

IN THIS ISSUE

Innovations in TA
Book Series
2

October TAJ Now
Available
4

Free-Access TAJ Articles
5

Holligan Award Speech
Celebrates Social Action
6

Social Action TA 101
8

Back Issues of *The Script*
Now Available Online
9

Animals Matter Too
11

New Conference Manual
12

A Heartfelt Message from the Presidents of EATA and ITAA



Peter Rudolph

by Peter Rudolph and Elana Leigh



Elana Leigh

*“You may say I’m a dreamer
But I’m not the only one.
I hope someday you’ll join us
And the world will be as one.”*

John Lennon, 1971

Imagine ...

that we have one world and one TA community—this is one of the aims that we work for as presidents and executives of ITAA and EATA. One TA community does not mean that we are all the same. It does not mean that we have just one big organization. It means that we take responsibility for belonging together as a rich and diverse community.

To be together means that we respect and maintain our different identities. If we understand identity as a construct that balances our internal and external aspects, our history and our environment—and if we accept that this construct helps us to live and act in our world—we can take these different identities as a base from which to come together and to form a common body called the worldwide TA community.

As one part of this coming together, we have embarked on a project to share our newsletters, *The Script* and the *EATA Newsletter*. The editors of these publications will cooperate to develop an exchange of interesting articles. EATA members will receive access to two editions of *The Script* per year, and twice yearly ITAA members will be informed when the new *EATA Newsletter* is available online (open access). Our interest and aim is to connect all of our members and to offer access to images of TA realities from all over the world.

In this way, we will continue to develop as one community and contribute to a world that is less focused on “me (or whatever) first” and more on an ideal of mutual OKness and connection.

These words express and are deeply reflective of our cooperation, a heartfelt collaboration whereby we work harmoniously for the greater good of our international community. 🌍

Peter Rudolph is EATA President and can be reached at president@eatanews.org. Elana Leigh is ITAA President and can be reached at elanaleigh23@gmail.com.

Launch of Exciting New Book Series on “Innovations in Transactional Analysis”

by Bill Cornell

As the *Transactional Analysis Journal* celebrates its 50th year of publication, we are also celebrating a new book series entitled “Innovations in Transactional Analysis” published by Routledge/Taylor & Francis, the premier publisher of books in the social sciences and the publisher of the *TAJ*.

Three years ago, as the ITAA was completing negotiations for Routledge to begin publishing the *TAJ*, Adam Burbage, the senior editor for Routledge journals, suggested the possibility of a new book series devoted to transactional analysis. Both the ITAA Board of Trustees

and the book side of Taylor & Francis enthusiastically supported the project, and because of my background both as a *TAJ* coeditor and the editor of a number of books in TA and psychoanalysis, I was asked to become the series editor.

Early in 2018, Routledge Senior Editor for Global Mental Health Kate Hawes and Editor 2 Susannah Frearson began working with me and the *TAJ*/ITAA team to define the nature of the series. The title and theme gradually emerged as we looked at the evolution of the *Journal* and how a book series could further extend the reach of transactional analysis into the broader mental health and

social sciences communities. The theme of the continuing evolution of TA theory and practice within the four fields of application was particularly attractive to the Routledge editors because it is unique in their experience of psychotherapeutic and psychological models.

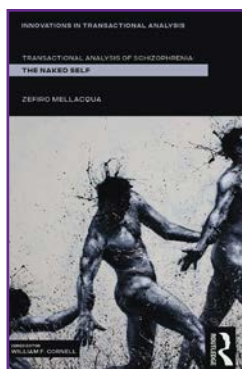
From the beginning, it was clear that these books were not to offer reiterations of current theory but rather writings that broke new ground in both theory and applications:

This book series is founded on the principles of open discussion, debate, critique, experimentation, and the integration

2

OCTOBER 2020

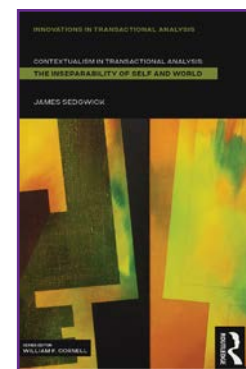
THE SCRIPT



Transactional Analysis of Schizophrenia: The Naked Self



Groups in Transactional Analysis, Object Relations, and Family Systems: Studying Ourselves in Collective Life



