Richard Erskine Honored With 2018 Eric Berne Memorial Award

We are delighted to announce that Richard Erskine has been awarded the 2018 Eric Berne Memorial Award for his work on “Unconscious Experience, Attachment Patterns, and Neuropsychological Research in the Psychotherapy of Life Scripts.”

There were, astonishingly, five separate nominations received for him coming from all over the world from a total of 62 people. Each nomination cited these materials:


The three articles cited expand transactional analysis by further refining the concepts of unconscious processes and life scripts, integrating Bowlby’s work and contemporary research in neuropsychology to increase our understanding of the formation and tenacity of script and identifying the interventions necessary for script analysis. By considering the unconscious dynamics of life script and attachment patterns, Richard’s work offers a powerful theoretical framework and effective interventions to enhance transactional analysis.”
theory of life scripts by merging Berne’s theories with concepts from child development and current research into early childhood attachment patterns. Richard’s work helps transactional analysts better understand the unconscious dynamics and attachment patterns that form the protocol and palimpsests of script. They clearly place the concept of life script in the realm of relational disturbances in the early life of the child, an idea addressed by Berne in *Transactional Analysis in Psychotherapy* but not developed.

Second, each of the cited articles defines and provides examples of how to effectively use this expanded theory of life scripts in psychotherapy and counseling. Richard provides a practical guide for therapeutic practice, which helps fill a gap left by Berne, who provided few guidelines for using life script theory in therapeutic work with clients. Richard proposes that “transference is a manifestation and expression of the unconscious dynamics of life scripts,” and these three articles contribute to a deeper understanding of the internal process of transference. In so doing, they offer a significant addition to Berne’s theory by focusing on the unconscious processes and psychological functions that are the basis of games.

This is Richard’s third Eric Berne Award. In 1982 he shared the award with Marilyn Zalcman for their work on the racket system and racket analysis. Then in 1998 he shared a second award with Rebecca Trautmann for their work on the comparison and integration of transactional analysis with other theories and approaches.

On learning the news of this latest award, Richard said, “I am thrilled to receive this prestigious award once again. I began writing about life script 40 years ago in the April 1980 *TAJ* with an article entitled ‘Script Cure: Behavioral, Intrapsychic, and Physiological.’ The trilogy of articles on life script cited for the current EBMA is the result of reading a vast array of psychotherapy literature, in-depth psychotherapy with a variety of clients, and numerous discussions with colleagues. Each of my articles begins with an attempt to understand, clarify, and/or develop a theoretical concept or an aspect of psychotherapeutic methods. I am very grateful that this work has been so recognized and honored.”

Our congratulations to Richard on receiving the 2018 Eric Berne Memorial Award. If you wish to congratulate him yourself, he can be reached at integpsych@earthlink.net.
Did I Miss the Boat?
On Writing for the TAJ

by Helen Rowland

The theme issues of the Transactional Analysis Journal have long been valued by our community as an important part of the TAJ’s success as a multidisciplinary, peer-reviewed journal. They are not just a vehicle for bringing together varied voices and perspectives on a theory or practice issue; they also offer an opportunity to expand our interest into other areas of the humanities and can be a vehicle for bringing in an academic voice from outside of our TA community.

The first theme issue in 1971 was devoted to the theory of strokes, and subsequent themes have traversed a wide and varied terrain, covering not just transactional analysis concepts but also social and identity issues, politics, social theory, geographical explorations, comparative modalities, research, and specific practice issues. Our most recent theme issue, “Social Responsibility in a Vengeful World” (April 2018), is a fitting testament to Berne’s conceptualization of TA as a social psychiatry.

But there is a downside, and the question that the editors are most often asked is, “Have I missed the boat for writing an article about [topic x] for the next theme issue?” Deadlines are the bane of any aspiring writer’s life, and it takes both practice and discipline to learn to write comfortably toward a fixed point in time. I suspect most of us are familiar with the experience of having a great idea and a healthy dose of good intention, but then life gets in the way of the execution. As the great English humorist and science fiction novelist Douglas Adams once said, “I love deadlines. I love the whooshing noise they make as they fly by.”

