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Election to Be Held for Two ITAA Board of Trustees Posts

As announced in the February Script, two of the open positions on the board of trustees received more than one nomination. As a result, there will be an election for president-elect and Australasia regional representative. All voting members are encouraged to cast ballots for president-elect; only voting members from the Australasia region will receive ballots for that position. Ballots will go out 2 March and must be returned by 16 April. Voting members who have consent forms on file will receive their ballots by email; those who do not will receive them by postal mail.

Here are the statements of the candidates for president-elect and Australasia regional representative.

President-Elect

Chitra Ravi

I am happy to be able to say, as ITAA Vice President Operations and a trustee, that the association is doing well after weathering some difficult years. It has come out stronger, determined to move forward with new ideas and clear resolve. Our membership has not only stabilized but increased, our finances are looking up, and our outreach to other TA associations is entering an exciting phase. Our journal is thriving in our partnership with Routledge, with article downloads



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Julie Hay

Technology nowadays brings the world together. As the ITAA President who, 30 years ago, introduced the TAlent discount scheme* to counter economic disadvantages and also experienced the pitfalls of the original EATA/ITAA affiliation attempt, I now believe ITAA needs radical strategic change. I envisage an overarching body that brings in the thousands of people in TA associations around the world—where people join locally and then become part of our international community;



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Chitra Ravi, continued

soaring, and a new presence on Twitter. Our board is characterized by trust and effectiveness that allows us to challenge each other in ways that are productive and dynamic. As a part of this process as a board member, vice president, a TSTA (P), and for 6 years with the IBOC, I have seen firsthand what works and what doesn't. I am honored now to be nominated to become president-elect, and having worked closely with the current and past presidents, I have a realistic understanding of the job. The ITAA continues to face challenges of sustainability and relevance in our changing world, and leading it will require balancing several polarities. These include upholding ITAA's legacy while inviting new and creative ideas, being radical in our initiatives while remaining true to our values, and finding our role in a world in which social responsibility/engagement is paramount. Toward these ends, I will encourage TA communities worldwide to engage cooperatively in the service of their members and associations as well as the larger world. 📍

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Julie Hay, continued

where our 1960s California culture gets thoughtful adaptation for other cultures; where we develop more inclusive qualification opportunities, with online options, staged levels, accounting for cultural norms and national requirements, and balancing specialization against our common aims and theory. Instead of a small ITAA (1000 members only) linking up with other relatively small associations, or struggling as before to join bigger associations (like EATA with 7500 members), let's devise what the world needs now, in ways that are available now, taking into account the issues Earth is facing now. My contribution,

and hence insight, into ITAA and the international TA community, includes experience of ITAA Partner and EATA affiliation processes; project managing the international TA proficiency awards; developing the first online TEW; establishing the *International TA Journal of Research & Practice*; chairing the organizing and scientific committees for the World TA Conference 2020; being a TSTA in all fields; and teaching TA in over 40 countries. I want to work strategically with all of you for the benefit of ITAA so we contribute to a healthier world for future generations. 📍

* *Editor's Note:* Julie credits Jenni and Mervyn Hine for the TAlent idea, which was first introduced in EATA.

Australasia Regional Representative

Anne Tucker

I am honored to be asked by the Aotearoa New Zealand TA Association (ANZTAA) Board to put my name forward for nomination for the role of ITAA Regional Representative for Australasia. My vision for the regional representative role is not only to maintain the relationships I already have within the TA community across Australia and New Zealand but also to develop and sustain new connections; to ask questions about what members want from the ITAA, and to listen to their responses. I will ensure both ANZTAA and AATA receive relevant feedback, information, and reports so they can be kept abreast of developments. If elected, I will



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Jo Frasca

I first met TA in 1993 and since then it has become a part of the fabric of my everyday life and practice. I am a CTA-P by choice, wanting only to work as a clinician and not in training. My objective in applying for the role of regional representative for Australasia is my interest in the growth and development of TA both in this region and also as a contributor to TA globally. I have served on the ATAA Board on and off over 2 decades in various positions, with three as president. I have also served on the boards of two other large associations in Australia for over 12 years in total, with three as president. I have been exceedingly proactive in the development and growth



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Rules for Candidates Seeking Election

Election Campaign Guidelines:

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

Endorsement of Candidates

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

position within the organization as part of the endorsement.