Contextual Transactional Analysis: The Inseparability of Self and World

20% discounts for ITAA and EATA members on the Innovations series books by using code BSE20 at [Routledge.com](https://www.routledge.com)

From the beginning, it was clear that these books were not to offer reiterations of current theory but rather writings that broke new ground in both theory and applications.

of other modalities in fostering innovation in all areas of transactional analytic theory and practice: psychotherapy, counseling, education, organizational development, health care, and coaching. It will be a home for the work of established authors and new voices.

In 2019 we received three very different proposals for books in the series, each of which was reviewed and accepted by the Routledge editorial team. All three were published in July of this year, and we are delighted to announce them here: *Transactional Analysis of Schizophrenia: The Naked Self* by Zefiro Mellacqua; *Groups in Transactional Analysis, Object Relations, and Family Systems: Studying*


Ourselves in Collective Life by N. Michel (Mick) Landaiache; and *Contextual Transactional Analysis: The Inseparability of Self and the World* by James M. Sedgwick.

Each of these books situates creative discussions of transactional analysis within broader ranges of relevant theories and disciplines. Watch upcoming *Scripts* for interviews with the authors and the *TAJ* for reviews of all three books. We also hope to do video interviews with the authors that will be available online at some point.

So far this year three additional proposals have been granted offers to publish with a couple more in earlier stages of development. Those currently under contract are *On the Edge: New Theory and Applications of Transactional Analysis in Organizations* edited and introduced by Sari van Poelje and Anne de Graaf; *Group Therapy in Transactional Analysis: Theory Through Practice* by Anna Emanuela Tangolo and Anna Massi; and *Radical Relational Transactional Analysis* by Karen Minikin. It is going to be another exciting, productive year for the series.

For those interested in submitting a proposal for the series, the first step is to contact me with your initial ideas, and I will send you the

formal Routledge/Taylor & Francis author proposal form. Once the details of the proposal have been worked out between the author(s) and me as series editor, the proposal will be sent for outside reviews. If the reviews are positive (which may include requests for further refinement), the proposal and reviews are sent to the Routledge editorial team. They sign off on the offer to publish, and then we go to work. The time line to reach publication is typically a year and a half.

It is my hope and intention as series editor to bring out the work of new, challenging TA authors and practitioners to demonstrate the contemporary relevance, breadth, and depth of transactional analysis. 

Bill Cornell is consulting editor of the Transactional Analysis Journal and can be reached at wfcornell@gmail.com.

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 October for the November 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. © 2020 International Transactional Analysis Association, Inc.

IMPORTANT NOTE:

ITAA Change of Address and Email

The ITAA and IBOC have a new postal address:

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

Also, to simplify communications with members, several ITAA email addresses will be deleted in the near future. All ITAA email should now be sent to info@itaaworld.org and all IBOC email should be sent to iboc@itaaworld.org.

TA Conferences Worldwide

20-27 February 2021:

Frenchman's Cove, Jamaica.
USATAA Gathering.
Contact: jamaica@usataa.org

27 February 2021:

Transactional Analysis Cumbrian Conference (online only).
Contact: <https://tacumbria.co.uk/>

October TAJ Now Out, 2020 Bound Volume to Follow Soon

We are happy to announce that the October 2020 issue of the *Transactional Analysis Journal* is available online now. Following soon will be the bound hard-copy volume of the four 2020 issues, which will be sent to all members eligible to receive it. (Make sure your dues are paid up and your mailing address is current so you receive your copy.)

The October *TAJ* is an open theme issue with articles on various topics. In introducing it, *TAJ* Coeditor Sylvie Monin writes eloquently about the “dramatic and unprecedented health, social, and economic crises and challenges facing the world today” and how they relate, in her mind, to the ITAA virtual awards ceremony held on 24 July.