In response to the question about “missing the boat,” we invite the transactional analysis community of readers and potential authors to consider TAJ theme issues not as definitive accounts on a topic—as if there could even be such a thing—but as a springboard for further developing our theories and perspectives.

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deal of thought about a topic, and we on the editorial team want to actively encourage potential authors to harness and hone those responses into new articles for publication. It may be that you want to specifically write a piece in direct response to an article that has been published. Or perhaps the collected articles in a
theme issue have evoked responses and thoughts that can be further developed into a new contribution on the subject. Or maybe you just have some thoughts you’d like to share in a letter to the coeditors or a book review you would like to contribute on a relevant topic.

We also often hear people say that they would like to write for the TAJ but that they lack the confidence. So we as an editorial team want to take this opportunity to reassure potential new authors that there is both support and thorough editorial input throughout the process.

So, next time you find yourself saying, “Oh, I wish I had made the time to write about [insert topic], but now it’s too late,” you’ll know that the answer is “Oh no it isn’t!”

Helen Rowland is one of the coeditors of the Transactional Analysis Journal. She can be reached at helen@helenrowland.co.uk. To submit an article, review, or letter to the TAJ, send to Managing Editor Robin Fryer at robinfryer@aol.com.

Make Sure You Receive Your 2018 TAJ Hard Copy

As announced in previous issues of The Script, now that the Transactional Analysis Journal is being published by Routledge/Taylor & Francis, an issue is published online each quarter and then a hard-copy, bound volume of the four 2018 issues will be printed in September. To ensure that you receive your copy, it is extremely important that you check your online membership account at itaaworld.org to make sure your dues are paid up. Only members who are on the active membership list when the hard-copy volume is printed will receive it in the mail. If you need help checking your account, please contact Ken Fogleman at ken@itaa-net.org.

Transactional Analysis Conferences Worldwide

16-17 June 2018: Third Bulgarian Association for Transactional Analysis (BATA) Conference. Contact: http://batanews.org/


17-19 August 2018: Kochi, India. ITAA-SAATA Conference. Contact: www.saata.org/conference2018/

3-4 November 2018: Lyon, France. First Tri-National French-Language TA Conference (IFAT/ASSOBAT/ASAT-SR). Contact: info@ifat.net.

23-24 November 2018: Singapore. Australian Transactional Analysis Association and Transactional Analysis Association of Singapore Conference. Contact: Tony White at agbw@bigpond.com

16-23 February 2019: Frenchman’s Cove, Jamaica. USATAA Gathering. Contact: usataaa.org

Welcome to New Members

APRIL 2018
Sergio Caballero, Brazil
Alice Ester, Netherlands
Dina Kononova, Russia
Deepa Mani, India
Claudia Medrano, USA
Olivia Scobie, New Zealand
Ben South, New Zealand
Gabrielle Stein, Netherlands
Francesca Vignozzi, Italy
As I write this about a week after the end of the 2018 UK TA Association (UKATA) Conference in Liverpool, I am aware of, as the Beatles said, “Getting by with a little help from my friends,” some of whom contributed to this article.

There were a number of celebrations at the conference this year, including for those who successfully passed their exams, those who received the UKATA medals, and the recipient of ITAA’s Muriel James Award.

I was not present at the examinations, but I understand that a number of people completed some parts of their TA journey with Certified Transactional Analyst (CTA) or Teaching and Supervising Transactional Analyst (TSTA) exams. John Paradise offers these comments on his experience of the exams.

“The end of a journey or the beginning? Or was my CTA merely a way station? My experience of the CTA oral exam was of excitement and nerves. How interesting to observe my own archaic process in action on seeing my examiners in the briefing room. Some metathinking and the chance to share my noticing with my exam ‘buddy’ soon had me grounded in the here and now. The actual exam passed quickly and, I’m embarrassed to say, was actually a really enjoyable process. My examiners were thoughtful and yet testing of me. So to emerge a CTA in psychotherapy and walk back to exam headquarters was a surreal experience in some ways. The exam gave me the opportunity to witness just how much voluntary work is put in by people in UKATA to make the process work. With the exam out of the way, it was then time to enjoy the conference and connect with colleagues. I am humbled and proud of how well our community celebrates the achievements of its members, and I think rightly so.”

