Korean TA Association Invites the ITAA to Korea

From 1-4 November 2018, ITAA President-Elect Elana Leigh and then Vice President of Development Izumi Kadomoto traveled to Daegu, Korea, at the invitation of the Korean TA Association to meet the people and see the city with the aim of considering a decision for KTAA to host an international TA conference there in 2021. The following are some reflections about their visit from each of them as well as from KTAA President Jung Duk Kyu.

Flying into Korea filled with curiosity, ambivalence, and some trepidation, I wondered who this community of unknown people were and how we would bridge the gap of language and culture in order to decide on cohosting and cocreating an international TA conference. So many preconceived ideas about this country, its history, its people, and so many expectations held by both parties.

In the arrival terminal, I was greeted by a sea of unfamiliar, warm, open faces, and from that moment, generous hospitality flowed. Our relationship began with caution, politeness, and...
accommodation as we attempted to
discover who we were for each other
and how we could understand and
meet each other’s needs.

As we met the minister of education,
senior administrators of the city,
convention center organizers, tour
guides, community leaders, transla-
tors, and many others, a vibrant, cre-
ative, and impressively advanced city emerged in which education is pivot-
al for all, and transactional analysis
is alive and thriving in all major areas
of its society. Here Berne’s vision
of making TA understandable and
applicable to everyone is realized
and lived.

The days were intense, filled with
business and activity, and in between
we shared our stories of pain and his-
tory and our desire for peace. These
unfamiliar faces became familiar, and
our mutual longing for a different
world created the bridge that eventu-
ally joined us.

– Elana Leigh

During our short stay in Korea,
both Elana and I visited the EXCO,
a convention center that has been
recently renovated, and we imagined
the liveliness of an ITAA conference
there. We also observed our inner
excitement. Then we were taught
the history of Daegu City. It has
been a hub that helped other cities
connect for many years. Now it is
the center of industries, traditional/
contemporary medicine, and edu-
cation. We could see many modern
buildings as well as traditional Kore-
an gates and old houses. It seemed
like everything is living in harmony in
this city.

On the second day, we each gave an
hour-long talk. Elana talked about
the meaning of ITAA’s existence and
its objectives, and I spoke about TA
development in Japan, the closest
neighbor of Korea. The visions we
offered made an arc in terms of TA
development and were complement-
tary to each other. We and the Kore-
an audience were also complement-
ary in that they were fully prepared
to receive, and we had many things
to share with them. All of us enjoyed
this time spent together.

In addition to our presentations, we
all together talked about TA, our his-
tory, our lives, and our future while
walking in the city, eating lunch
with chopsticks, and heading to the
airport. Neither they nor I are native
English speaking, but we did have a
common language in transactional
analysis. The dialogue with our Kore-
an colleagues was relational, exis-
tential, realistic, and dramatic.

By the time we left Daegu, I could
imagine a conference there with our
Korean TA colleagues. I am con-
vinced that ITAA members world-
wide would be stimulated by this
country, this city, and the people.
Our friends are enthusiastic about
learning and relating, as Daegu City
has been for over 1000 years.
– Izumi Kadomoto

We were honored to have Elana
Leigh and Izumi Kadomoto visit
Daegu City and the Korean TA Asso-
ciation last November. Despite the
unfamiliar place and long journey, we
appreciated their sharing their hum-
ble attitude, candid reactions, and
knowledge and information about
the ITAA. Because of their visit, we
in KTAA feel we have become better
known as one of the associations in
the TA community.

“The days were intense, filled with
business and activity, and in between
we shared our stories of pain and
history and our desire for peace.
These unfamiliar faces became
familiar, and our mutual longing for
different world created the bridge
that eventually joined us.”

