

Announcing A New Update: TAJdisk v3

The TAJdisk v3, updated to cover TAJ articles from 1971 through January 2008, has just been released. The TAJdisk is a research tool designed to complement and promote the existing TAJ paper journal. It runs on a Windows PC and has the following features:

- Includes over 1600 full-text TAJ articles from Jan. 1971 through Jan. 2008. (A small number of pre-April 1993 articles will not be included because their authors refused permission to republish.)
- Subjects cover counseling, psychotherapy, educational, and organizational transactional analysis
- The articles can be searched by title, author, year, or content. A search result will show a list of all articles found.
- Use from the CD or transfer to your hard drive
- Each article can be viewed, searched, or printed for personal use.
- Compatible with Acrobat Reader 6, 7, 8, or 9

The TAJdisk v3 is available now for £99 (currently about US \$196), which includes worldwide shipping. A percentage of each sale is received by the ITAA, and bulk purchase discounts are available for training organizations.

The TAJdisk has been developed by Graeme Summers and authorized by the International Transactional Analysis Association (ITAA). Thank you to all of the authors who have generously given permission to make this volume possible, and thanks to all of the ITAA members and staff who have supported this project.

Full details and purchasing are available at www.tajdisk.co.uk.

Call for Papers

Special issue of the Transactional Analysis Journal "Redecision Therapy"

We are seeking high-quality papers for this issue of the TAJ and invite all authors to come forward with their ideas! We welcome papers about theory and technique.

Deadline for submissions is 1 July 2009

"If you are mad at the editor, please show it in some other way than by sending in a first draft... The editor loves hardworking transactional analysts who study English grammar and write good abstracts." —Eric Berne

Please send all submissions electronically to TAJ Managing Editor Robin Fryer at robin-fryer@aol.com. See the inside cover of any recent TAJ for more complete instructions on submitting manuscripts.

Les Kadis, MD, Guest Editor
Peter Pearson, PhD, Guest Editor



Robin Maslen to Receive 2008 James Award

The ITAA is pleased to announce that Robin Maslen, MAASW, TSTA, is the recipient of the 2008 Muriel James Living Principles Award. This award was established to honor ITAA members who have advanced the growth of transactional analysis by personal example as well as by contributions of an exceptional and lasting nature. Personal example involves consistently living the principles of transactional analysis, which includes, but is not limited to, clear Adult thinking, joyful creativity, compassionate ethics, and a lack of gaminess in transactions with others. Such a person models egalitarian relationships and promotes an "I'm OK, You're OK" atmosphere in both professional and personal arenas. Honorees have demonstrated commitment, concern, and caring for both individuals and the world community and have been active in the international advancement of the principles of transactional analysis either professionally or personally.

The following excerpts from the nomination statement submitted by Servaas van Beekum, Charlotte Daellenbach, and Lorna Johnston describe the reasons Robin is so entitled to this award.

Robin has, in an extraordinary way, contributed to the growth and development of transactional analysis for over 35 years. From the moment he found himself "somewhat accidentally" in a 1-week workshop at Mt. Madonna in

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Long-time ITAA Members Honored



Diane Salters Honored with 2008 Capers Award

We are delighted to announce that Diane Salters will be honored in Johannesburg with the 2008 Hedges Capers Humanitarian Award. Established to recognize ITAA members who have made significant, enduring contributions to humanity in keeping with the ideals and ethics of the ITAA, the Hedges Capers Award honors activities that promote the welfare of humankind, especially through the alleviation or elimination of pain and suffering. ITAA members who make such contributions often do so at the cost of personal risk and/or sacrifice. The humanitarian activities may form a life-long pattern or be expressed in a single, widely noted occurrence. In Diane's case, the work for which she is being honored demonstrates her lifelong contribution and commitment to improving the lives of people in South Africa.

Born in Boksburg, South Africa, as a young student activist working against apartheid, Diane had to leave the country in 1968 to avoid arrest. She subsequently applied for citizenship in the United Kingdom, where she continued to work against apartheid in various ways. After Nelson Mandela was released and things started to change in South Africa, Diane decided to return there in 1993 with her English husband and 4-year-old child, leaving her two older children in the UK. As Diane describes it, "This meant leaving an established life and psychotherapy practice and taking a leap into the dark. I knew we had enough money to live on for a year. In any event, I wished to

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Getting to Know EATA President Maria Teresa Tosi

To further connection and cooperation between the ITAA and the European Association for Transactional Analysis (EATA), we thought it would be interesting for Script editor Bill Cornell to have a conversation with EATA President Maria Teresa (Resi) Tosi. We hope you find their comments interesting.

BILL: I think our readers would like to know more about you as a person, what you do professionally, for instance. Are you primarily a psychotherapist?

RESI: I'm a psychologist, a psychotherapist, and a Teaching and Supervising Transactional Analyst (psychotherapy). I have a doctorate in philosophy and another in psychology. I have a private psychotherapy practice in Rome, but about 50% of my time is spent as a trainer, teacher, and supervisor of psychotherapists. As you may know, in Italy the psychotherapy profession is recognized by the government. Only psychologists and medical doctors can become psychotherapists after a 4-year specialization. I work as a trainer in two different schools for psychother-



"The reality of transactional analysis in Europe is multifaceted, and it is important to consider many different professional needs and cultural and political proclivities."

apy specialization: one private school recognized by the government, called IFREP (Institute of Training and Research for Psychotherapists and Educators), and the other the specialization school of Salesian University.

I love both professional activities. Working with trainees means to be in contact with lots of young students who bring their liveliness, creativity, and good humor to the training process. It is always a challenge to cocreate a good working group. I also like to support young and not-so-young people when they are building their own professional identities, probably because my profession has always been an important part of my life. Working with patients is important as well for the deep mutual existential enrichment that I experience, especially with some of them. After 30 years of practicing, I still feel curious about people and about understanding change processes.

BILL: How did you first learn about transactional analysis, and what is it about TA that led you to get so involved?