The disastrous and horrifying spread of COVID-19 on all continents has brought social disparities and injustices into sharp focus. What does it say of the state of our world when so many are more afraid of dying from hunger, wars, violence, and cruelty than from the virus? It is not surprising that in parallel, the Black Lives Matter movement has moved into the foreground condemning the racism, oppression, marginalization,

domination, and discrimination that prevail today. What does it say of our world when money and power rule rather than humanity and altruism? Where the poor are becoming poorer and the rich richer? I remember a finance specialist whom I met many years ago who said to me, “Sylvie, it is when there is blood in the streets that it is time to buy on the financial markets.” To the young woman I was then, that was a shocking and bewildering statement. How could one profit off of the suffering, the disasters, the collapse of others?

I am writing these lines as what some would call a “White privileged” person coming from a “White privileged” country that has encountered hardly any terrorist acts, wars, or dramatic climate catastrophes, like some kind of safe bubble in the midst of Europe. But even so, in Switzerland the disparities are striking, injustices occur daily, poverty is well hidden, as if it were shameful. Oppression and marginalization lurk behind the scenes, not only against people of different origins and color, but among Whites themselves. It is a sad reality that in most cultures hatred and ostracism are perpetuated against one’s own kind. At a



Sylvie Monin

personal level, how many of us have suffered oppression and injustice in our own family systems? How many of us hold script beliefs that manifest in a complex intrapsychic process of self-loathing and hatred?

Yet in the midst of these worldwide internal and external tremors, there are many working to make a difference. And therein is the link with the ITAA awards ceremony. Through these awards . . . the ITAA recognizes individuals who contribute to the development of transactional analysis theory, research, and practice. Among the award winners are people who through their actions and engagement in the social community strive to bring support, stimulate reflection, and confront and critique current systems. They bring new ideas forward and encourage and accompany change. Facing the Herculean challenge of making our world a better place is a profoundly humbling task. Through these

individuals, we gain a better understanding of the complexities and intricacies of our humanity.


Following her heartfelt comments, Sylvie introduced the following articles and a book review essay:

■ “The Importance of an Organizational Perspective in Dealing With

Workplace Bullying: ‘We Don’t Take Everything So Seriously’ ” by Marian Timmermans

■ “Optimizing Team Effectiveness and Performance by Using the Cycle of Team Development” by Cor van Geffen

■ “The Change Process in Psychotherapy: Listening for Other Voices as a Tool for Research Analysis” by Emma Haynes

■ “The Corruption of Science and the Destruction of Meaning: A Book Review Essay” by William F. Cornell 

Announcing Free Access to TAJ Articles Online

Thanks to the support of Routledge/Taylor & Francis, a number of articles from the *Transactional Analysis Journal* are now available for free access until 31 December 2020. Our special thanks to ITAA Vice President Research & Innovation Steff Oates and the ITAA Routledge/Taylor & Francis Liaison Committee for their work to make these offerings available to all members of the worldwide TA community and beyond.

■ “Cocreative Transactional Analysis” by Graeme Summers and Keith Tudor (online at <https://bit.ly/3hIG00Q>).

This is the article on the basis of which Graeme and Keith received the 2020 Eric Berne Memorial Award. Each year from now on the current EBMA article will be made available for free access until 31 December of that year.

To celebrate the 50th year of publication of the *Transactional Analysis Journal*, a virtual special edition of the *TAJ* has been put together by the coeditors and made available for free access (online at <https://bit.ly/3gKennW>). It includes the following 15 articles:

■ “Radical Relational Psychiatry: Toward a Democracy of Mind and People” by Karen Minikin (2018)

■ “Failing to Do the Job: When the Client Pays the Price for the Therapist’s Countertransference” by William F. Cornell (2016)

■ “Combining Traditional Ego State Theory and Relational Approaches to Transactional Analysis in Working with Trauma and Dissociation” by Edward T. Novak (2013)

■ “A Relational Approach in Consulting: A New Formulation of Transactional Analysis Theory in the Field of Organizations” by Servaas van Beekum (2015)

