that I interpret and update here.)

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*"Hope is an antithesis to despair, but in itself it is not enough to prevent withering away: A freshness of perspective and action is vital."*

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Berne suggested that an organization's founder hugely impacts the culture that develops, and features of his or her script are likely to become part of the *character* level of that culture. The founder also impacts the dynamics of the system, which is the cultural *etiquette*. This refers to the cocreated, mostly unspoken, often nonconscious agreements about how to behave in the system, including which games are acceptable. The founder is also likely to be significant in setting up the original structures for the organization (these include vision, values, mission, canon, objectives, policies, procedures, roles, sections and groupings, leadership, representation, boundaries, power, authority, tasks, resources, equipment, finance, recruitment and selection, and information and communication channels); these structures form the tangible *technics* aspect of the organizational culture and justify the acceptable games.

There is a particularly significant systemic paradox in our organization. The ITAA is about the psychology of communications—transactions—and yet there is no structure for the board to keep members informed with any immediacy (only through *The Script*) let alone to engage in dialogue. Likewise, we have no forum through which the membership can share their concerns with each other and the board. For example, I discovered there would be no 2008 elections in a conversation at the end of the August Johannesburg conference; I now understand that this was the issue raised in a letter from Jim Allen and Bill Cornell to the board in June, which was mentioned in Petriglieri's (2008b) November *Script* article. The lack of elections and the thinking behind it is a matter for the whole membership to consider, including what meaning this carries for our organization (even when the association's rules are that this is acceptable). However, the membership was ignorant of all of this. In the twenty-first century, with Internet technology, it is a simple matter for members to be e-mailed and for there to be an e-mail forum through which members can raise issues concerning the organization with each other and the board.

Resilience theories have pointed to the decrease in vitality in the identity and function of individuals, organizations, societies, and ecosystems that resist change and disturbance. Their capacity to self-organize then weakens, richness and diversity decreases, resilience for dealing with external or internal change lessens, and survival is then at risk. The thresholds—or tipping points (Gladwell, 2000)—for survival may in themselves

change, without anything else seeming to change. Resilience thinking (Walker & Salt, 2006) is useful for considering physiological and psychological being, as well as the rise and fall of organizations and societies (Tainter, 1988), and is a compatible and useful addition to transactional analysis in all fields.

Resilience thinking suggests that organizations typically go through four phases. (1) Starting up and rapid growth exploits available resources; stories of the early years of the ITAA reflect this. (2) Conservation involves some aspects becoming locked up, there are fewer resources and increasing rigidity, committees and rules and one-size-fits-all solutions predominate. This seems to describe the ITAA during the 15 or so years I have been a member. At this stage, if there is a disturbance, the response often attempts to stabilize the system. I saw this occur when the opportunity for revisioning presented by the EATA split was not seized some years ago. This is what will likely happen if the defection of some members of the board is responded to with replacement without reflection and change. The effect of such stabilization is to weaken resilience and prevent the organization from reaching the next phase. (3) This phase is characterized by a rapid release, near collapse, a chaotic and unpredictable response triggered by disturbances and changes. I wonder if the recent walkout of some of the board members is a trigger for this stage, and if so, will we just patch up the superficial problem by persuading people to stand for elections and then continue as usual? It is important to tolerate—to hold and contain—this phase sufficiently until novelty is introduced, creating innovation and transformation of the organization in terms of its protocols, that is, transforming the structures (technics) and dynamics (etiquette) sufficiently so that the underlying cultural character is, to some extent, transformed. Do we in the ITAA have the capacity to do this, to welcome some real innovation, to let go of sufficient numbers of our old ways? Do we trust that the phoenix will rise from the ashes? It is the working through of this collapse that strengthens resilience. Thus, (4) the organization's essential identity and functions continue in novel ways.

Is the ITAA vital enough to each of us as members to participate in and nourish such a flourishing? Does the ITAA culture have enough vitality and resilience to survive and thrive? (Berne suggested that the primary task of any organization is to survive.) What does it take to make it through stages (3) and (4)? According to resilience thinking, the answer is: (a) vision and leadership, (b) social capital (i.e., willingness to work together and desire for the same things), and (c) novelty and innovation. I would add a fourth aspect for a twenty-first century membership organization, although perhaps this is an aspect of (c): (d) a simple structure for (electronic) communication between members and board. I will elaborate this point in a subsequent article.