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Robin Maslen

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1972, Robin has continued to promote transactional analysis in Australia, New Zealand, and globally in a variety of roles.

In the early 1970s, Robin was involved in preparing a plan for the decentralization of social welfare in South Australia and became an active supervisor in the department of community welfare, where he undertook research into the latest programs for young offenders. As part of that research, Robin spent 17 weeks overseas, during which he looked at 80 programs for young offenders in the United States and the United Kingdom. On the recommendation of Bob Semmens, he signed up for a week with the Gouldings at Mt. Madonna. From Robin's positive experience there, he managed to introduce transactional analysis in the treatment of young offenders in Australia. Although Robin has moved on in his career since then, he has been a senior advisor to the South Australia government in matters of juvenile justice.

Robin has promoted transactional analysis in Australia and New Zealand in many ways. He increased training by inviting trainers to Australia for longer workshops and started himself to offer many free introductory lectures to industry, government, voluntary organizations, parents groups, churches, local communities, and professionals. Robin's goal of running a TA 101 in every state capital in Australia was achieved in 1982. These 101s became the basis for the establishment of small transactional analysis groups around Australia. As a result, the first Australasian transactional analysis conference was held in Adelaide in 1982.

WPATA, the Western Pacific Association of Transactional Analysis, was established in 1985 in Perth and continues today to be the regional association for conducting conferences and giving membership services.

Over time, Robin has contributed generously to the development and training of many, not only in designing and running training programs but also mentally and financially. Robin became internationally involved with the ITAA and joined the Board of Trustees, first as a board member, then as secretary, and eventually as president (1992-1993).

After that, Robin remained heavily involved in the training and certification processes and exam boards. As the long-time chair of ITAA's ethics and bylaws committees, Robin has rewritten ITAA's code of ethics, its procedures manual, the ITAA bylaws and guidelines, and the Training and Certification Council bylaws as well as created the examiner handbooks. Through these activities, he has served many ITAA presidents and vice presidents, and through it all, OKness has been Robin's hallmark. These rewrites have been intensive processes, involving many people from committees, boards, and the legal world. Those who have cooperated with Robin over these years know about his dedication, punctuality, and commitment, which he manages to combine with a healthy sense of humor to get these tasks done.

Robin's contributions to the global transactional analysis world have been and still are a real reflection of the values and principles of transactional analysis. In many ways, Robin has demonstrated commitment, concern, and caring for both individuals and the world community in an extraordinary way.

We congratulate Robin on receiving the Muriel James Living Principles Award and thank him for his many years of dedication and superlative service to the ITAA and the transactional analysis community. If you wish to contact Robin directly, he can be reached at 58 Hulbert St., Hove, South Australia 5048, or by e-mail at rmaslen@ozemail.com.au .

Note: As we went to press, we learned that Robin has been diagnosed with an aggressive form of liver cancer and possibly stomach cancer. He started chemotherapy in mid-July.

Diane Salters

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contribute a year of unpaid work to the building of the new South Africa by way of reparation for the role of my white ancestors in the oppression and exploitation of black people and the fact that I was privi-leged under the apartheid system. We hoped to find paid employment at some point during that year. My husband did, but for the next 3 years, most of my work was voluntary. In fact, I only returned to my work as a private psychotherapist in 1998."

Even today, Diane continues to balance paid work (psychotherapy and organizational work) and unpaid/low-paid work for nongovernmental organizations (NGOs). She says she has been amply rewarded for the latter work by the extent to which it has contributed to her own healing and by seeing the empowerment that transactional analysis can offer to people at the margins of society.

Since returning to South Africa, Diane has been involved in numerous projects, including helping to monitor the 1993 election process, representing the African National Congress on the South Peninsula Initiative in 1994 (a forum set up to prepare communities for changes in local government on the Cape peninsula), and in 1995-1996 serving on the Simon's Town Interim Council as chairperson of the executive committee and as a representative on the joint executive committee set up to reorganize local government in the Cape metropolitan area and to organize the first democratic local government elections. Diane was also

active in ensuring municipal services were extended to the informal settlements in the area.

From 1996 to 2007, Diane was a freelance consultant/facilitator/trainer working on a fairly regular basis (much of it voluntary) with the following NGOs and educational institutions:

Valley Development Trust: Staff appraisal and strategic planning, training of volunteers in the Open Door program for the prevention of child abuse, chairperson of the management board from 2001-2004

Kommetjie Environment Awareness Group: Strategic planning and conflict resolution

Quaker Peace Centre: Stress management workshops for the police and staff training in transactional analysis; served on the board of trustees from 1999-2001

Fairshare: Development of partnerships between communities and local government to enable poor communities to access funds

The Grail: Helped to set up a program called "Caring for the Carers" for homecare providers and counselors working with people diagnosed with HIV/AIDS; trained facilitators in some basic transactional analysis concepts, listening skills, and stages of grieving

YES (Salesian Youth Employment Programme): Gave a basic transactional analysis course for young people (19-23 years) from previously disadvantaged communities, the themes of which were "Self-awareness, Awareness of Others, and Our Place in the Community."

City of Cape Town: Mentored staff at clinics dealing with all the problems of HIV/AIDS and venereal disease as well as pregnancy, birth control, child immunization, and child abuse

Before returning to South Africa in 1993, Diane was also involved in social action activities in the UK. From 1968 to 1971 she was a teacher in a large comprehensive school in Brixton (students from 11-18 years), where she was possibly the first teacher in London to introduce black consciousness studies at that level. From 1971 to 1972 she was the assistant community relations officer for the London Borough of Brent (race relations) and had special responsibility for registration and training of illegal child-minders in the poor immigrant community. In that context she was involved in police training and as a community/police liaison. From 1976-1980 Diane was a teacher in charge of a center for school refusers and suspendees (students aged 15-16 years) for London Borough of Haringey, which involved helping to develop students' personal and practical life skills. She also did voluntary work with organizations promoting preschool education.