■ “For Whom Is the Teacher and for What Is the Teaching? An Educational Reframe of the Parent Ego State” by Giles Barrow (2018)

■ “Forced Migration and Refugees: Trauma Experience and Participatory Care” by Susanna Ligabue (2018)

■ “Looking for Trouble in Groups Developing the Professional’s Capacity” by N. Michel Landaiche, III (2013)

■ “Transactional Analysis Transforms Community Care Workers in South Africa” by Karen Pratt and Mandisa Mbaligontsi (2014)

■ “To Change or Not to Change: Reflections on the Role Games Play in Maintaining Psychic Equilibrium” by Lis Heath and Steff Oates (2015)

■ “Falling Apart and Getting It Together: The Dialectics of Disintegration and Integration in Script Change and Self Development” by Jo Stuthridge (2017)

■ “Children and Their Monsters: Childhood Trauma and Transactional Analysis” by Stefano Morena (2014)

■ “Incredibly Different and Amazingly Similar: A Debate on the (Im)possibility of Scientific Research in the Human Sciences” by Anne de Graaf and Esther de Graaf (2017)

■ “Beyond Symbiosis: The Role of Primal Exclusions in Schizophrenic Psychosis” by Zefiro Mellacqua (2014)

■ “Culture Shock and Identity” by Ioana Cupsa (2018)

■ “Life Offline: Stories of Connectedness in Faith Communities” by Trudi Newton and Karen Pratt (2019)

2020 Hedges Capers Award Acceptance Speech

by Sally Holligan

This speech, given during the 24 July 2020 ITAA virtual awards ceremony, was so moving to those who heard it that we wanted to share it here. Sally received the Hedges Capers Award for her social justice work.

This award is a precious, treasured acknowledgment of work that is dear to my heart. I thank Steff Oates, Sue Eusden, the Transformative Edges group, Lis Heath's supervision group, and lead nominator Gemma Mason for nominating me. These are compassionate, warm-hearted women who received me back after my trips to death row in Texas in 2017 and from the streets of Paris and Athens each year since 2016. Their quality of listening and feedback led me to know in a far deeper way the impact these journeys had on me.

I also thank Angie Jackson, a homeopath and my partner on all of the refugee trips, for her practicality, commitment, friendship, and emotional intelligence. Without her this project would never have gotten off the ground. Thank you to my husband, William, who supported and encouraged me; my daughter Maya, who gave me the deepest compliment by saying she is inspired by what I do; and my family in New Zealand, who not only helped financially but

also believed in me. I deeply thank the generous people who continue to donate money to help make these trips possible and the inspiring volunteers we have met working on the front lines. Thank you to The Melissa Network Women's Refuge in Athens, which welcomed us with open arms and gave us a wonderful base from which to work.

I also want to thank the brave souls who shared their stories and feelings with us, who have lived through so much, including scorchingly traumatic experiences. They took us deeply into the realization of what a human spirit is capable of surviving. I want to name two of them. First Anibal, who has been on death row for 20 years: I thank him for his willingness to be honest and direct with me, for being open to building the bond of trust and love that exists between us, and for teaching me so much. Second is Lino, a 33-year-old strikingly handsome man who has a powerful story of his journey on foot from Cameroon, West Africa, about 4000 miles, to Greece, the doorway to Europe. Like thousands of others, his trip included walking across the Sahara. At present, he is incarcerated in a Greek prison. He has been our translator, guide, and friend; taken us into squats as well as



showing us where refugees were found on the streets. He brought us to people he felt we could help and enabled us to see and understand what was needed. In my eyes, he is a shining example of what courage can look like in the face of meeting the unbearable every day of his life.

A little about my story: I began writing to Anibal on death row 7 years ago. After 4 years of building our relationship through letters, I flew to Houston to visit him. Because I came from overseas, I was allowed 14 hours of contact. We spoke on phones through a glass window. He is a huge bear of a man who just about fit in the cage on his side of the window. During those 14 hours, Anibal shared and reflected on the most painful times in his life. I was able to help him make connections and form a more coherent narrative around how and why he acted out the symptoms of his trauma in the way he had. We still write regularly.