I realize in this article I am provocatively putting into print my interpretation of some of the things that are whispered around the edges of conferences or that emerge in Skype chats or over drinks between colleagues. Some readers who have gotten this far may feel enraged at my doing so, others may be feeling warmly resonant. You might also wonder why I am bothering. I have an investment in contemporary ideas within transactional analysis as a useful set of maps for understanding myself and my "worlds" and a tremendous respect for the breadth and richness of the legacy of ideas created initially by Berne and built on by others. I want transactional analysis to be vital in many senses: to spread such concepts further internationally and to invite the depth and richness that other individuals and cultures can contribute to an alive and evolving psychological framework that is of value to daily life and to societies, as well as in the fields of psychotherapy, counseling, education, and organizations. I love the collegial connections that internationalism can foster.

The ITAA can provide a vision and an umbrella for all of this and much more. But if the ITAA withers, then part of me loses vitality too. I hope these reflections will stir those among us who have the competencies to effectively take on organizational roles within the ITAA, remembering Schmidt's (2006) Eric Berne Memorial Award-winning contribution to transactional analysis theory: Our skills and competencies in our private world are distinct from and may not always be transferable to the professional world in which we continue to learn to be educators, organizational consultants, coaches, counselors, or psychotherapists. However, neither our private nor our professional competencies are central requirements when we are in the world of roles representing organizations, which requires a different range again. One of the pitfalls for voluntary membership organizations is their reliance on amateur support because there is not enough funding to employ professional skills. I hope there are people out there who wish to voluntarily bear the organizational roles required by a vital ITAA of the future and who have sufficient experience of such organizational roles and have developed appropriate competencies to know what they are doing to ensure our resilience. And I hope that we have a membership who will support and encourage the board in thinking and taking transformative action that is outside of our usual ITAA frames of reference. Hope is an antithesis to despair, but in itself it is not enough to prevent withering away: A freshness of perspective and action is vital.

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### TAJs Available

I have an assortment of *Transactional Analysis Journals* to give away, including:

- Volume of Selected Articles 1971-1980
- Student Edition Volume 3, #1, 2, 3, 4 (this has photos in it, including a picture of Steve Karpman accepting the 1972 Eric Berne Memorial Award)
- TAJs available: Vol. 1, #1 (2 copies - the Eric Berne Memorial Issue), April 1971, October 1972, April 1973, April 1974, October 1975, April 1976, April and July 1983, January and July 1984, July and October 1985, all of 1986, January 1987 (2 copies), July and October 1987, April and October 1988, July and October 1989, July and October 1990, July and October 1991, October 1992, January 1995

My e-mail is [SusanClarkeDC@comcast.net](mailto:SusanClarkeDC@comcast.net) and my phone number is 1-651-227-8776. Contact me so we can discuss how to get the copies to you. If you want only one or two, that is OK, or you may take them all.

## In Memorium

continued from page 8

(as the only “therapist in training” at the time.) In addition, Mary frequently substituted for Bob, running his therapy groups when he was away.

Mary and I used to take long walks during “off” time, which is how we became friends. I found out that she was on a relatively low salary and was never compensated additionally by Bob when she ran his groups, although patients paid him full monthly fees regardless of who carried his groups. This shocked me. “Why are you allowing yourself to be exploited this way?” I asked, and never got a satisfactory answer from this woman who otherwise believed in workers’ rights. Well, years later I answered my own question when she married Bob Goulding.

Our friendship lasted and became increasingly close over the years, even though we were both stubborn and argumentative and sometimes disagreed vehemently on this or that issue. I particularly remember brunch with her at a large table in Aruba at the time of an ITAA conference years ago. We had not seen each other for a while and were both delighted at the opportunity. Later a young woman who had been at the table told me sadly how hard it had been for her and some others at the table to note the anger between Mary and me as we went at each other ruthlessly. What? I had not realized this! “Are you angry at me, or were you so at brunch?” I asked her. She was as surprised as I had been by the idea. She confirmed that, like me, she had thoroughly enjoyed what for us both had been a very stimulating reunion at brunch.

