ITAA · *The Script*

Other Yeastings

Positive Psychology, Social Psychiatry, and the Edinburgh Conference
by James R. Allen

I have always had trouble understanding Berne's use of the term "social psychiatry." First, using "psychiatry" in this context is somewhat idiosyncratic. Second, the term "social" covers a very wide area indeed. Berne did sign a petition against governmental politicization of scientific research, wrote of the need to fight against the Four Horsemen of the Apocalypse (war, famine, pestilence, death), and called his seminar the "San Francisco Social Psychiatry Seminar." Yet, in his writings he dealt only with groups and small organizations.

Whatever Berne's intentions may have been, however, most of us went into our professions—whether as therapists, organizational consultants, or educators—not just to help our clients or students, but to make the world a better place. Understanding processes at the individual and small group level, however, may not be valid for understanding processes in larger systems. Still,

> *"Politics and psychotherapy are alike in that they both are essentially moral discourses. Both put forward a view about what it is like to lead a good life."*

much of what we know from individuals and small groups can, I believe, be applied —cautiously to be sure—to larger systems, although further data need to be collected and our hypotheses tested for their adequacy in explaining what we find as well as for their generalizability and usefulness. The Cultural Parent, cultural scripts, community coconstructions of understanding and linguistic habits; the roles of the bystander and the drama triangle; the dynamics of power, externalization, and conflict negotiation; stroking; the group imago; permissions; and the analysis of the transactional strategies of leaders such as Gandhi— these, I believe, are ex-amples of such useful ideas.

Rieff (1979) described psychoanalysis as expressing the Enlightenment values of autonomy and democracy within the individual's psyche. Psychoanalysis, he suggested, leads to the enfranchisement of the unconscious, limiting the powers of the autocratic superego, and educating the ego in self-government. One might add that as an ethical system, psychoanalysis can also be seen as Keatsian and Platonic—Truth is beauty and goodness and beauty and goodness Truth—and can lead to an acceptance of one's "bad parts" without the need to deny or project them. Much the same can

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"Svobodu Ne Spynyty"
Freedom Will Not Be Stopped
by Nadyezhda Ivanovna Spassenko

*S*vobodu ne spynyty"—These were the call letters of the Ukraine's birth as a nation in the fall and winter of 2004-2005, an event known around the globe as the "orange revolution."

As I write this on 23 January 2005, the inauguration day of the first freely and democratically elected president in the history of the Ukraine, with tears of awe and amazement rolling down my cheeks, I can only give an impressionistic and anecdotal account of these momentous happenings.

From the inside, this was not a revolution but a miraculous transformation of a particular collection of people that, in one magic and unexpected moment, consciously became a nation. The paradigm shift so reminds me of the transformations that occur in psychotherapy again and again as individuals doff inhibiting habitual patterns for new ways of being that express their essence more and more clearly. In the Ukraine, this moment brought to a close over 1200 years of chronicled history. We enter the third millennium consciously as a whole living entity—a nation aware of itself, proud to be, self-respecting, and embracing of all humanity.

I was in Kyiv the day the Central Elections Committee—long before it could have reliably

The back of the stage on the Maidan, which served as a focal point for the Ukrainian "Orange Revolution." The photo is one of several we received taken by twin sisters Natalia and Mahrynata Tovstolis, acquaintences of Nadyezhda Ivanovna Spassenko and university students training to be television producers. Natalia is shown and Mahrynata took the photo.

reviewed the regional election counts— announced the defeated candidate as the new president. Suddenly I was surrounded by great numbers of people of all ages, each one marked by something orange about their person and many wearing an orange vest reading "Svobodu

ne spynyty." I say "suddenly" because literally within hours of the announcement, people from the entire country converged on the capital to demand honest elections. The second round between the two leading candidates was so

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Bringing Smiles to Poor Children in Romania

by Roger Day

*M*any people over the age of 35 remember the harrowing television images 16 years ago of stroke-deprived children in Romanian state orphanages. This followed the sudden collapse of communism in Romania after the downfall of the hated dictator Nicolae Ceausescu.

As this Romanian boy with bubbles shows, play can bring brightness to children's lives even in the worst possible living conditions.

Over the years since then, I have often referred back to those images when stressing to my psychotherapy clients the necessity of strokes. The world has moved on, and, with Romania preparing for European Union membership in 2007, people assume that abandoned children there are a thing of the past. How ironic, then, that I have become deeply involved in helping the next generation of abandoned and stroke-deprived children in Romania with their emotional issues.

Helping children in poverty thousands of miles from home was never my intention as a psychotherapist. When I passed my Certified Transactional Analysis (psychotherapy) examination in July 2003, I decided it was time to start earning a reasonable amount of money instead of plowing a huge percentage of my income back into training. My plans, however, were short lived. Within a few months I had seen a multimedia presentation about a charity called the Smiles Foundation, which works mainly in Romania but also some in Armenia and Honduras. I was particularly struck by photographs of children in Romania, whose gaunt expressions affected me deeply. As a specialist in working with children, I began to imagine the trauma they must have gone through. I spoke to the charity's chief executive, Kevin Hoy, during a coffee break, asking him what was being done to help traumatized Romanian children with their emotional issues. He shrugged his shoulders. "We've got a lot of traumatized children we're helping," he said, "but I don't know any-

thing about emotional issues. Send me an email with your thoughts and I'll forward it to our Romanian physician, Dr. Ema Buzle."

Within a couple of weeks, I received a reply from Dr. Ema enthusing about therapy and wanting me to visit and see the work for myself. So, in

> *"I was amazed to discover that communism's work ethic and exceptionally high educational standards had virtually eliminated play from children's lives."*

December 2003—along with my wife, Christine, a trained kindergarten specialist—I went on a 6-day "mission trip" with 20 other people from England, Scotland, and the United States. Our mission was to help distribute monthly food packages to families in poverty who had been sponsored, along with toys and gifts for the children. I noticed that many of the children did not know how to play and sat listless in their beds all day with no stimulation.

We visited a state orphanage for 25 severely mentally and physically disabled young people. When the government stopped paying for food and heating oil, Smiles stepped in with fortnightly food

Other Yeastings

be said of transactional analysis. However, if transactional analysis is to have the impact on general affairs that it has had on psychotherapy, we need to integrate the theoretical and practical aspects of personal autonomy and responsibility with social justice and translate them into transformative practices, to engage with our communities and address issues of public significance. The Edinburgh Conference of-fers an opportunity to examine such issues.

This is historically fitting. It was in Scotland during the Scottish Enlightenment in the 1700s that men wrestled with such ideas as the universality of the desire to be free (Hutcheson) and the struggle between liberty and authority, which is essential for its existence (Hume).