The UKATA medal was awarded to several individuals in recognition of their contributions to the work of UKATA. The honorees included Pietro Cardile, Adrienne Lee, Andy Williams, and John Renwick.

On Saturday evening, a celebratory ITAA drinks reception was held to introduce UKATA members to the goodies on offer from Routledge/Taylor & Francis, the relatively new publisher of the Transactional Analysis Journal. Conference participants were provided with a link that allowed them to sign up to read and download 10 free articles (for a limited time) as a way to sample what this wonderful journal has to offer. In addition, ITAA student membership is always available for only US $90/year, which is a tremendously good value.
After the reception we sat down to a wonderful meal and another treat. Ann Heathcote, a much valued member of the transactional analysis community, was awarded ITAA’s Muriel James Living Principles Award, which was presented to her by ITAA President Diane Salters.

In introducing Ann as she was about to receive the award, Bill Cornell said the following: “It gives me great pleasure to announce here at the UKATA annual conference the winner of the 2018 ITAA Muriel James Living Principles Award, Ann Heathcote! I had the pleasure of knowing Muriel quite well. She was a remarkable woman whose life was often not so easy. She did not wear those difficulties on her sleeve but used her own life experience to infuse and inspire her work as a therapist, an educator, and a minister—especially with regard to the lives of women. Muriel was typically soft spoken, and yet she was one of the first women to take her place in the circle of men around Eric Berne in the San Francisco Social Psychiatry Seminars at a time when the women members were known as the ‘dancing girls.’ Muriel brought the dignity and intelligence of women to that group of early TAers, a dignity and force of will that was reflected in many of her books. Muriel was quite self-effacing, but there was a bulldog inside of her ready to fight for the dignity of all peoples and of women in particular. The Muriel James Award was created by the ITAA to recognize these qualities of personal contribution and dedication to the learning and welfare of people through transactional analysis.

“This is the spirit of Ann Heathcote, and she is a perfect recipient of this award in Muriel’s memory and spirit. Ann, too, is often soft-spoken. She has tended to do her work in and for TA and the ITAA more from the shadows than seeking the spotlight. Her many contributions have included her own writing, her work as an editor for the Transactional Analysis Journal, and her crucial work on the Eric Berne Archive. For me personally, what I have most admired about Ann’s involvement with TA and the ITAA is that she stepped out of the TA power structure of the TSTA/PTSTA training hierarchy and worked in her own often quiet but determined way. She was not seeking attention but simply offering contributions. That is the Muriel James spirit. And for those of you who know Ann well, you know that she shares another quality with Muriel: within her quiet presence, there also lives a bulldog.”

As you can imagine, there were loud cheers from the audience, and then Ann offered her acceptance speech: “I am delighted, and surprised, to be awarded the Muriel James Living Principles Award. I especially want to thank the International Transactional Analysis Association and also my dear friends and colleagues for nominating me. These include Bill Cornell, Steff Oates, and John Heath, who are here tonight, and also Marco Mazzetti, Carol Solomon, and Gloria Noriega. From the bottom of my heart, thank you. Winning this award, this year, seems particularly special because, as you may already know, Muriel James sadly died earlier this year at almost age 100. Muriel James’s shoes are enormous, red, and sparkling—like Dorothy’s in the Wizard of Oz—and hard to fill. My own shoes seem tiny and grey in comparison. However, one thing I have learned during my TA journey is how unhelpful it is to compare myself with others and find myself wanting. This helps no one. So, with this important learning in mind, I am thrilled and inspired to receive the Muriel James Living Principles Award and in my own ‘quiet’ way to follow in her footsteps.”