Award Nominations Sought

Eric Berne Memorial Award

Nominations Deadline:

1 December 2008

Hedges Capers Humanitarian Award

Muriel James Living Principles Award

Goulding Social Justice Award

Nominations Deadline:

1 January 2009

See the ITAA Web site at www.itaanet.org or contact the ITAA office for details on making nominations for these awards.

Diane became involved in transactional analysis in 1981, and from then until 1992 she trained and worked as a psychotherapist (using transactional analysis and integrative methods) while continuing her voluntary work with various organizations. She completed her psychotherapy training at Metanoia London and became a Certified Transactional Analyst (clinical) in 1985. She subsequently completed the integrative psychotherapy course with Metanoia Institute in 1988 and registered with the UK Council for Psychotherapy. She is currently a Provisional Teaching and Supervising Transactional Analyst (psychotherapy).

An active member of the ITAA since the 1980s, Diane is currently serving on the ITAA Board of Trustees as a regional representative for Africa/Asia. She has been to almost every ITAA conference since 1999 and has presented workshops at all the conferences she has attended. Diane has also written several articles about South Africa and her work in Nigeria, where she taught free of charge a TA 101 and a TA 202 for a group of about 20 people.

We are delighted that Diane will be present to receive this prestigious award during the 2008 World TA Conference in Johannesburg in August. If you wish to offer your congratulations to Diane directly, she can be reached at 15 Disa Road, Murdock Valley North, Simon's Town 7975, South Africa; e-mail: dsalters@iafrica.com .

"Transactional Analysis: Selected Topics" DVD to Be Released at Johannesburg Conference

You can still obtain the video program of the Theory and Practice of TA Course held at the San Francisco conference in August 2007 at the prepublication price of US \$85 plus \$5 shipping and .0825% tax in California. The DVD set includes classic 101 topics from structural, transactional, game, and life script analysis and rich additional material as transactional analysis is being taught worldwide today.

Presenters include: Mary Goulding, Muriel James, Jack Dusay, Fanita English, Charlotte Sills, Steve Karpman, Claude Steiner, Gaylon Palmer, Josephine Lewis, Diane Salters, Gloria Noriega, Fatma Torun Reid, Gunther Mohr, Anne de Graaf, Janice Dowson, and Jan Grant.

Orders received before 1 August are eligible. Full price will be at least 20% higher. Fax name, address, e-mail, and credit card info to +1-408-353-2497 or inquire at communications@usataa.org .

ITAA The Script

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Deadline: 1 July for the August issue; 1 September for the September-October issue.

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Still Turned On After All These Years

by Jon Wagner

It was 1969 when I entered the meeting room in an old Evanston, Illinois, hotel where I was about to be introduced to transactional analysis. I was greeted by a woman with an accent who said, "Hello, I'm just getting things ready. Do you want some coffee and rolls? Oh, just help yourself. The committee says I'm too helpful." "Strange," I thought to myself, and "What's 'the committee?'" As the training began, I discovered that I had been greeted by Fanita English and that the other teacher for the event was Natalie Haimowitz. Natalie's husband, Morrie, was supposed to be the copresenter, but he had recently had a heart attack and so couldn't make it.

At the time, I was a resident in clinical pastoral education at St. Louis State (mental) Hospital. My theological studies had focused on religion and personality with a strong emphasis on psychoanalytic theory and client-centered therapy, the first real challenge to analytic theory. I had also managed to find a spot in the group process department as a trainee and to be supervised in psychodrama by one of the few people Moreno certified as a director. Besides my work at the state hospital, I also saw clients at Care and Counseling, a pastoral counseling agency. With my training and experience, I appeared to be a well-qualified and competent counselor, but internally I was adrift.

When I started my residency, I wanted to know what was wrong with patients, how to diagnose, and thus how to treat. I poured over patient records that spanned up to 50 years. Because the place was a teaching hospital, a patient seldom had the same doctor for more than 4 years. With each new doctor, there was usually a new diagnosis, which could switch from catatonia to schizophrenia to manic depression. Not only did diagnoses change, they also clustered according to certain decades. Catatonia was very popular early in the twentieth century and nonexistent in the 1960s, except for some patients who had been hospitalized in the earlier 1900s and still behaved in a catatonic manner. I guess they just didn't realize the disorder no longer existed. I thus realized that most diagnosis was not very helpful.

In addition, in staff meetings I was deeply disturbed when lack of progress was attributed to the patient's defensiveness. This was not helpful to me, a resident there to learn. I thought it was the job of a professional to find solutions.

Then, in Evanston, after spending a weekend with Fanita and Natalie, I knew there was at least one doctor who thought it was his responsibility to find solutions for mental health problems, that it was not acceptable to blame the patient. I liked Berne's position that a "real" doctor cured his patient. His example of a sore back being cured when the doctor removed a splinter from the patient's toe spoke to me about remaining open and exploring alternative possibilities. I was turned on by this new theory and practice of transactional analysis.

I also heard references to scientific research, especially Penfield and Spitz. Great! The art of psychotherapy based in science. I also heard that the ego consisted of the exteroepsyche, neopsyche, and archeopsyche. More science? Structural analysis was short-lived hard science. Soon after returning to St. Louis, I asked Dr. Hoffstetter, the hospital administrator and lobotomy king, if there were corresponding entities in the brain. A quick tutorial in his lab showed me that the brain was not differentiated into id, ego, and superego. He

said Parent, Adult, and Child were useful fictions, a way to make sense of complex processes.

Science or not, what I did gain through transactional analysis was a useful treatment system that starts with ego states identified by words, emotions, behaviors, and personal history, then moves to transactions, which have social and psychological levels and are used to structure time, including the manipulations of games as a way to sidestep risky intimate communication, and finally culminates in habitual behavior known as a life script. Now that really was a turn on!

In the late 1960s, psychoanalysts conducted "real therapy," psychologists conducted testing and behavior modification, and the rest of us provided "supportive" therapy. I never found anyone who knew what supportive therapy consisted of, but it was clearly considered inferior to what analysts did. However, what I was learning through transactional analysis offered another possibility. Transactional analysis starts with ego states and transactions, both of which provide information that fosters fast behavioral change. The same system ends with script analysis, which provides an opportunity for deep preverbal analysis. Very quickly I saw that transactional analysis wiped away the split between "real" analysis and "supportive" help. I could be what Berne called a "real" doctor. This was exciting! I began a lifelong quest to increase my competency.

