

IN THIS ISSUE

Ray Little to Receive
2019 EBMA
1

July TAJ Now Online
4

In Memoriam: Jung Duk Kyu
5

Using TA With Addicts and
the Homeless
7

Raleigh Conference Hotel
Deadline
9

Scripts People Change
10

Successful Examinees
12

Ray Little to Receive the 2019 Eric Berne Memorial Award

We are pleased to announce that Ray Little is being honored with the 2019 Eric Berne Memorial Award (EBMA) for his development of relational transactional analysis theory over the last 15 years. In particular, he won for his work on ego state relational units in the transference-countertransference matrix.

On learning about his award, Ray said, "To be honored with the 2019 EBMA is both exciting and overwhelming for me. Writing is not my forte, something that it seems others do not believe! Therefore, this award has particular meaning for me. Writing has been the most significant way to reach out to as many members of the TA community as I could in order to share my ideas and theoretical struggles in the service of clinical effectiveness. However, the main motivation for writing has been to understand for myself the deeper processes involved in my clinical and supervisory work. I have been touched to understand that my writing has been used and referenced widely."

The articles on which the award to Ray is based include the following:



Ray Little

Little, R. (2006). Ego State Relational Units and Resistance to Change. *Transactional Analysis Journal*, Vol. 36, No. 1, pp. 7-19.

Little, R. (2011). Impasse Clarification within the Transference-Countertransference Matrix. *Transactional Analysis Journal*, Vol. 41, No. 1, pp. 23-38.

Little, R. (2013). The New Emerges Out of the Old: An Integrated Relational Perspective on Psychological Development, Psychopathology, and Therapeutic Action. *Transactional Analysis Journal*, Vol. 43, No. 2, pp. 106-121.

Little, R. (2016). Transference-Countertransference Focused Transactional Analysis. In R. Erskine (Ed.), *Transactional Analysis in Contemporary Psychotherapy* (pp. 27-54). London: Karnac Books.

The nominating group was headed by Tom Burton, CTA (Canada), and included Richard G. Erskine, TSTA (Canada); Janice Dowson, TSTA (Canada); Birgitta Heiller, TSTA (UK); Andy Williams, TSTA (UK); Amaia Mauriz-Etxabe, TSTA (Spain); Anna Emanuela Tangolo, TSTA (Italy); Marco Mazzetti, TSTA (Italy); Emilia Maria De Micheli, TSTA (Italy); Elyane Alleysson, TSTA (France); Ulrike Müller, TSTA (Germany); Gregor Žvelc, TSTA (Slovenia); Danijela Budisa Ubovic, PTSTA (Serbia); and Jo Stuthridge, TSTA (New Zealand). The following are edited excerpts from their nominating statement.

Ray Little has focused on and expanded Eric Berne's ego state theory to develop the notion of ego

state relational units. In addition, he has integrated psychodynamic concepts, particularly object relations, into TA theory. He has developed a deeper theoretical understanding of the transference-countertransference matrix within TA. Ray's writing has contributed to a theoretical and clinical understanding of a relational orientation to the practice of TA, working in the here and now of the transference-countertransference matrix. He has developed the theory of impasse by adding the concept of the needed and repeated components of the transference to his body of work.

The articles and book chapter cited for this EBMA have been translated into several languages, highlighting their relevance to TA psychotherapists and counselors in a number of countries.

Ray began his 2006 *TAJ* article entitled "Ego State Relational Units and Resistance to Change" with the following statement: "Working relationally with clients entails actively using the therapeutic dyad. This involves paying particular attention to the transference-countertransference matrix as a medium for inviting growth and development in the client" (p. 7). He combined object relations theory (with its deep understanding of the intrapsychic and the transference-countertransference matrix) with transactional analysis and its theory and description of the behavioral and transactional manifestations of these dynamics. With this integration, he has enriched TA theory, leading TA psychotherapists and counselors to more effective therapeutic methods for resolving clients' emotional enactments of early childhood relational disruptions (what Berne referred to as "games").

Ray has adroitly addressed the notions of resistance, regression, and

"Writing has been the most significant way to reach out to as many members of the TA community as I could in order to share my ideas and theoretical struggles in the service of clinical effectiveness. However, the main motivation for writing has been to understand for myself the deeper processes involved in my clinical and supervisory work."

the fear of retraumatization, thereby offering new therapeutic perspectives for TA psychotherapists and counselors to consider. Most importantly, he has advanced Berne's theory of three ego states with the hypothesis that Child and Parent ego states are always bonded as *ego state relational units*. His concepts have helped many TA psychotherapists to understand clients' unconscious, preverbal dynamics and to facilitate change in their life script by working both with archaic experience and within a new therapeutic experience.