In this article, I want to highlight three interrelated concepts whose transactional implications I believe to be important for both positive psychology and social psychiatry: existential positions, attachment, and psychological mindedness (mentalizing). I also discuss their tendency to collapse under perceived threat of danger as well as certain aspects of "freedom and responsibility" at the individual, interpersonal, and societal levels.

Existential Positions, Attachment, and Psychological Mindedness

Transactional analysts have long emphasized the importance of OKness and its implications. It is one of our core values. Although using other frameworks, members of the positive psychology

movement have made such ideas operational and are currently testing them in a variety of prospective studies (Snyder & Lopez, 2001). As a consequence, emphases on positive feelings, positive relationships, and positive organizations are coming to supplement our traditional emphases on dysfunction and suffering—just as transactional analyst organizations have already done to some degree in recognizing the special fields of education and organizational development.

The existential position "I'm OK, You're OK" is usually taken as a basic stance from which to relate or as an ethical stance arising from the idea that we all come into this world on equal terms. That is, OKness is each person's birthright. However, a person's existential position can also be conceptualized as a developmental achievement, a consequence of early attachment experiences. First manifested in proximity seeking, attachment experiences come to be internalized as an implicit procedural memory template, an internal model of self and others or self-with-others, and it forms the base on which we later build linguistic concepts of OKness. All these are aspects of Child ego states that may then be elaborated by Adult and Parent.

At the interpersonal level: Recent research has shown that secure attachment is facilitated by the attunement of parents, and that psychological mindedness/mentalizing (the ability to perceive and conceptualize both oneself and others as thinking and feeling) and a solid sense of self are all based on secure attachment. One of today's leading attachment researchers, Mary Main (1995), has characterized the outcome of secure attachment as compassion, reflectiveness, lively consciousness, a sense of proportion, and an ease with imperfections in self and others. These also seem to be the characteristics of the people who mentalize well and, interestingly for us, of people who operate from an "I'm OK, You're OK" existential position. Unfortunately, psychological mindedness is not stable. In conditions of perceived danger, it is difficult to consider that another is a thinking or feeling entity, and understanding is likely to be replaced by a need to control.

A robust sense of autonomy includes freedom from pathogenic messages as well as spontaneity and intimacy so that one is free to love, to work, and to play. It does not imply social isolation or irresponsibility. Intimacy itself requires a sense of relationships as characterized by a mutuality in which the other's autonomy is respected. Freedom, contrary to the popular song of the 1960s, is more than just another word for nothing left to lose. In the words of the Edinburgh conference, it involves "responsibility."

At the individual level: Paradoxically, one's sense of being an "I" seems to be formed in interplay with others. Our "I" needs to be told to another, that is, to be "storied." This telling of a self implies a dialogic structure, and this is in part determined by our relationship with others —or their internalizations.

The concept of "reality testing," a key Adult function and long a keystone of traditional psychological understanding, has traditionally been seen as diminishing such potential contaminants of our perceptions as fantasy and imagination. However, it can also be understood as probing for sites in which we can safely cultivate fantasies to enrich and enhance reality. Loewald (1975/1991) described it as "the experiential testing of fantasy—its potential and suitability for actualization—and the testing of actuality—its potential for encompassing it in and penetrating it with one's fantasy life" (p. 368). In such activity, we find Free Child fantasy and play as well as Adult functions. To enrich and enhance reality with our imagination is a risky freedom but a rewarding one, an antidote, in part, to the famous sentiment found in *Eugene Onegin* that God gives us routine when we cannot have happiness.

At the community level: At the group level, the sequelae of secure attachment may be, as Holmes (1996) pointed out, the bases of such later liberal values as argument in place of force, compromise in place of control, and belief in the

> *"If transactional analysis is to have impact on general affairs, we need to integrate the theoretical and practical aspects of personal autonomy and responsibility with social justice and translate them into transformative practices, to engage with our communities and address issues of public significance."*

rule of law in place of the exercise of might. If this is valid, then positive politics would surely include many of the reported characteristics of secure attachment: respect for persons, capacity to listen, and the acceptance of the need for a secure base and legitimate expressions of anger. True security would rest on recognizing and valuing one's connections locally, nationally, and internationally rather than trying to control.

Interestingly, politics and psychotherapy are alike in that they both are essentially moral discourses. Both put forward a view about what it is like to lead a good life—at least for some group. Both engage in a search for security and for ways to control anxiety, and, consequently, both have to deal with splitting, externalization, denial, magical thinking, grandiosity, and rigidity.

Groups under threat, like individuals, tend to constrict, to simplify and dichotomize issues, to squelch nonconformist ideas, to rally around leaders, and to project their problems onto others, whom they then try to control rather than controlling themselves. In fact, nationalistic movements and religious extremists behave in many ways like insecurely attached individuals, clinging desperately to a narrow range of Parental values and opinions, a constricted and rigid set of Adult options, and proneness to project weaker or disowned parts of the self onto others. Such processes present exceptional challenges to empathy, authenticity, mutuality, and dealing with the ambiguities of life. Yet, it is empathy and mutuality that seem to facilitate the down-regulation of alarm, the restoration of a sense of a secure base, and mentalizing (Walker & Rosen, 2004).

Bystanders and the Role of Context

We tend to define social problems in terms of the victims and victimizers of drama triangle roles and to forget that these roles are coconstructed: the bully as well as the victim is fixed in a symbiotic relationship. We also tend to forget that the role of the bystander is active. While in this role, we actively abdicate feeling responsible or discount our power. Although bystanders may be immobilized by shame, defensiveness, or pathological certainty, to intervene effectively it is necessary to work not just with the victim and victimizer, but to change the context as well, to create an environment in which victimization is not accepted as a natural occurrence. The successful work of Twemlow, Fonagy, and Sacco (in press) with the social architecture of bullying and violence in schools and communities demonstrates that this can be done.

Somewhere, the cultural anthropologist Margaret Mead once said that it takes only a small group of committed people to change the world, and indeed, that it has never been changed in any other way. If we are actively to support positive feelings, positive relations, and positive organizations, communities, and nations, it is important for us not to abdicate responsibility, or to discount, avoid, or deceive ourselves about our values, or to allow ourselves to be deceived by spin-merchants who reframe and restory. To do this successfully—to support positive relations and communities—may also be risky as well as rewarding. And it may feel even riskier under conditions of threat and alarm.

This year's conference theme, "Freedom and Responsibility," presents an opportunity for us as citizen-educators, therapists, and consultants to investigate these issues using transactional analysis and to explore a rich variety of conceptualizations of the relationships between positive psychology and social psychiatry.

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WELCOME TO NEW MEMBERS

NEW MEMBERS	MEMBERSHIP SPONSOR
November 2004	
Elisabeth F. Platt, USA	—
Richard Ireland, UK	—
M. Ananthalaxmi, India	—
Naohito Yamasaki, Japan	—
Minako Sasaki, Japan	Noriko Takahashi
Daniel Cauble, USA	Vann Joines
Cassandra Cauble, USA	Vann Joines
Lillian Ann Cozart, USA	—
Dr. Dietrich Noelle, Germany	—
Robert van Tol, UK	—
Martin Hallenberg, USA	—
Kayoko Tada, Japan	Noriko Takahashi
Angela Tenore, Italy	—
December 2004	
Anamaria Cohen, Brazil	—
John Stratton, USA	—
Manzoor Abdul, USA	—
Martha Silva , Mexico	Goria Noriega Gayol
Raul Astorga, Mexico	Gloria Noriega Gayol
J. F.A. Langeveld, Netherlands	—
J. van Gent, Netherlands	—
Amanda O'Brien, UK	—
Dave Thawley, UK	—
Maggie Chadwick, UK	—
Lam Wai Lim, Hong Kong	—
Hugh A. D'Andnade, USA	—

My Transactional Analysis Story

> "I began to understand how Berne's work is current and relevant even when it is removed from its original social and historical context."

by Ksenija Popadic Mihailovic

In the spring of 1991, a group of young psychologists in Serbia, myself included, heard that Dr. Zoran Milivojevic was giving a successful course in transactional analysis. We were already somewhat informed about transactional analysis through our university studies of psychology in Novi Sad, Serbia, which introduced the TA theory of personality and psychotherapeutic system (Berger, 1986). I remember that among all the "new" forms of psychotherapy, transactional analysis appealed to me most because of its originality and creativity, on the one hand, and its scholarly nature and critical attitude, on the other. Above all, I was fascinated by the possibility of integrating concepts, ideas, and techniques from other psychotherapeutic theories with transactional analysis. This wonderful insight led us to organize a TA 101 in Novi Sad, and since then I have been learning and transmitting knowledge about transactional analysis with unfading enthusiasm.

My encounter with transactional analysis is intimately intertwined with my encounters with the transactional analysis teachers I have had. To begin, of course, there was Zoran Milivojevic, through whom Eric Berne first said "Hello" to me. Even though Zoran made transactional analysis look like magic because of the exceptional way he teaches and applies it, he has taught me that good psychotherapy is not just the result of talent, but a skill and craft that can be learned. His personal example showed me how one can be autonomous even in difficult times, such as during the disintegration of the country we loved and belonged to (Yugoslavia) as well as during the 3 months of bombing by NATO. To me, Zoran's (1993) book *Emotions*, in which he presents his original theory of emotions and psychotherapy of emotional disorders, represented a map for analysis, understanding, accepting, and changing my internal emotional state through my personal growth and development. It was also an important tool for a deeper emotional understanding of my clients. It was also Zoran who showed me that Berne's transactional analysis language is applicable and efficient not only in our cultural environment, but in many others as well.

In the early 1990s, when my husband, Dejan Mihailovic, was awarded a doctoral scholarship in Mexico, I decided to indulge in an adventure of exploring and getting to know a new world. I embarked armed with the ITAA Membership Directory and a plan to contact a Teaching and Supervising Transactional Analyst so that I could continue my transactional analysis training. On arriving in Mexico City, I telephoned Gloria Noriega Gayol, then ITAA president, and made an appointment with her. Although I did not speak Spanish at the time, we managed to communicate, and Gloria became my transactional analysis supervisor and then my model, inspiration, reliable source of unconditional support, collaborator, and close friend. After 7 years of collaboration with the Mexican Transactional Analysis Institute (IMAT), if I ask myself what the real reasons were for my coming to Mexico, the answer is that one of them was to meet Gloria and learn from her about codependence (Noriega, 2002). It was while working with her that I began to understand how Berne's work is current and relevant even when it is removed from its original social and historical context.

Gloria made it possible for me to meet the great people of transactional analysis—the direct students of Eric Berne as well as their successors, all of whom have contributed to the continual evolution of transactional analysis theory and practice. The first one I met was Muriel James. Meeting her was an unforgettable, transforming experience; she is a person of unique spiritual depth and power. Through her personal example she showed me how to solve problems while responsibly and bravely living the life I want. Muriel told me about her many adventures with Berne, including the intimacy experiment, and through these stories I got a glimpse of his human side.

In 2003 Mary Goulding gave a redecision therapy workshop at our institute. It was an opportunity to meet one of the world's greatest therapists. I enjoyed Mary's personality and her creative psychotherapeutic style, which enabled us to change while laughing, reconnecting with our own forgotten power, all with feelings of complete respect and security. The powerful technique of redecision therapy confirmed for me Berne's original idea about the structural changes that can occur in therapy.

That same year a crucial event in my career took place. At the ITAA Conference in Oaxaca, Mexico, I was honored to participate on a panel about strokes along with Richard Erskine, Joan Lourie, Brenda Bary, and Angela Melgar. From Richard and Joan I learned that the psychotherapeutic relationship, as an intimate experience of meeting with another human being, possesses a healing quality. To the extent that we allow ourselves to be what we are—respecting, accepting, and evaluating our clients and their defenses—we help them learn from their own experiences and grow in the direction of awareness, integration, and independence. My own presentation focused on the social environment as the first context in which we receive strokes or discounts.

From the beginning of my TA training, my interest has been in the social orientation of transactional analysis and the search for alternative social systems that can offer conditions for achieving full individual autonomy and social and ethical responsibility. To me this represents Berne's conception of transactional analysis as a social psychiatry in which TA assumes an active social role on a large scale toward realizing radical and permanent social changes. Today I can say with pride that transactional analysis enabled me to discover my real self and to grow while also changing the world in which I live.

With love, I express gratitude to my teachers!

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Freedom

flauntingly dishonest, so blatantly disdainful of the people's voice that the Ukraine got up off its knees at last and said "enough."

The tent cities that appeared, as if out of nowhere—not only in Kyiv, but in many of the county seats—did not really appear out of nowhere. The Socialist Party had been sponsoring tent cities of protest against the outgoing regime's policies for 5 years now, so there was plenty of experience on which to build an effective action. In Kyiv, it helped that the mayor also supported honest elections and allowed the tents to be raised on the main street—the Khreshchatyk—which runs right past his office windows. In Kyiv alone there were well over 1000 tents pitched and around the country probably well over 2000.

The sense of nationhood spread across the country within hours and to the most far-flung humble dwellings. People long used to cynical criticism of "the powers that be" were suddenly standing tall, aware of their own right to self-determination. Solidarity with the folks in Kyiv —there were hundreds of thousands of them, surrounding key buildings, including the Parliament, the President's office, and the High Court chambers, demanding not only honest elections but accountability from the outgoing regime and monitoring the comings and goings of officials—not only gave people on the spot moral support. It also supplied them with a constant flow of new faces from all over the country so that participants could give the time they could and return to life requirements at home, knowing that two other citizens would stand in the place they had vacated.

Psychologists training in transactional analysis were very much a part of the scene of national awakening. There were first-aid and psychological aid stations operating around the clock at many points around the periphery of the tent cities. Most of our psychologists reported their own pride over the transformation of our country, even while they acknowledged the personal difficulties participation in this event brought to the makers of this history. One of our psychologists passionately described her experiences to me for three quarters of an hour, asking me what could she say to unimaginably poor people from the deep hinterland who came to the capital on borrowed funds full of hope for equality and justice at last, but who came to her in distraught depression after having seen, for the first time in their lives, their mobile-telephoned, foreign-carred, fancily Italian-shoe-shod city cousins and realizing that equality and justice is only for others and not for them no matter who wins the elections.

That freedom was consciously paired with responsibility was symbolized by many aspects of the orange dawn of nationhood in the Ukraine. All the tent cities were dry territories (no alcohol), at times mercilessly so. Citizens opened up their homes to the action participants so they could wash up regularly or so they could have a warm night's sleep for a change. Those who had no space under a warm roof to offer brought food and warm clothing to the action participants who lived in the tent city. Some stayed to cook for the action participants at the improvised stoves on the asphalt.

What I found touching and convincing with respect to freedom-cum-responsibility was that the orange people also fed and cared for the blue and white people of the defeated candidate, who brought whole train and truck loads of his supporters into the capital without a thought for where they would sleep or what they would eat. As I passed groups of them at the main railroad station, where there was circus for them but no bread that I could see, it was clear to me that dry they were not.

The new relationship between the governing and the governed that is forever newly established now in the Ukraine was symbolized by the stage on the Maidan (the Maidan Nezalezhnosti or Independence Square), around which gathered hundreds of thousands of action participants and their supporters. Again and again over the weeks of trial, the orange candidate, his family, his associates, and his colleagues appeared on this stage in continuing dialogue with the people. And when he was not there, entertainers appeared to help the participants weather the time of testing. The message was that government is to serve the people and the nation, not to live off of them, and the new president would appoint qualified personnel to get work done, regardless of their political stripe. Victor Yushchenko underlined the close tie he sees between the president and the people by conducting the first part of the inauguration in the House of Parliament, as is traditional and described in protocol, and the second part on the stage on the Maidan in full communication with the citizens of our newly born nation.

We come to the end of this inaugural day with a spring in our step. We are making our own history now. We know it, and we are ready.

Nadyezhda Ivanovna Spassenko was born in New York City and studied transactional analysis with George Kandle, TM-ITAA, and participated in many marathons with Valerie Lankford, TM-ITAA. In 1995 she moved to her paternal family's hometown, Pereyaslav-Khmel'nyts'kyi, in the Ukraine. She organized the first TA 101 in the Ukraine in 1997, which was taught by Thomas Ohlsson, TSTA-EATA. Since then, over 700 people in the Ukraine have been awarded TA 101 certificates, and nearly 200 are continuing their transactional analysis studies in cities all around the country. They are always happy to invite volunteer teachers from anywhere in the world. Nadyezhda Ivanovna Spassenko, UATA President, can be contacted at a/s 12, Pereyaslav-Khmel'nyts'kyi, Kyivs'ka oblast' 08402 Ukraina, or by email at nadyezhda@spassenko.relc.com .

Transactional Analysis: An Elegant Theory and Practice

by Claude Steiner

Editor's Note: When Claude Steiner finished his term as ITAA Vice President of Research and Innovation, he presented an extensive report to the Board of Trustees in which he summarized research and clinical perspectives from a broad range of psychological and social sciences that were reflective of various aspects of transactional analytic theories and methods. We publish here a condensed version of that report, which he organized around the five "conceptual clusters" he sees as the central and enduring elements of transactional analysis. Claude's report both shows how Berne's original concepts have influenced other therapeutic modalities and presents evidence of the corroboration ad mirroring of central transactional analysis concepts within the social sciences and a multitude of other therapeutic modalities.

Transactional analysis can serve as a sophisticated, elegant, and effective system on which to base the practical activities of professionals in psychotherapy, counseling, education, and organizational consultation. It was founded in the 1950s by San Francisco psychiatrist Eric Berne, MD. Transactional analysis has become a worldwide movement with upwards of 10,000 adherents. It is a sophisticated theory of personality, motivation, and problem solving that can be of great use to psychotherapists, counselors, educators, and business consultants.

Transactional analysis can be divided into five theoretical and practical conceptual clusters. These five clusters enjoy varying degrees of recognition within the behavioral sciences. They are listed below along with (between quotes) concepts that parallel them in the behavioral sciences.

1. The Strokes Cluster. This cluster finds correlates in existing theories of "attachment," "intimacy," "warmth," "tender loving care," "need to belong," "contact," "closeness," "relationships," "social support," and "love."

2. The OK Cluster. This cluster finds correlates in existing theories of "positive psychology," "flow," "human potential," "resiliency," "excellence," "optimism," "subjective well-being," "positive self-concept," "spontaneous healing," "nature's helping hand," "*vis medicatrix naturae*" (the healing power of nature), and "the healing power of the mind."

3. The Script and Games Cluster. This cluster finds correlates in existing theories of "narratives," "maladaptive schemas," "self-narratives," "story schemas," "story grammars," "personal myths," "personal event memories," "self-defining memories," "nuclear scenes," "gendered narratives," "narrative coherence," "narrative complexity," "core self-beliefs," and "self-concept."

4. The Ego States and Transactions Cluster. The idea of three egos states and the transactional interactions between them are the most distinctive feature of transactional analysis and yet have the least amount of resonance in the literature. However, the utility of this concept is the principal reason why people become interested and maintain their interest in transactional analysis.

5. The Transactional Analysis Theory of Change Cluster. Transactional analysis is essentially a cognitive-behavioral theory of personality and change that nevertheless retains an interest in the psychodynamic aspect of the personality.

Echoes of each of these clusters of concepts can be found in writings in the fields of psychology, social psychology, and psychotherapy, where they exist independent of any awareness of their possible transactional analysis origins. Transactional analysis includes all five in a sophisticated, interconnected theory of personality and change. From the social sciences literature, we have collected a portfolio of method, theory, and research that corroborates each of the five theoretical clusters. This portfolio is summarized in the following sections.

The Stroke Cluster

Berne postulated that recognition is a basic, biological need with profound motivational implications. He called the unit of interpersonal recognition a "stroke." Contact and recognition with and from others is an essential part of human relationships.

A stroke has been defined as a unit of contact or recognition. Contact or strokes are essential to a person's life. Without them, Berne said, "the spinal cord will shrivel up." This classic Bernean aphorism refers to research that demonstrates that a very young child needs

actual physical strokes to survive and that early development of the human brain is greatly affected by the kinds of contact that the child receives (Siegel, 1999). People of all ages require adequate levels of contact. The exchange of strokes is one of the most important activities in which people engage in their daily lives.

Berne based his theory on Spitz's (1945) hospitalism studies and Harlow's (Suomi, Collins, Harlow, & Ruppenthal, 1976) "monkey studies" with wire and cloth mothers. Spitz established that in a foundling home where the children were deprived of maternal care and affection, motor and intellectual types of development were markedly depressed, mortality was high, and physical growth was retarded. Harlow also showed that baby monkeys clearly preferred cuddling with the softer cloth "mother" model, especially if they were scared. Harlow found that young monkeys reared with live mothers and young peers learned without difficulty to play and socialize with other young monkeys. Babies raised with real mothers but no playmates were often fearful or inappropriately aggressive. Baby monkeys without playmates or real mothers became socially incompetent and, when older, were often unsuccessful at mating; those that did have babies were neglectful of them. Harlow concluded that normal sexual and parental behavior depended on a wide array of affection ties with peers and family early in life.

As mentioned earlier, the concepts that we, in transactional analysis, refer to as strokes have been written about and studied as "contact," "attachment," "intimacy," "warmth," "tender loving care," "need to belong," "closeness," "relationships," "social support," and "love."

That the procurement of strokes—the "need to belong"—is a fundamental human motivation has been investigated by Baumeister and Leary (1995) in an excellent and exhaustive review of the literature. They concluded that "existing evidence supports the hypothesis that the need to belong is a powerful, fundamental, and extremely pervasive motivation" (p. 52). That nurturing physical strokes are needed to maintain physical and psychological health has been investigated in innumerable research studies. Excellent reviews of these studies, showing the pervasive relationship between stroking and health, are provided by Lynch and Ford (1977) and Ornish (1998). These concepts are also embedded in the all-important series of attachment studies by Bowlby (1969) and Ainsworth (1982), which also support the view that secure reliable contact with a caretaker is essential for positive development.

Berne proposed that not only positive stimulation but also negative painful stimulation might be instrumental in maintaining health. This hypothesis is essential to the theory of games, which postulates that people will accept and seek negative stimulation even if they prefer positive stimulation. Berne quoted Levine's (1960) research on infant stimulation in support of that view.

The OK Cluster

In the process of developing an identity, people define for themselves, early in life, what the meaning and significance of their life is. Some people see life as a basically benign and positive experience and themselves as basically acceptable. Berne called this positive experience of self "being OK." Others decide they are not acceptable (not OK) as human beings and that they will fail in some way. These expectations, based on a decision about how life will be, become a person's existential position. People can feel accepting or not accepting about themselves and others (OK or not OK). This leads to four main existential positions: "I'm OK, You're OK"; "I'm OK, You're Not OK"; "I'm Not OK, You're OK"; and "I'm Not OK, You're Not OK."

The concept referred to in transactional analysis as the "OK existential position" is represented in the wider behavioral culture by the concepts of "positive psychology," "flow," "human potential," "resiliency," "excellence," "optimism," "subjective well-being," "positive self-concept," "spontaneous healing," "nature's helping hand," "*vis medicatrix naturae*" (the healing power of nature), and "the healing power of the mind." These concepts, until recently deemed unfashionable and "soft-headed," have taken center stage in psychological research. Seligman and Csikszentmihalyi (2000) reviewed the field in a special issue of the *American Psychologist* focused on positive psychology.

In transactional analysis, the OK existential position is also referred to as "the universal position" because Berne assumed that "people are born OK"; that is, people have an innate tendency

toward health, healing, and a benign expectation and trust of others. This position about self and others is either maintained or lost to a not-OK position about self, others, or both.

Hundreds of studies (for an excellent review, see Matlin & Stang, 1978) have shown that human beings strongly tend to be selectively positive in their language, thought, and memory and that people who are psychologically healthy show a higher level of positive bias. The research also indicates that people with an OK-OK attitude are likely to be healthier and live longer. In fact, Tiger (1979) postulated that optimism has driven human evolution and is an innate adaptive characteristic of the species, a part of evolutionarily developed survival mechanisms. This is consistent with Berne's views.

The not-OK position has been widely researched in studies about depression, low self-esteem, psychopathology, and in the construction of diagnostic manuals and tests. When lost, according to Berne, the OK position can be regained because it is innate, whereas the not-OK position is tied to a script and therefore to the arbitrary narrative or schemas on which people can base their whole lives. Arguably, prima facie evidence over the last centuries is that the human social condition—barring an ecological catastrophe—is steadily progressing in the positive direction of equality, cooperation, democracy, and humanitarianism, which supports the view that this is an innate trend of the species.

The Scripts and Games Cluster

There has been an upsurge of interest among theorists and researchers in autobiographical recollections, life stories, and narrative approaches to understanding human experience and behavior. The concepts that in transactional analysis are referred to as "life scripts," "script decisions," and "redecisions" are represented in the wider psychological culture by the concepts of "narratives," "maladaptive schemas," "self-narratives," "story schemas," "story grammars," "personal myths," "personal event memories," "self-defining memories," "nuclear scenes," "gendered narratives," "narrative coherence," "narrative complexity," "core self-beliefs," and "self-concept." All of these highlight life stories, myths, plots, episodes, characters, and so on.

Berne postulated that people make decisions in childhood that shape the rest of their life "script." Script theory hypothesizes that people can choose lifelong tragic scripts—such as suicide, murder, or alcoholism—in childhood. These choices are supported by routinely recurring games and the roles that people habitually play in them.

A compelling example of the manner in which Berne either contributed to or anticipated major trends in behavioral science can be seen in the evolution of the concept of scripts. McAdams, Reynolds, Lewis, Patten, and Bowman's (2001) thorough review of the literature on the psychology of "life stories" contains about 200 references, the majority of which were written well after Berne's introduction of the concept in 1965. Sadly, Berne is not recognized as a pioneer in this review. Most of the relatively few research articles in this area focus on the scripts inherent in short-term events, such as friendships, sicknesses, transitional periods (e.g., from school to work), gender, sexual and abuse scripting, picking sexual partners, and habitual ways of dealing with emotions, such as anger. The narrative literature includes the notion that people are bound to follow certain preconceived behavioral paths and that some of these are harmful to the individual. The notion of an internalized life story or script ties together a number of important theoretical and empirical trends in developmental, cognitive, personality, and cultural psychology.

Schemas, according to Young (1999), are deep cognitive structures that enable an individual to interpret his or her experiences in a meaningful way. He assumes that, because schemas are formed in response to experiences over a lifetime, they can be restructured. This is the basis of redecision therapy (Goulding & Goulding, 1997), a transactional analytic practice that focuses on a "redecision" of the early decisions that are the foundation of a person's script.

Young expands on this theme with his concept of "maladaptive schemas." The notion that such "life scripts" can be redecided plays an important part in the American Psychological Association's cognitive-behavioral therapy manual for depression

(Persons, Davidson, & Tompkins, 2001). "Schema change methods" are outlined as strategies designed to "restructure maladaptive core beliefs" responsible for depression.