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

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

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

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

Campaign Spending and Membership Appeal

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

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

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

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

3.4d Dissemination of Information on Electioneering: These election guidelines will be published in *The Script* newsletter at the same time and along with the announcement of the list of nominees for the year if there is at least one contested position and therefore an election ballot.

Reporting a Violation of Campaign Procedures

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

ii. Members are encouraged to first reach out directly to any such nominee to clarify his or her intent and to give

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Anne Tucker, continued

actively build and sustain healthy relationships and support them with efficient structures and systems that promote sustainable, vibrant, and progressive TA organizations both across Australasia as well as internationally. Maintaining the principles of TA, truly valuing difference, and being inclusive are core to my principles. Having grown a business from scratch, I fully understand the importance of healthy relationships, developing structures, and ensuring effective functioning so that a lean business can not only survive but flourish. I took these principles and skills to my role in ANZTAA, where I was president for 6 years and support person to the new president for a further year. I believe they can be effective for the ITAA role for which I have been nominated, and if I am elected, I agree to fulfill the role diligently and with integrity. ⑤

Jo Frasca, continued

of all those associations, specifically by growing membership numbers and developing standards and ethical procedures. For 2 decades, my passion has been the expansion and promotion of all aspects of professional associations generally. I have spoken at conferences in Australia, Singapore, Israel, and Ukraine on various topics using TA concepts. I have written a book in the hope of educating the public on psychotherapy, and I am in the process of coediting a book for Routledge. I am active on social media where I use my presence to further understanding about the fields represented by TA. With my experience in these areas, it would be an honor to serve a broader role with the ITAA. ⑤

Reflections on My Time in Bangladesh: Walking the Talk

by Elana Leigh

White supremacy is not a left/right political issue: it is the very foundation of our societal structure, the roof, the contents of our society. Racism is not so much embedded in the fabric of our society as it is the fabric.” (From *White Tears Brown Scars* by Ruby Hamad)

It is hard for us Whites to step down from our ivory towers, especially when so many of us believe we have done so already.

“Stepping into Dhaka was like walking into the deepest, darkest parts of myself and facing every prejudice and contamination that I consciously and unconsciously embody. This pulsating, vibrant, overcrowded, chaotic city is the capital of a people who are proud fighters for human rights.”

The purpose of my trip to Bangladesh was to accompany PK Saru and participate on a panel addressing issues of mental health and the role transactional analysis can play in everyday life. This was followed by a 3-day TA 101 and 2 days of CTA training, all run by Saru, who has been instrumental over the past 19

years in developing and growing TA in Bangladesh.

Stepping into Dhaka was like walking into the deepest, darkest parts of myself and facing every prejudice and contamination that I consciously and unconsciously embody. This pulsating, vibrant, overcrowded, chaotic city is the capital of a people who are proud fighters for human rights. Having liberated their country and their language, they continue to be engaged in striving for the rights of all and thus reflecting their constitution: “It shall be a fundamental aim of the state to realise through the democratic process a socialist society, free from exploitation—to safeguard, protect and defend this constitution.”

These highly educated people have embraced transactional analysis theory and practice in ways that reflect Berne’s truest dreams: to make available psychological theories and practice to the people in order to liberate and empower them, respecting high academic standards and at the same time not overadapting to Western ways. The Bangladeshis naturally know how to apply transactional analysis in a way that it is culturally appropriate and truly



makes a political, social difference to all people.