Back in 2016, Angie and I hatched a plan to travel to Paris to see if we could work with some of the refugees

there. We had complementary skills that could work well together, which proved to be true. Speaking to my supervisor before the initial journey, we talked about what I could offer to people living in traumatizing circumstances, about simple kindness and compassion. I have since experienced how profoundly important these are when people are dehumanized, ignored, and often treated with contempt and aggression. The people we met were so grateful when they realized we genuinely wanted to help, to sit with them on the streets and listen.

As for our time in Athens, you have probably heard about the sheer quantity of people fleeing war and cruel regimes, undertaking perilous journeys, desperately trying to pass through Libya hoping for some safety in Europe. They pay smugglers for a place squashed onto flimsy, inadequate rubber dinghies. Often pushed back as they approach Greece, they are denied a way forward, so many do not make it. The lucky ones reach overcrowded, desperate camps on the Greek Islands. The people we worked with have made these epic journeys and come through these camps, which sound like hell on earth. More than once, Angie and I have cried together. It feels impossible to describe the power of hearing these heartbreaking stories directly from those who have experienced such horrors.

But another aspect that touches me is seeing how if allowed any opportunity, these people seize it, showing great creativity and ingenuity in making the most of any tiny possibility. How strong in them is the instinct to find a new life! The human need for

hope is as strong as the need for food and water. We met people with so much to offer, such skills and potential, as well as a desperate desire to belong and participate in society. As therapists, we know well the instinct to attach. Not being allowed this or any possibility of a new start they wait, year in and year out, becoming more and more alienated.

In Europe we hold thousands upon thousands of people with no way to go forward or back. Caught in a tortuous, endless visa system, they are excluded, powerless in an awful kind of limbo. This is a crime against humanity.

And yet, when we are among them, we are met with smiles, warmth, and affection. I have been changed

by witnessing the courage and resilience of these individuals.

As I think about this my mind also turns to Texas. Anibal is no longer the man who entered death row 20 years ago. He is now full of compassion, humor, insight, and love. The human spirit can be such a bright light when circumstances are at their worst if people get just a little of the right kind of help.

I view this award as an acknowledgment and also as encouragement to continue this work. We generally head to Athens two or three times a year. Due to COVID-19 restrictions, it looks like we may not be able to return to Athens for some time. I look forward to whenever that comes. 📍

Award Nominations Sought

Eric Berne Memorial Award

Deadline: 1 December 2020

Send EBMA nominations to committee chair

Lis Heath at lis.heath@gmail.com

Hedges Capers Humanitarian Award Muriel James Living Principles Award

ITAA Service Award

Goulding Social Justice Award

Deadline: 1 January 2021

Send nominations for the Capers, James, Goulding, and Service Awards to ITAA Secretary Sumithra Sharatkumar

at sumithrask@gmail.com

ITAA Research Award

Deadline: 1 January 2021

Send nominations for the ITAA Research Award to committee chair

Susan George at susangeorge4@yahoo.com

See the ITAA Web site at www.itaaworld.org/itaa-awards or contact the ITAA at info@itaaworld.org for details on making nominations for these awards.

Sally Holligan can be reached at sally.holligan@hotmail.com.

USATAA's Inclusion, Equity, and Social Action Committee

Project TA 101: Personal Tools for Social Transformation — Now Connecting Communities!



Artist: Takeharu Matsunaga

This special social-justice-focused TA 101 is connecting communities worldwide with the transformative potential of transactional analysis! The free course videos have 90 new subscribers and 2158 views in 5 weeks! (Free video channel subscriptions automatically update users on video discussions and new activity.)

- ▶ Novice learners and experienced transactional analysts from many countries around the world are engaging in online discussions about using transactional analysis for personal development and social change.
- ▶ People with limited time and little disposable income are using the course materials to improve their professional skills and personal development.
- ▶ Diverse communities are reviewing the course materials, including graduate students, substance abuse counselors, consultants, educators, coaches, and pastoral counselors.
- ▶ Therapists and trainers have recommended the course videos as an adjunct to therapy and advanced training.