There are, of course, a number of tragic life scripts documented in the clinical literature as well as in fiction and nonfiction, such as mental illness, depression/suicide, criminality, alcoholism, and other chemical dependencies (Steiner, 1971).

Regarding games, Berne postulated that they are the building blocks of scripts; without the continuous playing of games, scripts cannot advance. Berne assigned roles to the players in games and suggested that they are interchangeable. Karpman (1968) narrowed the roles that are essential to any one game to three: Rescuer, Victim, and Persecutor. The familiar Rescuer-Persecutor-Victim cycle or "Rescue Game" is widely recognized as "codependency" in the twelve-step movement. Not playing the various roles of the "Alcoholic" game as recommended by Berne is a basic strategy in Alanon. The proposition that codependent (Rescuing) behavior leads to Persecution and Victimization has not been tested, but it is one of those intuitive Bernean bull's-eyes that resonate in everyone's experience.

Nothing in the academic or research literature seems to refer to games or similar concepts, although in popular culture, from which the term "game" derives, there is an intuitive understanding of their occurrence and their negative impact.

Ego States and Transactions Cluster

In his last book, *What Do You Say After You Say Hello?*, Berne (1972) made it clear that analysis of transactions between ego states is the fundamental activity of a transactional analyst. He focused on ego states and transactions because they are eminently observable. Ego states and their representation as three stacked circles are the icons of transactional analysis.

Berne postulated three basic ego states—Parent, Adult, and Child—each with an important function. However, he quickly introduced possible additional ego states by subdividing each of the three. For example, the Child had three options: Adapted Child, Little Professor, and Natural Child. Others followed suit until the numbers of potential separate ego states became unmanageable. Dusay (1972) narrowed the large number of potential ego states to five: Nurturing Parent, Critical Parent, Adult, Adapted Child, and Natural Child. These five ego states have been widely researched with varying degrees of scientific rigor. A number of researchers have attempted to demonstrate reliability and construct validity for these ego states. The Tokyo University Egogram is reportedly very much in use in Japan. Unfortunately, no translations of that work were found.

Loffredo, Harrington, Munoz, and Knowles (2004) reviewed reliability research and updated their own research in a study in which they measured the reliability of a questionnaire designed to identify the five ego states. This rigorous research demonstrates that their questionnaire reliably identifies these five ego states in people. In addition, Loffredo et al. determined substantial construct validity, that is, the five ego states defined by their questionnaire represent five distinct forms of thought, feeling, and behavior (i.e., ego states).

However, Berne's crucial idea—that all behavior fits in one of these specific ego state categories—has not been demonstrated, nor does it seem likely that it will be. This tends to support the notion that while ego states are credible phenomena, the specific division into the three that Berne chose is largely a wise, useful, intuitive choice that is best seen as a metaphor of heuristic utility rather than a proven reality. The fact that the three ego states are most often named as the reason why people find transactional analysis useful is a powerful reason for maintaining them as our flagship concepts.

That there is such a phenomenon as separate manifestations of the ego (if not necessarily the three Berne mentioned) has been widely observed and postulated as multiple "egos," "selves," or "personalities." There is ample evidence of the occurrence of multiple personalities, but they have been consistently regarded as pathological abnormalities, thus ignoring the possibility that multiple states of the ego may be normal and, in fact, desirable. Rowan and Cooper (1999) introduced the notion of pluralistic models of the self, in which a normal person is seen as a multiplicity of subpersonalities.

According to Berne (1961), "Federn is the one who first stressed on psychiatric grounds what Penfield later demonstrated in his remarkable neurosurgical experiments . . . [namely] that psychological reality is based on complete and discrete ego states" (p. 19). The hypothesis that there are several different, coherent functions of the ego that find a parallel in brain structures is being reflected in the findings of neuroanatomists and evolutionary psychologists, who refer to them as "mind modules." Mind modules are evolutionary structures that specialize in certain functions, such as language, empathy, attachment, emotions, movement, and so on. The research of evolutionary psychologists shows a great deal of corroborative potential, especially if it can be shown that there are

three major mind modules that parallel the three ego states. One ego state, the rational Adult, is a well-validated function that resides in the human prefrontal lobe.

Regarding transactions, if we accept that people transact socially, it would follow that they will transact between specific ego states if such entities exist. However, transactions between ego states seem to have escaped the attention of researchers, except for those within transactional analysis who have produced several respectable, although not statistically significant, studies. In these studies, transactions emanating from predefined separate complexes of behavior (ego states) have been judged with significant levels of reliability.

The Transactional Theory of Change Cluster

From its inception, transactional analysis was designed as a contractual, cognitive (Adult-centered), behavioral (transactional) group therapy. The premise was that if people became aware of their transactional behavior—in particular, their games and underlying script—they would be able to modify their lives in a positive direction. Consequently, an important therapeutic function was to provide "permission" for changing behavior and "protection" for sustaining the change in the face of social and internal pressures to maintain the status quo. The implication of the permission transaction is allied with the concepts of "guidance," "problem solving," "treatment strategies," and "interventions." Protection is allied with the concepts of "support," "empathy," and "secure base."

As a psychoanalytically trained psychiatrist, Berne had a historic and cultural bent toward psychodynamic thinking. Even though he focused on transactions between visible ego states, he was well aware that, as Freud had discovered, a great deal occurred behind the scenes. However, with the years, as many of Freud's concepts were widely questioned (Crews et al., 1995), Berne's psychodynamic thinking became less and less psychoanalytic. As his transactional analysis thinking matured, it moved away from libidinal conflicts and transference phenomena in the direction of the dynamics of script formation, proliferation, maintenance, and redecision.

Therapeutic contracts, first seriously proposed by Berne in 1966, and suicide contracts, a later development, are now an accepted part of modern psychotherapy, especially cognitive-behavioral therapy (Heinssen, Levendusky, & Hunter, 1995; Levendusky, Berglas, Dooley, & Landau, 1983; Levendusky, Willis, & Ghinassi, 1994). To the extent that cognitive-behavioral therapy is, at this point, considered the most effective method of psychotherapy, transactional analysis can easily argue that we partake of that effectiveness. Novey's (2002) excellent and rigorous research on the effectiveness of transactional analysts as evaluated by their clients is a powerful, corroborating study.

Conclusions

A great deal of research and theorizing in the fields of psychology, psychotherapy, and psychiatry corroborates certain aspects of transactional theory and practice. While we found a limited number of "hard" studies that directly support transactional analysis theory or practice, there are many methodologies and projects that provide "soft" corroboration for transactional analysis ideas. Many theoretical concepts and practical techniques that did not exist before

Berne introduced them have been assimilated into the professional fields of psychotherapy, counseling, education, and consulting, most often without knowledge that Berne was their innovator.