Walking the talk of our principles and philosophies is a constant challenge and one I am afraid many of us do not do all that well. We do not fail consciously. Our intentions are mostly honorable, but our willingness to explore our intentions is what is missing. Buying into the belief that “they” need my help and to learn from me are embedded beliefs in all of our colonial minds. We White, Western people have



Elana Leigh (left) in Bangladesh receiving a token from Nasima Akter (center) and Justice Md Nizamul Huque (Retired Justice of Bangladesh Supreme Court), chair of the seminar and chair of Freedom Within

all been affected by colonial and imperialistic thinking, and this must therefore not become yet another binary dialectic/debate but rather one in which we collectively have space to deconstruct both intrapsychically and interpersonally.

My White sensibility agonizes me. I cannot escape it because even in the moments when I am desperately attempting not to be all that I hate, I am still deeply ensconced in my White guilt, which is equally damaging. I have and still carry so much guilt about being White and all that I have participated in, all the ways I have consciously or unconsciously used the “other” in an attempt to eradicate these excruciating, shameful feelings. This does not discount all that I have done and do, it does not minimize that we have a lot to teach each other, it does not deny different developmental needs for learning from others, it does not override natural hierarchies in systems (the student and the teacher will always be part of any learning system), BUT what this does require is for us to examine those of our positions and belief systems that keep White supremacy going.

My strongest takeaway from my time in Bangladesh is that I/we need to find ways to learn and grow together, to struggle together to break these colonial patterns. I do not have the slightest idea how to do this other than to be transparent with these dilemmas so that we can collectively find a way through. An example of this occurred when I addressed issues of separation and individuation and was questioned about whether this may be mostly a

Western issue. Feeling delighted that there was freedom to question, we engaged in a stimulating cross-cultural, multiracial conversation about the question.

We transactional analysts in the West or in so-called more developed countries need to realize that TA is being practiced in profound ways in many countries and cultures around the world. When we embrace the totality of our community and not simply the parts with which we identify, then we may be further along the road in our development and in living as a community of true equality.

Here are some of the questions I want to raise to us as a community:

- Do we Whites consciously or unconsciously use developing countries for our own ego needs?
- Do we maintain being beneficiaries of the system by colluding with White supremacy/colonial thinking? We get excited about foreign, so-called less developed countries and offer our services to teach, but who is the true beneficiary in such situations? I am sure

both, but opening and exploring our “missionary ways” is important for the growth of us all.

- Do we reach out to countries and communities of both color and less Western development and ask to learn from them?
- Do we examine our own biases, prejudices, and frames of reference?

I am certainly a grateful beneficiary of the system that has been in place. My 21-year journey in India has given me the opportunity to work through so many complex, confusing issues that result from my being a White South African Jew.

As I said, I don’t always know what to do. But I have chosen to use my role as ITAA President to speak out in the hope that we can drop our guilty White tears and collectively do something. Social justice/action is not simply about helping the poor, needy, and/or less developed communities. I am afraid that those are White constructions that keep the same system going. I don’t know what the other options are, but I am desperately trying to figure out this mind-bending, heart-wrenching, guilt- and shame-provoking question.

The caveat I want to add is that this is not an attempt to idealize people of color or less-developed communities, nor is it to discount all that we do. Rather, it is simply a strong attempt to keep these thoughts and questions ALIVE.

In closing, and on behalf of all members, we extend our loving thoughts to TA communities in China, Korea, Japan, Singapore, and elsewhere around the world who are being so deeply impacted by the coronavirus, a virus that reminds us how small the world is and how much we impact each other. 5

TA Continues to Flourish in Bangladesh

From PK Saru

I first visited Bangladesh in 2003 on the invitation of Khursheed Erfan Ahmed, the then director of Ain o Salish Kendra (ASK), an influential NGO there dealing with legal aid and advocacy. Khursheed, realizing the importance of counseling along with legal aid, attended a training program organized by Parivarthan in Bangalore. This deepened her enthusiasm for introducing counseling training in Bangladesh and resulted in my trip, which was in keeping with my goal to take TA to the Islamic world.