With this free initiative, our global community promotes equity and fundamental rights to education and empowerment, the enduring values entrenched in our common codes of ethical conduct and the UN Declaration of Human Rights. The ITAA, the Eric Berne Fund for the Future, USATAA's IESA committee, and the Southeast Institute have collaborated in their common public benefit, charitable, and educational purposes to create and share the powerful transformative gift of transactional analysis with the world through these free course videos, learning guide, and online discussion group. Users will learn more about the project and access all three course components via this one hyperlink: <https://www.usataa.org/circles-of-interest/social-justice-circle/project-ta-101/> In addition, the ITAA is creating a dedicated page for immediate access to the videos and all course components through direct hyperlinks.

You can help connect communities!

Tell someone about it today and share the link above with anyone who wants to understand, change, and predict what happens to people when they talk to each other and enable cultural change.

Volunteer opportunities are still available:

- ▶ Community Connection resource
- ▶ Discussion Facebook group moderator
- ▶ Join the resource list of qualified TA 101 written exam evaluators

For more information: iesacprojectta101@gmail.com

Now you can turn TA philosophy and principles into action by circulating transactional analysis around the world!

*Janice Dowson, Inger Acking, Bob Hempel, Reiko True, and Freddie Suresh
The Inclusion, Equity and Social Action Committee*

Archive of Back Issues of The Script Now Available Online

by Mick Landaiche

You can now read about the history of ITAA and much of the TA community worldwide as it took place, in real time, in the pages of past and current issues of *The Script*.

The project began when ITAA Vice President Development Deepak Dhananjaya began digitizing paper copies of old *Scripts*. Then, this year, I became involved. I had heard about Deepak's work to scan and upload back issues to the members-only section of the ITAA website, which certainly seemed like a good benefit for ITAA members. But, in truth, mine was more of an abstract appreciation. I was doing research for a possible article, wondering about how certain ideas in TA had evolved within the international

When I started reading through the newsletters, back to the mid-1970s, I was stunned by all the community was up to—the conferences and workshops offered, the ideas being debated and elaborated, the publications, the conflicts, the struggles for equity and inclusion, the power dynamics.



Deepak Dhananjaya



Mick Landaiche

community. But when I started reading through the newsletters, back to the mid-1970s, I was stunned by all the community was up to—the conferences and workshops offered, the ideas being debated and elaborated, the publications, the conflicts, the struggles for equity and inclusion, the power dynamics, and so on. It all spoke to a richness and complexity behind the concepts of transactional analysis, a process of deepening that is still evolving today. Moreover, there were brief reports, updates, and photos, some of which detailed people's personal lives in a way that

brought the broader community alive. As I read, I was pulled back into so many different eras in the life of this association and the worldwide TA community.

I was (and am) immensely grateful for Deepak's effort because the collection is priceless, an extraordinary gift to the community. However, I began spotting places where issues were missing because Deepak had not been able to secure originals of them. I felt galvanized to track those down and, after reaching out to members of the community, people

began to send me what they had. I then scanned those, and with Janet Chin's amazing help, uploaded them to the website, which felt like helping to fulfill Deepak's original vision and aspiration.

We are happy to report that the collection is complete from 1977 onward. Still missing are the first issues from 1971, when the newsletter was first published, the first three issues from 1972, and the April 1975 and October 1976 issues. I remain hopeful that someone in our community may still have those issues stored away. If you or someone you know has these *Scripts*, please contact me at mlandaiache@gmail.com. 📧

TAJ Theme Issues

What Went Wrong and Why? Cathexis Theory and Reparenting Reexamined

Coeditors: William F. Cornell and
Diana Deaconu

Deadline: 1 February 2021



"Systemic Oppression: What Part Do We Play?"

Coeditors: Helen Rowland and
Karen Minikin

Deadline: 1 August 2021



"Ecological Transactional Analysis"

Coeditors: Giles Barrow, Hayley
Marshall, and Sylvie Monin

Deadline: 1 February 2022

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

Email manuscripts to
TAJ Managing Editor Robin Fryer,
MSW, at robinfryer@aol.com.