In his 2011 *TAJ* article, entitled "Impasse Clarification Within the Transference-Countertransference Matrix," Ray articulated two types of relationship that emerge in the therapy relationship: the repeated relationship and the needed relationship. He also identified the therapeutically required relationship, which consists of working with both the repeated and the needed transference-countertransference matrices. He wrote that the goal of therapy is the integration and resolution of the impasse that emerges within these transference-countertransference matrices. He provided clear examples that aid the TA psychotherapist and counselor in navigating the sometimes treacherous arena of transference and resulting countertransference.

In his 2013 *TAJ* article, entitled "The New Emerges Out of the Old," Ray

the SCRIPT

Newsletter of the International Transactional Analysis Association
ITAA, 5932 Corte Cerritos, Pleasanton, CA
94566-5880, USA
fax: 925-600-8112

email: info@itaaworld.org
website: www.itaaworld.org

Editor: Laurie Hawkes
Managing Editor: Robin Fryer
Desktop Publishing: lockwood design
Send all copy to: robinfryer@aol.com

Deadlines—15th of the month prior to the month of publication (e.g., 15 July for the August issue)

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

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

The Script (ISSN 0164-7393) is published monthly by the International Transactional Analysis Association. For information on membership, visit www.itaaworld.org or contact the ITAA at the above address. © 2019 International Transactional Analysis Association, Inc.

“Ray Little has focused on and expanded Eric Berne’s ego state theory to develop the notion of ego state relational units. In addition, he has integrated psychodynamic concepts, particularly object relations, into TA theory. He has developed a deeper theoretical understanding of the transference-countertransference matrix within TA.”

defined an integrated relational transactional analysis perspective. He described how the mind develops from various relational experiences and is constructed of numerous relational schemas. In his writings, psychopathology is viewed as consisting of various Child-Parent ego state relational units, which in more severe cases constitute characterological structures. From Ray’s perspective, the goal of treatment is to identify the ego state relational units, particularly as they manifest within the therapeutic dyad, and the desired outcome is the modification and integration of these maladaptive schemas into Adult ego state functioning.

In this article, Ray introduced the notion of *optimal neutrality* to describe the therapist’s stance within the clinical dyad. He also examined early psychological development, highlighting the pathology that results in ego state relational units that emerge out of trauma and developmental deficit. In addition, he commented on what he considers to be the process of therapeutic action when working with the unconscious processes of the transference-countertransference matrix. He also discussed how the client’s new experience emerges out of old, familiar ways of relating. This article represents a further integration of a relational approach with transactional analysis.

In his book chapter, “Transference-Countertransference Focused Transactional Analysis,” Ray continued the development of his ideas of working within the transference-countertransference matrix and integrated this with TA theory, offering clinical examples to demonstrate his therapeutic approach. He explored further how to support the new way of being emerging out of the old relational patterns and games. Ray focused on the theory and methods that he sees as facilitative in transference-countertransference focused TA and examined how a version of the past is alive in the present and that transference is an alloy of past and present.

Ray’s trilogy of articles and his book chapter articulate several advancements in the practice of transactional analysis. He builds on Eric Berne’s theories by:

- Developing the concept of ego state relational units
- Refining the concepts of transference and countertransference (a topic that Berne did not articulate) as composed of both the needed and repeated relationship
- Outlining the methods of a relational transactional analysis

In making public the award, EBMA Committee Chair Lis Heath said, “I want to acknowledge the committee members for the thoughtful consideration and commitment that they gave to this important review process. In the words of one of them, Sander Reinalda, ‘The EBMA should reflect the actual growth and recent developments within TA. For his capacity to be creative while staying thorough and scientific in his development of the concept of ego state relational units in the transference-countertransference matrix, Ray Little was considered a worthy recipient.’”

Our thanks to Lis and the committee for their work to determine this award and our congratulations to Ray Little. He will be receiving his award during the Southeast Institute/USATAA/ITAA Conference this coming July-August in Raleigh, North Carolina, USA. We hope that those of you who are there will attend the ceremony to celebrate Ray and his work. Those of you who will not be able to join us but would like to contact Ray may do so by emailing him at enderby@janeandray.ndo.co.uk.

Keep Your Addresses Updated to Receive the TAJ

There have been some instances in which members did not receive the combined yearly, bound hard copy of the *Transactional Analysis Journal*. We consider this to be an important issue, and on exploring what happened in those cases, we learned that often the member’s mailing address had changed. It is important for members to keep their profiles updated to reflect any changes in their mailing address, even if their billing address remains the same. To facilitate this process, we have created the option of updating two addresses in editing your profile: your mailing address and your billing address. This provides a way to update your mailing address and billing address separately or to keep one or both the same. Please check your account online and verify that both addresses shown are currently accurate. This will help us to make sure that you receive your hard copy of the 2019 bound TAJ without any disruption.

Deepak Dhananjaya,
ITAA Vice President Development

The July Transactional Analysis Journal Is Online

The latest issue of the *Transactional Analysis Journal* is available online with an stimulating selection of articles, two interesting book reviews, and a unique and important series of commentaries and letters about Jung and racism.