The participants in the first TA program were psychology professors from Dhaka University, mental health professionals from various organizations, and some human rights activists. TA appealed to them because of its applicability, and after my first visit, Khursheed asked for systematic training. I and my colleagues from Asha in India offered them a one-year training culminating in an evaluation and diploma. Eventually, three such programs were conducted, which resulted in many individuals enrolling for CTA. So far, two have passed the written exam and many more are in process. Although there has been a lull in training activities due to some organizational changes, now, Nasima Akter, the former coordinator at ASK, has established her own cen-



At the Freedom Within office in Bangladesh (front row from left): Azmery Sayeed, Elana Leigh, Ruseli Khan Jhumpa, Tanzim Noor, and Afrin Jannat; (middle row from the left): Rasel Biswas, Gaz Dilruba, Mahmuda Muhsina Bushra, and Nasima Akter; (third row from the left): Nurunnahar Begum and PK Saru; (standing from left): Najmul Qader Sani and Sunjida Islam

ter: Freedom Within. Under her able guidance, TA will again bloom in Bangladesh.

Because the 2016 ITAA/SAATA Conference planned for Bangladesh had to be cancelled due to terrorism, ITAA President Elana Leigh's visit with me to Bangladesh this past January offered closure on that unfinished gestalt. The Bangladesh TA community was thrilled to have her

and organized a public seminar; she also did a segment of the TA 101 the following day, a memorable experience for us all.

From Nasima Akter

TA began in Bangladesh in June 2003 with a TA 101 for 23 people from government and nongovernmental organizations and educational institutions. I was a junior



TA 101 in Bangladesh with (seated in front, left to right) Elana Leigh, PK Saru, and Nasima Akter

worker and the second person in the psychosocial counseling program at Ain o Salish Kendra (ASK). ASK began in 1986 as part of the movement toward human rights during a period of military government here. In addition to those efforts, ASK worked to mediate family issues and serve victims of various types of individual and state violence. As Saru described, Khursheed Erfan Ahmed, one of ASK's founders, introduced psychological support for those victims, which led to the first TA diploma course in Bangladesh.

Since 2003, about 500 people working in various organizations have attended a TA 101, 53 people have completed the diploma course in TA and NLP counseling, and 43 have signed CTA contracts with Saru and continue training periodically. The diploma course became popular among psychologists and graduates in other disciplines because in Bangladesh there were restrictions on students from non-psychology backgrounds learning counseling. ASK developed a unique

program whereby doctors, educators, psychologists, clinical psychologists, engineers, and others could develop counseling skills.

When ASK discontinued TA training in 2016, I felt sad and helpless. But I recalled that some of the founding members of ASK urged us to learn wherever we could, not only with ASK: "The ideology of ASK can be spread through you." I was then inspired to start a new organization with a partner, Mahmuda Muhsina Bushra, which we named Freedom Within. This was the theme of the 2016 TA conference that had to be cancelled, and our theme picture holds the message "The Power of Life" and our logo says "Choose the Life," which we understand to be the basic message of TA. We are providing healing workshops using TA concepts, and our focus is on creating awareness regarding mental health and well-being, individual and group interventions, professional knowledge and development, and advocacy and networking. Through formal and informal activities, we offer the messages that people can change their lives at any point, at any age, if they want to and that they have the power to think where, how, and the way to change and take responsibility for their desired self.

Reach PK Saru at pksaru21@gmail.com and Nasima Akter at freedomwithin247@gmail.com.

We began our work in October 2016 and were registered in February 2017. We provide psychological support and no one is denied because they cannot pay.

Freedom Within has started offering the TA 101 course and continuing the CTA course from 2018 with PK Saru and her associates facilitating. This year the Department of Public Health, Northern University Bangladesh (NUB) introduced a

course on mental health in collaboration with Freedom Within whereby masters students in public health learn some TA concepts along with primary mental health. Freedom Within also signed a memorandum of understanding with NUB to start a diploma course on TA and NLP in collaboration with Asha Counseling & Training Services, India. We are also advocating in media and primary to tertiary education systems through governmental and nongovernmental mechanisms.