Dear, dear, strong-willed Mary—always ready to defend her opinions—yet, as I know from many instances, also always compassionate and basically generous to those who were hurting or defenseless. My beloved comrade! I will sorely miss you.

### LEONHARD SCHLEGEL

From **Hilde Anderegg Somaini** (English translation: Sandra Marschall Hunger). On 17 June I visited Leonhard for the last time. I wanted to say good-bye before leaving for my summer break. It turned out to be our last encounter. I called him the day before because it depended on his actual condition whether we could meet or not. “Yes, it’s OK”, he said. We agreed on 2:30 pm.

I arrived from Konstanz by train; Leonhard welcomed me from his wheelchair as he sat in the living room, cheerful and calm. We sat together and I had a cup of tea offered by his housekeeper. Leonhard invited me to skim through a chronicle he had been designing pictures and text for over

the last 3 years. In the meantime, his housekeeper helped him to his bed in the room he called the Goethe Room, where his books, neatly sorted in a spacious stately old cupboard, surrounded him. His lively intellect let me forget that his body did not want to bear his intellect any more, and his hands did not want to push the keyboard any more. He talked about it without complaint. What he enjoyed doing, he told me, was the mental activity of juggling tricky theories in his mind in order not to lose his routine of intellectual work.

We talked about his last big work, an overview of historical and currently meaningful psychotherapeutic practices. One chapter that was especially important to me was on the interconnection of transactional analysis with other psychotherapeutic practices. We talked about perspectives of TA in the future and the workshop conversation that took place on his birthday in May 2007 in Zurich. We talked about his great-grandchildren and my grandchildren, and he let me get a little wooden booklet from the cupboard that was painted with children’s pictures. A long time ago he had encouraged the person who painted the booklet to illustrate it with those permissions a human being needs in order to develop. I read, “It’s good that you are here” and made the link from my youngest grandchild at the beginning of his life to Leonhard, the old man at the end of his. Soon it was time to go.

Leonhard’s death moves me. The connection remains beyond his death. I think of how much he gave to me and to many others alongside his immense knowledge. For me it was his simplicity, his attentiveness, and the peace he emanated. My last meeting with him helps me to accept the way he died. It is what it is, says love.

## Welcome to New Members

### NEW MEMBERS MEMBERSHIP SPONSOR

NEW MEMBERS	MEMBERSHIP SPONSOR
<b>September 2008</b>	
Bernadette Brady, UK	—
Patricia Eltinge, USA	Dr. Pat Allen
Simone Kaptur, UK	—
Vijaya Kavuri, USA	—
Luis Marrero, USA	—
Funda Utku Masraf, Turkey	—
Hoda Mobasser, Iran	—
Vicky Peterson, New Zealand	—
Nilgun Saglam, Turkey	—
Safak Ebru Toksoy, Turkey	—
Manon Van Omme, Netherlands	—
Annie Whitcher, UK	Rosemary Napper
<b>October 2008</b>	
Alev Dumanoglu, Turkey	—
Rinako Fukazawa, Japan	Hiroko Koichi
Susan Curtis Jones, UK	Jenny Thomas
Hiroyuki Kawashima, Japan	Hiroko Koichi
P. U. Kunhambu Nair, India	—
Darren Peake, Australia	—
Amy Prudhomme, USA	—
LiLi Xu, China	—
Robert Youngblood, USA	—
<b>November 2008</b>	
Tripolitou Dionisia, Greece	—
Kinga Krukurka, Poland	—
Cheryl Leong, USA	—
Dewarrat Maryse, Switzerland	—
Heledd Restall, New Zealand	—
<b>December 2008</b>	
Mariano Bucero, Spain	—
Laurie Hood, Canada	—
Vijay Kumar Sharma, India	—
Jayne Owen, Scotland	—
Alexander Pappas, USA	—
Tatjana Radulovic, Croatia	—
Ilie Rotariu, Romania	—
Salma Siddique, England	—
Tina Tivadar, Slovenia	—

## Examiners Needed

**Lima, Peru:** Both TSTA and CTA exams will take place on Wednesday 5 August just before the Lima conference. We invite qualified members planning to attend the conference to consider being examiners or to be available as supervisees and audiences for TSTA exams. There will be examiner training and candidates’ and examiners’ meetings on Tuesday 4 August. A TEW will take place after the conference, from the evening of Saturday 8 August to Tuesday 11 August. If you are willing to serve as an examiner, supervisee, or audience member, please contact Trudi Newton at [trudi.newton@btinternet.com](mailto:trudi.newton@btinternet.com).