In her Letter From the Coeditor, Diana Deaconu writes the following:

“I have a 10-year-old friend who has recently given me a first lesson in playing the drums. A rather complicated venture, I have found! I was supposed to move my left arm independently from my right and at times in sync with my right leg. It is difficult to explain the confusion and frustration I experienced while taking a go at figuring out something that seemed a very different bodily syntax from anything I had known before. It was as if I had to unlearn the habitual ways in which I coordinated my arms and legs, implicitly questioning a particular kind of (procedural) knowledge that I was not even conscious was there in the first place. It took some persistence and playful humor from both my teacher and me to continue experimenting.

“The echoes of that experience lingered and took the shape of an internal dialogue about whether something similar occurs as we reexamine the theories we rely on in our work. How do they operate outside of our awareness? Do they restrict our freedom as practitioners? How disconcerting is it to question ideas that we have always known to have a clear and specific meaning?”

“My questions and wonderings found good company among the articles included in this issue of the *Transactional Analysis Journal*. In various ways, the authors invite readers to reflect on the body of knowledge that has long informed and supported interventions in our transactional analytic work.”

The contents for the July *TAJ* are as follows:

“A Stark Choice Between Subjectivity and Objectivity in the Therapeutic Relationship” by Alistair Berlin

“In Praise of Ambivalence” by Marco Mazzetti

“Therapeutic Transactions in Clinical Work With Children” by Stefano Morena



At the Interface of Transactional Analysis, Psychoanalysis, and Body Psychotherapy by William F. Cornell reviewed by Charlotte Sills

The Neuropsychodynamic Treatment of Self-Deficits: Searching for Complementarity by Joseph Palombo reviewed by Steff Oates

An Introduction by Helen Rowland Followed by Notes by Andrew Samuels and an Open Letter on Jung and “Africans” Published in the *British Journal of Psychotherapy* in November 2018

In her comments about the letters, Diana writes, “We close this issue with an unusual and important series of letters and commentaries. This began when we were invited to publish an open letter from a group of Jungian clinicians who address the rather uncomfortable aspects of some of Jung’s writings. The letter is accompanied by a detailed commentary by Andrew Samuels that

provides examples of the ideas that are today viewed as problematic if not unacceptable in terms of racism and prejudice. *TAJ* Coeditor Helen Rowland has written an introduction to the series about Jung and emphasizes the difficulty and necessity for us all to remain curiously engaged with the theoretical frameworks that inform our work.”

She closes, “We hope that the ideas you will come across in this issue will generate alternative meanings to those that are already familiar to you—that they may be provoking, perhaps even uncomfortable at times, and that you will take pleasure in exploring them further!”

As always, we welcome your comments. Please send them to *TAJ* Managing Editor Robin Fryer at robinfryer@aol.com .

EXAM CALENDAR

Exam Date	Exam	Cert. Body	Location	Application Deadline
2-3 Jul 2019	CTA	COC	Cherkassy, Ukraine	*
30-31 Jul 2019	CTA	IBOC	Raleigh, NC, USA	30 Apr 2019
7 Nov 2019	CTA	IBOC	Sydney, Australia	7 Aug 2019
7-8 Nov 2019	CTA	COC	Köln-Rosrath, Germany	*
9-10 Nov 2019	CTA	COC	Belgium	*
24-25 Sep 2020	CTA	IBOC	Bangalore, India	24 Jun 2020
<hr/>				
2-3 Jul 2019	TSTA	COC	Cherkassy, Ukraine	*
30-31 Jul 2019	TSTA	IBOC	Raleigh, NC, USA	30 Jan 2019
7-8 Nov 2019	TSTA	COC	Köln-Rosrath, Germany	*
9-10 Nov 2019	TSTA	COC	Belgium	*
<hr/>				
Jul 2019	TEW	COC	Cherkassy, Ukraine	*
4-6 Aug 2019	TEW	IBOC	Raleigh, NC, USA	4 Nov 2018
10-11 Nov 2019	TEW	IBOC	Sydney, Australia	10 Feb 2019
1-3 Dec 2019	TEW	COC	Italy	*

*For CTA and TEW deadlines see the EATA Handbook or contact the EATA Supervising Examiner.

For more information about IBOC exams, see www.itaaworld.org .

For further information on COC exams, see www.eatanews.org/examinations/ .

Call for CTA Examiners Plus Supervisees and Audience Members for TSTA Exams

CTA & TSTA Exams – Raleigh, 30-31 July 2019

We hope you will join us for the Southeast Institute/USATAA/ITAA conference in Raleigh, North Carolina, and if you do, we encourage you to volunteer to serve as a supervisee and/or audience member for the TSTA exams. If you are willing, please contact Chitra Ravi (email below).

We may also still need additional examiners for the CTA exams, so if you are a CTA, PTSTA, CTA Trainer, or TSTA, please let us know of your availability to examine by clicking on [this link](#).