As the host organization for ITAA President Elana Leigh's visit here in January, it was a great honor to have her present a seminar for 120 participants, the keynote on "TA Counseling and Psychotherapy to Enhance Life," and a portion of the TA 101 course for 21 participants along with our beloved mentor PK Saru. On behalf of Freedom Within, I want to express our love and gratitude to them both.

In our work for well-being, autonomy, and empowerment through programs for children, students, and adults using TA concepts, our slogan is "We believe in the power of life." TA is our inspiration. We are grateful to Eric Berne and other contributors for the TA ideas that offer ways to change our lives. 📌



Successful examinees from the 9-10 November 2019 exams in Louvain-la-Neuve, Belgium. (Bottom row from left): Maria Jane Kendall, CTA (P); Olivier Colombel, CTA (P); Alice Redon, CTA (O); Quynh Anh Trinh Xuan, CTA (O). (Top row from left): Séverine Erouart, CTA (P), Rosario Chavez, CTA (O); Christel Bergundthal, CTA (E); Boris Volodin, TSTA (P); Aleksandra Djuric, CTA (P); Annaïck Pasquier, CTA (E); Magali Poujol, CTA (P); Roksana Yashchuk, CTA (P); Béatrice Godlewicz, TSTA (C)

Exam organizers for the 9-10 November 2019 exams in Louvain-la-Neuve, Belgium (from left): Sylvie Monin, Catherine Pilet, Alexandra Psallas, Geoffrey Bette, Philippe Boucharesses, Pascale de Winter, and Dominique Gérard



Local exam supervisors for the 9-10 November 2019 exams in Louvain-la-Neuve, Belgium (from left): Dominique Gérard, TSTA (C), for TSTA exams; Sylvie Monin, TSTA (C), for CTA exams; and Pascale de Winter, PTSTA (C), local exam supervisor's "invaluable right hand" (who due to EATA regulations could not officially act as a local exam supervisor)

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the person feedback about the communication in question.

3.4f Violation of Election Guidelines

- i. These guidelines are posted on the ITAA website.
- ii. All nominees are expected to know the guidelines and will therefore be held responsible for following them even before the guidelines have been sent to them when their nomination is submitted. Any behavior counter to the guidelines, therefore, is considered a violation of campaign procedures.
- iii. The ITAA Board of Trustees will contact any nominee thought to be in violation of these guidelines as part of an inquiry into his or her actions.
- iv. If the Board of Trustees judges the nominee to be in violation of the guidelines, the person's nomination will be rescinded for that election cycle.
- v. The nominee will not be prevented from participating in future election cycles. ⑤



Congratulations to new CTAs from exams in Sydney, Australia, 7 November 2019 (from left): Peter Tia, Jemma Dymond, Mark Pope, Jane Valentine, Leigh Gillespie, Ines Ferrer-Bergua, Andrea Graham, Chiyo Hayashi, Saki Sugimoto, and Michiko Kawanami

Congratulations to 8 of the 16 new CTA psychotherapists who passed their exams (for both their MSc and CTA) at Metanoia Institute, London on 21-22nd November 2019 (from left): Matthew Robinson, Sadia Nelson, Holly Patrick, Elinor Williams, Barbara Wattiez (front), Claire Newman, Emma Black, and Virginie Dainton



Congratulations to 8 of the 16 new CTA psychotherapists who passed their exams (for both their MSc and CTA) at Metanoia Institute, London on 21-22nd November 2019 (from left): Mia Bentley, Deniz Guney, Esther Sherato, Ronaldo Stroppa, Delilah Zabaneh, Micheal Meleady, and Roksana Paciepnik

Viola Callaghan

We were sorry to learn of the death of Viola Callaghan, one of the early members of Eric Berne's San Francisco Social Psychiatry Seminars and the ITAA. She passed away on 17 July 2019 at 99-1/2 years old. A memorial service was held on 10 November 2019, and at that gathering, there was a slide show and movie in which she talked about TA. She felt that it was her greatest contribution to the world.