"Transactional analysis starts with ego states and transactions, both of which provide information that fosters fast behavioral change. The same system ends with script analysis, which provides an opportunity for deep preverbal analysis."

In his first book, Berne (1947) discussed his interest in extrasensory perception and intuition. My interest in ESP and intuition developed in the late 1950s. As soon as I learned of Berne's articles on intuition, I ordered them from the Missouri Mental Health Library housed at the St. Louis State Hospital. I'm not sure when I realized that there are two sources for intuition: intuition that is assembled from massive numbers of clues, as in Berne's one-minute psychiatric interviews at the end of World War II, and intuition that emerges from the preverbal memory (usually called visual memory), which infants acquire during the first 4 years of life (Joseph, 1990). For many years I thought that these two types of intuition indicated the need for two kinds of interventions. Cognitive interventions would work for experiences after age four, and nonverbal, behavioral, and emotionally charged interventions would help with experiences prior to age four.

Then, a few years ago, I began paying attention to what sparked my memories. I have one vivid image of myself at about age four in which I see my hands moving toy cars in front of me. I also see myself from behind, including my shorts with a bib that covers my chest, but I only see the straps on my back. I also experience myself turning to my left in response to an unheard call. While Joseph (1990) refers to such early images as visual memory, what I "see" includes images that can only be explained by body awareness and what is often called "out-of-body experience."

Understanding memory is one of my current interests, which I can trace back to Berne's inter-

est in being a "real" doctor. But how can I explain my 4-year-old memory of seeing myself from behind? Certainly not with Berne's reality based on Newton's mechanical physics, a reality of atoms. I turned to another reality: process philosophy. The phrase "the only constant is change" is a way of understanding process philosophy, an outlook that questions basic Bernean ideas such as ego states and structure.

I mention the type of image involved in my seeing myself from behind because it underscores a basic problem with the science that Berne presented. While process philosophy can be traced back to ancient Greece, it remained in the backwaters of intellectual inquiry until quantum physics emerged in the late nineteenth century and did not expand beyond physics until the mid-twentieth century. Berne's education and writing all predate process philosophy.

It took me awhile before I was able to inquire about how clients' memories were stimulated without giving a clue as to the answer I expected. Only a very few client memories start with words, and to date, in my clinical experience, those have been of a verbally abusive parent. I certainly do not have enough data to draw any conclusions, but what I do have makes me curious about what they may say about both the art and science of counseling. I would love to hear from anyone who gets information about the source of stories they hear from friends and clients. "How did that episode come into your awareness?" can be a useful question without suggesting a certain kind of answer.

Early in my transactional analysis training, Morrie or Natalie quoted Berne as saying, "If it works, it is transactional analysis." I have no idea if the quote is fact. I do know it provided me with a standard for evaluating interventions and permission to explore and be creative. This was especially helpful during the 1970s, when there was an explosion of new therapies. Some, such as body therapy, did nothing for me. In hindsight, sitting at my computer with scars on my myelin, I now understand that I lacked the good nerve transmission needed for bodywork.

I am also reminded of one spring evening when a group of St. Louis therapists gathered in my apartment to experience scream therapy. The demonstrator picked a good candidate, who then let out a blood curdling scream. As we were discussing the technique, there was a knock on my door. Neighbors had heard the scream and contacted the police. Everyone was amused.

Not so funny was my experience with scream therapy at the state hospital. On one of my wards I was asked to work with a patient who refused to speak. I tried to attune myself to her state using her stance and behavior, but to no avail. I tried to reflect what I thought was her fear. Still no response. After weeks of trying, I screamed at her. She continued to cower. If shame was recognized as a feeling in the 1970s, that is what I would have recognized as I left the ward office. That experience, like no other, brought me to the awareness that not everyone can make a treatment contract as proposed by transactional analysis theory.

As I explored the inability to make a treatment contract, I discovered that the inability was the result of more than brain damage. This morning as I was going through the tedious tasks of washing and dressing while on my back in bed (a result of my multiple sclerosis), I followed a public television program on neuropsychology and brain plasticity. It was nothing new, but a good reminder that unless one's brain is stimulated with new input, plasticity becomes ruts. Clients



may arrive with compromised plasticity that requires external stimulation before they are able to consider many options. Clients often need to learn about thoughts, behavior, and emotions before they can decide how they want to be autonomous. I continue to discover the importance of a focus on phenomenology as a means to stimulate increased options. We experience phenomenon through perceptions, and perceptions stimulate many areas of the brain.

Perhaps my biggest turn on in relation to transactional analysis has been the ITAA and USATAA members who have enriched my life over so many years. For example, it was great in San Francisco last summer to meet Steff Oates in person after getting to know her online, to touch base again with Muriel James and Mary Goulding, and to receive the USATAA M & M Award (named after Mary and Muriel). Morrie Haimowitz, Bill Holloway, Norman James, and Frank Ernst have also been important in my life since we met prior to 1970. There are hundreds of people who have impacted my life through transactional analysis, people on every continent (except Antarctica). Even though I have lost contact with many of them, I cherish their spirits.

Involvement, that is my real source of turn ons. I have grown more by giving than by all the taking of theory. I have served on ITAA committees (membership, conference, and scholarship) as well as on the board of trustees. With USATAA I served as regional coordinator and general coordinator and worked on conference planning and education. I did not always meet high standards, but I continued to gain skills.

Playfulness has also been important to me. I am usually a quiet introvert, but transactional analysis conferences help me to let out my imp. I saw Pam Levin again in San Francisco last summer, and she suggested that I write this column and asked me to include some memories about what turned me on at TA conferences in the early 1970s. I remembered talking in someone's room and an old-timer yelled, "Bed pile!" In seconds, 15 people were piling onto a double bed. I was at about the fourth layer, with Pam somewhere below. In Cincinnati it was the spoon club, and Atlanta had its swim-suit-optional suite with a pool. There were a lot of helicopters out that day. And while my body could still stand, there was always dancing.