Exam briefings will be on 30 July in the afternoon, and exams will be on 30 July in the evening and the whole day of 31 July. Please note that the exams will be in English. If you are not fluent in English, you need to make your own arrangements for translation. The IBOC does not provide translation.

We will revert to you with further details as the exam dates get closer. Thank you!

Chitra Ravi, TSTA(P)
Exam Supervisor TSTA Exams,
email: chitra.seed@gmail.com

Alessandra Pierini, TSTA(P)
Exam Supervisor CTA Exams,
email: alessandrapierini@physis.org

Jung Duk Kyu

On 27 April 2019, President Jung Duk Kyu, who was a great pillar of the transactional analysis community in Korea and a living witness to the history of the Korea Transactional Analysis Association (KTAA), passed away. Jung Duk Kyu established the foundation for transactional analysis in Korea with Prof. Woo Jae-Hyun, the first president of the association and his teacher. Jung Duk Kyu was a researcher and practitioner who loved transactional analysis to the end of the world. His sudden absence is such a pity and brought great sadness to all those here who love transactional analysis.

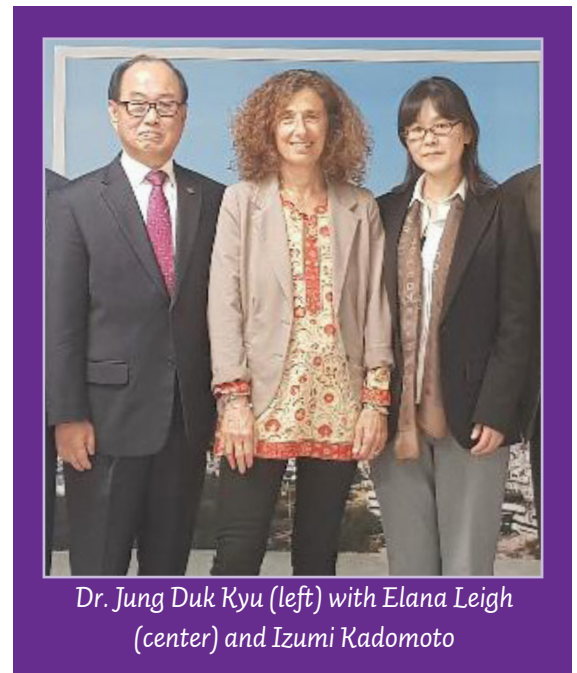
Since becoming involved with transactional analysis, Jung spent his whole life studying, teaching, and disseminating it for more than 30 years. He wanted to heal Koreans' resentment and restore OKness through the dissemination of transactional analysis. He gladly went to anywhere in the country where transactional analysis courses took place and was eager to inform people about TA, regardless of the number of participants.

Through these efforts, he educated more than 7,000 people across the country and produced candidates for transactional analysis counseling. He also founded the Korea Transactional Analysis Association to verify the effectiveness of TA's academic

research and to share the results with transactional analysts. The seeds of these activities are still practiced in various parts of the country through transactional analysis and its educational process.

President Jung Duk Kyu longed to interact with the ITAA to further develop transactional analysis in Korea. This wish was expressed in the idea of hosting the 2021 ITAA conference here, an idea supported by the Daegu Metropolitan Government in 2018 and for which the ITAA has expressed positive acceptance. The visit in 2018 by Elana Leigh (ITAA President Elect) and Izumi Kadomoto (ITAA Vice President Development at the time) to Korea and their meetings with representatives of the Korea Transactional Analysis Association made Jung even more excited. His joy reflected how passionate he was about transactional analysis.

Just before his death, President Jung Duk Kyu worked hard to prepare for the international TA conference here and to support the harmony of Korea's transactional analysts. The fact that he will not be here to join in the 2021 ITAA Daegu Conference



Dr. Jung Duk Kyu (left) with Elana Leigh (center) and Izumi Kadomoto

is heartbreaking for the rest of us. However, we are determined not to let his efforts be in vain. We will successfully hold the conference as Jung Duk Kyu hoped and make it an opportunity to further develop transactional analysis in Korea.

Dear President Jung Duk Kyu: We in the TA community here feel a huge emptiness over your passing. We pledge to continue your efforts to develop TA in Korea. May you now lay down all the cares and worries of this world and rest in peace!

*All the Members of the
Korea Transactional Analysis Association*

Using TA in Working With Addicts and the Homeless

Elena Nikolova Interviewed by Laurie Hawkes

LH: Hello, Elena. I had the pleasure of talking with you when you invited me to Sofia, Bulgaria, last year to teach, and I was interested in your work with addicts. I believe you created a care structure, called Solidarnost, is that right?