Welcome to New Members

JUNE 2020

Jelena Dancevic, Serbia
Jyothi Dass, India
Ann Foster, UK
Pei Gai Gai, China
Owen Griffiths, UK
Sean Henn, UK
Ian Mackinnon, Australia
Smita Menon, India
Tetiana Nefedova, Ukraine
Tracy Rand, UK
Rag Ranjan, India
Devadarsini Sukumaran, India
Rosemary Tebbutt, UK
Xuejing Wang, China

JULY 2020

Marina Banic, Serbia
Richard Cousins, UK
Mary Cunningham, New Zealand
Tracy Erskine, UK
Marina Glushkova, Portugal
Deepika Mahidhara, India
Igor Palic, Serbia
Darija Petovic Bambur, Montenegro
Carol Remfrey Foote, UK
Peter Rudolph, Germany
Nafisa Salati, India
Maria Antonietta Spanu, Italy
Daryna Syrovenko, Ukraine
Elie Williams, UK

AUGUST 2020

Amitha Bhandari, India
Susanna Bianchini, Italy
Mandeep Chawla, India
Sangeetha Dilipkuman, India
Ritika Gupta, India
Katsunori Hamada, Japan
Young Lee, Korea
Milena Markovic, Serbia
Michelle Price, Australia
Mathew Procter, New Zealand
Christine Reijnders, Belgium
Rajarajeshwari S, India
Raúl Yáñez, Peru

Keep Your Account Current So You Receive the 2020 Bound Hard-Copy TAJ

Remember, you are responsible for renewing your membership and making sure your account information is current online. If your postal address is not current, you will not receive the bound *Transactional Analysis Journal*. If your email is old, you will not receive *The Script* teasers. If you do not have a Consent to Use of Electronic Transmissions on file, you will not be able to receive the teaser or respond to ballots and other ITAA communications electronically.

To renew your membership and/or check your account information: Go to the ITAA website at www.itaaworld.com, click on "Member Login" in the upper right corner of the homepage. If your information does not appear, enter your username and password and click on "Log In."

- ▶ Click on "Edit Your Profile" to check and update your postal address.
- ▶ Click on "Join or Renew Your Membership Online" to renew your membership (unless you are a student member, in which case you will find a link to an offline form).
- ▶ Click on "Update Username/Password/E-Mail" to check and update your email.
- ▶ From the itaaworld.org homepage, click on the link under News and Announcements to complete a Consent to Use of Electronic Transmissions form.

If you have questions or need help, please contact Janet Chin at janet@itaaworld.org.

Animal Lives Matter Too

by Bernard Gentelet

Following the excellent *Script* article “TSTA at the Expense of the Environment? A Call to Action” by Anne de Graaf and Henk Tigchelaar (August 2020), I want to share some thoughts about an important part of this environment: the animals who inhabit it. This is about consciousness and compassion.

I have been a vegetarian since I was a teenager, not for ecological reasons but for emotional ones. I grew up on a farm, and I know what happens in a slaughterhouse. I have seen how animals are hung by one paw, still alive, for a long time, waiting to be slaughtered. I have heard the desperate bellowing of a cow witnessing her calf dying under the knife. And since the industrialization of slaughterhouses, we know from hidden cameras that things are far worse than when I was a kid.

Of course, when we see a nice slice of ham on our plate, it is clean, appetizing, and the image on the packaging shows a happy piglet in a field. So cute! Just as when slaves were sold in the United States, they were well dressed and clean. Buyers closed their eyes and didn’t want to know about the conditions in which slaves were caught, forced into

overcrowded boats, and whipped until they were obedient. I am not comparing animals to slaves, but we should ask ourselves: Are we willfully blind about the meat on our plates? Are we discounting the horror that took place between the calf in a field and the steak on our plates?