The story began when we started to
think about attracting the 2021 ITAA
International Conference to Korea.
Since KTAA’s establishment in 1990,
our community has now grown to
as many as 4,000 members. Those
TA leaders are engaged in a variety
of activities in the areas of educa-
tion, counseling, psychotherapy,
organizational development, and
other areas (e.g., parent education,
mental development programs, etc.).
In addition, there are more than 20
branch offices connected with the
association. With such an abundance
of TA experts in Korea, the need for
establishing an international net-
work is increasing day by day. Even
though I have participated in inter-
national TA conferences a few times,
KTAA still lacks a sound relationship
with the broader TA world.
As many people know, recently there have been signs of peace on the Korean Peninsula. Partially as a result, we have decided that this is a good time to host the conference, and many related organizations in Korea agreed as well. The theme we have suggested for the conference is “Peace, Love, Happiness, and TA.” We chose it because we think it is both interesting and timely and will bring much needed attention to efforts for peace around the world.

This journey to attract the ITAA conference was not easy. We were supposed to visit India for the 2018 conference in order to make a presentation and discuss the terms for bringing the conference to Korea. Unfortunately, our flight was canceled due to the harsh weather conditions. The result was that we discussed inviting some ITAA delegates to Korea.

At first, we were nervous about doing so because we only knew of the people who might come from their photos on the ITAA website. However, when we finally met at Daegu International Airport, our worries faded because of the kind smiles and consideration Elana and Izumi brought to the KTAA community. Our conversations with them were enjoyable and informative, and despite the language barriers, we were able to communicate through the language of TA.

We had prepared some activities for their visit. We visited Daegu City Hall and the Daegu Metropolitan Office of Education. We met with the education governor of the city and talked about TA applications in schools and counseling. The governor gave full support to the idea of having the 2021 ITAA Conference here.

On the second day, we held special workshops at the KTAA headquarters and learned about ITAA’s activities and Japan’s TA activities. It is clear that many KTAA members have wanted for many years to meet ITAA people from elsewhere in the world.

We thank the ITAA, Elana Leigh, and Izumi Kadomoto again for making their visit possible. We are in the process of working collaboratively toward the possibility of having the 2021 conference here as a way to play a meaningful role in the TA community in the future.

“The 2021 TA Conference has been set on a solid foundation by the Korean team, Izumi, and Elana through their collaborative work during the initial visit described here. The process will be led going forward by Chitra Ravi, ITAA Vice President Operations, with the invaluable support of Izumi Kadomoto and the conference committee.”

– Jung Duk Kyu
Reflections on Founding the Southeast Institute and Healing Divisions Today

by Emily Keller

A Sikh Temple in the United States, a church in Pakistan, a synagogue in the United States, a Roman Catholic cathedral in the Philippines, and, just recently, a mosque in New Zealand: All are tragically linked as the sites of horrific, deadly attacks launched by extremists wishing to sow division and terror.

Extremism is everywhere. It is one of the many examples of the current divisions in our world. As we prepare for the upcoming conference in Raleigh on “Promoting Equality and OKness: Healing the Divisions in Our World,” I have been reflecting on and wondering what individuals can do to effect change at the level of the group, the society, and the global community. It brought to mind Graham Barnes, the founder of the Southeast Institute for Group and Family Therapy (SEI), which will be celebrating 50 years of work toward social justice when we gather together this August for the conference sponsored by SEI, USATAA, and the ITAA. What motivated this white man, in 1969, to found the Fellowship for Racial and Economic Equality (FREE), which would later become SEI? To find out, I visited with Graham over a couple of online video sessions.

In 1968, Graham was studying at Boston University and Harvard University toward a doctorate in social ethics. On the evening of 4 April, after returning home from class, he turned on the news and watched broadcaster Walter Cronkite announce the death of Dr. Martin Luther King, Jr. “I was just wiped out,” he said about that moment. “I was in disbelief. That could not happen.”

Until then, Graham had been studying systemic racism and poverty and knew that they go hand in hand. He revered King’s work in the civil rights movement, and on hearing of his assassination Graham knew that he “had to do something.” By the time he went to sleep, he had put together ideas that would lay the groundwork for a new organization. “I knew from my studies that the roots of injustice don’t just take hold of individuals; they are embedded themselves within our social systems. We
can't just focus on changing individuals, we have to look at changing systems.” That became his mission.