EN: Yes, the Solidarnost program (www.solidarnost-bg.org/en/) for addicts in Sofia began 15 years ago in 2003. I took an active part in setting up the program. The idea came from a doctor, Prof. Petar Georgiev, who cared deeply about addiction issues. Because of a lack of funding, I worked for my first 2 years on a volunteer basis. Then, after 3 years, in 2006, once the program had become more stable, I created and directed the association called Fracarita Bulgaria, which manages the treatment program. At the time, in Bulgaria, psychosocial treatment was hardly known at all. And there was a big surge in addictions, so there was a social need but no adequate responses.

Solidarnost fits perfectly in the context of psychosocial services. The program is unique because it is based on the model of therapeutic communities and day-care centers. We have a structured, nonresiden-

tial program with specific activities, group work, individual sessions, seminars, workshops, work with families and loved ones, and social rehabilitation. All this helps participants recover and make a fresh start in a healthy lifestyle without drugs, alcohol, or gambling. The model of therapeutic communities comes from the United States via the Italians and the Dutch. I learned it in Belgium thanks to my colleagues at Trampoline, a residential program to aid drug addicts. I spent a month there in total immersion. I was cast in the role of an addict undergoing treatment. After that, I had another 2 months training in management and administration.

“The model of therapeutic communities rests on the idea that the environment influences behavior, can lead to changes in ways of thinking and feeling, and models social learning.”

LH: Can you explain the way this model works?

EN: The modern therapeutic community (TC) is based on two models. The first is the model of Maxwell Jones, a psychiatrist from Northfield



Hospital in Birmingham, United Kingdom, who at the end of the 1940s started involving patients in decisions regarding their treatment via daily meetings along with the doctors and medical staff. The shared decision process is very much in keeping with Berne's position and TA's philosophy. Second, in the 1950s in the United States, an ex-member of Alcoholics Anonymous founded the therapeutic community called Synanon. In that program, members would confront one another in a direct fashion, and such confrontation was found to have an effect on participants' emotional state. We have since softened the way that method was used so that

“The therapeutic community itself—thanks to values, responsibility, and a protective environment—is a model in which personality evolution and behavioral change become possible.”

now these encounter groups are mostly about meeting oneself, emotionally, through the eyes of others. In short, the model of therapeutic communities rests on the idea that the environment influences behavior, can lead to changes in ways of thinking and feeling, and models social learning.

During my time at Trampoline, I had the opportunity to learn the pillars of TCs: mutual help, involving families and loved ones, having a multidisciplinary team, using responsible love and benevolent confrontation, finding role models, and achieving social rehabilitation. The therapeutic community itself—thanks to values, responsibility, and a protective environment—is a model in which personality evolution and behavioral change become possible. This process was described well in two *Transactional Analysis Journal* articles (Noce, 1978; Noce, Noce, & McLellan, 1981). My experience with Trampoline was enriching from both professional and personal points of view. I would say it included my Adult and Child ego states as well as my Parent from time to time.

LH: Does transactional analysis help you with this work, and if so, how?

EN: Oh yes, it most certainly does! I mostly use Berne’s organizational theory as a way of managing the teams and to better understand my role as leader. And sometimes I give seminars for participants in the program, and when I do, I build my teaching on TA concepts. I also have TA in mind as we plan to help these

people change their life scripts and create new memories in which emotions are a resource.

LH: How many people typically come to the center on any given day, and what does a visit involve?

EN: The group we work with usually consists of around 12 people, but that can vary because some people are ending the program whereas others enter to replace them. They all share a common treatment plan: They must evolve through a number of levels according to specific criteria. At the same time, this common plan is tailored individually according to participants’ needs. We also have 18 spots for individual sessions.

“I mostly use Berne’s organizational theory as a way of managing the teams and to better understand my role as leader. . . . I also have TA in mind as we plan to help these people change their life scripts and create new memories in which emotions are a resource.”

LH: Approximately how many people have been helped since the program began?

EN: Well, in any given year we work with around 150 to 170 people doing evaluations, orientations toward various help centers, therapy, individual consultations, groups for families and loved ones, and so on. So over 15 years, that would be approximately 2000 people plus the information work online (www.drugsinfo-bg.org) for another 900 or so people per year. You can do the math!

LH: How many people currently work in the center?

EN: I have a 15-person team, most of them working part-time.

LH: And I understand you have also begun helping homeless people?


EN: Yes, that was a dream of mine, and I have been able to make it come true with my team thanks to the Foundation Les Femmes d’Europe (Women of Europe). We set up a social center for homeless addicts, Possoka House (“possoka” in Bulgarian means “direction” or “the wind’s air”). We offer them a healthful place to find shelter during opening hours, to have a simple meal, drink a cup of coffee, do a load of laundry. By making contact with them, we try to influence them to change their quality of life. Another 100 people get help there every year.

LH: Thank you very much, Elena. Our best wishes for this wonderful work to continue!

EN: And thank you, Laurie. I appreciate your interest in the work we are doing in Bulgaria.

References

Noce, J. (1978). A model for the collective parenting function of therapeutic communities. *Transactional Analysis Journal*, 8, 332-338.