Bright ideas, lovely people, and 39 years of history. I'm still turned on.

Jon Wagner, MDiv, LCSW, practices through Transactional Analysis Counseling Service in Maryland Heights, Missouri, USA. He can be reached at jwagner@counseling-stl.com; Web site: www.counseling-stl.com.

REFERENCES

- Berne, E. (1947). *The mind in action*. New York: Simon & Schuster.
- Joseph, R. (1990). *Neuropsychology, neuropsychiatry, and behavioral neurology*. New York: Plenum Press.

Long-Time Members Honored

Below are the names of those members who have completed 10, 25, or 30 years of membership in the ITAA. As president, I thank them on behalf of us all for their dedication and loyalty to our global transactional analysis community. It is only through the continued participation and active leadership of our members that we can move confidently into the future. I therefore salute these people as supporters and as holders of the history and wisdom of our association, and I look forward to sharing the ITAA's development with them for many years to come.

Gianpiero Petriglieri, ITAA President

30 YEARS OF MEMBERSHIP

Arlene Anisman
Melchor Batista
Patricia Brown
Pearl Dreger
Irvin Greif, Jr.
Elena Guarrella
Farzaneh Guillebeaux
Arthur Hohmuth
Columba Howard
Philip Kinnaman
Kaare Kristiansen
Joan Ross
Bernd Schmid
Regina M. Stalba C. Balau
Rosemary Taylor

25 YEARS OF MEMBERSHIP

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Maria Luisa Cattaneo
Sashi Chandran
Jeanette Coleman
Barbara Frady
Linda Gregory
Ray Little
Mona B. McNutt
David Neustein
Pietro Petriglieri
Adelaide Ranci
Gloria Rubin
Sue Sanders Shealy
Nelly Soder
Helen Tuggy

10 YEARS OF MEMBERSHIP

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Francis Bussat
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Brian Way
Kenneth Woods

Transactional Analysis Journal Back Issues Available

While supplies last, the following back issues of the *Transactional Analysis Journal* are available for individual purchase. To order, fill out the form below and send to the ITAA, 2186 Rheem Drive, #B-1, Pleasanton, CA 94588-2775, USA; fax to 925-600-8112; or order online at www.itaanet.org. If you have questions, contact the ITAA by phone at 925-600-8110 or by e-mail at itaanet@itaanet.org. All back issues are \$15 each to ship in the US and \$18 each to ship internationally. Unlisted journals are out of print.

Issue	Theme	Quantity	Cost
2000			
Jan. 30:1		_____	\$ _____
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Making Connections between Transactional Analysis and Graphology

by Massimo Redaelli

Graphology (also known as handwriting analysis) is the study of how one can infer an individual's personality based only on the graphic features of the person's handwriting. I stress "graphic" because the graphologist does not concern himself or herself with what a person writes, or the style of the prose, but only with the handwriting itself, which is seen as a "picture" on the page.

Since its early years, graphology has been eager to build bridges with other, more well-established theories, especially those related to psychoanalysis. For instance, we can easily discern in handwriting what the writer's principal Jungian function is or whether the person is fixed at one of Freud's libidinal stages. (Note: It is not necessary to believe in Freud's or Jung's theories. We just use them empirically and operationally, for example, "When a person behaves in a certain way, we say that he is stuck in the anal phase.") We do the same with transactional analysis. For instance, our initial work focused on finding the handwriting characteristics of people with strong drivers ("Be strong!", "Hurry!", etc.). We then did the same with the most energized ego state(s), time structuring, and management of strokes.

The work cited in the following abstracts was done primarily by my colleague Anna Dondero and me. She has a master's degree in classical literature and lives and works in Genova as the president of Centro Studi Grafologici—Ce. S. Graf Genova (www.cesgrafge.org), a graphology research center and school. I am a doctoral student in engineering living in Milan, Italy, with master's degrees from the University of Illinois, Chicago, and the Politecnico di Milano, Italy, where I teach circuit theory. I am the president of Ce. S. Graf. Brescia (www.cesgrafbs.org) and president of the Genova branch of AGP (www.grafologiprofessionisti.com).

Anna and I are now investigating the ways that transactional analysis and graphology can highlight Greek god archetypes in handwriting (following the work of Jungian psychologist Jean Bolen). We both studied transactional analysis with Daniela Danovaro, a TA trainer in Genova, and worked with her in designing some of our research.

"The graphologist does not concern himself or herself with what a person writes, or the style of the prose, but only with the handwriting itself, which is seen as a 'picture' on the page."

The following abstracts are from presentations, papers, and handouts:

Dondero, A., & Redaelli, M. (2005, September). *Graphology and transactional analysis*. Presentation at the 8th British Symposium on Graphology, Oxford, England. [The original version of this was published as Danovaro, Dondero, & Redaelli, 2003; see below for abstract]

Dondero, A., & Redaelli, M. (2005). La agresividad: Contribución del análisis transaccional a la grafología [Aggressiveness: The contribution of transactional analysis to graphology]. *Grafología Argentina con el Mundo*, 2(2), 53-62. [Translated from Dondero & Redaelli, 2004; see below for abstract]

Dondero, A., & Redaelli, M. (2004). Grafología ed aggressivitat: Il contributo dell'analisi transazionale [Graphology and aggressiveness: An approach through transactional analysis]. *Grafologia e Sue Applicazioni*, 26, 18-24.

Abstract: Graphology has its own means of studying aggressiveness. However, using transactional analysis can help us refine the picture. In this paper we report on studies of handwriting in order to find out what ego states the writers energize the most. Thanks to transactional analysis theory, we are able to gather insightful information about individuals' aggressiveness (e.g., is it from the Adapted Child, the Critical Parent, etc.).