The next day, he started calling white leaders of segregated organizations, many of them religious figures. “I asked if they would commit themselves to working within their institutions to overcome the problems of systemic racism,” Graham recalls. Not one person said no. Within 48 hours he had agreements from more than 50 people, all of whom had committed to signing his “call to action.” Shortly after, he found a financial backer. He was on his way to forming an action-oriented organization to combat systemic racism. He took a leave of absence from his studies to pursue that goal.

Despite the initial enthusiasm and support, Barnes had many challenges to overcome. The assets that were promised were suddenly frozen, and other people started to express political concerns. As time went on, the initial motivation spurred by King’s assassination waned. But not for Graham. He overcame a series of obstacles until the day he established FREE in 1969.

In the first 4 years of operation, FREE conducted work and led workshops with leaders from 40 states across the United States. “We were working to overcome racism at the systemic level. To do that, we also had to address economic inequality. Where there is racism, there is economic inequality and injustice,” says Graham. Toward that end, they worked with local religious leaders and leaders of various other organizations. They came together to work in groups committed to systemic change.

FREE was eventually renamed the Southeast Institute for Group and Family Therapy (SEI) to reflect its broader focus on alleviating trauma and conflict. Vann Joines joined SEI as director of training in 1973 and became director and president in 1979. Vann says he was attracted to SEI because “I had been active in civil rights work since 1967, and joining SEI was a way of combining that work with my interest in psychotherapy.”

People in those days really wanted change, Graham explains. And they were changing. “That is what systemic thinking is about. The individual is already embedded within many systems.” Not only does change need to happen at the group level, but for it to last, each generation needs to recommit. If they do not, when the group changes again, the individuals follow. “You can help individuals change all you want,” Graham says, “but the next time a systemic change takes place, their minds go with it.” Graham remembers one of his Harvard professors saying, “Every personal problem is a social problem, and every social problem is a personal problem.” It is an inseparable loop.

Despite the interlinking of individuals and society, we—or at least people in power—often separate them. I am reminded of the writings of Ignacio Martín-Baró (1994), who wrote that people in power place the burden of change on disempowered individuals. Rather than look at what we can do at the social level to create healthy people, we take labels that belong to an unhealthy society, place them on individual people, and call them unhealthy. We have it all wrong.

“If we can get it wrong, we will,” Graham said. “If we don’t make mistakes and get it wrong, then we don’t have the basis for learning.” Now is the time for us to come together and take a good look at what we are doing.

At this point in our conversations, I asked Graham about some of the recent terrorist attacks and hateful rhetoric in the world, including the United States. “Do you have the sense that things are better off today than they were when you started FREE?” I asked. Graham offered, “I think the extremism is so much worse today than it was in 1968. We’ve had all these years of it, and it’s continuing to spread. It’s pervasive.”

That extremism is designed to divide us, but these divisions are not natural. The fact is that connection is natural. Graham explained that “the environment goes deep within us into every cell of our bodies and outward into the air we breathe. It goes all the way out and all the way in. We aren’t living in the environment, we are the environment.”

Today, our urgent challenge is to connect to our truth. In TA terms, that truth is that “I’m OK and you’re OK.” Although SEI and many other individuals and organizations have worked toward “promoting equality and OKness” around the world, divisions persist and deepen. A new wave of hateful rhetoric and terror is rising.

We need your voice as we come together to explore what can be done—now—to heal the divisions in our world. Please join us at the SEI/USATAA/ITAA conference on 31 July–2 August in Raleigh, North Carolina. For details, visit www.usataa.org/conference/.

Reference

Emily Keller can be reached at beinwonder@gmail.com.
Richard Erskine on “Life Scripts: The Psychotherapy of Unconscious Relational Patterns”

Lecture, discussion, and live demonstration will be used to illustrate that life scripts are a result of the cumulative failures in significant, dependent relationships. We will explore the unconscious script patterns formulated over several developmental ages. These unconscious patterns influence the reactions and expectations that define for us the kind of world we live in, the people we are, and the quality of interpersonal relationships we will have.