In her 1971 *TAJ* article titled "A Living Euhemerus Never Dies" (coauthored with Jules Levaggi and Charles Berger), Vi wrote:

My relationship with Eric Berne was always a mixed one. I first met Eric as a student . . . [and] at that time I recognized that he "spoke my language." . . . When Eric said he believed in curing people I became somewhat agitated—the idea seemed to be a rather radical one. . . . [But] "it was with eager trepidation" that I realized Eric Berne was an important man, not only to me but to future mankind's mental health. (pp. 66-67)

She went on to describe the beginning of the Tuesday night group on Washington Street in San Francisco and how ITAA was eventually born out of that seminar:

I offered my services as secretary, a natural ability of mine and a natural service to offer. From that night on I was secretary to the Seminars, "primary internal apparatus" and number one dancing girl. I was also Treasurer when there was any money to be accounted for. . . . I remained Social Secretary and Hostess until about 1964 . . . and remained Treasurer of the ITAA until 1969. (p. 67)

Vi became an observer of Berne's group at McAuley Institute in San Francisco, including his famous patient-staff conferences in which the two groups exchanged places halfway through. She described how his work was both groundbreaking and also controversial. But above all, "He has contributed a way of thinking which has as its basic tenet innate respect for the human individual" (p. 68).

Vi went on to do group therapy in San Francisco as well as working at the Vacaville Prison. She also wrote several more articles for the *TAJ*, including "Tears on Paper: Reactions to a Therapist's Death" coauthored with Roger Freed and Jules Levaggi in 1973, "Old and New Legends" in 1981, and "Protection and Nutritional Nervosa" coauthored with Stephen Karpman in 1985.



Steve Karpman describes Vi as always "upbeat and fun to talk to with her keen interest in TA games and people." He recalls that "in the trippy 1960s, Vi and I took an ESP class together on psychic training, and she did an amazing reading of an event a week into the future that came true! . . . We played a lot of fun games like that after each Tuesday seminar was over. Vi was the original 'dancing girl' when we went out to a bar or the Spaghetti Factory on a Free Child 'field trip.'"

Leonard Campos also knew and loved Vi. "Her vivacious personality made her one of my favorite TA people. We kept in touch over the years. . . . She was very supportive of me, and unlike many in TA liked to give out positive strokes to her friends. I liked her eccentricity, once declaring herself to be a 'white witch' with psychic powers. At one lunch get together, she claimed my mother, who had died of TB in my childhood, was in the room sending her love for me from the 'other side.' I really miss Vi."

So do we all. 

Congratulating the Swedish TA Association

Note: The following piece was submitted last summer, and we regret the delay in publishing it. Congratulations to the Svenska Tranaktionsanalytiska Föreningen (STAF, the Swedish TA Association) on the celebration of their now 41 years!

STAF had a 40th anniversary conference in Hjo, Sweden, on 29-31 March 2019. Berit Fahlén, PTSTA (STAF President), Eleonore Lind, PTSTA (Swedish EATA representative), Thomas Ohlsson, TSTA, and Peter Rudolph (EATA President) opened the 2 days by congratulating STAF and its members for their important contributions to keeping



Participants at STAF's 40-year celebration conference in March 2019: (seated from left): Susanne Didrikson, Mia Sellgren, Roland Johnsson, Annika Björk, Sigvard Persson, Anita Persson, Lasse Åhnby, and Thomas Ohlsson; (standing from left): Mattias Ekenberg, Anette Johansson, Tommy Kvarnlöf, Göran Wasserman, Eleonore Lind, Tommy Falk, Sverker Falk-Lissel, Torsten Hemlin, Linnea Chertudi, Kerstin Stockhem, Ulf Hedqvist, Ewa Nilsson-Törnqvist, Kia Elfström, Beate Andersson, Berit Fahlén, Ulla-Karin Rosell, Katarina Thenander, Sverker Wadstein, Eva Mårlind, Josefine Josefsson, and Maureen Ohlsson



The three ego states represented by (from bottom to top) Annika Björk, Thomas Ohlsson, and Roland Johnsson when putting up the sign in 1979 at their new TA office, Institutet för Livsterapi in Malmö, Sweden founded in 1975.