If you would like to send your congratulations to Ann, she can be reached at ann.heathcote@icloud.com. Steff Oates can be reached at lcfan@me.com.
The Family: Reflections on the 2018 UKATA Conference

by Chris Horton

I am a TA psychotherapy Wealden Institute trainee who in the last 3 years has regularly attended TA conferences at regional, national, and international levels. The 27-29 April UK Association TA (UKATA) Liverpool gathering was my most fulfilling experience yet. From my arrival in the Art Deco hotel setting of the original 1930s airport, I took off with my colleagues into a rich exploration of transactional analysis through shared inquiry into gender and sexual diversity.

Andy Williams’s opening plenary speech balanced a moving account of often deeply painful experiences of discovering his own sexual identity with a compassionate invitation to us all to consider how traumatizing it can be to come of age feeling sexually different in an often insidiously undermining heteronormative society. Andy’s PowerPoint photograph of the hotel’s wedding service logo—a silver Mr. & Mrs. ornament—powerfully illustrated the way in which societal norms routinely discount the lived experience of others. As the conference began, I wondered about the power and privilege accorded to me as an English-born white heterosexual male from a comfortable middle-class background.

From Andy’s reminder to look at my own frame of reference, I moved on to my first workshop, which was led by Nathan Gould on working therapeutically with men managing their problematic anger. In this large, mixed-gender group with diverse levels of training and professional experience, we explored anger through the TA concepts of ego states, the drama triangle, rackets, life scripts and the passive behaviors. Nathan shared his new piece of theory that an angry male client can have a “counter-script identity” to “Be a Good Guy” with extreme anger often an outcome when his relentlessly “good” behavior is challenged. This sets up a self-reinforcing cycle of: hurt–rage–guilt–repentance–back into being a good guy. A group member spontaneously elaborated Nathan’s model in terms of ego states and impasses—to a subsequent round of applause. After workshop one, the conference energy was palpable.

A Friday evening drinks gathering was characterized by a collegiate buzz as we celebrated four winners of the UKATA medals and acknowledged those whose contributions to transactional analysis have been lasting and deep.

The next morning I shot next door before breakfast to the old aircraft hanger converted to a gym, where I shook off the excesses of the Friday evening drinks and meal. Below me in the outside swimming pool, a man gently floated alone in the rippling water, staring up at the sky.

Next up, I chose an experiential learning workshop on desire led by Pietro Cardile. He proved highly adept at allowing our small group to grow rapidly in intimate contact with each other. Every individual was acknowledged as Pietro wove our
expressed experiences into wider themes around the meaning and purposes of desire in our humanity and in our psychotherapeutic understanding. Most memorable for me was the discussion around what we lose in our identities when we conform to identifying with a particular gender under pressure from societal norms.

Bill Cornell’s conference address challenged the audience to consider our preconceptions about gender and sexual identity through a rich account of his own work. Bill reminded us of the emergence of intersectional discourse and the complexities of the ways in which clients’ social and sexual identities become judged and marginalized by society. We in the audience were continually asked to consider whether his account of a therapeutic encounter had been a success, a failure, or somewhere in-between.

After Bill’s address, I felt that I’d had enough thinking for the day and swapped afternoon workshops to attend Harry Gerth’s “Beyond the Tango: Discover Yourself Through Dance.” This certainly turned out to be a good call as we were required to ditch our Parent ego states for much of the time, at first free dancing together and then through learning the tango and examining how we can use our bodies in communicative expression with each other.

That workshop proved a brilliant preparation for the evening dancing that followed the UKATA Annual General Membership meeting and meal. A versatile band called, appropriately enough, The Family, ensured the dance floor was full until well after midnight. I can’t remember having so much fun just dancing in years.

Sunday morning I attended the UKATA Council Forum convened to allow council to hear the views of our wider UKATA community. I felt excited in the company of a gathering mostly comprising more experienced and professionally advanced practitioners and trainers than myself. In this space for the sharing of views—which sometimes surfaced outright conflict within the group—I was struck by the way many colleagues modeled the core TA philosophy of “I’m OK, You’re OK” and how this way of being helps to build trust on all sides of a disagreement and contribute to the shared experience of being in healthy relationship with others.

As we prepared to end the conference, during ITAA President Diane Salter’s closing remarks, I made a note of the words she chose to quote in asking us: “Are you willing to believe that you and all other people are equal, able and lovable?”

As I drove home that Sunday afternoon, I was abuzz with the learning, the experience, and the glow of connection with others, all of which reminded me of why I was drawn to our TA world in the first place.

And as my working week began on Monday, I suddenly realized one thing about our conferences: They do not leave time for reflection. They move us quickly between intense learning experiences interspersed with equally intense moments of connection with friends and possible future friends. And they leave it to us to make sense of it all.

This was my most fulfilling UKATA conference yet, and for next year in Birmingham, I’ve decided to deliberately build in a day for reflection immediately afterward, a day in which I give time to attend to my own process and tease out my learning from each of the workshops and the many rich individual encounters our conferences gift us.
German TA Conference a Success in Vienna

by Anne Kohlhaas-Reith

The 2018 Deutschen Gesellschaft für Transaktionsanalyse (DGTA) Conference took place 11-13 May in Vienna, Austria, on the theme of “Eric Berne Meets Sigmund Freud: Transactional Analysis in Movement.”

The day before began with a trainers’ meeting in the morning and, at the same time, a meeting for all people using TA (examined or in training). In the afternoon, we had meetings for TA’s four different fields (psychotherapy, education, counseling, and organizations) followed by our annual general meeting. The atmosphere in all of those events was great and set us up for a good start of the conference the next morning.

The conference opening was quite unusual and very special. It began with a presentation about a project (for details, visit www.africaaminalama.com) run by Dr. Christine Wallner, a medical doctor from Vienna who, at the age of 63, stopped her own practice and moved to Tanzania to do something useful and valuable. Over the last 10 years the project has grown to include schools, a hospital, and holiday housing for tourists. She now has more than 200 African employees running the facilities. Dr. Wallner talked about her project, and conference participants could purchase products from there or make donations (an anonymous person guaranteed to double the sum collected). We knew about this project from some Vienna colleagues and friends. My husband, Richard, and I will be traveling with them to Tanzania for 3 weeks in January 2019 and have offered to do TA presentations for some of the medical staff and teachers.

The conference program covered many interesting topics, and participants reported a variety of excellent workshops. In addition, long-time DGTA member Dr. Heinrich Hagehülsmann was honored with the DGTA Lifetime Award for his contributions to the association. He was the founder of our quarterly journal, Zeitschrift für Transaktionsanalyse, which he started in 1984.

On Saturday evening we had a big party in the wonderful historical Vienna Rathaus (city hall). As usual at TA conference parties, many people were dancing the whole evening and having fun. Overall, this conference was one of the best and best-organized ones we have attended in 40 years of going to TA conferences!
A s announced in the April 2018 issue of *The Script*, the ITAA has launched a members-only page (MOP) on its itaaworld.org website. Some of you have perhaps already seen it. Although there has been a members login page on the site before, the MOP is a new version that benefits ITAA members through online communication.

To get to the members-only page, click “Member Login” in the top right corner of the homepage at [www.itaaworld.org](http://www.itaaworld.org) and enter your username and password. These are the same ones that you have used all along to join or renew your membership. Once you are logged in, you will be at the members-only page. Among the information you can find there is the expiration date of your membership.

When you reach the members-only page, under the Log Out button, you will see six buttons as shown below:

The buttons will lead to information on the following topics:

**News**: This section will offer information, reports, and notices that are available to members only, including materials such as annual financial reports, results of membership surveys, and so on. These will be different from the kinds of materials highlighted in the “News and Announcements” on the ITAA home page.

**Update username and password**: In this section, you will be able to change and renew your username and password. Changing your password regularly is recommended to maintain security.

**Go to *The Script***: Before long, the ITAA newsletter, *The Script*, will be a true privilege for ITAA members only. Members who log in and reach the members-only page will be able to read the latest *Script* in addition to the archived issues from the past. (Nonmembers will be able to access issues published more than a year ago as they can now from the *Script* section of the homepage.) Members will continue to receive the monthly teaser email announcing the publication of the most recent *Script*, with links that will take you directly to the newsletter on the members-only page. In addition, we hope to provide easy access to the newsletters of our partner organizations via a link in the teaser.

**Renew**: Once a year, we encourage you to click this button to renew your membership online. Presently, ITAA is upgrading the online student membership renewal system so it connects to this “Renew” page so that trainees and student members can easily renew their membership online.

**Edit & confirm your profile**: When you change your name, address, contact information, and attributions, enter the personal registration data using this button. It is vital that you renew and update your information, especially when you change your email address and/or postal address. Otherwise, you may miss important notices and *The Script*. The data collected through this page will be used to create an ITAA professional directory.

**Project**: Projects and new ideas will be introduced in this section. For example, currently you can access the supervision project from the “Project” page.

These and other upcoming renovations will not be drastic, but we hope to provide a sustainable evolution that will make the transitions easier and clearer for members. Any new developments will be announced in advance in *The Script*, so watch these pages going forward.

Izumi Kadomoto is ITAA Vice President of Development. She can be reached at izumikadomoto@nifty.com.
Latin America Board Representative Chosen

The results of the election for the ITAA Board of Trustees Representative from Latin America are in, and the new trustee from that region is Michelle Thomé.

Michelle is Brazilian and currently lives in Rio de Janeiro. She originally worked as a journalist for 15 years in newspapers, radio, and television. In 2008, when she finished her master’s degree in sociology, she began teaching at universities and created a communication consulting company.

She first encountered transactional analysis while working as a corporate communications manager at a multinational company in 2013, when a friend and colleague suggested she take a TA 101. She has not stopped studying TA since.

Michelle’s TA certification (UNAT-Brasil equivalent to PTSTA) is in the organizational field. She is currently doing the 202 (equivalent to CTA) for the educational field and, in parallel, the 303 (equivalent to PTSTA) to train to be a supervisor and teacher in TA.

She writes, “Working as a systemic coach, I use TA instruments with clients with significant results. My focus with the client is the relationship system. We are often not consciously aware of the systems in which we work and live. During the coaching process, we work to see patterns and dynamics in systems to provide insights and resources to develop new behaviors.”

Michelle is currently on the board of UNAT-Brasil, the association that brings together transactional analysts in Brazil. She is responsible for the communication activities, including their monthly journal Opções and their social media.

In her nominee statement, Michelle wrote, “My greatest desire as a regional representative would be to contribute to aligning the local processes of educational training within Latin America with the ITAA model. This way TA practitioners can work in the global economy across borders. I also want to encourage colleagues from my region to participate actively in international meetings. Then Latin America can contribute to shaping TA theory and practice throughout the world. I intend to act as an active communication channel between the ITAA and the regional associations, promoting the union between all of our countries. I believe that these activities and conviviality with the international TA community will also contribute to our mutual development as transactional analysts.”

We congratulate Michelle on her success in the election and look forward to her joining the ITAA Board of Trustees when her term begins following the Annual General Membership meeting this August in Kochi, India.

If you wish to be in touch with Michelle, she can be reached at michellethome@gmail.com.
The Dance of Culture
ITAA-SAATA Conference 2018
August 17-19, Kochi, Kerala, India

International TA Conference is returning to Kochi after 25 years

The Theme
With political, social and economic impact of globalization, and ever increasing diversity we are caught on different points of the cultural continuum from the ‘mixed salad’ to the ‘melting pot’ – part of ‘The Dance of Culture’.

Can this metaphor inspire us transactional analysts to explore and, if needed, change our roles in this dance of culture and invite others to join us? India with its diverse cultures invites YOU to "The Dance of Culture".

“Come to know what’s the latest development in the TA theory and application at the international arena”

http://www.saata.org/conference2018/

Who can attend:
Managers, executives, parents, teachers, students, counselors, psychotherapists, physicians, psychiatrists, consultants, trainers, coaches, healers, and anyone who’s interested in self-growth and change and in helping others grow and change.