In my teaching, I like to summarize the concept of discounting like this: “Knowledge is when we know. Ignorance is when we don’t know. In between is discounting: when we know but we unconsciously and voluntarily want to ignore.” Are we doing the same with slaughterhouses, discounting what happens inside them? As Paul McCartney said, “If slaughterhouses had glass walls, everyone would be a vegetarian.”

In addition to this moral point of view, I would add that it is perfectly reasonable to want to reduce our carbon footprint by, for example, using trains as much as possible. But did you know that raising animals for meat is polluting the environment far more than transportation, domestic heating, and industry combined? Did you know that parts of the Amazon forest are being destroyed every day in order to clear space to grow food for livestock? How can we blame the president of Brazil for allowing more



clearance of the Amazon forest if we keep consuming the end product? When I was a kid, 50 years ago, our beautiful French calves were fed in the winter by soya coming from Brazil.

Above the door of the dining room in The Berne Institute near Nottingham, UK, where I received some high-quality training, are written these words: “Some people want it to happen. Some wish it would happen. Others make it happen.”

Will we be the ones to make animal lives matter or will we just talk about it? By the way, do you know that COVID-19 came from a meat market? Have you ever heard about a virus transmitted by cereal?

If you read only one book this year, let it be this one: *Diet for a New America: How Your Food Choices Affect Your Health, Your Happiness, and the Future of Life on Earth* (2nd ed.) by John Robbins (New World Library, 2012) 📖

Bernard Gentelet, PTSTA-P, MSc (psychotherapy), can be reached at bernard-gentelet39@gmail.com.

New Conference Manual Now Available

by the ITAA Conference Committee

We are pleased to announce that thanks to the hard work of the ITAA Conference Committee, an updated *ITAA Conference Manual* is now available (on the website homepage under “News and Announcements”). Written to support future ITAA conference hosts, the manual provides 22 pages of comprehensive information plus 38 pages of typical conference formats (appendices). Although world conference policy is not included in this manual, a team has already been put together and will be meeting soon to discuss this with ITAA, EATA, and FTAA representatives.

The *ITAA Conference Manual*, containing full sets of instructions and examples from years of conferences, had been updated from time to time by both staff and valiant volunteers. It was an essential resource for host committees considering a conference bid and included everything from how to select a venue to various ways to lay out schedules, budgets, and organization of the scientific program. The compendium was a cultural history of the ITAA in a way, showing how conferences evolved from California to the world and from doing business by snail mail to websites and online registration.

And then, with the advent of COVID-19, everything changed! Our group understood that what we did in the past will not look the same for some time to come.

When the committee received the request to update the manual, there were expected policy changes, updating, and deletions to incorporate. We relied on our longtime chair Vladimir Goussakovski for up-to-date policies and the experience of representing ITAA in conference negotiations to outline what would be needed in a revised manual and to fill in current information. Others of us have chaired conferences, and under the leadership of both Vladimir and Chitra Ravi, who joined us with new energy as VP Operations, we were able to add some historical details and thoughts on how to handle natural disasters and similar interruptions. With the helpful support of Rema Giridhar, we were closing in on a fairly complete product.

And then, with the advent of COVID-19, everything changed! Our group understood that what we did in the past will not look the same for some time to come. The changes in how people gather will definitely shape what we do in the future. Many new

possibilities will come out of the pandemic, despite the losses. Vladimir stepped in and outlined various ways to do conferences in the future, with admirable vision for what is to come. We will all be learning and adapting. So, this process went from being a somewhat methodical updating to having our assumptions completely changed.

Each person on the committee brought their energy and skills to the project over a dozen Zoom meetings across many time zones: Vladimir contributed his rich experience, wisdom, and store of information about previous conferences; Lucy Freedman offered tireless energy and huge editing efforts; Rema Giridhar formatted and compiled the manual; Michelle Thomé contributed her bright questions and ideas; Chitra Ravi as VP Operations co-lead the committee with Vladimir with wisdom, delicacy, and competence; and Alessandra Pierini as the new VP Operations will co-lead going forward.

The process we shared was a great demonstration of OK-OK relating in accomplishing a shared purpose and reaching consensus as we looked at the new landscape and handed off our work as a bridge from one reality to the next. 