Noce, J. S., Noce, S. A., & McLellan, T. (1981). The parenting function of therapeutic communities: Test of a model in an alcohol rehabilitation program. *Transactional Analysis Journal*, 11, 236-240. 

Elena Nikolova is a psychologist living and working in Sofia, currently in contract for CTA-P. Since this interview was done, she has left her position with Solidarnost but continues in private practice doing psychotherapy and organizing official TA training for Bulgaria. Elena can be reached at metamorfozia@gmail.com.



“Promoting Equality and OKness: Healing the Divisions in Our World”

Cosponsored by the Southeast Institute, USATAA, and the ITAA

31 July–3 August | Raleigh, North Carolina, USA

www.usataa.org/conference/

HOTEL RESERVATION DEADLINE: 13 July 2019

Be sure to make your hotel reservation by 13 July to secure the discounted conference rates.

To reserve your room online, [click here](#). To reserve by phone, call +1 (919) 833-1120. Tell them you are with “Southeast Institute 50th Anniversary Conference” to receive the conference rate of \$149.

Social-Justice-Focused TA 101:

The ITAA has awarded the USA TA Association Equality and Social Action Committee a grant from the Eric Berne Fund for the Future to begin an online TA 101 project based on professional video recording of the innovative, diverse TA 101 presented at the 2019 Raleigh conference by Graham Barnes, Valerie Batts, Felipe Garcia, and Vann Joines. This social-action-focused 101 will present TA core concepts and philosophical principles as they can be applied to social and cultural changes, equity, diversity, and inclusiveness. The project is intended to expand access to TA training preparation and certification as a prerequisite to seeking further training and a suitable CTA trainer or to

pursue this path first through the TAP program (a foundational competency step similarly structured to a foundational level in CTA training). Additionally, this innovative program will acquaint members with the wider range of possible social action applications of transactional analysis theory and TA’s long history of using TA for social and cultural change in these times of division and social upheaval worldwide. It will also acquaint participants with the diverse range of transactional analysis applications across the four fields of TA specialization. Further, it will demonstrate that TA training is progressive and current with other contemporary training practices and attuned to accessibility needs of potential trainees and contemporary learning practices.

ITAA Awards to Be Given Out: Join us as several important ITAA awards are bestowed on their deserving winners. Ray Little will receive the 2019 Eric Berne Memorial Award, Sylvie Monin and Bill Cornell will each be honored with the ITAA Service Award, and Biljana van Rijn will

get the 2019 ITAA Research Award. We hope you will join us to celebrate the contributions of these individuals and to offer them your congratulations!

A special showing of Fanita English’s part of the Master Therapists video series will be given during the conference. Fanita’s video, entitled “Permissions,” will be hosted by Marian Weisberg. At the 2001 San Francisco ITAA conference, four master therapists demonstrated their skills, by each taking on an hour of an ongoing all-day therapy group. Starting with Muriel James, followed by Fanita English, Claude Steiner, and then Mary Goulding, each therapist worked with the group for an hour. Fanita English, the only still living person of that group, has consented to showing her video segment as a part of her legacy project.

Exciting Invited Speakers: Don’t miss workshops with our special invited presenters: Richard Erskine, Steve Karpman, Vann Joines, and Gloria Noriega!

Scripts People Change

by Lena Kornyejeva

Before the Orange Revolution, Kiev was an interesting place for a psychologist who was trying to find a satisfying answer to two important questions: “How could it happen that in the same culture, in the same land, there are suddenly two apparently opposite forces, one prodemocratic and the other proauthoritarian? And what makes people authoritarian?”

I elaborated the latter question into a research proposal for my PhD work. While preparing my project, I studied books on the authoritarian character, from Reich and Fromm to Milgram and Zimbardo, including the latter’s famous Stanford prison experiment. They gave me quite a good understanding of the phenomenon in a social-psychological context. Many newer books and studies were no less interesting, but they seemed to deal more with the “surface” of personality—political views and preferences and their development—not with the cause of their development. And then I thought about not OKness. Could that hold the answer I was looking for?

I was a trainee in a TA group in Kiev, and my TA teacher from St. Petersburg, Elena Soboleva, offered me Claude Steiner’s book *Scripts People Live*. We discussed his ideas about

scripts and the idea that they could be consciously changed. This book was the only one of Claude’s that had been translated into Russian at that time, and it helped me to recognize my own script and the way I wanted to change it.

The Other Side of Power was another of Claude’s books that I read. There were no translations in Russian or Ukrainian, but Claude made the text freely available on his website. The more I worked on my research, the more I was sure that Claude’s understanding of the nature of power plays was related to the authoritarian issue I observed in my country. It seemed to me reasonable to examine empirically whether the TA concept of the negative existential position (not OKness) serves as a predictor of the authoritarian character.