TA alive and recognized in Sweden and the Nordic countries. That was followed by workshops and lectures on the theme "I'm OK—You Are OK? A Challenge in Times of Concern and Uncertainty." Roland Johnsson, TSTA, and Annika Björk, TSTA, began with a historical overview: "40 Years With TA in Sweden —A Reflection on a Journey With TA Into the Future." They talked about the past 40 years and what it has meant for the future of TA internationally and in Sweden. There were many nostalgic photos from the 1970s and about events that influenced where TA is today (accompanied by lots of cheerful shouts like ooh!! ... so young! ... from the audience). They also addressed the connection between a lack of TA research and



Annika Björk, TSTA-P, and Roland Johnsson, TSTA-P, talking about "40 Years of TA in Sweden"

not receiving governmental recognition for TA. These are seen as a major factor, over the last 40 years, in why TA and STAF are not attracting and recruiting newer clinical students and practitioners. At the end of the conference, we concluded that the next step for STAF will be to focus on TA research. There is great interest from members in organizing the next European research conference and in using STAF resources to generate and develop TA research generally and within Sweden. This began in August with a meeting in Malmö with Roland Johnsson and Thomas Ohlsson, both of whom did their doctoral dissertations on TA and have long experience in research. The purpose was to see how we within STAF can contribute to the development of TA research in Sweden. We also plan to form some kind of research committee. Within EATA, this kind of work has been underway for quite some time and is constantly coming up on the agenda with various and sometimes conflicting, frustrating results. Right now, all TA research is being compiled in one database that will be available soon.

The STAF anniversary conference ended with a great dinner and dancing party symbolizing the joyful hopes for a good future for TA and STAF. 📍

Roland Johnsson, PhD, TSTA-P, can be reached at roland@livsterapi.se.

Membership Dues Payment Options

The options for paying your ITAA membership dues now include Pay Pal and wire transfer. Please contact Ken Fogleman at ken@itaa-net.org for details.

TA Goes to Burning Man

Can TA as a methodology survive exposure to a bunch of radically creative and expressive misfits who flock from around the world to Burning Man? For those of you who don't know about Burning Man, it is an event in Nevada's Black Rock Desert that attracts tens of thousands of people who together create a temporary city dedicated to community, art, self-expression, and self-reliance. The theme of this year's Burn was "Metamorphoses," which echoes one of the basic assumptions of TA: that "people can change." Metamorphoses can be surface level and external or profound and internal. As someone trained in the counseling field—despite the many assumptions in the TA world—I am passionate about deep script change that occurs through the Adult ego state. This year's Burning Man provided me with the opportunity to run a workshop in the desert entitled "Examine Your Life Purpose." Inspired by the work of Sari van Poelje, I put together a series of questions that enabled participants to explore their main script themes with regard to resources. Sari suggests that everyone develops significant resources in response to suboptimal parenting. Put simply, there is always something we didn't get, though we are very good at offering that to others. Sari calls it "a diamond of wisdom" that lies at the core of how we can contribute



Piotr Jusik at Burning Man

positively to the lives of others. I found this idea quite enlightening, especially seeing the workshop participants engage readily in their self-examination. Through a set of exercises, everyone became acutely aware of their potential, real, and unique contributions. It was clear to me that TA as a method can spark people's interest in the harsh conditions of the Playa (the name of the desert on which the ephemeral Black Rock City sprouts once a year, attracting 80,000 "inhabitants"). I am passionate about bringing TA out into the world. We don't have to be enclosed in our cosy offices or training rooms. Let's see what other places wait for us as a community! 📍

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