Steve Karpman on “Berne, Darwin, and the Happiness Formula”

Journey back to the 1960s origins of TA to re-create Berne’s early 202 seminars. Learn about his four rules of theory making and then break into small group “think tanks” to brainstorm original TA theory and diagrams to present later. Also, we go back to Darwinian evolution to find the three survival instincts underneath the drama triangle, and the compassion triangle exercise demonstrates six empathic escapes from the drama triangle.

Vann Joines on “Redecision Therapy: Working With the Emotional Brain to Resolve Social Injustice Traumas and Achieve Lasting Change”

Modern neuroscience shows that working with the emotional part of the brain produces lasting change. This part does not distinguish between the original experience of a traumatic event and the emotional reexperiencing of it. By working in first person, active, present tense, a traumatic event can be worked through to a new resolution. A demonstration group will illustrate how this is done in red decision therapy.

Gloria Noriega on “The Transgenerational Script Questionnaire” (TSQ)

The TSQ, applicable in individual and group sessions, is an effective instrument for untangling the family tree. In a quick, easy way, understand the complex structure of your transgenerational script as a pattern that has been unconsciously repeated over three to five generations. A brief didactic presentation and group process will help participants differentiate their healthy and toxic family scripts to reinforce the former and red decide the latter.

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**TA Conferences**

**10-12 May 2019:** Birmingham, UK. UKATA National Conference. Contact: [www.ukatanationalconference.co.uk](http://www.ukatanationalconference.co.uk)

**4-6 July 2019:** Cherkassy, Ukraine. EATA Conference. Contact: [www.eatanews.org](http://www.eatanews.org)

**31 July - 3 August 2019:** Raleigh, North Carolina. 50th Anniversary Southeast Institute/USATAA/ITAA Conference. Contact: [www.usataa.org/conference/](http://www.usataa.org/conference/)

**8-9 November 2019:** Manly, Sydney, Australia. Australasian TA Conference. Contact: Rhae@directgroup.com.au

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**Register now for the Raleigh conference so you do not miss hearing from these invited speakers!**
The April 2019 theme issue of the Transactional Analysis Journal on “Transactional Analysis and Existential Perspectives: Religion, Faith, Spirituality, and Beyond” is now available online here.

In their Letter From the Coeditors, Anne de Graaf and Sylvie Monin wrote, “Going back to the etymology of the word religion, we find that it comes from the Latin re-ligare, which means ‘to reconnect.’ How do we see ourselves in relation to everyone and everything around us? In a time when most people seem to see themselves and others as stand-alones, the world seems in need of re-ligare, reconnection, and religion—not “that old time religion” but a new perspective on how to reconnect. In the articles in this issue of the Transactional Analysis Journal, the authors share their perspective and how TA and other means can contribute to such reconnection.”

The articles in this issue include the following:

- Religion, Faith, Spirituality, and the Beyond in Transactional Analysis
  Keith Tudor

- Life Offline: Stories of Connectedness in Faith Communities
  Trudi Newton and Karen Pratt

- Hidden in Plain Sight: Spirituality in Transactional Analysis
  Rod Sandle

- Integrating Transactional Analysis and Tai Chi for Synergy and Spirituality
  Sashi Chandran

- Transactional Analysis and the Spiritual Dimension in the Religious Music of Johann Sebastian Bach
  Henk Tichelaar

“Written on My Heart in Burning Letters”: Putting Soul and Spirit Into a Transcendent Physis
Peter Milnes

Transactional Analysis, the Judeo-Christian Tradition, and Religious Values
Vann S. Joines

We hope you enjoy this issue and, as always, we would love to hear your thoughts. Please send your letters/comments to TAJ Managing Editor Robin Fryer at robinfryer@aol.com.

TAJ Theme Issues

“Normativity, Marginality, and Deviance”
Coeditors: Diana Deaconu and Helen Rowland
Deadline: 1 November 2019

“Concepts of Cure”
Editor: Helen Rowland
Deadline: 1 May 2020

“What Went Wrong and Why? Catheexis Theory and Reparenting Reexamined”
Coeditors: William F. Cornell and Diana Deaconu
Deadline: 1 November 2020

Please follow the submission requirements posted here. Email manuscripts to TAJ Managing Editor Robin Fryer, MSW, at robinfryer@aol.com.