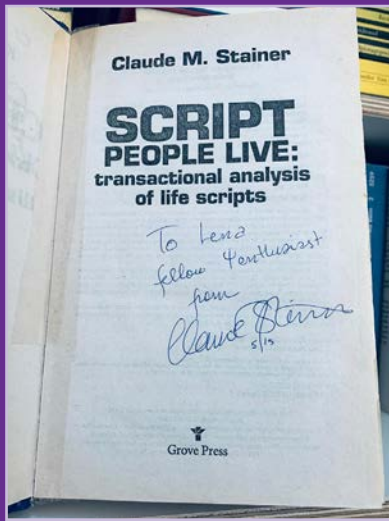
When my research proposal was done, I presented it in an academic

institution in Kiev. It was approved, but I could not conduct my research unless I agreed to do some “favors” for some professors, unofficially, of course. It was just another authoritarian game I did not want to play.

I decided to find a professor who would be really interested in the ideas I believed in. The books I had read gave me the impression that Western social scientists are more interested in understanding authoritarianism than those in my country. I translated my research into English and changed the research design by making it comparative in a multicultural social context. Some questions on the matter emerged during this



Lena with Claude (photo credit: Mike Meister)



Booked signed by Claude for Lena

work, so I decided to email Claude and ask for his opinion.

After a few weeks with no answer from Claude, I thought that he was not interested in any letters, and I should not bother him further. However, a friend of mine who helped me to translate my research proposal into English told me that, because Claude had made his phone number public, it would not be a problem to call him and kindly ask whether he had received my email.

So, I dialed Claude's number. He picked up the phone and said calmly, "Yes, I received your letter. I actually sent you my reply some time ago. I find your research idea very good. You should definitely do it. I wish you good luck!"

Sometimes it happens: For some reason, an electronic letter does not find the right addressee. Claude promised to resend his email, and when I received his comments and answers to my questions, I could not have been happier. My idea was approved by the one of the greatest psychologists I knew! None of my TA cotrainees could imagine such a thing would be possible—to ask a "star" for some support and to get it. It was beyond their scripts and actually beyond my own as well at that time.

I then sent my research proposal to a professor who is one of the most experienced in the field: Klaus Boehnke. A German, he was doing science and teaching at universities of Australia and Canada previously but now is working in an English-language university in Bremen. His response was another acknowledgment for my idea. International University Bremen (now Jacobs University Bremen) invited me to do my scientific work. *Scripts People Live* was among a small selection of books I took with me on that journey.

My hypothesis was later confirmed by my quantitative research. As the statistics were done and my dissertation was written and defended, I decided to return to my occupation. I found a vacancy in a rehabilitation clinic in Bavaria, where I also work with people in private practice. I love my work and cannot imagine what my life would be like if I had not dared to change my script.

In 2013 I was going to write Claude a letter of appreciation. I wanted him to know how he helped me to change my life and that I mentioned his ideas in my book on authoritarianism, which was published in both Russian and German. I thought he should feel rewarded, as I do, when my patients thank me for the job I do using his approach.


I opened Claude's website and discovered that there was going to be a conference on emotional literacy in Bad Grönenbach, and Claude was a special guest. The next thing I did was to book a train ticket to Bad Grönenbach, which is only 300 km from my home.

I took my copy of *Scripts People Live* to the conference. When I introduced myself to Claude, he said he remembered my idea, and I thanked him for his kind support. What I had

obtained from him years before was actually more than advice; it was a permission.

We talked about power plays in my homeland, and he said, "There is a hell of a job to do for us!" I saw a kind of shining in his eyes as he told me with obvious love about his teacher and friend Eric Berne. He said he regretted that he had not been able to properly express his feelings to Eric those days.

I told him about my colleagues in Ukraine and how they appreciated his ideas. He smiled softly and said, "You know, sometimes I wonder why people find my contribution so special. I just do what I think is the right thing to do."

On my way home, I was reading *Scripts People Live* probably for the fifth time. I had shown Claude the book and told him that it was one of the books that accompanied me all those years, from Kiev to Bremen, and from Bremen to Bavaria. Now it is signed by the author. Claude wrote, "To Lena, fellow Ψ enthusiast from Claude Steiner." And then he asked, "There must be 'I dedicate this book to Eric – my teacher, friend, father and brother,' could you please show me how it looks in Russian?" I found the page, and he wrote below the dedication: "and to Lena from Claude Steiner." That is the way we should treat one another, I believe. 

Lena Kornyeveva was born in Ukraine (the USSR back then) and was planning to obtain her TA certification in psychotherapy there (she has over 268 hours of TA training) before she moved to Germany to complete her doctorate. She still uses TA knowledge in her practical work, attends TA events, and continues her training in emotional literacy. Lena can be reached at: kornyeveva@imbdp.de.

Congratulations to Successful Examinees!