**Calicut, India:** Examiners (especially from outside of India) are sought for the CTA exams on 24 September 2009. If you can help, please contact P. K. Saru at [pk\\_saru@vsnl.com](mailto:pk_saru@vsnl.com).

## The Evolution and Application of the Miniscript (DVD)

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US \$50 plus tax, S&H

[available only to licensed therapists]

e-mail: [kahlercom@aristotle.net](mailto:kahlercom@aristotle.net)

## EXAM CALENDAR

Exam	Exam Adm.	Exam Date	Location	App. Deadline
<b>CTA Exams</b>	COC	15-16 Apr 2009	Nottingham Univ, UK	1 Jan 2009
	COC	2-3 Jul 2009	Rome, Italy	1 Mar 2009
	BOC	5 Aug 2009	Lima, Peru	5 May 2009
	BOC	24 Sep 2009	Calicut, Kerala, India	24 Jun 2009
	COC	24-25 Sep 2009	Belgrade, Serbia	1 June 2009
	COC	30 Sep-1 Oct 2009	London, UK	1 Jun 2009
	COC	12-13 Nov 2009	Switzerland	1 Aug 2009
	COC	Nov 2009	Nantes, France	1 Aug 2009
	COC	7-8 Apr 2010	United Kingdom	1 Jan 2010
	COC	8-9 Jul 2010	Prague, Czech Republic	1 Mar 2009
<b>TSTA Exams</b>	COC	15-16 Apr 2009	Nottingham Univ, UK	1 Oct 2008
	COC	2-3 Jul 2009	Rome, Italy	1 Jan 2009
	BOC	5 Aug 2009	Lima, Peru	5 Feb 2009
	COC	12-13 Nov	Switzerland	1 May 2009
	COC	Nov 2009	Nantes, France	1 May 2009
<b>CTA Written</b>	All Regions (Non-Europe)	Your choice	Submit to Regional Exam Coordinator after paying \$50 fee to T&C Council	Your choice
	<b>TEW</b>		28-30 Jun 2009	Rome, Italy
		8-11 Aug 2009	Lima, Peru	9 Apr 2009
		27-29 Sep 2009	Calicut, Kerala, India	27 May 2009
<b>TEW/CEW</b>		12-14 Jul 2010	Prague, Czech Republic	12 Mar 2010

\*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 94558-2775, 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 News 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 94558-2775, USA. **COC Training Endorsement Workshop:** to take a COC TEW, contact the European TEW Coordinator, c/o the EATA office.

# IN MEMORIAM

## CHARLES TUGGLE

**From Tom Griggs and Dianne Maki.** Charles Tuggle, TM, of Savannah, Georgia, a student of the Gouldings, died 17 January 2009 at the age of 73 as a result of injuries suffered in a motor vehicle collision. His Moon River Group Seminars became well-known in his area, attracting gifted therapists who continued to spread Charles's knowledge and techniques to other professionals. To read a full obituary, visit [www.foxandweeks.com](http://www.foxandweeks.com).

## CARLO MOISO

**From Alan Jacobs.** Carlo, dear man. I spent a week with him in April 2002 in a region called I Castelli Romani, near Rocca di Papa, some 45 minutes outside Rome, sometime after I heard about his cancer. Previously he had surgery and radiation. We went to the hospital for final results. Clean! We were ecstatic, went right out that afternoon and celebrated. Then we went to his home to be with his wife, Rosabala, and their children, Sevi and Carlotta. A few months earlier he ended a detailed message with, "I have reasonable hopes that I will survive this cancer, still I could not stand the idea of departing without being with you in the old terms of deep friendship, fondness, respect, and appreciation."

Well, reasonable wasn't enough, was it? Nevertheless, at the time it looked as if he was free of it.

