

IN THIS ISSUE

First ITAA Online  
Workshop  
3

In Memoriam:  
Saru P. K.  
5

Ethics and Reconciling  
Dissonances  
6

ITAA Board Member  
Changes  
7

Janet Chin to Retire  
8

Journal News  
9

Ethics, Metaphors, and  
Ego States  
10

TA Publications  
12

## Roland Johnsson's TA Research Tops University Downloads

We are happy to share some very positive news for transactional analysis. Psychologist, psychotherapist, and Teaching and Supervising Transactional Analyst (P) Roland Johnsson's doctoral dissertation, titled "Transactional Analysis Psychotherapy: Three Methods Describing a Transactional Analysis Group Therapy," is the top downloaded and read dissertation from all the departments of social science and the department of psychology and the second from all faculties and departments at Lund University in Sweden. Originally published in 2011, as of March 2021 it has 28,435 full-text reads, of which 1,571 were in 2021, including 468 in March, the highest monthly number so far. Originally the articles on which the dissertation is based were published in the *International Journal of Transactional Analysis Research* in 2010 and 2011, with unknown reads/downloads from there. In total, Roland estimates that until now, there have been more than 38,000 full text reads of his work.



In the published abstract for the dissertation, Roland described his research as follows:

The overall aim of the present thesis was to enhance and revive the practical understanding of the active ingredients in Transactional Analysis Psychotherapy (TA) and to define and lay down elements of TA, which makes it a distinct and replicable method of treatment. The thesis includes three empirical studies of a video-taped one-year long TA Group

Therapy with 10 clients. Three different key areas of Transactional Analysis have been investigated with support of three different approaches. These are: Diagnosis/Client assessment with TA's Script Analysis made as a reliability study (Study I), Identification of different components in TA's psychotherapy method with the use of Discourse Analysis (Study II) and the Therapeutic Alliance studied with a psychodynamic approach, using the CCRT method (Luborsky, 1990, 1998) and the Plan – Diagnosis method (Weiss and Sampson, 1986) (Study III).

See <https://lup.lub.lu.se/search/publication/2175324> for the rest of the abstract, the link “R. J. Kappa-2.pdf” on that page for the full dissertation, and the links to the three original articles under Related Resources.

*“I am surprised, pleased, and flattered that I have gotten this kind of attention for my work so many years after it was published. Hopefully, this will continue. Most of the interest in the dissertation is coming from outside the TA community, which is, of course, a good thing for the spread of TA.”*

In an interview by Peter Örn published in *Psykolog Tidningen*, the Swedish Psychologist Journal (No. 1, 2021, p. 11) with the headline “3 Questions to Roland Johnsson” (translated/excerpted here), Roland was asked the following three questions:

**“Your dissertation has now been downloaded in full text 27,000 times via the Lund University website. Are you surprised?”**

“Yes, absolutely. The first years after I wrote it there were only a few hundred downloads each year. Those began increasing in 2015, and since then there have been around 4,000 a year. The curve has gradually increased, and I had the most downloads last year. India tops the download statistics, followed by the

United States, England, and Germany. Sweden ends up quite far down, approximately 10–12 a year.”

**“What is your dissertation about?”**

“I wrote my dissertation in 2011 when I was 63 years old and had been using transactional analysis psychotherapy throughout my whole professional life. My dissertation reports on how I followed a group of 10 clients recorded with a video camera over a year. I looked at different aspects of transactional analysis psychotherapy, among other things I investigated, to determine what is effective in the method and how the alliance was revealed.”

**“All doctoral students want to reach out with their research. What are your top tips for getting a dissertation read?”**

“If you want to be broadly read, I think it is a great advantage if the research is based on practical psychological work. Such research is probably also easier to absorb.”

Roland further commented to *The Script*, “I am surprised, pleased, and flattered that I have gotten this kind of attention for my work so many years after it was published. Hopefully, this will continue. Most of the interest in the dissertation is coming from outside the TA community, which is, of course, a good thing for the spread of TA. The internet is sometimes a very rewarding and fantastic phenomenon of our time!”

To see the Lund University publications statistics, go to <https://lup.lub.lu.se/search/publication/2175324>. Press Statistics and then Top Dissertations. If you press the blue text of the title you will see which countries the downloads have come from. 📍

Roland Johnsson, PhD, TSTA(P), can be reached at [roland@livsterapi.se](mailto:roland@livsterapi.se).

## the SCRIPT

Newsletter of the International Transactional Analysis Association

ITAA, 1901 Olympic Blvd., Suite 200, Walnut Creek, CA 94596, USA

email: [info@itaaworld.org](mailto:info@itaaworld.org)

website: [www.itaaworld.org](http://www.itaaworld.org)

Editor: Laurie Hawkes

Managing Editor: Robin Fryer

Desktop Publishing: lockwood design

Send all copy to: [robinfryer@aol.com](mailto:robinfryer@aol.com)

**Deadlines**—15th of the month prior to the month of publication (e.g., 15 May for the June issue)

**Advertising:** Twelfth page: \$50; sixth page: \$100; third page: \$200; half page: \$300; full page: \$400.

Publication of articles and advertising in *The Script* does not imply endorsement by the newsletter, the editors, or the ITAA.

*The Script* (ISSN 0164-7393) is published monthly by the International Transactional Analysis Association. For information on membership, visit [www.itaaworld.org](http://www.itaaworld.org) or contact the ITAA at the above address. © 2021 International Transactional Analysis Association, Inc.

## Future TAJ Theme Issue

**“Ecological Transactional Analysis”**

Coeditors: Giles Barrow, Hayley Marshall, and Sylvie Monin

Deadline: 1 February 2022

Please follow the submission requirements posted [here](#).

Email manuscripts to TAJ Managing Editor Robin Fryer, MSW, at [robinfryer@aol.com](mailto:robinfryer@aol.com).



## Join Us! First ITAA Online Workshop

Friday - Sunday, 21–23 May 2021

**Theme: “Ruptures and Recovery Within and Between Individuals and Society”**

*Sessions from all four fields of transactional analysis held over 16 hours so people from all over the world can easily participate*

Unlike a typical didactic webinar, these four Zoom sessions will be interactive to stimulate more of the Adult in all of us. Each session will be limited to 100 participants and all will take place over a 16-hour period so that hopefully, regardless of where you live, you can participate in at least two of the sessions at convenient times.

**You will need to register for each live session you plan to attend.**

**Session times are noted in GMT**, so be sure to check what time that is in your part of the world. If you want help with that, [click here for a time calculator](#). Please note that while for most of you the event will start on Saturday, for those of you living in the western part of the USA and Canada, the event actually will begin late Friday evening.

**The day will start** with a brief introduction from ITAA President Elana Leigh and Workshop Coordinator Michelle Thomé, after which the first session will begin. We will have four sessions over the next 16 hours. Each session is 2.5 hours long. Each speaker will invite

participants to reflect and interact with others during the session. All sessions will be conducted in English.

Within a week of the event, ITAA will post recordings of each speaker’s lecture—in English—on the ITAA YouTube channel. After the event, we will email you a link and access instructions. These recordings will remain available to you until 23 June 2021.

**Cannot attend live on 21-23 May?** You may purchase a Recordings-Only ticket for full access to all four recordings until 23 June 2021.

**ITAA would love to provide interpretation services** for as many languages as possible—but that means we need your help. See page 4 for more information.

### SESSIONS

**06.00 GMT, 22 May 2021:**

#### INTRODUCTION

by Elana Leigh and Michelle Thomé



**SESSION 1 - Beatrijs Dijkman** (The Netherlands), MSc, PTSTA (E), on “Freedom as an Existential Position.” Beatrijs is an independent teacher, supervisor,

and trainer with expertise in vocational education regarding human behavior. She published a book review essay on freedom in education in the January 2020 *Transactional Analysis Journal*.

**11.00 GMT, 22 May 2021:**

**SESSION 2 - Ed Novak** (USA), MA,



Certified Psychoanalyst, on “Embodied Therapy: Repairing Mind-Body Ruptures Created by Abuse, Neglect, Pandemics, and Other Life Trauma.” Ed is the *TAJ* book

review editor, a member of the editorial board, the author of numerous articles,

and the author of *Physical Touch in Psychoanalytic Psychotherapy: Transforming Trauma Through Embodied Practice* (to be published by Routledge). He is in private practice in Akron, Ohio, USA.

### 15.00 GMT, 22 May 2021: SESSION 3 - Sylvie Monin



(Switzerland), TSTA (C), on “From Nothingness, to Rhythm, to Breath, to Renewal.” Sylvie has a Swiss Federal Diploma of Counselor in the psychosocial field.

Based in Geneva, she has a private practice and is a partner and member of the teaching and supervising team of Atrium. Sylvie has authored articles on TA counseling, guest edited a *TAJ* on counseling, and is now a *TAJ* coeditor.

### 19.00 GMT, 22 May 2021: SESSION 4 - Sabine-Inken Schmidt



(Germany), PTSTA (O), on “Organizations Post Pandemic: What Will Remain, What Will Change?” Sabine-Inken holds a diploma in knowledge management,

through which she learned how people structure the world around them. She has worked for 20+ years in HR roles in human resources in global companies and enjoys working where strategy meets real people. Her passion is to interweave the application of TA with organizational development.

### CLOSING REMARKS

by Elana Leigh

**Ready to Register?**

[Click here to go to EventBrite.](#)

## REGISTRATION COSTS

**Registration costs include** Zoom access to the entire live event (all 4 sessions) as well as one month of access (ending 23 Jun 2021) to the English-language recordings of the speaker sessions (not the break-out sessions) on ITAA’s YouTube channel.

**Can’t attend on 21-23 May?** You may purchase a ticket to view all recordings of the speaker sessions—in English—on ITAA’s YouTube channel until 23 Jun 2021.

**We have three payment levels based on where you live.** Rates shown below do not include the small EventBrite processing fee.

## FOR LIVE PARTICIPATION + RECORDING

### Regular Rate - \$50

(includes Australia, EU countries, Hong Kong, New Zealand, Singapore, USA, UK)

### Talent 1 Rate - \$27.50

(includes Argentina, China, Croatia, India, Mexico, Poland, Romania, Slovakia)

### Talent 2 Rate - \$12.50

(includes Bangladesh, Brazil, Nigeria, Pakistan, Peru, Serbia, Ukraine)

## FOR RECORDING-ONLY TICKET (after 21-23 May 2021)

**NOTE:** Please do *NOT* sign up for any sessions when you pay for a Recording-Only ticket. You will get *ALL* sessions in the recordings.

### Regular Rate - \$20

### Talent 1 Rate - \$11

### Talent 2 Rate - \$5

**If your country isn’t listed above,** see [this complete list of countries in each category](#) to know which rate applies to you.

### ITAA refund policy for this event:

- 100% refund (exclusive of EventBrite fees) if requested by 7 May 2021
- 50% refund (exclusive of EventBrite fees) if requested by 14 May 2021
- Refunds will be issued to your original payment method only

## Would You Like to Interpret for Us?

Zoom has the capacity for 14 different languages.

**We urgently seek interpreters to offer consecutive interpretation in many languages.**

If you would like to offer your services, please contact Michelle Thomé at [michellethome@gmail.com](mailto:michellethome@gmail.com).

## Saru P.K.

by Susan George

**S**aru P. K., TSTA (P, C), passed over peacefully four days after celebrating her birthday doing an online training with her Bangalore group and calls from family, friends, trainees, and colleagues.

Saru was born on 21 March 1938 into the Palathumveetil family, the third daughter of Kunhamadkutty and Amina Umma. She had a younger sister and brother, the latter of whom was her source of strength. His passing over a few years ago was a blow to her and also started her thinking about death and preparing for it. She was attached to and proud of her roots and extended family. One of the ways she showed this was a coffee table book she put together titled *Tribute*. This 140-page book is filled with photographs of her mother's jewelry and descriptions of their design and significance. On the day she gifted the book to me we spent nearly 3 hours with her narrating incidents relating to the jewelry and other pleasant and not so pleasant memories of her childhood. She said that the book had helped in healing many parts of her script.

Susan George can be reached at [susangeorge51@gmail.com](mailto:susangeorge51@gmail.com).

Saru's life was no bed of roses. After her divorce and one of her many operations, she got into her nephew's car to enjoy fresh air as he drove down to ICTA, Kalamaserry, Kochi. This resulted in a chance meeting with Fr. George Kandathil, who invited her to "use your pain to heal the pain of others." Thus began her journey with transactional analysis. It helped her heal and also touch many lives in different ways.

Saru began her first training group in 1994 at Coimbatore, where she lived in a beautiful home that now has many memories for her trainees and trainers from other countries whom she hosted with love. Soon after, she began a group in Chennai. Four of us passed our CTA in 2000, and by then Saru had begun training in other cities in South India. All her trainees unanimously agree that the person she was and the way she bonded with each of us individually and collectively was what helped us grow and receive many permissions. She used a number of sayings that still ring in our ears, guiding and encouraging us. Many of them were put together as a booklet titled



*Saruisms*. Her commitment to ITAA and professional TA training has led to over 20 certified members in South India, many of whom have moved on to become PTSTAs and TSTAs.

Saru also thought it her duty to uplift people in general and Muslim women in particular. This led her to studying law and also doing training in Iran, the Middle East, and Bangladesh, where she began training in June 2003. She was proud of how they were using TA in community work, which was reflected by the Hedges Capers Humanitarian Award going to one of her trainees, Kursheed Erfan Ahmed.

Saru enjoyed her travels to many countries and was skilled at retaining connections with the numerous friends she made. She has four sons—Manzur ([manzur702@yahoo.com](mailto:manzur702@yahoo.com)), Riaz, Arif ([padiath68@yahoo.co.in](mailto:padiath68@yahoo.co.in)), and Quasar ([quasar@gmail.com](mailto:quasar@gmail.com))—and 7 grandchildren. 📍

## Ethics and Reconciling Dissonances

by Tomoko Abe on Behalf of the ITAA Ethics Committee

**Y**ears ago, many of you who live outside of Japan might have been shocked to find out that Japanese people eat raw fish, sashimi, or nigirizushi, hand-molded sour-seasoned rice with a topping of seafood. Sometimes, when I discover local foods people eat, I am surprised and momentarily reject what I see and hear. However, later that food might become one of my favorites, or at least I would not react as I did initially.

When I first visited the United States, I vividly remember how surprised I was to see people of all ages walking and eating outside. Born and raised in Japan, I did not see such scenes except maybe at carnivals. While I was in the US as a teenager, I experienced many surprising ways of thinking, behaving, and feeling that were quite different from what I was used to.

As we all know, any stimulus new to us threatens our frame of reference, which automatically accelerates our discounting system. We experience fright, fight, or freeze, which might, unfortunately, lead us to play games. We all experience some



*Ethics is not the all-purpose scale of good or bad judgment for special occasions. It is the genuine, ongoing process of being aware of the “I’m OK, You’re OK” position in all circumstances.*

uncomfortable reactions and judge people or their culture when we encounter a new stimulus. However, we can overcome those dissonances. For example, now many people worldwide love sushi, and I do not

criticize others’ enjoyment of strange food. I also can choose if I eat and walk at the same time outside.

When we aim to understand the history, stories, and situations behind each other’s and our own individual frames of reference, we start feeling the resonance of two parties. In other words, we always react to any stimulus against our frame of reference. When we are healthy in mind and body, we keep our position of “I’m OK, You’re OK.” However, sometimes we are not in that position and a discount system may be activated.

Since last year, with the influence of COVID-19, we have continually experienced stress consciously and unconsciously, which can quickly lead us into more scripty modes. Especially during online gatherings, there is no time or space to know or consider each participant’s cultural background and circumstances. We often spend our online hours in “activities” mode but not so much in pastime or intimacy modes during which we exchange our stories and soothe our frames of reference. We

*continued on p. 7*

## Changes in the ITAA Board of Trustees

**Alex van Oostveen** served on the ITAA Board of Trustees (BOT) as regional representative for Africa and the Middle East from 2016 to 2021 and as a cochair for the ethics committee from 2017 to 2021. He has stepped down from both roles. **Marguerite Sacco** replaced Alex on the board beginning in April 2021.

**Sumithra Sharatkumar** served on the BOT as the ITAA Secretary and as a member of the nominations committee from 2017 to 2021. She has stepped down from her role on the BOT and continues to serve as a member of the nominations committee as well as the bylaws committee. Rema Giridhar replaced Sumithra on the BOT from April 2021.

We appreciate the contributions of both Alex and Sumithra in their respective roles and welcome Marguerite and Rema to the BOT. A statement from Marguerite was published in the February 2021 *Script* after the close of nominations, and we present Rema's statement here.

**Rema Giridhar:** I feel privileged to become ITAA Secretary. I come from south India and feel this is a great opportunity to increase my connections with the wider TA community. It is almost a decade since TA came into my life, and it has helped me to stay grounded, respectful of others, and authentic in the way I feel, think, and behave. This will help me with the tasks of secretary. I have been part of the South Asian Association of Transactional Analysts (SAATA) as joint secretary and coeditor of the newsletter and have been involved in various day-to-day functions, tasks, and communications. This has helped me build my professional and personal acumen and will also help me to fulfill the responsibilities of ITAA Secretary in the best possible way. I am one of the National Coordinators (India) of the TAPACY projects of IDTA and so far have successfully executed four projects under this banner. I am passionate about working with children and young adults and constantly look for opportunities among the student community to give what I received. 5



## ETHICS, cont'd from p. 6

tend to make decisions based on the language spoken on the screen. There is not much chance to communicate to make up for out-of-awareness discomforts.

We need to take care of our discomforts somehow and to pay attention to our potential discounts. If we feel something is wrong or awkward after such an event, one good option is to have some time with a supervisor. Supervision is a tool that helps keep us aware of what is going on internally and provides the appropriate support for solving problems. This process keeps us in a state of both autonomy and homonomy.

I believe the daily process of reconciling dissonances is the basis of ethics. Ethics is not the all-purpose scale of good or bad judgment for special occasions. It is the genuine, ongoing process of being aware of the "I'm OK, You're OK" position in all circumstances. We need to realize or be aware of dissonances in ourselves and regain our OK-OK position. I invite you to think about this reconciliation of dissonances in both your everyday and professional lives, even, and especially, when we can only communicate via a screen. 5

Tomoko Abe, TSTA(E), is a member of the ethics committee and can be reached at [abetomo@taedcon.jp](mailto:abetomo@taedcon.jp). Ethics committee chair Anne de Graaf, TSTA (P), can be reached at [anne@ta-academie.nl](mailto:anne@ta-academie.nl) and cochair Jan Grant, TSTA (E, C), can be reached at [jancgrant2100@gmail.com](mailto:jancgrant2100@gmail.com).

## Annual General Membership Meeting— Save the Date!

The 2021 ITAA Annual General Membership meeting (AGM) will again be held on Zoom, this year on 31 July from 10:00-12:00 GMT. It will also include the celebration of the two 2021 ITAA awards: Janice Dowson for the Muriel James Award and Izumi Kadomoto for the ITAA Service Award. Further details will be announced in the June *Script*, but for now, please save the dates and plan to join us then.

## Concerns for All During the Pandemic Crisis

The situation and conditions with regard to the pandemic in India are horrific and a reminder of how many people in the world are facing such severe fears and hardships. On behalf of the ITAA, our board of trustees, and our membership, we extend our heartfelt support and love to all our colleagues, friends, members, and citizens of the world.

We also call on those countries that have spare medical capacity to respond to India and other countries in need. We are all in the same storm but not in the same boats. Some have resources that others lack. This is a time to find our common humanity and to respond generously.

*Elana Leigh, ITAA President*

### ITAA and IBOC Contact Info

1+510-488-9950

1901 Olympic Blvd., Suite 200,  
Walnut Creek, CA 94596, USA.

**All ITAA communications:**  
[info@itaaworld.org](mailto:info@itaaworld.org)

**All IBOC communications:**  
[iboc@itaaworld.org](mailto:iboc@itaaworld.org)

## Janet Chin to Retire in June

*by Elana Leigh*

It is with great sadness and deep appreciation that we will be saying good-bye to Janet Chin, who began working for T&CC in March 2006 doing training and certification work. She also worked for USATAA on the 2007 San Francisco Conference and then on some continuing education tasks for them. Janet began doing administrative work for ITAA in May 2011, including membership, website upkeep and posting, mailing lists, board packets, correspondence with members, and so on.

Janet has been a strong, dependable administrator, with whom it has been a pleasure and privilege to work. Nothing was ever too much for her, and she always found ways to navigate through small and complex challenges. We appreciate how much energy and time she has given to the ITAA and the IBOC and are thrilled that she is ending this chapter and will move on to more travel, reading, and smelling the roses of life with her wife, Lin. It is a lesson to us all to remember that when a chapter in our lives is ready to close, we may gain more time to truly enjoy all that we have sown.

When asked about her years with the ITAA, Janet said, "It was a great opportunity for me to meet many wonderful people from around the world. I wish everyone to stay safe and well. Thank you all for your support these past years."

Janet, we bid you farewell and wish you well in all you plan to do.



## Welcome to New Members

### FEBRUARY 2021

Laurence Bozetto, France  
Irena Djordjevic, Serbia  
Eileen Dunne, United Kingdom  
Justyna Filipinska, United Kingdom  
Sarah Grundy, United Kingdom  
Poonam Gupta, India  
Emma Hatherley, United Kingdom  
Kirsten Hoggard, United Kingdom  
Andrew Hunt, United Kingdom  
Zoe King, United Kingdom  
Dina Lankester, Australia  
Regina Lehmann, Germany  
Bojana Mladenovic, Serbia  
Samia Nelson, United Kingdom  
Renata Petric, Serbia  
Katherine Powell, United Kingdom

Harshal Pradhan, United States  
Oksana Roberts, United Kingdom  
Veena Sethuraman, India  
Andrew Shaw, United States

### MARCH 2021

Pat Allen, United States  
Zlatimir Bojanovic, Slovenia  
Deepti Chandy, India  
John Dawson, United Kingdom  
Tatiana Didenko, Russia  
Carmen Filipache, Romania  
Kirsty Forward, United Kingdom  
Lorraine Gordon, United Kingdom  
Nanja Grooteman, Netherlands  
Julia Hanson, United Kingdom  
Helena Hargaden, United Kingdom  
Josephine Harris, United Kingdom

Nidhi Kankan, India  
Suresha Kapinaih, India  
Uzma Khan, United Kingdom  
Francesca King, United Kingdom  
Ganna Konoplianyk, United Kingdom  
Fatima Kurkueva, Russia  
Sarah Laird, United Kingdom  
Sophie Latus, United Kingdom  
John MacMillan, United States  
Samantha Mansfield, United Kingdom  
Aideen O'Hagan, United Kingdom  
Milica Ognjanovic, Serbia  
Saratha Sankaranarayanan, India  
Jane Todd, United Kingdom  
Martine Westenbroek, Netherlands  
Joe Withers, United Kingdom  
Mariya Yamaguchi, Japan



## 2020 TAJ Bound Volume

The 2020 bound volume was mailed in late February, but we are aware that some members have still not received it. We have been advised by Routledge that because of mail delays due to the pandemic, they hope most members will receive their copies by mid May. If you do not, then after that time you may apply to Routledge for a replacement copy. To request a replacement copy of the 2020 bound TAJ, please email Jacqui Tearle at [jacqui.society@tandf.co.uk](mailto:jacqui.society@tandf.co.uk) and make sure to put in the subject line "ITAA member" so your email is routed to her.

## Second Routledge Journal Available for Free to ITAA Members

As part of the ITAA's contract with Routledge/Taylor & Francis to publish the *Transactional Analysis Journal*, ITAA members receive access to a second journal published by Taylor & Francis. This is a significant benefit and one we hope you will take advantage of.

The current offering is the *Journal of Progressive Human Services* (JPHS). The TAJ coeditors selected it

because it offers articles applicable to the wide range of fields in which ITAA members practice.

The *Journal of Progressive Human Services* covers political, social, personal, and professional problems in the human services from a progressive perspective. The journal stimulates debate about major social issues and contributes to the development of the analytical tools needed to build a caring society based on equality and justice. The journal's contributors examine oppressed and vulnerable groups, struggles by workers and clients on the job and in the community, dilemmas of practice in conservative contexts, and strategies for ending racism, sexism, ageism, heterosexism, and discrimination of persons who are disabled and psychologically distressed.

An international, peer-reviewed journal publishing high-quality, original research, JPHS is published three times a year. Access to it for ITAA members is linked to their email, so when you log in to Taylor & Francis online, you can open all TAJ papers

and recent content on JPHS. There is no separate login or instructions.

## Free-Access Article From January 2021 TAJ

As per our recent agreement, Routledge is now making one article from each issue of the *Transactional Analysis Journal* free access online. The latest article, from the January 2021 issue on "Normativity, Marginality, and Deviance," is Karen Minikin's "Relative Privilege and the Seduction of Normativity." We encourage you to share this stimulating and thought-provoking article with colleagues and friends as a way to introduce them to the *Journal* and transactional analysis. It is online [here](#).

## Transactional Analysis Bulletin Available Online

We are happy to report that the *Transactional Analysis Bulletin* is available and searchable online through the Eric Berne Archive at the University of California San Francisco. These publications, from 1962-1969, were the precursor to the *Transactional Analysis Journal* and offer a fascinating look into the early days of transactional analysis. They include reports from Berne's early San Francisco Social Psychiatry Seminar; articles by Berne, Steiner, Karpman, and other TA luminaries; news of training and early certification; and much more. This invaluable collection is accessed via one of these links: <https://archive.org/details/transactionalana00chen> (Internet Archive) or <https://calisphere.org/collections/26221/> (Calisphere).

## Next TAJ Theme Issue

**"Systemic Oppression:  
What Part Do We Play?"**

Coeditors: Helen Rowland and  
Karen Minikin

Deadline: 1 August 2021

Please follow the submission requirements posted [here](#).

Email manuscripts to  
TAJ Managing Editor Robin Fryer,  
MSW, at [robinfryer@aol.com](mailto:robinfryer@aol.com).

# Ethics, Metaphors, and Ego States

by Ray McKinnis

**T**he Yale ethicist H. Richard Niebuhr identified three metaphors that have been used in ethical discourse: the legal, the artistic, and the dialogic. These correspond rather closely to the Critical Parent (CP), Nurturing Parent (NP), and Adult (A) ego states.

The most common metaphor comes from the legal arena: “Individuals as law makers.” Societies must create laws to maintain order. “What should I do?” is answered by first asking “What is the law?” A supreme authority also needs to be identified to create and maintain appropriate laws. To question that authority threatens the identity of the community. A process also must be established for determining whether someone has broken a law along with an appropriate punishment. This metaphor helps us to understand the development of the CP ego state. One is not born with a CP; the rules, consequences, and authorities must be learned.