Keep Your Mailing Address Up to Date!

It is your responsibility as an ITAA member to keep your mailing address up to date so that you receive any postal mailings, including the yearly bound volume of the Transactional Analysis Journal. Please make sure to change your address if you move by logging into your account on the ITAA website. And when you renew your membership each year, it is important to check to make sure that your address is current. If you need assistance in logging into your account and/or checking your mailing address, please email admin@itaaworld.org.
In November 2018, the first French-language TA Conference was held in Lyon, France, with the theme of “Hope.” It was attended by 299 participants from three associations: ASAT-SR (the French-language Swiss association), ASSOBAT (the French-language Belgian association), and IFAT (the French TA association). The three organizations have been cooperating for years on various projects, and this conference symbolized our mutual commitment, friendship, and will to progress together around shared values. We celebrated joyfully in the two days before the conference as all 19 exam candidates (CTA, TTA, and TSTA) from Belgium, Brazil, France, Lichtenstein, Serbia, and Switzerland passed! We also witnessed a rare event, with two EATA medals being received: a gold medal for Jean-Pierre Quazza, CTA-O, and a bronze medal for Sylvie Monin, the first TSTA-C in Switzerland. Both were honored for their commitment to the development of transactional analysis in France, Europe, and internationally. Many thanks to the organizers who so masterfully carried out this project and to the many speakers who shared their vision of hope through various TA concepts, including keynote speakers Laurence Vanin, PhD, and Mark Widdowson, TSTA-P.

I will focus here on Laurence Vanin’s keynote entitled “L’espoir ou le réenchantement de l’agir” (“Hope or Reenchanting Action”). She shared her view of humans as thinking beings who are responsible for their actions and are influenced by the universe (a place, an epoch, a time and space). In my own practice as a psychotherapist I find hope to be the keystone of therapy. It is what makes it possible for human beings to reflect, and therapy, after all, is a place for elaborating on and linking reflections. Desire is the source of hope, what makes us move toward tomorrow and our goals. The therapist aims to help patients get back into movement by reconnecting with their desire. Despair is the fear and frustration when patients cannot get beyond their existential anguish. Then they are no longer in the dynamics of action but fall into passivity. Hope is waiting for something, expecting yet accepting that
the psyche has its own, sometimes frustrating timeline. To move forward, individuals must take care of themselves and find resources and energy from some form of “sun.” As professionals in the business of accompanying people, we can think of hope as a thought leading us to a new ethics, another way of taking others into account and taking care of them. Hope is present in healing laughter, and humor and laughter together can unblock a conflict or bring lightness to a heavy heart. In “The Place and Role of Hope in Relationships” with Myriam Chéreau, TTA-E, and Stan Madoré, PTSTA-O, we considered the authentic relationship in which all individuals find their place in a true exchange. The OK Corral helps to verify what is going on and where we are at in the relationship. In the workshop “Blossoming Your Whole Life Through the Dynamics of Hope” with Isabelle Crespelle, TSTA-P, she perfectly illustrated her theme with a video showing Fanita English and Isabelle working with two therapy groups, one of observers.

– Marie-Catherine Laporte
Mont de Marsan, France

A contrasting view of hope was ironically explored in the first workshop I attended: “What If Pessimism Was a Resource” with Eric Rolland. Optimism and pessimism were considered as coping strategies for anxiety. Eric described strategic pessimism, which is a way of predicting and preemptively solving things that could go wrong. It is an alternative to just thinking “everything will be fine,” which might be a discount of stimuli trying to arise through intuition. In the next workshop, presented by Nicole Pagnod-Rossiaux, hope was vividly depicted through a case study that viewed hope as a combination of the client’s desires for change and the transferring of archaic needs onto the analyst as a potential source of once frustrated needs. The therapist helps the patient to venture beyond the grieving of archaic frustrations. Writings by Barbara Clark, Michele Novellino, Ray Little, and Carlo Moiso offered support for Nicole’s ideas. The following day, Hélène Cadot’s workshop “Beyond Hope” considered how life sometimes brings us unexpected gifts that we would not have dared to hope for. Hélène described the path to existential fears as a cauldron in which darkness meets the brightest lights in striving to meet the self. In the last workshop I attended, researchers Brigitte Evrard and Jean-Pierre Quazza described their work to fill gaps in Berne’s theory so as to make it stronger. In particular, we explored the concept of recognition in the current liter-
ature. Born in interaction with a significant other, it is rooted in the first social interplay, usually with parents. As we mature, recognition is given to and received from chosen partners with whom rights are agreed on and claimed. The ultimate stage of recognition is a community of shared values. If recognition is a need, its roots in social interaction are a sign of hope. There is hope, too, in the fact that TA will receive better recognition as we fill out the theory, which in turn can guide us as students to engage in joyful, active, critical thinking about TA.