The principal contribution that transactional analysis can make for behavioral professionals is to knit together under one comprehensive system a theoretical and practical framework that can help psychologists, counselors, educators, and consultants to coordinate and extend their knowledge in an information-based, systematic, and elegant manner.

The interested student or professional can find a great deal of additional information about transactional analysis and related subjects on the Internet. Most of the concepts featured between quotes in this article will generate long lists of references on a search engine. In addition, the International Transactional Analysis Association maintains an extensive website (www.itaa-net.org) with basic and advanced information.

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Introducing Members of the ITAA Board of Trustees

Gaylon Palmer, Vice President of Development

*A*s I thought about what to write about myself so *Script* readers will know a little more about me as one of the officers and board members of the ITAA, I found myself thinking how indebted I am to the people who have nurtured, inspired, and challenged me. I realized that by saying a public "thank you" to some of them, I would also be giving readers a glimpse of who I am and how I got here. And so I will, beginning with college:

❖ Howard Thurman, Dean of Boston University Chapel. Singing in the chapel choir, and being a member of this diverse group, motivated me to complete my degree in 4 years.

❖ Daughters of Wisdom at Providence Secondary School in Mlanje, Malawi, for patience and tolerance during the time I taught English and sewing there for 2 years as a Peace Corps Volunteer

❖ Margaret Early, PhD, of Syracuse University. She opened my eyes to the connection between literacy and identity.

❖ Winters High School and the town of Winters, California. They welcomed me into their community, even though I brought with me the prejudices and culture of a Connecticut Yankee.

❖ Tom and Amy Harris and the Sacramento Transactional Analysis Institute, for providing me with "I'm OK, You're OK" and my first 101, conference, and treatment marathon

❖ Eric Berne's writing. It was alive for me when I first read it, and it has retained its vibrancy ever since.

❖ Larry Mart, MSW, who as my trainer and friend, gave me permissions and the Frog Pond, and Frank Ernst, MD, for his seminal work on "Listening" and the "OK Corral." I developed the Life Script Currencies at the Frog Pond.

❖ The members of the Eric Berne Seminar, who gave me the opportunity to present ideas "out of town" on several occasions and who encouraged writing and presenting

> *"We are more apt to respect each other's opinions when we disagree and to look for areas of agreement. I see this process as healthy."*

❖ Brett Anthony, my husband, and my two children, for all of their gifts: Brett for his steady and loving devotion, Miranda's adoption and subsequent search for her birth family, and Ian's sensitivity and insights about people and events

❖ The many people who have given their time and talent to the conferences, beginning with the Committee of Ten in 1972 whose spirit sustained me and with whom I have remained friends over the years

❖ Rev. Don Fado, whose leadership with St. Mark's United Methodist Church led us through the first Holy Union in Methodist history, and to Jim and Jean Strathdee, whose creativity allows to us sing beautiful songs

❖ The HOW (Honest, Open, Willing) group, who have been able to meet every other week for close to 25 years: Carolyn Curtis, Francine Farrell, Craig Johnson, and Marian Sheppard

❖ Those from the ITAA office: Susan Sevilla, past executive director, whose guidance and creativity never ceased; Robin Fryer and her commitment to an outstanding product; and Ken Fogelman for his warmth and dedication. These and others from the ITAA office have given above and beyond, and even then, have taken the extra time to teach us the business part of the ITAA.

❖ The many people who have given me the privilege of sharing their stories.

I think the ITAA is in its middle age. We have mellowed some, and the thrills of fighting have lost their glory. We are more apt to respect each other's opinions when we disagree and look for areas of agreement. I see this process as healthy. There have been highlights of my membership, such as dancing through my second TM exam in 1977, and low points, such as being the lone advocate for the symposium at the 1999 Conference. All these experiences have weathered from the passage of time.

There is a residual effect from institutions long after their departure. The ITAA has existed since 1962, and even if it were to exist only as a historical footnote in some textbook, it would continue to be the holding body for members. The ITAA has been a way for people to connect to a viable place, as Eric said about the Adult ego state: It has an address. We all need that kind of connectedness.

As I continue my job as vice president of development, there are many frontiers. I want to develop a small seminar format for CEUs and revise the standard TA 101 video. I plan to select some of our videos for DVD format, and I will continue placing ads in professional journals. I want to connect with professional conferences to introduce transactional analysis to newcomers. Lastly, I want to cultivate 20 universities around the world that will include transactional analysis in their psychology, social work, and/or business curricula.

If you are interested in helping on any of these projects or have questions or ideas to share, I would be glad to hear from you. I can be reached by writing Gaylon Palmer, MS, MSW, 11622 Fair Oaks Blvd., #103, Fair Oaks, CA 95628, USA; email: gaylonlcsw@aol.com .

New ITAA Trustee and Committee Chairs

Joaquin Granados-Rossi
Trustee for the Central/South American Region

Lorna Johnston
Nominating Committee Chair

John Heath
Conference Committee Chair

Elaine Childs-Gowell
Scholarship Fund Chair

*J*oaquin Granados-Rossi lives in San Jose, Costa Rica, and has been an ITAA member for 13 years. He first learned about transactional analysis in the early 1970s and began applying it to his own growth and development, his personal relationships, and in his work with business organizations. After obtaining a degree is economics and social science at the University of Costa Rica, he did graduate studies in business administration and was an officer and board member of an Agricultural Loan Bank in Costa Rica for 12 years. His other involvements have included the Economic Sciences Association of Costa Rica, the international 4-H Clubs, the Certified Public Accountants Institute of Costa Rica (where he served several times as chair of the board of directors and of the discipline committee), and the Certified Public Accountants Institute in Israel. He and another CPA founded a firm that has been working for over 25 years nationwide. He is married and has four children and six grandchildren. Joaquin can be reached at PO Box 5614, San Jose 1000, Costa Rica; email: granadossancho@racsa.co.cr .

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*J*ohn Heath, BSc, MEd, TSTA, has been a psychologist for most of his professional life. He qualified as an educational psychologist in the mid-1970s and spent most of the next two decades working in the school system. Along the way he discovered transactional analysis and decided to shift his focus to clinical work, gaining his CTA qualification in 1997 and his TSTA in 2004. He has a private psychotherapy, training, and supervision practice in the northwest of England. John is married to Lis Heath, PTSTA, and together they run a psychotherapy training program known as the Cumbria School of Transactional Analysis. They have a special interest in integrating the theoretical perspectives of body-centered psychotherapy into transactional analysis, and along with three colleagues, they have organized a continuing professional development program in body-centered approaches for qualified psychotherapists in their region. John also has a particular interest in the contribution that psychotherapy can make to orthodox medical treatment, and he works one day a week at a hospital in an outpatient clinic for chronic pain patients. John can be reached at 122 Highgate, Kendal, Cumbria LA9 4HE England; email: jheath.highgate@virgin.net .

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Bringing Smiles

supplies, installed wood-burning stoves, and provided wood for the winter and cows for milk and meat. Smiles also renovated a dayroom. I wanted to see a sensory room in-stalled so that these kids could be stimulated or relaxed according to their individual needs. The budget version we are planning is going to cost about $10,000. I was shocked to learn that "mission trippers" with Smiles are the only visitors the young people ever have.

We spent time at the charity's school for Roma children, aged 6 to 14, who had never been educated. We saw the village they had come from, with its dilapidated housing and no sanitation, and heard how the children previously earned money for their families by begging on their own in the city, 20 miles from home. Here the pedophile gang leaders had approached several of the boys to join the gangs in order to make more money. The school charity school provided a haven from the trauma of the streets as well as the children's first-ever hope for eventual employment when they had completed at least some schooling.

I became aware of the twin national contaminations of racism (mainly against the Roma people) and disability discrimination. In Romania today, people with disabilities are marginalized and isolated; families are left to cope with severely disabled children, and parents often feel overwhelmed.

During that first visit I was asked to become the Smiles Foundation's unpaid therapeutic consultant. I had many meetings with some of the 35 Romanian and Roma staff about therapy and the local needs. I said that when I had PTSTA status, I wanted to introduce a transactional analysis training program for staff and others. I also wanted to introduce play therapy, which I am studying at the postgraduate level. The consensus was that before play therapy could take place, the children needed to learn to play and

This little Romanian girl's new hat and doll provide the only brightness in her dull, poverty-stricken life.

dren's Hospital. They are left in side wards with little food and perhaps two diaper changes a day. Six charities became involved in supplementing food and providing disposable diapers, and now Smiles is coordinating this initiative. The therapy project is employing five part-time play assistants in the hospital to help meet the children's physical needs and to play with them from a very young age. Smiles is also buying and renovating a large house in Cihei, near Oradea, at a cost of $170,000; there 12 abandoned children (each sponsored at $140 a month) will be prepared for adoption. Play therapy will play a vital role in this preparation.

My lifelong ambition was to retire and run a mountain retreat where children could be stretched to the limit physically with activities outside, while inside they could deal with any emotional issues they had. I thought if I got the money I would buy a retreat in England or pos-

on a voluntary basis setting up the Smiles Foundation's therapy project. This will include therapy, training, and passing on our skills and abilities to local people so that they can carry on the work once we leave. From the way things look, we will be very busy!

In addition to voluntary work for Smiles, I am already providing paid therapeutic consultancy and training to other charities throughout Romania. This will continue once we are there. It will help to finance our stay and will enable me to provide links with a wide range of charities. I firmly believe in collaboration across all levels and have been in contact with ITAA Vice President of Operations John Parr, PTSTA, who runs transactional analysis training programs in Bucharest and Timisoara. Once I set up a transactional analysis program in northwest Romania, I have agreed with John that we will provide

training, supervision, and support for each other's groups.

I will never forget the vacant stares I saw in the photographs of orphaned children in Romania 16 years ago. I now add to them the images of hundreds of children in poverty I have met there. I cannot change the children of that past generation, but I count it a great privilege to be making a difference in the lives of today's generation of children in Romania.

Roger Day can be reached at 163 Clifton Road, Rugby, Warwickshire CV21 3QN, England, or by email at rogerday@3-cp.fsnet.co.uk . To find out more about the therapy project in Romania, visit Roger's Web site at www.romaniaretreat. org.uk or the site of the Smiles Foundation at www.thesmilesfoundation.org .

Hundreds of children in Romania sit in their beds for hours, listless, unstimulated, waiting to learn how to play.

parents needed to be taught its importance. I was amazed to discover that communism's work ethic and exceptionally high educational standards had virtually eliminated play from children's lives. Without play, children could not resolve their problems.

I have visited Romania many times since then. Each time I am struck by how deeply lack of play is affecting children's emotional development as well as parents' interaction with their children. As a result, we have now appointed a play leader, Alina Ivan. She is popularly known as the Romanian Mary Poppins because when she goes around to families, she has a "magic bag" from which she produces toys and games that she lends to the children after showing them how to play.

Alina also heads up the abandoned children project within the Smiles Foundation. There are currently 67 abandoned children in Oradea Chil-

sibly in my native country of Canada. After talking to Smiles, I decided to develop the center for them rather than for me. Children in poverty who have never had a holiday will be the first priority. The land has been bought in the beautiful mountains south of Oradea. We plan to build a large center housing about 40 people (total cost $400,000), fully equipped for all disabilities, and provide abseiling, caving, rock climbing, and an assault course. People with disabilities will be encouraged to take part in as many of the activities as possible.

On our regular visits to Romania, Christine and I have been assessing therapeutic needs for children, families, and adults. We are involved with families scattered around the region, the Roma school and new kindergarten, and children in the village of Gepiu, where there is no schooling beyond the age of 11. We have run courses in counseling and therapeutic play. Now we intend to spend the next 4 years full-time in Romania

EXAM CALENDAR

Exam	Exam Adm.	Exam Date	Location	App. Deadline
CTA Oral	COC	July 7, 2005	Edinburgh, Scotland	April 1, 2005
TSTA Oral	COC	July 7, 2005	Edinburgh, Scotland	Jan. 1, 2005
CTA Written	All Regions (Non-Europe)	Your choice	Submit to Regional Exam Coordinator after paying $50 fee to T&C Council	Your choice
TEWs	PTSC	July 10-12, 2005	Edinburgh, Scotland	March 10, 2005
	PTSC	Nov. 19-21, 2005	Hofgeismar, Germany	July 19, 2005

* COC CTA exam candidates who are doing the COC written case study must submit it no later than six months before the oral exam date. Details/application available from the COC Language Group Coordinators.

Note: Exams subject to availability of examiners/exam supervisors. BOC not responsible for expenses incurred when unavailability of examiners/exam supervisors causes exams to be canceled or postponed. To be an examiner for an ITAA/BOC exam, examiners must be at least a CTA for a CTA exam or a TSTA for a TSTA exam.

To arrange to take a BOC exam, contact the T&C Council, 436 14th St., Ste. 1301, Oakland, CA 94612-2710, USA. Note: COC people sitting for BOC exams must forward the equivalent of the EATA fee to the T & C Council office. **To arrange to take a COC exam,** contact your EATA Language Coordinator. Check with the EATA office or the EATA Newsletter for the name of the appropriate Language Group Coordinator. **TSC Training Endorsement Workshop fee:** $450 ITAA members/$600 non-ITAA members payable in US dollars to T&C Council, c/o the T & C Council office, 436 14th St., Ste. 1301, Oakland, CA 94612-2710, USA. **COC Training Endorsement Workshop:** to take a COC TEW, contact the European TEW Coordinator, c/o the EATA office.