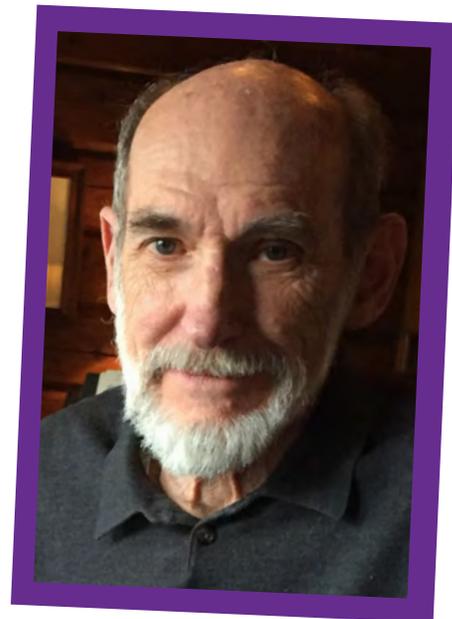
Lawrence Kohlberg used this metaphor in developing his stages of moral development. He used stories to determine the level of a person’s moral development. What someone would tell a judge to justify their action indicates their stage of moral development, which is described

as a matter of learning the laws along with learning how to justify one’s decisions in relation to those laws.

This metaphor guides much decision making in counseling and psychotherapy practice. For example, theories require a therapist to follow certain guidelines.

However, from a TA perspective, such rules may hinder the therapist in being aware of what is happening in a transaction because they need to focus primarily on being “correct” and not “incorrect.” For example, determining a proper DSM diagnosis requires following this metaphor.

A second metaphor comes from the artistic arena: “Individuals as artisans creating something.” Following this metaphor, one must first identify the ideal. Then one must determine, “What action will bring me closer to that ideal?” An action that brings me closer to that ideal is



good. Rather than relying on rules, this NP-focused metaphor puts the individual at the center of deciding what is good. Berne’s quip about how we are born princes or princesses until we are turned into frogs embodies this metaphor. Much of TA theory is based on considering ways to remove blocks to who we were originally “created” to be—essentially, freedom from script.

A more comprehensive third metaphor comes from “individuals in dialogue.” The basic factors for this metaphor come from the essential elements in a dialogue. To have a dialogue, two individuals must share a common context, which includes how they are related within it. Then a dialogue is a series of stimulus-response transactions developing within that context. The question “What should I do?” then becomes “What is an appropriate response to this stimulus?” To determine an

*“Since TA is based on objectively observable transactions, these create a context within which different cultures can dialogue effectively. Understanding the metaphors guiding the ethical thinking around the CP, NP, and A can offer insights into understanding the source of conflict and suggest possibilities for creating new contexts between Blacks and Whites in which dialogue can occur.”*

appropriate response, one must ascertain, “What is the meaning of what the other person said or did?” The context of the dialogue determines the options available to answer that question. The answer to “What should I do?” is to take the action that would most likely give me the best response. Because this metaphor requires first determining the meaning of the stimulus, it represents the process involving the Adult ego state.

Because a transaction is a dialogue, it involves the same factors as those required for dialogue. First there must be a stimulus, a “hello” from which the dialogue proceeds. Berne stressed that the therapist should not provide that starter. Otherwise, the dialogue becomes a development of how the therapist presents themselves rather than how the client presents themselves. A handshake is often the first stimulus a therapist might have with a client. But because the therapist has no idea of the meaning of that for the client,

Ray McKinnis, PhD, has been studying and teaching TA as a teacher, psychotherapist, author, and presenter for the last 45 years. He can be reached at [dreamsamppm@aol.com](mailto:dreamsamppm@aol.com).

Berne was reluctant to initiate such a stimulus. So, he asked, what do you say after you say hello? Berne suggested that each time a therapist encounters a client, they should be fully present and fresh. For example, it is best that the therapist not read the client’s chart before the first meeting but rather focus on how the client presents initially. Before beginning a group therapy session, the therapist needs to clear their mind of all they know about the clients and everything they have learned about theories and psychotherapy.

The third metaphor also suggests insights into and possible corrective actions for the current miscommunication between the White and Black cultures in the United States. White culture developed largely in response to factors involved in coming over from Europe—with the United States offering a new

beginning. Black culture developed as a way to survive being captured, stripped of a previous culture, and brought over to work for Whites. For a dialogue to occur, individuals must share a common context, which does not currently exist between Blacks and Whites in the United States because of the different functions of their respective cultures: one to thrive and the other to survive. Thus, the CP and NP for the two groups have different contents and functions. However, since TA is based on objectively observable transactions, these create a context within which different cultures can dialogue effectively. Understanding the metaphors guiding the ethical thinking around the CP, NP, and A can offer insights into understanding the source of conflict and suggest possibilities for creating new contexts between Blacks and Whites in which dialogue can occur. 📍

## Gregory Institute for Transactional Analysis Offers Online TA Training Modules

Complete TA course materials and videos of lectures.  
Zoom clinical supervision also available.

For more info and to enroll go to:

[www.lindagregorylearning.com](http://www.lindagregorylearning.com) or [www.drindagregory.com](http://www.drindagregory.com)

**Coming Soon!** A new workbook for therapists and clients: *Three Paths to Self-Actualisation and Autonomy: Integration of Transactional Analysis, Spirituality, and Quantum Field* (For more info: [lgregory@iinet.net.au](mailto:lgregory@iinet.net.au))

Linda Gregory, PhD, TSTA ITAA

## Write for *The Script*!

We invite you to become a contributor to *The Script*. We are especially interested in hearing from members who are using transactional analysis in socially responsible efforts to impact the world in a positive way. We also want to hear from practitioners who use TA in all four fields (psychotherapy, counseling, organizations, and education). Send us your articles (around 1000 words) and letters (around 400 words). Or if you have other ideas for *Script* material, let us know. Contact *Script* Managing Editor Robin Fryer at [robinfryer@aol.com](mailto:robinfryer@aol.com).

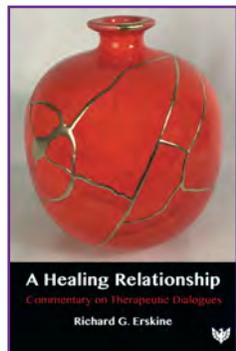
## Dmitry Kasyanov

has published eight TA books he translated into Russian. The latest is Julie Hay's *Transactional Analysis for Trainers* (Metanoia Publishing, St. Petersburg). The others are Abe Wagner's *Say It Straight or You'll Show it Crooked*, Steve Karpman's *Game Free Life*, Ian Stewart and Vann Joines's *Transactional Analysis Today* (first and second editions), Vann Joines and Ian Stewart's *Personality Adaptations*, Pam Levin's *Cycles of Power*, Kare Kristiansen and P. Bylund's *Transactional Analysis in Business*, and Anne de Graaf and Klaas Kunst's *Einstein and the Art of Sailing*.



## Richard Erskine's

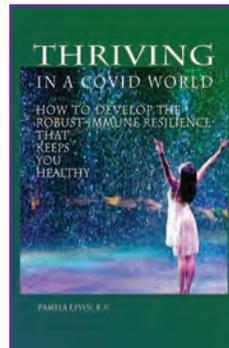
latest book is *A Healing Relationship: Commentary on Therapeutic Dialogues* (Phoenix Publishing House). It comes with 4 hours of video showing Richard doing therapy with three clients. As a metaphor for psychotherapy, Richard uses the Zen philosophy of *Kintsugi*, the Japanese art of repairing broken pottery with gold. This unique art form is based on the idea that when a ceramic bowl or vase



breaks it can be repaired with precious metals and made as good as or even more beautiful than before. Richard says, "In a relationally focused transactional analysis psychotherapy, we embrace a similar philosophy when we empathically acknowledge, validate, and normalize the damage our clients experienced in families and school systems where there was overwhelming relational distress and cumulative neglect of the child's relational needs. We provide a reparative relationship." (For a 10% discount, visit <https://firingthemind.com/product-category/books/>)

## Pam Levin

has written *Thriving in a COVID World: How to Create the Robust Immune Resilience that Keeps You Healthy*. The book is technically not TA, but it is written to help readers move from feeling frightened and helpless in the midst of the pandemic to feeling empowered and confident, knowing what to do both for yourself and your clients. For more information, visit [www.thrivinginacovid-world.com](http://www.thrivinginacovid-world.com).



**Fredrick Boholst**, PhD, Associate Professor in the Department of Psychology at International Medical University in Kuala Lumpur, Malaysia, and Michele Anne, School of Psychology, University of

Nottingham Malaysia, published "Life Positions and Depression: The Role of Convictions" (DOI 10.1177/0033294120928273) in *Psychological Reports*, an online journal from SAGE, in the hopes that it will reach people outside of the TA community.

## Keith Tudor

has several recent publications. Among them is a new book entitled *Claude Steiner, Emotional Activist: The Life and Work of Claude Michel Steiner*. It includes edited excerpts from Steiner's unpublished autobiography as well as commentaries and critical essays from colleagues on Claude's major contributions to the fields of psychology, transactional analysis, radical therapy, and emotional literacy. Keith is also a coauthor of "Bicultural Encounter" published in *Person-Centered & Experiential Psychotherapies*. Two of his other books are now available for free online: *The Book of Evan: The Life and Work of Evan McAra Sherrard* and *Pluralism and Psychotherapy*, which Keith edited. It chronicles the history of statutory regulation of psychotherapy and state registration of psychotherapists in Aotearoa New Zealand, offers a critique from indigenous practitioners of such moves, gives arguments against and for such regulation, and promotes a pluralistic perspective on the practice of psychotherapy. 5