Birmingham, United Kingdom, May 2019

CTA

Carol Remfrey Foote, CTA-P
Yinka Junaid, CTA-P
Annick Vanhove, CTA-O
Alexander Casimir Lagas, CTA-C
Alessandro Ghiglino, CTA-O
Catrina Topham, CTA-P
Claire Daplyn, CTA-P
Joanna Groves, CTA-P

TSTA

Rosanna Giacometto, TSTA-P
Jonathan Lake, STA-P
Nicoleta Gheorghe, TSTA-P
Marij Peeters, TSTA-C
Kerri Warner, TSTA-P
Harry Gerth, TSTA-O

Thanks to the wonderful examiners: Alastair Moodie, Andy Williams, Anita Holland, Antonella Liverano, Barbara Clarkson, Bev Gibbons, Carol Faulkner, Carole Turner, Coral Harrison, Emilia Teresa Corrias, Diane Salters, Enid Welford, Gemma Mason, Geoff Hopping, Gordon Law, Heidi Amey, Helen Rowland, Ian Stewart, James Sweeney, Jan Baker, Jennie Miller, Jo Moores, Joanna Beazley Richards, John



Successful Birmingham Examinees (front row, left to right): Claire Daplyn, Rosanna Giacometto, Carol Remfrey Foote, Annick Vanhove, Yinka Junaid, Harry Gerth, and Kerry Warner. (Back row, left to right): Alex Casimir Lagas, Catrina Topham, Alessandro Ghiglino, Joanna Groves, Nicoleta Gheorghe, Marij Peeters, and Jonathan Lake

Renwick, Judy Shaw, Julia Tolley, Karen Cesarano, Karen Minikin, Kathie Hostick, Liza Heatley, Mandy Atkinson, Martin Wells, Michelle Hyams-Ssekasi, Mo Felton, Nataliya Yehonska-Spencer, Nathan Gould, Nea I. Clark, Nicky Worrall, Patrick Brook, Richard Ireland, Paul Robinson, Rosemary Napper, Sander Reinolda, Sheila Beare, Steff Oates, Stuart Paul Redpath, Sue Brady, Susie Hewitt, Tess Elliott, Trudi Newton, Valerie Heppel, Victoria Baskerville, and Wilf Hashimi

EATA COC Representative: Sabine Klingenberg

Process Facilitators: Ian Stewart, Joanna Beazley Richards, Rosemary Napper, Steff Oates, and Trudi Newton

Also thanks to audience members: Jennie Miller, Helen Rowland, Anita Holland, John Baxendale, Nicky Worrall, Susie Hewitt, Kerri Warner, Michelle Hyams Ssekasi, Patrick Brook, Richard Ireland, Nataliya Yehonska-Spencer, Sue Brady, Tess



Successful Metanoia Examinees (from left): Barbara Volkar, Alison Meriel Brake, Paula Carr, Gary Bishop, and Jennifer Brogden



Successful Metanoiz Examinees (from left): Susan Youngs, Christine Fontaine, Emily White, Christine Sheena Brown, and Paul Allsop

CTA

Paul Allsop, CTA-P
 Gary Bishop, CTA-P
 Alison Meriel Brake, CTA-P
 Jennifer Brogden, CTA-P
 Christine Sheena Brown, CTA-P
 Paula Carr, CTA-P
 Christine Fontaine, CTA-P
 Susan Youngs, CTA-P
 Barbara Volkar, CTA-P
 Emily White, CTA-P

Thanks to those involved in examining, including Joan Moore, Jack Pijl, Ioana Preda, Jan Baker, Nikki Millard, Kate Foster, Ania Romaniuk-Wiacek, Michael Feat, Silvia Baba Neal, Gemma Mason, Nicky Worrall, Sam Carbon, Rachel Burniston, Barbara Traynor, Jonathan Lake, and Farah Cottier.

The exam supervisors were Sue Eusden and Carole Shadbolt, and Christine Chevalier was present as the EATA/COC representative.

TA Conferences Worldwide

4-6 July 2019: Cherkassy, Ukraine. EATA Conference. Contact: www.eatanews.org

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

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

1-8 February 2020: Frenchman's Cove, Jamaica. USATAA Gathering. Contact: jamaica@usataa.org

Elliott, Anita Holland, Emilia Correas, Judy Shaw, Sheila Beare, Stuart Paul Redpath, Jo Moores, Sarah Devine

Supervisees: Nathan Gould, James Sweeney, Nicky Worrall, Ros Sharples, Susie Hewitt, Bev Gibbons, Jan Baker, Liza Heatley, Ros Sharples, and John Baxendale

Local Exam Supervisors: Lin Cheung, CTA Exams, and Cathy McQuaid, TSTA Exams

Thanks also to those who helped in the preparation of the exam headquarters and by being runners and helpers during the exams: Sarah Devine, Stuart Paul Redpath, Enid Welford, Kathie Hostick, and Sue Hampton

London, United Kingdom, 23-24 May 2019

We are delighted to celebrate the following successful candidates from Metanoia Institute, who took their exams on 23-24 May 2019: