

**VOL. 51 NO. 3
MARCH 2021**

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2021 ITAA Awards Announced

Janice Dowson Honored With James Award

We are delighted to announce that Janice Dowson has been granted the 2021 Muriel James Living Principles Award in recognition of her significant contributions to transactional analysis, the ITAA, and the worldwide TA community. In their nominations statement,



the three lead nominators—Lucy Freedman, Charlotte Daellenbach, and Bill Cornell, supported by Inger Acking, Tom Burton, Leonard Campos, Richard Erskine, Felipe

Garcia, Thorsten Geck, Robert Hempel, Gloria Noriega, and Reiko True—described how in her efforts for the TA community, as well as in her personal life, “Janice has consistently lived the principles of TA, including demonstrating clear Adult thinking, joyful creativity, compassionate ethics, and a lack of gaminess in transactions. She models egalitarian relationships and promotes an ‘I’m OK, You’re OK’ atmosphere

Izumi Kadomoto to Receive the ITAA Service Award

It is a great honor to announce that Izumi Kadomoto is receiving the 2021 ITAA Service Award. Lead nominator Diane Salters was joined by John Heath and Suriyaprakash C., all former presidents, and Emily Keller, former Vice President Operations, in recommending



Izumi for this award. In her statement, Diane wrote, “I served with Izumi on the board of trustees. . . . She was always a reliable and good team player on the board, bringing a particularly high level of integrity and commitment to her role. As VP Development, Izumi put an enormous amount of work into getting our web site up and running more smoothly while, at the same time, cutting our high costs. . . . [When] I served as president . . . I relied heavily on Izumi’s skill and knowledge. . . . The ITAA owes her a great debt of gratitude and, with this award, we seek to recognize her gifts of service to the



Janice Dowson (right) with Muriel James

Dowson, continued from p. 1

in both professional and personal arenas. Although Janice's many contributions would qualify her for other ITAA awards, this one is particularly meaningful because of Janice's warm personal relationship with Muriel, including staying in touch and visiting her during Muriel's later years."

Among the specific contributions for which Janice is being recognized are: providing support and TA materials to individuals before the *TAJ* and *Script* were available online; serving as one of the moderators of the online TA Forum discussion group and encouraging an open, welcoming culture while also suggesting stimulating topics; serving as a long-time and highly respected member of the *TAJ* editorial board; cochairing the ITAA Professional Standards Committee and updating the *Training and Certification Manual*; updating the ITAA Code of Ethical Conduct; cochairing the scientific program committee for the 2019

ITAA/USATAA/SEI conference on "Promoting Equality and Okness"; and leading the effort to raise funds and organize the social-justice-oriented TA 101 presented at the 2019 Raleigh Conference as well as spearheading the recording/production of the video from that event, which is now available free online along with study materials.

In his nomination letter, Bill Cornell wrote, "Janice is one of those ITAA/USATAA members who has worked more often than not out of the limelight, away from attention and acknowledgment, but who is, in fact, a driving force for the recognition and values of transactional analysis in the United States and Canada. . . . Were Muriel alive, I am sure she would be a conominator herself."

Janice, on hearing of her award, said, "I am deeply grateful to the ITAA, my nominators, and the committee for this honor. It is a welcome, unexpected gift that celebrates the joy and compassion I have found in the creative, ethical collaborations of which I have been a part. Over the past 45 years I have been blessed with brilliant colleagues, gracious friends, and courageous mentors who have embodied these living principles by generously giving me their time, patience, and wisdom. This award is also especially meaningful to me because I was fortunate in Muriel's later years to discover that we shared an enduring desire to learn, endless curiosity, and a profound respect for people's capacity to change and grow." 5

Need Help With *TAJ* Online Access?

If you need assistance with anything related to your *TAJ* subscription through Routledge, you can contact them at support@tandfonline.com. Please add "ITAA" to the subject line, which will help to resolve queries quickly. Routledge staff can then check their records and assist accordingly.

Kadomoto, continued from p. 1

ITAA and its members."

In his comments, Suriyaprakash C. offered, "We faced the immense challenge of transferring the ITAA website to a new vendor and a new technical platform. Izumi managed the whole project with patience, due diligence, and rigor. . . . She has led several such crucial projects that are responsible for the ITAA [being able to navigate] through the information age and to embrace technology to thrive in the digital age. . . . She is well deserving of this honor for the model character she embodies as a valued member of the ITAA."

John Heath wrote, "Izumi brought . . . a graceful and intelligent presence and a willingness to see things through to conclusion. . . . She gets things done and . . . doesn't make a fuss about it. . . . She showed that she knows how to ask the right questions to get the task clarified and after that she simply gets on with it. . . . Izumi also helped smooth the way for the creation of one of the ITAA's first few formal interorganizational partnerships, which was with the Transactional Analysis Association of Japan (TAAJ), and was very involved in the successful and memorable conference held in Osaka (another first for the ITAA in Japan)."

On hearing of her award, Izumi offered, "To say hello, show deep appreciation and respect, and sometimes apologize, I bow. This is what we do in my culture. Working for the ITAA, for me, was (is) a substitute way of bowing because I have been given so much by it. And this time the ITAA gives another gift, a delight of being recognized, which is very special and unexpected. Now I am also bowing to the new emotion of mine. I am grateful to all who worked with me." 5

First Online IBOC CTA Exams a Big Success!

by Jacqueline van Gent and Sue Eusden

The first International Board of Certification (IBOC) Certified Transactional Analyst (CTA) online exams took place on 30 January 2021 with candidates, translators, and examiners from 14 countries encompassing a 12-hour time zone from as far north as Sweden, as far south as Australia, as far west as the United Kingdom, and as far east as Kazakhstan. We are delighted to announce 16 new CTAs:

Jo Schaeffer, CTA-P, Australia
Alina Comendant, CTA-P, Romania

Miek Hehenkamp, CTA-O, Netherlands
Gunjan Zutshi, CTA-P, India
Adri van den Brand, CTA-E, Netherlands
Laura Lucanu, CTA-P, Romania
Josefine Josefsson, CTA-P, Sweden
Elina Belyayeva, CTA-P, Germany
Marina Ionescu, CTA-P, Romania
Maya Lutay, CTA-P, Russia
Maja Koren Kocjancic, CTA-P, Slovenia
Oksana Fiofani, CTA-P, Ukraine
Claire Ellis, CTA-P, United Kingdom

Olivier Sprangers, CTA-O, Netherlands
Suzanne Lines, CTA-O, United Kingdom
Frouk Willering, CTA-E, Netherlands

Our thanks and appreciation go to all the examiners involved: Suriyaprakash C., Chitra Ravi, Anisha Pandya, Haseena Abdulla, Marina Rajan Joseph, Aruna Gopakumar, Evelyne Papaux, Annie Cariapa, Sue Brady, Patrick Odendaal, Susan George, Cholena Mountain, Julie Hay, Ellaine Sweeting,



New CTAs celebrating succes in their online exams



Successful Dutch CTAs with their certificates

Mirjam te Slaa, Lynda Tongue, Bev Gibbons, James Longwell, Nicole Kabisch/Lenner, Raguraman K., Dragana Jovanovic Boka, Sari van Poelje, Danijela Budisa Ubovic, Susie Hewitt, Giles Barrow, Beren Aldridge, Kathy Johnston, Barbara Clarkson, Peter Rudolph, Anette Dielmann, Sabine-Inken Schmidt, Lin Cheung, Anna Chandy, Barbara Repinc Zupancic, Marian Timmermans, Karen Lam, Ioana Cupsa, Sisko Torkkeli, Traian Bossenmayer, Alexandra Piotrowska, Elena Soboleva, Ivana Mandaric, Sian Ponting, Michele D'Errico, and Marij Peeters.

Anna Candy, Susan George, and Julie Hay served as process facilitators (PFs). The method to contact and use the PFs worked easily and well.

Our thanks also to the team who helped behind the scenes: Deepak Dhananjaya (creator of Zoom links and Google forms for score sheets), Graeme Summers (on Zoom room opening and technical), and Janet Chin (IBOC administrator).

All examiners attended a mandatory, advance 2-hour workshop during which we looked at good practice in

online examining. Candidates also attended a preparatory workshop (voluntary) regarding being examined online. Candidates and examiners attended the usual briefing meetings the day before the exams.

Each exam had its own Zoom room, and the exam headquarters Zoom was open all day with Jacqueline and Sue in attendance along with the process facilitators. Candidates and examiners were able to pop in to celebrate/talk about their experiences, for a quiet conversation in a breakout room, ask questions, and/or just hang out.

The day ended with debriefing meetings and then a celebration to recognize and applaud the new Certified Transactional Analysts, concluding with everyone doing firework impressions!

The IBOC asked Charlotte Sills to be an independent observer to the exams and write a report on her observations. This will be shared with examiners and also with the TA World Council of Standards (TAWCS), the cooperative meeting among EATA/PTSC/COC and ITAA/PSC/IBOC. Her report is detailed, and we include two extracts from it here:

“Although these exams were arranged online because of the pressure imposed by the global pandemic, there is no doubt in my mind that

their success points clearly to the possibility of having online exams as a regular offering, thereby making it possible for more people around the world to be able to train and become certified in transactional analysis, without the hugely heavy burden—both to the individual in terms of finance and to the planet in terms of plane journeys—that the travelling to exam sites entails.”

“There were postexam debrief meetings for examiners and candidates and very useful feedback was received. I was pleased to hear that everyone seemed to think that the online exams had been successful. People were appreciative of the care they had experienced, and many stressed aspects that were an improvement over in-person exams. Many people said that they simply would not have been able to attend in person because of the demand in money and time; a couple mentioned the importance to the planet. Many recognised that the result of that was a genuinely inclusive, multicultural, multinational exam process with diversity on every board. It certainly was extraordinary—examiners came from all over Australasia, India, and all over west and east Europe. I wish Berne could have seen it!”

Feedback From Two Examiners

“I have always dreamt of a world of equal opportunities where the distance between the ‘haves’ and the ‘have nots’ was reduced. When I witnessed and participated in the exam process yesterday, the little girl in me was dancing with joy to see the beginning of a new movement in the world of TA—you both have initiated a wave of change that upholds the promise of inclusion and social equity. I am excited as I imagine the number of people to whom TA will

“We also celebrate the opportunity we have created for this new experience of online certification and look forward to taking it beyond the pandemic and into a more accessible, equitable, and sustainable future together.”

become accessible on account of this online exam format. My heart-felt gratitude to you and your entire team (IBOC) for initiating the online exam process. I see it as a very systematic strategy to break through the systemic oppression that keeps TA available only to the elite class.”
Anisha Pandya

“Because of the great preparation and the opportunities that were given us to become a ‘group,’ we were able to create an environment where the candidates were able to show themselves as TA professionals. And it was even possible to ‘stretch’ them and deepen the TA conversation. Because of working online, we had to pace ourselves in

talking and taking turns, which took care of some kind of ‘conversational hygiene.’ This gave the atmosphere a certain tranquility. Even with a translator present! For me, examining this way certainly doesn’t have to be a one off. On the contrary, I feel it needs to be a structural part of examining in the 21st century. Also, it makes taking exams possible for those who can’t travel easily and this way, as a TA community, we can reduce our ecological footprint.”
Mirjam te Slaa

An important aspect of our work has also been liaising with EATA’s Council of Certification (COC), which has run the first COC online CTA exams (Sabine Blumenstein, Nicole Lenner, and Mayke Wagner-Froböse). We share knowledge and learning and are working together cooperatively, in a spirit of equality and collaboration between and across associations, to honor mutual recognition and accreditation. We are looking to continue this collaboration as we take the Teaching and Supervising Transactional Analyst (TSTA) exams online.

Our commitment is to continue to run exams online, and we also look forward to returning to onsite exams (alongside online exams) when circumstances change and we can meet in person again. Our assessment from a 360-degree perspective of candidates, examiners, PFs, translators, and an independent observer is that there was no loss of standard or quality. One examiner raised an experience asking whether there is a difference in how the boards confront difficult processes online versus onsite. Such questions are important, and this is a common struggle in onsite exams as to how to confront difficulty. We will use this question to inform future examiner training so that we are in

a process of continual learning and development as a TA community.

Training Endorsement Workshop (TEW)

We are delighted to announce that Trudi Newton is heading up organizing the TEW for IBOC. The deadline has now passed for the October 2021 workshop with nine participants booked. Two more dates have been set for next year:

13, 14, 15 May 2022 and 4, 5, 6, November 2022. Please check the ITAA website for deadlines and details of how to apply.

Future Certification Dates

The next CTA exams online will be 12–13 March 2021. The planning and preparation for these are well underway. After that exam, the next set of online exams will be in September with both CTA and TSTA exams. The deadline for applying for September CTA exams is 9 June 2021, and for TSTA exams it is 9 March 2021.

New dates have just been added to the website for next year: CTA and TSTA exams online are 25/26 March 2022 and 23/24 Sept 2022. Please see the website for additional details.

We celebrate the newly qualified CTAs and all who have worked to make these online exams happen. We also celebrate the opportunity we have created for this new experience of online certification and look forward to taking it beyond the pandemic and into a more accessible, equitable, and sustainable future together.

IBOC Cochairs
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the SCRIPT

Newsletter of the International Transactional Analysis Association
ITAA, 1901 Olympic Blvd., Suite 200,
Walnut Creek, CA 94596, USA
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 March for the April 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. © 2021 International Transactional Analysis Association, Inc.

Focus Groups Established on Nonviolence, Climate Change, Intersectionality, and Authoritarian Challenges

by Diane Salters

Given the diversity of our ITAA membership, the range of people and interests in the social engagement committee (SEC), and the many important social issues with which we might want to engage, the SEC has set up focus groups on several topics. We hope, in this way, to provide some focus for our activities and also to involve more of our members in this work of building healthy responses to the challenges of our time. We are proposing four focus groups, each coordinated by an SEC member. Some people have already expressed interest in joining a group, and we are hoping that many others of you will let us know of your interest in joining one of these or proposing one of your own. While the coordinators have outlined the objectives and possible outcomes of these groups, these will, of course, be discussed and clarified by each group.

Nonviolence

Nonviolence is a multidimensional principle and approach comprised of different layers. It is contextual

depending on the cultural and tradition in which it is practiced. Given our ethical stance as transactional analysts, we are called to explore the implications of nonviolence personally, professionally, socially, and globally. The group's objectives include: (1) exploring the meaning and relevance of nonviolence in transactional analysis applications and (2) fostering dialogue on this theme. Possible outcomes include: (1) considering the different dimensions and levels of nonviolence, (2) looking at nonviolence in the helping fields, and (3) developing a manifesto on nonviolence as it applies to TA training and practice.

Coordinator Sashi Chandran (sashi.c@nityagurukula.org) joined by Wataru Suematsu

Climate Change

The number of natural calamities over the past few years—such as the fires in Australia and California and the increase in hurricanes in the USA and cyclones in and around India—are all evidence of climate

“Given the diversity of our ITAA membership, the range of people and interests in the social engagement committee, and the many important social issues with which we might want to engage, the SEC has set up focus groups on several topics.”

change. Human greenhouse gas emissions from fossil fuel combustion, deforestation, and agricultural and corporate farming practices have led to global warming and climate change. From 1880 to 2012, the average global temperature increased by 0.85° C. There are alarming signs that the planetary climate system has reached irreversible changes in major ecosystems. Humanity faces a major existential crisis of our own making. This focus group's objectives include: (1) exploring how we, as transactional analysts, can respond to this existential crisis; (2) examining the tools we have to assist people in accounting for this crisis and the scale of the changes needed, and (3) deepen-

ing awareness of our human place within the ecosystem on which we depend. Possible outcomes include: (1) increasing the level of awareness within our membership and the wider community they serve, (2) encouraging members to meet the personal challenge of this crisis both psychologically and in terms of action, and (3) encouraging the ITAA to promote policies to reduce the carbon footprint in our organization, conferences, and exams.

Coordinator Chitra Ravi (chitra.seed@gmail.com) joined by Karen Minikin

Intersectionality

TA, originally a social psychology, calls us to look out into the world and to consider socialization, interconnection, and systemic structures. Our changing political, social, and environmental landscape is calling for a deeper understanding of how we address themes of exclusivity, privilege, oppression, marginalization, and discrimination. In 1987, Kimberly Crenshaw developed the theory of intersectionality. It is defined as the interconnected nature of social categorizations such as race, class, gender, sexuality, disability, caste, and so on as they apply to a given individual or group and regarded as creating overlapping, interdependent systems of discrimination or disadvantage. Crenshaw stated that through an awareness of intersectionality, we can better acknowledge and ground the differences among us, thus providing a lens for antidiscriminatory and antioppressive practice. Intersectionality can be described as a flashing sign giving us ways to see, for example, by looking at where race and gender intersect and assessing levels of discrimination. This enables more awareness and becoming better allies to each other.

The objectives of this group include: (1) exploring the idea that all oppression is connected through the interplay of privilege, oppression, and power dynamics, and (2) as transactional analysts, exploring how this lens impacts our values, philosophy, theory, and practice. Possible outcomes: (1) raising awareness around privilege and oppression and influencing change at a grassroots level and (2) outcomes will be decided by the group as an evolving process, a living into experience.

Coordinator Victoria Baskerville (victoriabaskerville@icloud.com) joined by Samia Nelson

Authoritarian Challenge

The social values that we espouse in the ITAA, based on our humanistic philosophy, are being severely challenged in many parts of the world by an authoritarian approach characterized by intolerance and bigotry whether based on race, gender, faith, class, or ethnicity. There is a risk that many of the benefits of open, democratic, egalitarian, and tolerant social systems may be lost if we are not vigilant and creative in our responses. This group's objectives include: (1) building awareness of this increase in authoritarianism and understanding its causes and (2) exploring and building creative responses that open up possibilities for personal and social change. Possible outcomes include: (1) developing theory and tools that will assist our members in addressing this challenge in their own communities and (2) providing systems of support for members and communities facing direct threats to their well-being as a result of authoritarianism.

Coordinator Günther Mohr (hedmohr@aol.com) joined by Diane Salters 

Welcome to New Members

JANUARY 2021

Carina Badger, UK
Anita Cox, New Zealand
Alice David, India
Annie De Oliveira Guedes, France
Iryna Demerkova, Ukraine
Aishwarya DS, India
Jonathon Evans, UK
Charmini Glo, UK
Elaine Grix, UK
Sebastian Hutchings, UK
Amanda Ingram, UK
Rakhee Jain, India
Mitsuyo Koizumi, Japan
Eleonore Lind, Sweden
Olivier Montadat, France
Jennifer Moses, India
Jeanna Parkinson, UK
Alina Pavel, Romania
Claire Robertson, UK
Fabiola Santicchio, Italy
Ronen Stilman, UK
Vikas Thakkar, India
Barbara Wattiez, UK
Anna Zuykova, Slovenia

TAJ Theme Issues

“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.

Coronavirus: From Collapse to Reconstruction

by Willem Lammers

The Collapse

The year 2020 shook the lives of many people in our society. We have been confronted with the unimaginable: no air travel, mass gatherings, or visiting the sick; the closing of stores, restaurants, hotels, and museums; working and schooling from home; and grief for those who passed. Few people in the generations now alive have experienced such an existential challenge—everything is new and unpredictable.

In this overwhelming context, people react differently. Some manage to accept the given situation and search for meaningful coping strategies. Others show less constructive patterns, like denial or fight, flight, or freeze. Others feel the need for a strong leader as a surrogate parent. These patterns fill the news and social media. They reduce complexity and encourage affiliation with particular groups, but they do little to help manage the new present or reshape the future.