– Sylvain Richir
Cugnaux, France

Our thanks to Elise Blanc (CTA-P) and TA trainees Marie Catherine Laporte and Sylvain Richir for sharing their reflections on the conference and to Script Editor Laurie Hawkes for translating their text.
Simplified Renewal Process for Student Members in TA Training

by Deepak Dhananjaya

We in the ITAA aspire to be responsive to feedback from our members. We have, therefore, been working to simplify the renewal process for our student members. Through leveraging current technology, we have set up the following process:

1. The student sends an email to admin@itaaworld.org and ken@itaa-net.org and copies in the trainer’s email ID as registered with the ITAA. Attached should be the appropriate membership renewal form as indicated with the links below:
   a. Full—Student membership
   b. Talent 1—Student membership
   c. Talent 2—Student membership

   Note: Payment details are optional; please see step 3.b below for clarification.

2. The trainer (P/TSTA) responds by “replying to all” and confirming the student membership using the following template:

   I, ________________________, (P/TSTA) in ____________ (list one or more fields: psychotherapy/counseling/organizations/education), confirm that ________________________ (student’s full name) is in my transactional analysis training program in the field of ________________ (psychotherapy/counseling/organizations/education).

3. The ITAA administrator will validate the email ID to confirm that the trainer is an ITAA member and his or her field.
   a. If payment details are sent in the form, then the administrator will process the payment.
   b. If payment details are not included on the form, the administrator will send the online payment link to the trainee so that he or she can make the membership payment.

4. Ken Fogleman will confirm the payment and membership status to the trainee.

We believe this process will simplify renewals for our student members. This process will be in place as of 1 April 2019, although student members are free to use the old method if they wish.

Please note that the membership renewal process for university students remains unchanged.

Deepak Dhananjaya, ITAA VP Development, can be reached at deepak.dhananjaya@gmail.com.

European Ballots Have Been Sent

The ballots have been sent to all ITAA members in Europe for the election of the next European ITAA board representative. Those with consent forms on file were sent their ballots by email; those without consent forms were sent their ballots by postal mail. A reminder: If you do not already have a signed consent form on file, we urge you to fill one out and send it in. You can find the form here.

The Australasian TA Conference will be held 8-9 November 2019 at the Novotel in Manly, Sydney, Australia. The theme is “Storytelling: Curing the Past in the Present to Enable the Future.” CTA exams are planned for 7 November, and if enough people sign up, a TEW will be held on 10-11 November. For more information, visit www.taaustralia.com.au/news-and-events/ or www.nztaa.org.nz or contact Rhae@directgroup.com.au.
Keeping In Touch

Vann Joines with participants from a TA 101 in Busan, Korea, which was held from 17-18 January 2019 and attended by 200 people. Vann and his wife, Chellie, are seated front center.

Tony White spent 2 weeks in Russia, Moscow, and Saint Petersburg in November 2018 running seven workshops on a variety of topics, including suicide, sex therapy, and procrastination, as well as several redecision therapy groups. His trip was sponsored by Julia Gradova, who was assisted by Ekaterina Ikonnikova. Shown here is Tony with the 11 November group in Saint Petersburg on procrastination (there were 16 additional online participants in the workshop).

Vann Joines (seated front center) with participants from a redecision workshop he presented in Degue, Korea, 19-22 January 2019.