During that week together we went to a food fare with blazing Italian color, ate at a few remarkable restaurants, told each other lies about our pasts, walked the streets of Rome, spent time in his office, talked about theory and TA politics (always a fascinating subject for "analysis"), attended a school parents' meeting for his children (where 20 people all talked at once for an hour-and-a-half and miraculously solved every agenda item). And, of course, two broken down old athletes visited the Stadio Olimpico, walked on the track, stood at the start of the 100m, conjuring earlier days of strength and the invulnerability of a bygone youth.

My wife, Krysia, and I went shopping with him in Chicago to buy champagne for his Eric Berne Award party. He was so happy. We were in his room in the hotel as he was dressing for the award ceremony. I remember his EBMSA acceptance speech as literate, profound, and deep, reflecting some of his best qualities. Nine years later I was lucky enough to win the same award. To continue the tradition, Carlo, along with Richard Erskine, went to lunch and helped me shop for my own party. That was a special moment, the three of us eating, joking, gossiping, laughing, and crying.

In the end, though, gravity gets us all, ne 'cest pas? Good-bye "gumba." I will remember you.

**From P. K. Saru.** I met Carlo for the first time in 1994. He was so warm and approachable that we made an instant connection. In 1997 he came to Coimbatore, India, to attend the ITAA designated conference. He was at that time on the ITAA board as a representative of Europe. He was fascinated by the vibrant colors of India, its ethnic diversity, beautiful women, spicy food, and even the fabulous variety of Indian jewelry (especially the price). I assisted him in purchasing a piece of jewelry for his wife.

Indians took to him in a big way because of his in-depth exposition and understanding of transactional analysis theory and concepts and the warm, comfortable, pleasant manner in which he interacted. After the conference, he presented a special workshop on transference for trainees, which was very well received and appreciated.



P. K. Saru and Carlo Moiso in Coimbatore

Carlo stayed at my house for 2 days, and we struck a deep connection as friends, colleagues, and fellow transactional analysts. We shared a lot by way of theory, particularly Eric Berne's deviation from psychoanalysis and the unconscious process. I saw him only once after his illness. He still oozed warmth, exuberance, and spirit. His demise is a great loss as a good friend, colleague, and brilliant fellow transactional analyst. My prayers and condolences to his family.

**From Richard Erskine and Some of Carlo's Trainees and Colleagues.** I have just returned from conducting a 5-day training workshop in France. Among the 20 participants, half had been in Carlo Moiso's training programs for several years. We spent time reminiscing about Carlo and discussing his capacities as a psychotherapist, his unique interpretations of transactional analysis theory, his methods of practice, and his many personal characteristics.

I first met Carlo in 1974 at the first European transactional analysis conference in Villars, Switzerland. At that time, I was chair of ITAA's international relations committee and had organized the initial meeting of delegates from several countries that became the founding committee of the European Association of Transactional Analysis (EATA). Carlo was among the founding members. I remember his enthusiasm for transactional analysis and his active participation at the meetings in Villars and in all the subsequent formation meetings. He was a central pillar in developing EATA.

Carlo joined my transactional analysis training program in Munich, Germany, while he was finishing his medical residency in Switzerland. I remember his attending with his leg in a cast after having crashed his Porsche on a mountain road. He was wild and reckless in those days. On one occasion, during a 10-day workshop, part of which was held at the Dachau concentration camp, Carlo became so enraged at the atrocities of the Nazi era that guards tried to subdue him. He then engaged the guards in a political discussion about liberty and democracy. Carlo was always interested in politics, both local and international. In later years, he taught about the importance of psychotherapists developing a political/ethical value system.

I was always appreciative of Carlo's brilliance. At one conference, there were no translators, so Carlo spontaneously translated my English-language presentation into Italian, French, and Spanish. What a mind! I deeply miss his energy, excitement, and joy about life.

After several years of training in both Europe and the United States, Carlo established a transactional analysis training institute in Rome with Michele Novellino. He also conducted transactional analysis training programs in France and Spain. Among my most vivid memories of Carlo were the long, late-night discussions we had about theory and methods of transactional analysis and of "what Berne really meant" in his book *Transactional Analysis in Psychotherapy*.

Carlo had a facile understanding of theory and wanted to keep Eric Berne's concepts alive and flourishing. In recent years, he referred to his transaction-by-transaction analysis in group therapy as "pure Bernean."

Carlo was enthusiastic about many aspects of life. He knew more about American baseball than many American fans. I miss the excitement of racing through the streets of Rome on the back of his motorcycle. He would point out the various historical sites and launch into a detailed description of some aspect of the history of Rome. In recent years, we copresented at conferences where we compared and contrasted how we practiced transactional analysis. He taught about his intrapsychic-behavioral approach; I taught about a relationally focused transactional analysis that emphasized affective and developmental attunement, relational needs, and the therapist's active presence. Together, we presented a wide spectrum on the application of transactional analysis to psychotherapy. Our coteaching generated many lively discussions among participants.

There are many more things I could say about Carlo, but perhaps they are better said with the voices of those people whose lives he transformed (see excerpts below from participants of workshop mentioned earlier). In closing, I want to say, "Carlo, you were a marvelous man. It was a joy to know you, exciting to have had our many discussions about ego states, transference, and psychotherapy, and an honor to have served as your trainer and supervisor. May your legacy linger in the hearts and minds of the many people whose lives you transformed. May you rest in peace."

**Laurence:** Carlo taught me to be proud of myself both as a woman and a professional. He helped me experience the joy of belonging to the family I have chosen. With heart, he stimulated me on to the path of excellence.

**Martine:** Carlo helped me to reveal myself to myself. He made me aware of my own intelligence. When Carlo was talking to me, he did so as though he considered me a colleague. He was able to recognize his own errors with me and to apologize.

**Claude:** As a professional, he taught me to find excellence. I think of Carlo's work with clients as "lace therapy"—a fine delicacy and depth of personal experience. He was so curious and, in being so, broadened my vision of how to have a good life. He helped me to become a vibrant woman. I am lucky to have had Carlo as both my therapist and trainer for many years.

**Frederic:** Carlo gave me the feeling of someone taking continuous care of me. He became my backbone.

**Anny:** Carlo helped me to become proud of my way of thinking, and he encouraged me to develop my interest in understanding the world around me and its link to my work as a therapist.

**Daniel:** Carlo was a man of the world, not an isolated therapist. He enabled me to become conscious of my capacity to be a psychotherapist. One of his best qualities was to show his limits and to accept them, which is a beautiful permission to be oneself. He had a high requirement for clear theoretical thinking.

**Gwenola:** Carlo was an authentic and trustful man who required a lot from his students in a benevolent way. He had a creative sense of humor that enabled him to lighten rather dramatic moments. He was not afraid of our becoming better psychotherapists than he was.

**Chantal:** He enabled me to have confidence in myself. He gave me the permission to go my own way. His intelligence and sense of culture stimulated the development of his trainees' desire to learn and experiment with their own creativity.

**Pauline:** Carlo is the first person to make me realize that consistent, personal support was possible. He was essential to my growth both personally and professionally. In my work as a therapist, I frequently use his two favorite questions: "What is your intention?" and "Who are you doing this for?"

**Grace:** Carlo made me feel intelligent because he related to me as if I were. With his brilliant mind and the way he used it, he opened doors for me that without him would have stayed unnoticed. He made my world bigger and enhanced it.

## MARY GOULDING

**From Michiko Fukazawa.** Dear Mary: I first met you in April of 1975 at Mt. Madonna and decided then that you were to become my mentor. Over the years I learned so much from you and Bob, and I prided myself about my decision to place you as my mentor not only as a teacher but also as a great person and role model. I cannot thank you enough for the gift you gave me, including trusting me as your translator and interpreter in your workshops in Japan and in your many translated writings. It was like you were speaking Japanese through me. I have a special place in my heart where I can visit whenever I want to listen to your wisdom, courage, and humor.

**From Fanita English.** I first met Mary in 1964 when I came to Carmel to learn transactional analysis at the new "TA Institute," defunct now since 1970. In addition to Berne and his secretary, the "faculty" consisted of David Kupfer, Bob Goulding, and Mary (then Edwards). David and Bob ran treatment groups, which I was expected to observe and discuss later, and Mary was in charge of doing intake for David and Bob's patients, who paid regular fees, and patients who paid \$1 per group session with me

*continued on page 7*



Mary and Bob Goulding at their 1981 Remarriage Ceremony (Our thanks to Steve Karpman for sharing this photo)