We also wrote four handouts for 6-hour workshops that we have given on transactional analysis and graphology. They have not been published formally, but copies (either printed or in PDF) can be obtained by asking us directly.

Danovaro, D., Dondero, A., & Redaelli, M. (2003). *Analisi transazionale e grafologia I. Intorno al copione di vita* [Transactional and graphology I: The script]. Torino, Italy: Ce. S. Graf.

Abstract: Graphology has always tried to build bridges linking itself to other disciplines. In particular, it borrowed typologies from many psychological theories (Freud, Jung, Adler, etc.). In this first study we introduce the graphological correspondences that allow us to retrieve from handwriting the writer's drivers and to hypothesize whether the person's script is winning, losing, or banal.

Dondero, A., & Redaelli, M. (2005). *Analisi transazionale e grafologia II: Le carezze* [Transactional analysis and graphology II: Strokes]. Arenzano, Italy: Ce. S. Graf.

Abstract: In this second study we investigate how to understand something about the writer's stroke management from his or her handwriting, concentrating on Steiner's stroke economy and stroke filtering.

Dondero, A., & Redaelli, M. (2006). *Analisi transazionale e grafologia III: Il tempo* [Trans-



Anna Dondero and Massimo Redaelli

actional analysis and graphology III: Time]. Arenzano, Italy: Ce. S. Graf.

Abstract: Transactional analysis classifies the ways in which a person can structure time: isolating from the rest of the world, striving toward a goal, and so on. In this work we seek the graphological signs that allow us to hypothesize the time structuring most frequently employed by the writer.

Dondero, A., & Redaelli, M. (2006). *Analisi transazionale e grafologia IV. Gli stati dell'io* [Transactional analysis and graphology IV: Ego states]. Arenzano, Italy: Ce. S. Graf.

Abstract: Perhaps the most widely known transactional analysis concept is ego states. In this work we show how one can study through a person's handwriting what his or her most energized ego states are, and we suggest some graphic hints that may reveal suspected contaminations and exclusions.

Massimo Redaelli can be reached at Via A. Corti 13 sc. C, 20133 Milan, Italy, or at massimo@redaelli.name; Web site: www.redaelli.name.

Help Needed to Answer Inquiries about Transactional Analysis

People from all over the world and from all walks of professional and everyday life continue to be interested in transactional analysis. We know because we frequently hear from them when they contact the ITAA office or staff via the Web site, e-mail, fax, letter, or phone. In addition to requests for information about transactional analysts in their area, becoming an ITAA member, or purchasing ITAA books and DVDs, we also receive specific questions related to transactional analysis theory and practice. For example:

"I am a teacher trainer at the university level and would like to obtain information about transactional analysis and teacher training."

"Could you suggest someone who is using transactional analysis with teens who are aggressive and have abuse histories?"

"I am writing a paper on transactional analysis and the treatment of bulimia nervosa and would like to know where I can find information on TA and eating disorders."

"I want to do some reading about bodyscript/somatization for a year-end training presentation. Can you tell me where I could find any articles?"

"I am looking for any published material on social anxiety disorder and transactional analysis."

"I am writing my dissertation on narrative therapy and would like to contact someone who has combined this with transactional analysis."

"I am working on an assignment on transactional analysis in organizations for my graduate program. Do you know of someone who has expertise in this area with whom I might speak?"

"I am doing a paper on transactional analysis and I need quantitative data to support the theory. Any information you have would be helpful."

As you can see, many of these inquiries come from students or authors, both groups we need to reach out to as a way of raising awareness that transactional analysis is a viable theory and practice that has significant benefits to offer clinicians, educators, and organizational specialists today.

However, because our office staff is now so small, it is difficult and sometimes impossible for us to give these inquiries the attention they deserve. We are, therefore, putting together a group of members who are willing to answer such requests. We are interested in adding to this group people with expertise in clinical, educational, and organizational transactional analysis theory and practice as well as those who are versed in research in transactional analysis.

If you are willing to join this illustrious group, please send an e-mail message indicating your area of expertise to Script Managing Editor Robin Fryer at robinfryer@aol.com. You will then be added to a list of individuals to whom the ITAA office may forward inquiries on a revolving basis.

If you are interested in helping others to learn about transactional analysis and the ITAA, responding to inquiries received by the office is a great way to do that. Each person who contacts us is not only a potential new member of the ITAA, but also a link to another community that can benefit from learning that transactional analysis is alive and well and has a lot to offer!

Getting to Know

continued from page 1

RESI: I first became involved with transactional analysis in 1977, more than 30 years ago. I had gotten my degree in philosophy and had studied psychoanalysis with Prof. Nino Dazzi at the University La Sapienza. In those years, in the philosophy department, we approached the study of psychoanalysis as a science, investigating its epistemological frame of reference. That was quite exciting, but when I wanted to start personal psychotherapy and training, I chose transactional analysis on a different basis. Some friends of mine who were doing psychoanalysis were developing a kind of self-observing “detached” attitude, a slightly “ideological” way of looking at themselves. In contrast, a friend of mine who did transactional analysis had changed and become a much more lively and authentic person. I met Pio Sciligo, one of the pioneers who brought transactional analysis to Italy, and I was very struck by him: his humanity, empathy, social involvement, and fine mind. He was my first trainer, and I soon began working with him and the professional group he was creating.

So, I became involved in transactional analysis—and am still involved—for various reasons. I felt intuitively attracted to the transactional analysis people I met, I shared the same humanistic values (e.g., the attention to and deep respect for the personal search for meaning), and I was curious about the flexibility in the transactional analysis theory of technique. This last characteristic was, in those days, quite new in the clinical field. Today the interpersonal-relational perspective and the phenomenological method, along with their consequences within the psychotherapeutic setting, are a common heritage of many modern psychodynamic approaches, but I still think that transactional analysis has something important to say, especially if we develop its theoretical underpinnings and make them congruent with modern research.

BILL: And now you are in the first year of your term as EATA president. I wonder what your goals are as president and what particular challenges you see for EATA and the continuing evolution of transactional analysis in Europe.

RESI: Transactional analysis is in good shape in Europe. We have more than 7500 members from 27 European countries and thus can count on good economic and cultural resources, although it is important that they be well invested and developed. From my point of view, the first goal for transactional analysis, especially in the psychotherapy field, is to develop both qualitative and quantitative research that will critique and/or support and/or help develop its major concepts (e.g., ego state theory). Research on the efficacy

of transactional analysis treatment is needed as well, as Swedish TSTA Stephan Sandstrom has pointed out recently in an interesting open letter on research and transactional analysis published on the EATA Web site (see www.eatanews.org). There are some interesting research initiatives emerging in various European countries on the transactional analysis model and its efficacy. EATA has and will continue to support many of these studies in several ways.

In the psychotherapy field especially, transactional analysts are often isolated from the larger scientific community, even though it is well known that many transactional analysis concepts are being used by cognitive and psychoanalytic authors without giving credit to TA. I would like to contribute to an open exchange between transactional analysts and representatives of other approaches as a way for us to become better known and to “grow up” through critique and/or recognition by other professionals. I’m sure that in many professional contexts (e.g., transactional analysis training institutes), this exchange is already underway and we just need to make it more public.

I also think that the counseling, educational, and organizational fields within transactional analysis are developing in interesting ways, and I see the importance of cross fertilization among all the fields of TA. For example, transactional analysis training and evaluation processes can gain from research done in the educational field.

Publications is another important issue for EATA. I think a greater effort should be made to promote the publication (and translation) of transactional analysis articles and books, and more can be done to utilize our Web site, which we have started to reshape with the help of Dave Spenceley. Clearly, the reality of transactional analysis in Europe is multifaceted, and it is important to consider many different professional needs and cultural and political proclivities. So one challenge for us is simply to sustain the links while respecting the differences.

Simplification of the rules in the organization is another trend I would like to see developed to help EATA work more smoothly. In fact, the more EATA becomes a complex, large multinational organization, the more we need to have clear, general, international professional criteria that are respectful of specific national, autonomous, cultural features. I think the new EATA Ethics Code, created by the EATA ethics committee and task force, with Barbara Classen as chair, is an example of this kind of policy. It incorporates the “old” professional ethical rules and principles into a wider values context that gives meaning to them. In this way, the national organizations can develop their own ethical codes that integrate cultural differences but build on a foundation of a shared EATA ethics code.

Part of my commitment is also to continue expanding some activities that are already well established in EATA, such as the development of resources in countries in which transactional analysis is still not well established and the free international colloquia that are a platform for strengthening professionalism, internationalism, and the development of new theories, models, and methods.

BILL: That all sounds very interesting. I am also curious about how you envision the relationship between EATA and the ITAA developing and possibly changing.

RESI: I see the ITAA and EATA as two very different associations that can cooperate. The ITAA is an international organization, while EATA is a multinational one. The ITAA has great historical value for the global transactional analysis community and it organizes important activities, such as the publication of the *Transactional Analysis Journal*, *The Script*, and professional DVDs. EATA is in constant contact with different national issues, resources, and problems and works to create a good network that can protect and develop the training standards, evaluation process, and cultural and ethical principles of transactional analysis in Europe. The way EATA works is also peculiar in that a good deal is accomplished through committees of delegates that are quite autonomous. EATA is now one of several multinational transactional analysis associations, and I would like to have more significant exchanges among all of them (e.g., WPATA, SAATA, etc.). It is enriching to have a global perspective on all of the national and multinational activities of transactional analysis associations.

The annual meeting of the presidents of transactional analysis organizations, which began at the Edinburgh World TA Conference in 2005, is a stimulating context for this kind of exchange. It offers a special type of network that can inspire new trends and options at an international level. When I have participated in these meetings, I have found it most illuminating to see which topics of major interest the presidents and vice presi-

dents viewed as priorities for the global transactional analysis community. The many differences that were voiced can also serve to give rise to new ideas and/or plans.

One last development I see as important is creating specific projects implemented by the ITAA and EATA together (and/or along with other organizations), such as the Johannesburg conference this year and efforts currently underway to draft a written contract for the global conferences that ITAA and EATA are working on.

BILL: Thank you for talking with me, Resi, and for sharing some of your thinking about transactional analysis and TA communities around the world. We look forward to exploring other avenues of cooperation and interchange with EATA during your tenure as president.

RESI: Thanks, Bill. I’ve enjoyed this conversation.

Upcoming TA/Theme Issues

“Sexuality”

Coeditors:

Bill Cornell and Carole Shadbolt
Deadline for Manuscripts: 1 Oct 2008



“Transactional Analysis Training”

Coeditors:

Trudi Newton and Rosemary Napper
Deadline for Manuscripts:
1 January 2009



“Redecision Transactional Analysis”

Coeditors:

Les Kadis and Peter Pearson
Deadline for Manuscripts:
1 July 2009



“Ethics”

Coeditors:

Bill Cornell and Sue Eusden
Deadline for Manuscripts: 1 July 2010

Please follow the instructions to authors on the inside front cover of any recent issue of the *TAJ*. Please e-mail manuscripts to *TAJ* Managing Editor Robin Fryer, MSW, at robinfryer@aol.com.

ITAA WEBSITE: www.ita-net.org

The ITAA website provides comprehensive information about every aspect of the ITAA. Recent additions to the site include links to upcoming international, national, and regional activities as well as membership criteria and an application form. If you want your website linked from the ITAA site, please forward the site address (URL) to webmaster@ita-net.org. Please also forward any suggestions, feedback, and information for upcoming events.

EXAM CALENDAR

Exam	Exam Adm.	Exam Date	Location	App. Deadline
CTA EXAM	BOC	6 Aug. 2008	Johannesburg, S. Africa	6 May 2008
	BOC	30 Oct. 2008	Rotorua, New Zealand	30 July 2008
	COC	14 Nov. 2008	Neustadt, Germany	1 Aug. 2008
TSTA EXAM	BOC	6 Aug. 2008	Johannesburg, S. Africa	6 Feb. 2008
	COC	14 Nov. 2008	Neustadt, Germany	1 May 2008
CTA Written	All Regions (Non-Europe)	Your choice	Submit to Regional Exam Coordinator after paying \$50 fee to T&C Council	Your choice
TEWs	BOC	August 2008	Johannesburg, S. Africa	April 2008

* 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, 2186 Rheem Dr., #B-1, Pleasanton, CA 94588-2775, 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, 2186 Rheem Dr., #B-1, Pleasanton, CA 94588-2775, USA. **COC Training Endorsement Workshop:** to take a COC TEW, contact the European TEW Coordinator, c/o the EATA office.

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KEEPING IN TOUCH



Carol Solomon's consultation group with Muriel James (from left): Amy Manin, Muriel James, Fusun Akkoyan, and Lilliana Hart

North American Region

Carol Solomon, PhD, TSTA (psychotherapy), reports that Muriel James visited her consultation group in May. Carol says the group enjoyed watching Muriel role play with one participant and describing her method of self-reparenting.

European Region

The Second North East TA Regional Conference in the United Kingdom (sponsored by the Institute of Transactional Analysis) will

take place from 9 am to 5 pm on 8 November 2008 at the University of York. The theme of the conference is "The Rhythm of Life," and a diverse and stimulating program of workshops suitable for both trainees and qualified practitioners will reflect the theme. The keynote speaker will be Mary Cox, Teaching and Supervising Transactional Analyst (psychotherapy) and the winner of the 2000 EATA Gold Medal for services to the European Association of Transactional Analysis. For conference details, contact Barbara Clarkson, 33 Knightsway, Leeds LS15 7BP, UK; e-mail: bclarkson@talktalk.net.

TADATA 5.0

A Complete Reference Guide to the Transactional Analysis Literature

This database includes about 15,000 keywords covering the *Transactional Analysis Bulletin* (1962-1970), the *Transactional Analysis Journal* (1971-2006), essentially all books (not pamphlets) on transactional analysis in English from 1947-2006 (123 books), and 490 journal articles from the APA PsychINFO database covering abstracts from some 1300 journals worldwide (1967-2006), including 304 research article references to transactional analysis and 152 research dissertations. The system includes three search programs, the results of which can be output to monitor, printer, or file storage. TADATA 5.0 is provided on a CD disk in IBM-compatible format. There are no articles or book excerpts on this CD. Two megabytes free hard disk space are required. Standard price: \$60 for ITAA members, \$70 nonmembers, which entitles the purchaser to register as a user and to obtain updates for \$15. ITAA members whose dues are set using the TAlent system may have the price of this product prorated on the same basis as their dues. For further information, see www.ita-net.org or contact the ITAA, 2186 Rheem Dr., #B-1, Pleasanton, CA 94588-2775, USA; phone: 925-600-8110; fax: 925-600-8112; e-mail: ita-net@ita-net.org. Copyright © 1995, 1997, 1999, 2003, 2007 Theodore B. Novey, PhD

TA CONFERENCES WORLDWIDE

25-27 JULY 2008: Bangalore, India. South Asian Association of Transactional Analysts Conference. Contact: Ms. Annie Cariapa at anicariapa@yahoo.co.uk.

7-10 AUGUST 2008: Johannesburg, South Africa. TA World Conference sponsored by ITAA/EATA/WPATA/SATAA. Contact: www.TA2008conference.org.

30 OCTOBER - 2 NOVEMBER 2008: Australasian TA Conference. Rotorua, New Zealand. Contact: Mandy Lacy at starpotential@xtra.co.nz.

5-8 NOVEMBER 2008: Maracaibo, Venezuela. Asociación Latinoamericana de Análisis Transaccional (ALAT) 28th CONGLAT, 15th Venezuela TA Congress, and the 1st Venezuelan Congress of Psychology. For information, see: www.avat.com.ve/ and www.uru.edu/congresopsicologia and subsequent links.

8 NOVEMBER 2008: York, United Kingdom. Second North East TA Regional Conference. Contact: Barbara Clarkson, 33 Knightsway, Leeds, LS15 7BP, UK; e-mail: bclarkson@talktalk.net.

ANNOUNCING THE NEWEST RELEASE FROM TA PRESS

Explorations in Transactional Analysis: The Meech Lake Papers by William F. Cornell



Explorations in Transactional Analysis brings together many of Bill Cornell's articles on transactional analysis. Written over 20 years, these papers reflect his ongoing exploration of the interfaces among transactional analysis, the body-centered therapies, and contemporary psychoanalysis. Much of Bill's writing exemplifies the potential and enrichment brought to our work in human relations through the use of one theoretical model to challenge and enhance another. An extensive section devoted to working with the body in psychotherapy brings together a selection of papers and book chapters available for the first time in a single volume. Often written to raise questions more than provide answers, many of these papers are written in an unusually personal voice. (TA Press, 2008, ISBN 978-0-89489-007-9)

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"Bill Cornell's collection of writings raises insightful questions and criticisms of transactional analysis theory and practice. He focuses on the centrality of a relational and body-centered psychotherapy while integrating contemporary psychoanalytic concepts. This book is a must-read for all serious psychotherapists."

Richard G. Erskine, Ph.D., Institute for Integrative Psychotherapy, New York

"This intimate collection of lovingly crafted and scholarly papers is destined to become a classic in the field of transactional analysis. With volumes like this, the field can only evolve to ever-higher levels of integration, complexity, and refinement in the coming years. Who would have thought that I, a classical psychoanalyst by training, would have found myself so engaged and, yes, dazzled!"

Martha Stark, M.D., Clinical Instructor in Psychiatry, Harvard Medical School and Faculty Member, Massachusetts Institute for Psychoanalysis

"At last we have some of Cornell's fine writings gathered in one place. Whether the topic is transference/countertransference, emotion, the body, or ethics, his perspective illuminates. Few books on psychotherapy are as original as this one."

George Downing, Ph.D., Psychiatric Teaching Faculty, Salpêtrière Hospital, Paris