Limiting Beliefs

There are no shoulds.
- Frederick S. Perls

The reaction patterns just mentioned are associated with sets of underlying beliefs that stand in the way of dealing efficiently and effectively with the challenges of 2021.

- Others should have ... People with this belief are convinced that others (politicians, scientists, economists, etc.) could or should have done something better: They were not informed, they ignored it, or they reacted too late and did too little.
- What should happen ... People with this belief are convinced that they know the answer to the big questions: If a lockdown is needed, how the population can be protected, or if a vaccine is necessary. They believe that they know what should be done but don't have the courage or power to implement it. Their beliefs tie up a lot of energy without offering a solution.
- I should have ... Some people are less concerned about the behavior of others. They feel a personal responsibility as a member of society. In part that is realistic:



Willem Lammers, Msc, DPSych, TSTA-P, is a psychologist, psychotherapist, coach, trainer, and book author. He founded, teaches, and writes about Logosynthesis®. He lives in Maienfeld GR, Switzerland, and can be reached at info@logosynthesis.net; www.logosynthesis.net. He has also just developed a COVID vaccination protocol using logosynthesis that is available online at <https://www.youtube.com/watch?v=9Ombt-pFnGU>.

You can wash your hands, keep your distance, wear a mask, and avoid large gatherings. Beyond that, however, most people can barely influence the course of the pandemic. A belief that something is your fault—with feelings of shame, guilt, or remorse in light of current events—ties up energy that is not available for building something new. This pandemic is bigger than you, and your influence is limited by definition. If you look closely at these beliefs, they are signs of grandiosity and discounting. That is normal: You are human, humans need to reduce

complexity, and this is the solution you have found.

Losses and Grief

With or without limiting beliefs, coronavirus leads to losses. We have to say good-bye to resources and options and even people. Loss leads to grief. The pandemic has led to so many losses that an energy field of grief has emerged. The core of grief in times of this pandemic is the realization that nature, events, people, and things are not predictable. We thought things would happen because we had planned, prepared, and invested. They didn't. We had to give up an important illusion of permanence. In German, we have the beautiful word *Enttäuschung*, which means something like “undeceiving”: We were deceived, and now we are *enttäuscht*. We cannot get around the facts, and that hurts.

Reconstruction

Existing structures are breaking down and becoming unreliable as sources of strokes. The current situation binds our energy, and building anew seems impossible. We need a return to meaning, to what makes our lives worth living, not only for us as individuals but also as professionals in guided change and as a society. This requires an integrated Adult ego state, with honesty, integrity, compassion, and critical thinking. We need to rely on scientific facts and take social responsibility. For this, we need to tap into new sources of energy.

Energy in Healing and Development

Energy is a subtle principle that animates matter (Glöckner, 1992). It is not immediately perceivable. According to Berne (1961), psychic energy is free, bound, or unbound.

“The pandemic has led to so many losses that an energy field of grief has emerged. The core of grief in this pandemic is the realization that nature, events, people, and things are not predictable.”

Free energy we can use at will. Bound energy is static, as in the aforementioned beliefs, but it is also potential: It can transform into free energy. Unbound energy shows itself in movements and processes without direction or purpose.

Our transition from collapse to reconstruction is only possible when we free and refocus bound life energy. Coronavirus has shown us where energy has been tied up for too long in frozen patterns. We need this energy to survive the collapse and for the buildup afterward. We need models to liberate our energy in the service of a functioning Adult. This brings us to logosynthesis.

Logosynthesis® is a new energy model for healing and development (Lammers, 2020). Its effectiveness is based on the power of words. In the development of logosynthesis, TA is one of the roots, not surprising since I am a TSTA-P. Logosynthesis is based on four simple but deep basic assumptions:

1. We are more than body and mind. We are energy, information, consciousness—manifestations of Essence, the creative power of the universe. Eric Berne called it physis.
2. Our energy is either bound or free. Bound energy leads to repetition of outdated patterns. In Berne's (1961) original model of ego states, the energy of the Child ego state and the Parent ego state is bound. The energy of the Adult flows freely in creative and

constructive engagement with the environment.

3. Energy either belongs to a person or not. Berne's Adult ego state can access free energy in the service of its mission. The energy of the Child belongs to the person, but it is bound in previous experiences and needs to be freed. The energy of the outside world represented in the Parent does not belong to the person and needs to be removed from the person's field.
4. Words move energy. This unusual principle states that certain words and phrases have the power to transform bound energy into free energy, without conscious effort. This phenomenon is known well in spiritual traditions. The activation of the power of words through logosynthesis methods restores the free flow of energy, which is subsequently available for one's mission.

Reconnecting to Essence

You are more than a body and a mind. You are Essence. Your body may or may not be infected by the new virus, and your mind may react to the field of the virus—in your body, mind, or family or in society as a whole. However, in the midst of this turmoil, your Essence is not affected. Reconnecting to it enables you to restore your life energy flow and engage in creating a better future for yourself and others in the world. Essence provides us with the autonomy necessary to overcome losses, build intimate and sustainable relationships, and fulfill our mission in this life, even in times of significant challenges. The logosynthesis basic procedure can support you in this process (see <https://www.logosynthesis.net/logosynthesis-corona/>). This link

continued on p. 10

TAJ NEWS

Bound Volume in the Mail

The 2020 hard-copy bound volume of the *Transactional Analysis Journal* has been sent out, and members who are entitled to receive it should get their copies in the next few weeks if it has not already arrived. This hard copy celebrating our 50 years of publication (1971-2020) is a bit later than usual, but it will arrive chock full of wonderful articles reflecting the breadth and depth of transactional analysis today. Readers will note that there are a number of blank pages in the October issue that represent an article that had to be withdrawn. We worked hard with both the author and Routledge/Taylor & Francis to avoid this, but because of legal processes and publication rules it was not possible. Just be assured that nothing is actually missing that should be there. We hope you will enjoy the 2020 bound volume and will join us in celebrating our 50 years of providing important TA literature to our global community and beyond.

Free-Access Article From Jan. 2021 TAJ

As per our recent agreement, Routledge is now making one article from each issue of the *Transactional Analysis Journal* free access online for the next 3 months. The latest article, from the January 2021 issue on “Normativity, Marginality, and Deviance,” is Karen Minikin’s “Relative Privilege and the Seduction of Normativity.” We encourage you to share this stimulating and thought-provoking article with colleagues and friends as a way to introduce them to the *Journal* and transactional analysis. It is online [here](#).

In Memoriam: Rev. Carlos Welch

We received news of the following death some months ago, but because of the challenging events of the last year, we did not have space to publish it until now. We regret the delay.

Rev. Carlos Welch died on 29 February 2020 at age 91. While studying in theological seminary, Carlos met Sarojini Macwan, and they married and became life partners. Carlos was a missionary, seminary professor, program founder, and psychotherapist. More importantly, he was “Papa” to hundreds internationally. He spent 42 years in India and was beloved in an era when English-speaking people were often mistrusted. After receiving his master’s in counseling psychology from Northwestern University, he taught pastoral care and counseling at six seminaries, worked as a hospital chaplain in Vellore, and consulted at the medical college in Jabalpur. Carlos founded five pastoral counseling training centers. According to PK Saru, Carlos and Saroj’s contribution to the counseling and psychotherapy fields in India was enormous. Carlos came to India as a Methodist priest and called himself a “pink Indian.” Carlos and Saroj first worked in the north doing and teaching counseling. Then they moved to Vellore in the south, where they established the prestigious counseling center in CMC, which is still flourishing. After that, they moved to Bangalore, where they did counseling and taught courses in UTI. This led to the establishment of PARIVARTHAN, a premier

counseling and training institute in Bangalore. Their initial style was nondirective and Rogerian, but later they went to the USA and trained in TA and rededication therapy with the Gouldings. They returned to India as among the earliest TA trainers after Fr. George Kandathil. Carlos and Saroj were unique in their work, not unduly obsessed with boundaries and structure. A person could heal at their own pace and in their own rhythm; if needed, a client could stay with them, eat with them, and be with them in all activities. They had an open house and open arms to touch people and make a difference. Carlos will be sorely missed. 📍



Saroj and Carlos Welch

Coronavirus, cont’d from p. 9

leads you to a protocol to disempower limiting beliefs and activate your Adult potential—ready to face reality as it is.

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Boundaries and Ethics

by Jan Grant

Maintaining clear boundaries is a crucial element of ethical practice. What are boundaries and why are they important? In this article I look at what boundaries are and some of the implications of setting clear boundaries.

The Oxford Dictionary defines boundary as “that which serves to indicate bounds or limits of anything.” It seems to me that there are two sides to this: In a positive sense, boundaries keep us safe, whereas in a negative sense their limits can be experienced as restrictive. There is tension here. The positive intention of boundaries is to make agreements explicit and to provide safety. Healthy boundaries are firm and flexible, but the extremes of rigid or loose boundaries can be unhelpful.

Different fields of application of TA may have different ideas about appropriate boundaries. When you think about boundaries in your particular TA field, how firm do you think they need to be? Is that effective? Is it ever problematic? Do boundaries vary in different areas of TA application, for example, psychotherapy, organizational, counseling, or educational TA?

My sense is that psychotherapists generally adhere to strict boundaries in order to have a clear contract and to avoid dual relationships. Can boundaries be less rigid in organizational and educational settings? In small communities, it is virtually impossible not to have dual relationships.

In counseling and psychotherapy settings, dual relationships are discouraged, but even within one field there will be different attitudes. Take, for instance, different modalities within the counseling and psychotherapy fields. Psychoanalytic practitioners tend to have firm, even rigid, boundaries. More person-centered/humanistic approaches tend to be more flexible about boundaries.

Speaking with my counseling hat on, it is crucial to remember that the relationship I have with clients is not an equal one, and I must be careful to do no harm and to be responsible for maintaining appropriate boundaries. Clients will not always understand this, so I must remain vigilant.

What does the ITAA code of ethics say about boundaries? The sixth ethical guideline is useful here: “Mem-



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bers of the ITAA will not enter into or maintain a professional contract where other activities or relationships between an ITAA member and a client might jeopardize the professional contract.” This does not state that it is never possible to have a dual relationship but that clearly the professional relationship must come first.

I will share two recent examples from my counseling practice. I invite you to think about what your response would be and then I will tell you what mine was.

1. A client I have seen for about 2 years for individual counseling was thanking me for helping her through a difficult break up. She is a talented artist, and at the end of our last session, she asked if I would come and visit some time and see her art work. (It is significant to add here that because of COVID-19 we have moved to online sessions, and she can see my study and I can see some of her art work.)
2. A couple who are good friends of mine and my partner were having a tough time in their relationship. They know that I do couples counseling and asked if they could come and see me professionally.

What is your response to these cases, and how does our sixth ethical guideline help in these situations? In the first case, I was caught off guard and noncommittal. I will think about it further. Have you ever accepted such invitations? If you have, what has been the outcome? Have you been able to do such a visit and still keep the professional relationship the first priority? In the second case I referred them to a counselor I know and trust. I do not want to give up their friendship, and I was clear that I cannot see them professionally. I am happy to say that they have now had two sessions with the counselor to whom I referred them and are finding the process helpful. 📍

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Good News About Innovations in Transactional Analysis Interview Videos Online and Books Discount

Thanks to the generosity of John Wilson, the videos of the three excellent online interviews with authors Zefiro Mellacqua, Mick Landaiche, and James Sedgwick are now available to view as follows:

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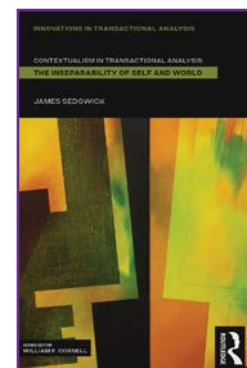
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