

IN THIS ISSUE

ITAA-EATA Webinar
With Matthew Elton
4

In Memoriam:
Ruth McClendon,
Ken Mellor, and
Margery Friedlander
6

Bids for 2025
World TA Conference
8

Birmingham
Conference Grant Fund
8

Training &
Certification News
9

On Ethics
12

ITAA News
13

New Free-Access
TAJ Article
14

Keeping In Touch
15

Reflections at the End of My Term as ITAA President

by Chitra Ravi

I look back on the past 22 years of my involvement with transactional analysis and recognize the influence it has had on my life. It is no wonder that I decided to serve on the board of the South Asian Association of Transactional Analysts (SAATA) for many years before I became the cochair of the ITAA International Board of Certification (IBOC) and then a trustee on the ITAA Board of Trustees. But I never imagined that I would be invited to take up the role of ITAA President, as I was during the 2019 Raleigh Conference. Two strong-willed women, Diane Salters and Elana Leigh, urged me to consider it, and I ultimately responded to the trust that they had in me.

Now it is with humility and a sense of pride that I write this article as I finish my term. These 2 years have presented a kaleidoscope of emotions and experiences for me. The actual experience of being in the role is quite different from imagining how it would be. “The buck stops here” was often an internal dialogue, along with many instances of holding the dilemma of how and what needed to be done and the implications of actions, which is something quite unimaginable. I have felt exhilarated, dejected, stressed, and jubilant, just to name a few emotions. Yet I cannot but help acknowledge the deep expansion, learning, and trust that I developed in my



EATA President Sylvia Schachner (center) joined current ITAA President Chitra Ravi (right) and ITAA President-Elect Thorsten Geck (left) at the ITAA Board of Trustees meeting to discuss joint plans



The ITAA Board of Trustees during its meeting near Dublin on 7 July 2023. In person, standing (from left): C. Suriyaprakash, Robin Fryer (ITAA managing editor), Marguerite Sacco, Steff Oates, Prathitha Gangadharan, Thorsten Geck, Chitra Ravi, Sylvie Monin, and John Oates; virtually via Zoom (from left top): Lucy Freedman, [man taking photo], Anne Tucker, (from left bottom): Cristina Caizzi, Rema Giridhar, Michelle Thomé. Not shown but attended virtually: Paula Rodriguez.

own capabilities and those of others. I have felt so honored to serve the TA community and the ITAA membership.

I begin by thanking Diane and Elana for their unconditional support. They showed me the light when things looked bleak and were available as the solid pairs of ears whenever I felt the need. I also thank incoming ITAA President Thorsten Geck for difficult conversations that we have had and being available to do any task that I ask of him. I see him as being strong in his new role in the coming 2 years as he becomes the first president of the new professional association. I have full confidence in his ability to lead the ITAA from the front. And I will fully support him in my role as past president.

Chitra Ravi can be reached at chitra.seed@gmail.com.

Dublin for our final round was the icing on the cake. The joy of being together and how magically the air cleared of any qualms or misgivings between members was truly invaluable. I will always cherish that time.

The board is supported and held by the administration and office of the ITAA. I truly thank Robin Fryer, who is the “voice of wisdom” of the BOT; her challenges and reminders of procedure and policies is invaluable. Anytime something needs to be published in *The Script*, she works it out with patience and persistence. Her contributions go way beyond her incredible role as the managing editor not

No task or project that I have faced would have been possible without the energy, commitment, zest, and belief of the entire board of trustees. I am so glad to have had this team with me. We were not without our fair share of challenges and sometimes difficult dynamics, but the principles of open communication worked their magic in sorting out anything that needed to be dealt with. This year, meeting in person on 7–8 July near

only of *The Script* but of the *Transactional Analysis Journal* as well.

Susan Lockwood in her years with us was one of the most efficient persons to hold the fort of administrative and finance work. I often wondered how she found time to sleep or eat! And when she left and we signed up with Huntington Association Management, with Susan’s help, they took over and have worked with all the shifts and changes that we have demanded of them, even if there were some hiccups along the way. I have often reflected on how it is for the admin teams of our nonprofit organization to work with a board who are volunteers. We board members also have our own professional work, and we come and go every few years as board members. It can be challenging for both sides, I know.

One of the things I am happiest about is that the ITAA’s collaboration with EATA has deepened in the past few years. My predecessors brought this important relationship to its full bloom, and I have looked at how best I could sustain and strengthen it. EATA and ITAA have our differences, which we bring to our dialogues so as to look at how best to work together respectfully. Dialogues with Peter Rudolf and



Treasurer John Oates moves to the head of the table with Sylvia Schachner (left) and Chitra Ravi (right) so that trustees viewing the meeting virtually could see them better.



ITAA Regional Representatives Prathitha Gangadharan (Asia-Pacific) and Marguerite Sacco (Africa/Middle East)

Sylvia Schachner have been at times intense but always valuable. The mutuality that we experience is something that I honor and will remember and cherish.

Apart from sharing webinars, newsletters, and our presence at each other's executive and board meetings, I want to also acknowledge some additional key initiatives involving ITAA and EATA:

- The cancellation of the 2020 Birmingham World Conference


remained a looming shadow over us. But in putting our heads together, the presidents of ITAA, EATA, FTAA, UKATA, and IARTA and the treasurers of ITAA and EATA looked at how to add some additional closure (see article p. 13 of this *Script*).

- The Common Mission Statement is ready to be adopted and published by both EATA and ITAA. We await the establishment of the new professional association (C6) for this to be done because the statement carries aspects of “professional” that are not legally applicable to the “public benefit” organization (C3) the ITAA is today.

- The TA World Council of Standards (TAWCS) meeting held in June 2023 focused on establishing how both EATA and ITAA could redefine mutual recognition by respecting each association's unique contexts and therefore differences in holding and operationalizing training and certification. This will pave the way for TAWCS meetings to be highly fruitful and to become a forum for sharing best practices and other exchanges.

The committees of the ITAA have been in dialogue either with me or one of the trustees and are involved in constantly exploring ways to improve our systems, manuals, and processes. We have often engaged in discussions with deep trust, knowing that both parties seek to arrive at decisions for the health of the larger TA community and the ITAA.

For an additional comment from Chitra, see page. 11

I end with a deep sense of gratitude to our membership and how you have placed your trust in us, the Board of Trustees, to carry out the work that we do. 



ITAA Vice President of Operations Sylvie Monin



ITAA Vice President Professional Standards C. Suriyaprakash



ITAA Vice President Research & Innovation Steff Oates (right) presents Chitra Ravi with gift of appreciation for her service as ITAA President

the SCRIPT

Newsletter of the International Transactional Analysis Association
ITAA, 2700 E. Foothill Blvd., Suite 209,
Pasadena, CA 91107 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 August for the September 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. © 2023 International Transactional Analysis Association, Inc.

The Paradox of Change With Matthew Elton

by Steff Oates and Matthew Elton

The latest joint ITAA/EATA webinar, which took place on 19 June 2023, presented some technical challenges. Hosted by Kristýna Tomanová and ably assisted by Sylvia Schachner, Chitra Ravi, and Cristina Caizzi, we were without the usual skills of Leilani Mitchell, who was on holiday, and Steff Oates, who had agreed to fill in but then was unable to attend. Kristýna immediately offered her services and worked hard to make the webinar happen. The team pulled together with great skill, a tribute to how this joint venture by the associations goes from strength to strength with a robust and flexible team.

As would be expected, Matthew Elton, whom we know as a generous person, kindly adapted to these last-minute changes and produced an inspiring webinar for over 100 participants from 24 countries. He cited a number of sources of inspiration for his presentation: a quote from Barbara Clarkson (“I don’t feel very Giraffe today”), the 2021 *Transactional Analysis Journal* article by Steff Oates entitled “What If My ‘I’m OK, You’re OK’ Is Different From Yours?,” Martha Stark’s (2017) work on relentless hope, and Ernest

to Spinelli’s (2015) work on “wrongness.” Another key inspiration was the work of Arnold Beisser (1970). Matthew skillfully presented Beisser’s paradoxical theory of change with reference to our change-focused approach in TA.

Taking a curious and challenging approach to script theory, Matthew touched on issues of power imbalance and questioned whether we might sometimes be wrong if we conclude that a client is not making the best use of their current resources or does not have access to Adult reasoning skills. Referring to TA philosophy, Matthew discussed approaches that believe we can rewrite our script and those that suggest that we develop more resources so that the script is less influential. The second approach Matthew referred to as script but with additional notes and comments, that is, the original is intact but the notes change how we respond to it.

Matthew then introduced an interesting puzzle: that some clients may have a different take on what was intended as a positive message so that “It might help to change your script or, at least, change the way

“Taking a curious and challenging approach to script theory, Matthew touched on issues of power imbalance and questioned whether we might sometimes be wrong if we conclude that a client is not making the best use of their current resources or does not have access to Adult reasoning skills. Referring to TA philosophy, Matthew discussed approaches that believe we can rewrite our script and those that suggest that we develop more resources so that the script is less influential.”

you respond to the strong messages it’s sending you” is heard as “You’re getting it wrong. You’re not OK. You’re a mess up.” They might also think: “****! It’s another **** thing for me to do (and everyone else seems to do it with such ease).”

Matthew summarized this with a helpful vignette about a composite client indicating that some people have a problematic response to invitations to change and pointed out the paradox: Why are we so focused on change when our fundamental

stance is “You’re OK”? Matthew’s vignette showed his “client” Campbell as being stuck on his therapeutic journey (or at least as his mother sees it) between “Brokenville” and “Successerton.” Matthew reported that Successerton is not where Campbell wants to go, that his mother’s desired destination feels oppressive, and the bar is always being raised in his mother’s wonky vision for him. Matthew’s take on Campbell’s challenge was that it was as if his mother had colonized “OKness,” and the “OK” target was a place where he got to feel wrong.

Matthew then explored two possible ways to help Campbell. One was to adopt an idea outlined by Oates (2021) and say something like “Don’t just do something—sit there.” This promotes active inaction. Matthew linked this to an existential or gestalt approach and contrasted it with the hands-on, change-focused interventions in TA.

The second way was to take a cue from the phrase “Cry (for a wee while) about spilt milk.” This would involve offering space and permission for Campbell to grieve what he has lost and missed out on and provide an opportunity to sit with someone and not feel wrong.

Matthew invited participants to break into small groups to consider the following questions:

- Do you recognize Campbell? Do you have clients with a similar story and for whom change talk (or even the presence of change-focused ideas in the room) makes them feel “wrong”?
- What do you think about “Don’t just do something, sit there” and “Cry (for a wee while) about spilt milk”?

- What do you say to Campbell when he says “Fix me!”? Can you say something that won’t make him feel “wrong”?
- Are there parallels of these themes in teaching and organizational work? If so, what would they look like?

There was discussion following the break-out rooms with some people speaking and some putting their comments in the chat. It appeared that Matthew’s questions had been taken up enthusiastically with comments such as, “For me this

“Matthew introduced an interesting puzzle: that some clients may have a different take on what was intended as a positive message so that ‘It might help to change your script or, at least, change the way you respond to the strong messages it’s sending you’ is heard as ‘You’re getting it wrong. You’re not OK. You’re a mess up.’ ”


raises interesting questions around the TA process of contracting for change and the idea of therapy being a change-focused method in itself. Is the work sometimes about honoring the client’s right not to ‘change’? And “I find a lot of change roots from awareness, not from action itself; my idea is individuals tend to think change means to do something, but from experience it is usually having the ‘awareness.’ How would you then maintain that awareness?”

Matthew suggested that “if Campbell doesn’t feel wrong, who knows what might be possible for him? Paradoxically, letting go of change goals might be what releases Campbell to grow and develop. He went on to suggest backing off on invita-

tions for change is one response to Campbell’s situation. But it’s not just a passive backing off. Matthew said, “By working against the dominating topic being change—in the journey from failure (not OK) to success (OK)—we actively make room to consider other things: the reality of our limited power, the pain of disappointing, the expectations of others, and the false promises of cherished hopes.”

Matthew concluded that the essence is not to be too enthusiastic about any of our ideas for our clients. And, indeed, his ideas in this presentation could also lead to Campbell feeling wrong. That is, we do not know, we cannot know, but we can remain open to questioning our assumptions.

References

- Beisser, A. (1970). The paradoxical theory of change. In J. Fagan & I. L. Shepherd (Eds.), *Gestalt therapy now: Theory, techniques, applications* (pp. 109–113). Harper & Row.
- Oates, S. (2021). What if my “I’m OK, You’re OK” is different from yours? Could the inherent optimism of transactional analysis be a form of compulsive ableism? *Transactional Analysis Journal*, 51(1), 63–76. <https://doi.org/10.1080/03621537.2020.1853353>
- Spinelli, E. (2015). *Practising existential therapy: The relational world* (2nd ed.). Sage.
- Stark, M. (2017). *Relentless hope: The refusal to grieve* [Online workshop]. International Psychotherapy Institute, Bethesda, Maryland. 

Steff Oates can be reached at lcfan@me.com. Matthew Elton can be reached at matthew_elton@mac.com.

Ruth McClendon

We were saddened to hear of the passing of former ITAA President Ruth McClendon, who died on 22 June 2023. We offer the following remembrances by two people who knew her well.

Celebration of Life for Ruth McClendon

There will be a Celebration of Life in loving memory of Ruth McClendon on **Sunday, 17 September 2023, from 11am–2pm at the Corralitos Woman’s Club in Watsonville, California** (light lunch and refreshments to follow). Please feel free to bring a personal photo or memory to share. **For details and to RSVP through Eventbrite**, please [click here](#). Virtual participation will be available to those who cannot attend in person.

For questions contact Julie Kadis, MSW, at 510-621-2608 or julie-kadis@hotmail.com. The family has requested that in lieu of flowers, donations be made to the George Mark Children’s House (<https://george-mark.org/>).

Deep Friendship, Fierce Loyalty, Stellar Character, Intuitive Strength, and Commitment

by Ellyn Bader

I first met Ruth at the Western Institute for Group and Family Therapy in the summer of 1973. Never could I have imagined that would be the beginning of a rich 50-year-long friendship. That summer I watched her teach about families and demonstrate amazing work with the kids in those families. I was inspired and awestruck.

It was no wonder Bob and Mary Goulding invited her to be on their faculty at such a young age. It was indeed Ruth and George McClendon who combined TA and family systems theory into a rich model that contributed a whole new area to TA training.

About 3 months later, one day, without thinking, I found myself walking up to Ruth on a break with my knees knocking and my voice shaking. I said, “I’d like to work with you” (never dreaming she would say yes). I don’t know how I got those words out, but later that day she came back to me and suggested, “Why don’t you come and co-lead



my women’s group with me!” For the next 3 years, I drove 1½ hours each way to co-lead her TA women’s group. And really, in those days her dogs, Impy and Troubles, were far better cotherapists than I was!

Those 3 years led to my decision to study Ruth and George’s family therapy workshops for my PhD dissertation and being enriched by participating in her family therapy training. Those were happy days for so many early TA pioneers, who traveled to Pajaro Dunes for her training, for campfires, and for sleeping on the beach. We’d roleplay every type of family and immerse ourselves in the experience of being kids or impersonate rigid or overly permissive

parents. Ruth's training was always about the heart experience as well as the head learning.

Ruth was a force. Undeterred, she spoke her mind and committed herself to what really mattered to her. She chaired the ITAA Training and Certification Committee, bringing order to chaos and ensuring that exams would be fairer and more uniform. Her presidency of the ITAA (1978–1979) was meant to be a time to bring all the international TA organizations into closer working collaboration. Instead, she was saddled with handling the Jacqui Schiff ethics charges. Jacqui was the founder of reparenting therapy, which had extreme ideas about treatment that led to criminal accusations. Leading an organization through dissent and chaos requires strength of character. Ruth was the right person at the right time for that job. She was tenacious and committed to an outcome that would be ethical and leave the ITAA intact. She worked endlessly and eventually accomplished that goal. It left her successful but sad to have had to use her talents that way.

Ruth was careful about who she let get close to her, but once you were in, you were really in, and she became fiercely loyal. You became family to her. No one experienced this more than Julie, her foster daughter, whom Ruth ultimately adopted. Ruth met Julie when Julie was 12 and in the ravages of the foster care system. Ruth saw all the goodness in Julie and committed herself to helping Julie succeed in life. Ruth became a dedicated mother and true example of tough, yet caring love. Julie says, "She mapped a path for me and supported me along the way. It was a beautiful love."

Ruth and I shared so many highlight experiences over the years. I'll only mention a few to show her zest for living fully.

We both changed partners and married about the same time. We welcomed Les Kadis into our lives, and she and Les welcomed my husband, Pete.

We traveled and trained TA therapists together in the United States, Europe, and Russia.

She introduced us to our love for Africa, and she was a strong supporter of our schools in refugee communities in Kenya.

She adored our daughter, Molly, and joined us at Tahoe, CA, to watch Molly cross the finish line of a very long, difficult, but exhilarating endurance horseback race.

Very few of us are blessed in life with friendships so rich and expansive as what I shared with Ruth. She left us all too soon and too suddenly, but she left me with gifts that will last forever. Perhaps most meaningful, she taught me to pay attention to intuitive impulses and to never give up on dreams that really matter.

Thank you, Ruth, for all you gave to TA, to the ITAA, to clients, to family, to friends, and to Pete, Molly, and me. We'll always hold your memory in our hearts.

To Ruth With Love by Peter Pearson

Scene 1: Two miles above ground in a tiny 4-seater airplane. Then the anticipated phrase "time to go." The door opened, and I took the plunge and parachuted into the empty sky. My main motivation for being there was Ruth. If she could do this, then so could I.

Scene 2: African savannah. My wife, Ellyn, daughter, Molly, Ruth, her husband, Les Kadis, and me. Sitting in an open-air Land Rover 15 feet away from a pride of wild lions. Breathtaking. The catalyst for being there. Ruth again.

Scene 3. The middle of the Mongolian Gobi Desert. Ruth, Ellyn, another friend, and me. Waiting for Molly to cross the finish line of a 625-mile grueling horse race in 10 days through extremely challenging geography.

There have been many more scenes of shared adventure either triggered by or supported by Ruth. She was not one who would live a life of quiet desperation. And that approach infused her psychotherapy approach: "Let's get on with it." She developed her own "evidence-based approach" as she created her unique way of bringing out the best in her clients. She refused a nonjudgmental theoretical orientation because nonjudgmental literally means having no opinion. And I loved most of Ruth's opinions, even if I disagreed with them, because they were always thought provoking and life expanding.

Because of Ruth I will have far fewer deathbed regrets. I will miss her life-expanding, pushing, prodding, challenging, insightful views on living. And yes, even dying.

Her light has gone out, but the loving shadow she cast on so many people lives on.

I miss you, Ruth.

For In Memoriam pieces about Ken Mellor and Margery Friedlander, see p. 8.



Ken Mellor

Ken Mellor

It is with much sadness that we acknowledge the death on 21 July 2023 of Ken Mellor. A Teaching and Supervising Transactional Analyst (psychotherapy),

Ken was a long-time ITAA member, a winner of the Eric Berne Memorial Award (with Eric Sigmund), and the author of many important and still frequently referenced *Transactional Analysis Journal* articles as well as many other publications. There is much more to be said about his life and work, and we will publish a longer In Memoriam piece about Ken in an upcoming *Script*. There will be an in-person memorial (also live streamed) for Ken on 7 August at 10:30am in Geelong. For details/to register: <https://www.eventcreate.com/e/kenmellor>. Please register ASAP. There is also an online memory page: <https://memories.net/timeline/ken-mellor-16211>.



Margery Friedlander

by Rebecca Trautmann

Our TA community has lost a truly radiant star with the death of Margery Friedlander, former editor of the *Transactional Analysis Journal (TAJ)* from 1986–1991. Margery died on 13 June 2023 at the age of 86.

I first met Margery when she was a member of our Professional Development Seminar in New York City. I remember her as a sharp observer of human behavior, an insightful and compassionate therapist, a bright theoretician, and a lively member of the group—someone who became a good friend. I counted on her theoretical acuity and her professional wisdom when she was on the editorial board of the *TAJ* and was delighted (and relieved) when she became the editor after me, knowing she would do an excellent job of maintaining the quality of our journal. With a master's degree in education and a clinical social worker license, her compassionate and gentle way of challenging was the same with authors and board members as with her therapy clients. We all benefited. Margery had an exuberance for life that kept her very busy, but always ready for fun. I am sorry we have lost her. We were fortunate to have had her among us!

There was a service for Margery on 15 June, and there is an obituary and online guest book where condolences can be left at <https://www.woodriverchapel.com/obituaries/margery-friedlander>



Margery Friedlander

Reminder: Bids Sought for 2025 TA World Conference

Exciting News! The **deadline for submitting your intention to bid to host the 2025 TA World Conference has been extended to 15 August 2023!**

Are you ready to take your region to new heights? The International Transactional Analysis Association (ITAA) and the European Association for Transactional Analysis (EATA) cordially **invite all enthusiastic organizations to submit their bids for the privilege of hosting the 2025 TA World Conference, which will take place in July–August 2025.**

Following the resounding success of the previous four world conferences held in stunning locations—Johannesburg, Bilbao, San Francisco, and Berlin—this is your chance to make history! Let's continue the tradition of incredible hospitality and inspiring connections with passionate individuals from around the globe. By hosting this prestigious event, you'll put your region on the map and help raise the profile of TA where you are.

Don't let this golden chance slip away! The clock is ticking, and we urge you to seize the moment. Please **contact Vladimir Goussakovski**, ITAA Conference Committee Chair, at v.goussakovski@gmail.com, and **Aleksandra Djuric**, EATA Vice President, at aleksdjuric@yahoo.com, to **obtain the form** for presenting a bid and any further information.

Together, let's create an unforgettable experience that will shape the future of TA!

PSC & IBOC News

In this *Script*, we want to let you know about **three different aspects of the work we have been immersed in recently**. First, we want to let members know that a joint statement was agreed between EATA and ITAA at an online TAWCS (TA World Council of Standards) meeting. Second, we are planning a new initiative offering online training for markers of written CTA exams and examiners for oral exams. Third, we offer a brief update regarding the Global Conversation.

We are looking forward to running **in-person exams on 27 July in Suffolk, United Kingdom**. The October exam deadline is now past, and there is a very full set of CTA and TSTA exams planned. We will be writing to those of you who have signed up as examiners and volunteers soon.

Joint Statement of EATA and ITAA: Mutual Recognition

EATA and ITAA recognize each other's system of training and certification and will do so respectfully, in the spirit of trust and appreciation for differences in approach. This means that we regard both systems as being equivalent, while recognizing that they are not the same and do not need to be.

Following the recent TAWCS meeting in June, representatives of both organizations agreed to a common position regarding mutual recognition. For many years this has been the cornerstone of our joint approach to training and examination. A common understanding has been that our systems are the same, presented in two handbooks describing an almost identical model, serving members in each organization.

This statement reaffirms our joint commitment to mutual recognition while taking account of significant developments for both organizations over the past few years. We recognize that changes have been put in place by each association, which has generated the need to reframe mutual recognition.

By reasserting our commitment to mutual recognition, we respect the differences in training and exam processes based on the different structures of the two associations and the different personal and professional needs of our members. We take account of the overall common goal, which is to fulfill the values and professional standards we share.

The renewal of our alliance as training and certification associations means that our members become increasingly familiar with the differences in our respective systems.

Supervisors and trainers are especially encouraged to review and understand the distinctions between the two handbooks in order to properly support supervisees and those engaged in training programs.

“EATA and ITAA recognize each other's system of training and certification and will do so respectfully, in the spirit of trust and appreciation for differences in approach. This means that we regard both systems as being equivalent, while recognizing that they are not the same and do not need to be.”

Similarly, trainees and candidates are encouraged to take responsibility for their choice of system and how they navigate its requirements within the context of their practice.

Each association will continue to regularly communicate updates to handbooks through our different bulletins and notices. Furthermore, EATA and ITAA will continue to share their experiences concerning training and exam processes via TAWCS. This will continue to be an increasingly important space for exchange and support and for learning from each other. Although decisions regarding changes to asso-

ciation handbooks will remain in the separate domains of the ITAA and EATA, we are committed to ongoing dialogue in the spirit of mutuality.

In due course, we will publish additional notices regarding more detailed guidance, including attendance at respective examinations for examiners and candidates, application processes, and other matters that we know will be important to the effective operation of both systems. However, the purpose of this statement is to assure members in both associations of our commitment to provide a differentiated and coherent approach to training and certification that has integrity, reciprocity, and mutuality at its heart. We are grateful for the support, patience, and engagement of our collective memberships and look forward to new developments in our common professional journey.

Chitra Ravi, ITAA President

Sylvia Schachner, EATA President

Sylvia Rossi, Chair EATA PTSC

Sue Eusden, Cochair IBOC

Giles Barrow, Cochair PSC 

New Initiative: Sign Up for Free Online Workshops

The IBOC is offering **free online workshops relating to two different aspects of the examination process**. First, we will run three different workshops (in two different time zones) **for those wanting to be involved in marking the written exams**. Second, we are running four different workshops **for examining in oral exams**. Please sign up using the Google links below.

Our intention is to enhance the professionalization of our exams, rooted in the principles we have outlined

to date, both in the *Handbook* and in our *Script* articles. This is a new venture, and we hope many of you will join us. All examiners, from new to experienced, are welcome.

The Written Exam Marking Workshops: Developing Ourselves as Markers

The IBOC wants to offer these workshops in order to support the development of markers and the professionalism of the written exam marking. **If you have completed the EATA written exam workshop, we invite you to attend the IBOC's as there are some important differences.**

We will start with an international markers' meeting planned for 1 hour. In it we will present a brief

summary of the markers' survey to let people know the results and open a dialogue with markers, bringing them together and raising ideas that have come from the survey.

Then we plan to offer two 2-hour workshops in two time zones and see how this works. This means that all markers across the globe can be involved. Reading material will be sent to workshop attendees ahead of the day so they can have a go at a little light marking and feedback points so they will be ready for discussions.

Dates:

Each meeting/workshop will run twice on the same day.

- 1. International markers' meeting:**
Tuesday 26 September 7–8am and 4–5pm UK times

IBOC Exam Calendar

| Type | Exam Date | Location | Application Deadline |
|------|----------------|----------|----------------------|
| CTA | 5-7 Oct 2023 | ONLINE | closed |
| TSTA | 5-7 Oct 2023 | ONLINE | closed |
| CTA | 21-23 Mar 2024 | ONLINE | 21 Dec 2023 |
| TSTA | 21-23 Mar 2024 | ONLINE | 21 Sep 2023 |
| CTA | 3-5 Oct 2024 | ONLINE | 3 Jul 2024 |
| TSTA | 3-5 Oct 2024 | ONLINE | 3 Apr 2024 |

IBOC TEW Calendar

| Type | TEW Date | Location | Application Deadline | TPO Deadline |
|------|----------------|----------|----------------------|--------------|
| TEW | 27-29 Oct 2023 | ONLINE | closed | closed |
| TEW | 12-14 Apr 2024 | ONLINE | 12 Aug 2023 | 12 Oct 2023 |
| TEW | 25-27 Oct 2024 | ONLINE | 25 Feb 2024 | 25 Apr 2024 |

Note: Written exams can be submitted anytime throughout the year.

Please send applications for exams and TEW to the IBOC administrator: iboc@itaaworld.org

For the EATA exam calendar, please refer to: <https://eatanews.org/exams/#coc-calendar> and for the EATA TEW calendar, go to: <https://eatanews.org/ta-training-2/#tew-calendar>

2. **Beginning marking workshop:** Friday 27 October 6–8am and 3–5pm UK times
3. **All markers' workshop:** Thursday 9 November 6–8am and 3–5pm UK times

You will have received an email about these already. You can attend as many as you wish, and certificates of attendance will be issued.


Please sign up using this Google link: <https://forms.gle/EDwZ-9vJj59fFnsx56>

Oral Exams: Developing Ourselves as Examiners

These are in addition to the examiners' training before each exam.

The workshop program is as follows:

1. **Chairing an exam:** Tuesday 19 September 2023
2. **Ethics and examining:** Thursday 2 November 2023
3. **Multiple tongues and working across language differences:** Monday 4 December 2023
4. **Cultural differences and unconscious bias:** Monday 22 January 2024

Each workshop will run from 6am–8am UK time. You can attend as many as you wish. Certificates of attendance will be issued. We invite you to **sign up using this link:** <https://forms.gle/jbQiURwZrGf1g7Lg8> 

Global Conversation

From the PSC, Karen and Giles have been continuing to facilitate the Global Conversation (for more details of this, see the last two issues of *The Script*). Having had an extended session in June, colleagues from around the regions shared views and ideas about a number of themes, dilemmas, and options. These were focused on the task of imagining what training and accreditation might look like if they were more firmly rooted in values, including social justice, diversity, educational inclusion, and ecology. Currently, **the input is being gathered and summarized, and a final session in this first phase of the process will be concluded in late August.** We hope to offer a more comprehensive report in the October *Script*.

Karen Pratt and Giles Barrow, Cochairs of the PSC

Jacqueline van Gent and Sue Eusden, Cochairs of the IBOC 

TAJ Theme Issues

“Intimacy and Creativity Within the Real Self: Revisiting Berne’s Secret Garden”

Coeditors: Edward T. Novak and Karen Minikin

Deadline: 1 February 2024

“Relationships in Love, Play, and Work”

Coeditors: Brad McLean and Helen Rowland

Deadline: 1 August 2024

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

Submit manuscripts through the TAJ Submission Portal by going to “Submit” [here](#).

Diversity, Equity, Inclusion, and Accessibility

John Flemming from The Irish Association of Transactional Analysis (TIATA) virtually visited our final ITAA Board of Trustees meeting and proposed that diversity, equity, inclusion, and accessibility (DEIA) be included as an important consideration in all aspects of ITAA’s focus and practices.

- For many reasons, members may feel excluded, including due to differences based on factors such as disability, ethnicity, skin color, neurodiversity, race, culture, religion, sexuality, gender, socioeconomic status, geography, and so on.
- Parts of our organization, systems, procedures, and processes (e.g., membership forms, exam processes, etc.) may be inaccessible to some people. Especially because we are on the brink of forming a new professional association, it is time to relook at our systems and processes to find ways to make them more inclusive.
- We appreciate the Global Conversations initiative by the Professional Standards Committee team, which aligns with DEIA in many aspects. The ITAA, in collaboration with EATA, will also focus on this via a task team chaired by Cristina Caizzi.

- Chitra Ravi, ITAA Past President



The Origins of Ethics

by Marina Rajan Joseph

As a member of the ITAA Ethics Committee, I have been reflecting on my responsibility for writing this *Script* article. In the process, I thought about the origins of ethics, including the neurological basis of ethics and ethics as they are inherent in TA practice.

The *Encyclopedia Britannica* defines ethics as “the discipline concerned with what is morally good and bad and morally right and wrong,” going on to explain that what is considered good or “right” in most human societies is concern for kin and reciprocity.

It seems the Western notion of right originated from the Sanskrit “*rta*” (*rita*), meaning truth or order, which is considered to be the basic principle of the universe according to Vedic philosophy. This implies that the “right” moral order is built into the universe.

Chinese philosophy identifies reciprocity as a guide to the conduct of one’s entire life as reflected in the Confucian statement of “what you do not want done to yourself, do not do to others.” This is like the

Golden Rule attributed to Jesus in the Christian Bible in the Gospel of Matthew: “Do to others what you would have them do to you” (*New International Version Bible*, 2011, Matthew 7:12), which is a complementary statement.

Neurological Basis of Ethical Processes

Cognitive neuroscientist Michael Gazzaniga has argued that our mirror neurons are monitoring the behavior of others as their mirror neurons are monitoring our behavior. For example, while communicating with others, an aware person observes the other’s responses and makes changes in their own responses as a result. Gazzaniga indicated that we seek to be altruistic and moral because these behaviors have selective and survival value. The substrate of ethical behavior is the unconscious mechanisms we evoke or choose not to evoke “that keeps our species, over the long haul, from destroying itself” (“The Ethical Questions of Our Times,” 2005, para. 14).

This has been substantiated by a study on dilemma response tendencies by Christov-Moore et al. (2017) that shows that in situations of moral dilemmas that involve the impact of our actions on others, there is greater activation of mirror neurons in the inferior frontal cortex of the brain. They say that this mirror neuron activation correctly predicts a decision to not take an action that could harm another person. From this evidence of reciprocity evolved the field of neuroethics, which is “an interdisciplinary field focusing on ethical issues raised by our increased and constantly improving understanding of the brain and our ability to monitor and influence it” (Roskies, 2021, para. 1].

Ethics Are Inherent in TA Practice

In transactional analysis, reciprocity has been implied in script development (Matze, 1988), therapy, and supervision (Cassoni, 2007). I consider cocreational TA and relational TA to be theoretical developments emphasizing reciprocity in practice


continued on page 13

Student Members Can Now Pay Online

Please follow the steps below to renew your ITAA student membership.

- When you go to log in to your account on the ITAA website, you should see the message “You need to Renew Your Membership in order to access the member’s page.” Click on “Renew Your Membership.”
- You will be taken to a page where you can indicate your member-

ship level, email address, and credit card information. Please select your membership type (Student, Student-TA1, or Student-TA2). Pricing for the Talent program can be found [here](#))

- Please also send in your trainer form. This can be found [here](#).
- If you need to update your email on file, an update e-consent form is also needed. This can be found [here](#). 

On Ethics

continued from page 12

(clinical, educational, organizational). Being mindful of reciprocity makes TA practice an inherently ethical process. So I think having a body (ethics committee) to take the lead in training and facilitating learning of ethics and ethical practices is integral to transactional analysis.

To conclude, ethical concerns and ethical behaviors are built into the universe. The mechanism by which ethical responses are practiced is understood as reciprocity. There is an objective neurological basis to the human practice of reciprocity. Since the practice of TA is inherently ethical, training and facilitation in ethical practice is integral to TA practice.

References

Cassoni, E. (2007). Parallel process in supervision and therapy: An opportunity for reciprocity. *Transactional Analysis Journal*, 37(2), 130–139. <https://doi.org/10.1177/036215370703700205>


Christov-Moore, L., Conway, P., & Iacoboni, C. (2017). Deontological dilemma response tendencies and sensorimotor representations of harm to others. *Frontiers in Integrative Neuroscience*, 11. <https://doi.org/10.3389/fnint.2017.00034>

Encyclopaedia Britannica. (n.d.). Ethics-philosophy. <https://www.britannica.com/topic/ethics-philosophy>

The ethical questions of our times through the prism of neuroscience. (2005). *Neurology Today*. https://journals.lww.com/neurotodayonline/Fulltext/2005/08000/THE_ETHICAL_BRAIN_BY_MICHAEL_S_GAZZANIGA.6.aspx

Matze, M. G. (1988). Reciprocity in script formation: A revision of the concept of symbiosis. *Transactional Analysis Journal*, 18(4), 304–308. <https://doi.org/10.1177/036215378801800405>

New International Version Bible. (2011). <https://www.biblegateway.com/passage/?search=Matthew%207&version=NIV>

Roskies, A. (2021). Neuroethics. *Stanford Encyclopedia of Philosophy* (Spring 2021 Edition). <https://plato.stanford.edu/entries/neuroethics/> 

2020 Birmingham Conference Grant Fund Established

Dear ITAA Members,

We previously announced that the funding partners to the Birmingham TA World Conference in 2020 sadly cancelled due to COVID restrictions, EATA, FTAA, IARTA, ITAA, and UKATA, are delighted to have financially contributed to the establishment of a Grant Fund. **The fund is established to provide discretionary grants and is potentially available to all those who booked and paid for the 2020 Birmingham TA World Conference and who did not have their booking fee returned by other means.**

A grant payment will be considered for those who have not had their booking fees covered by monies returned by the liquidator and/or payment card company, insurance, or other means. This grant is to be used toward furthering training and/or education in TA.

Those wishing to apply to be considered for a grant will need to complete the form at <https://itaaworld.org/itaa2022/birmingham-grant-fund/> submitting it by 15/11/2023 and providing the booking evidence requested.

With kind regards,

EATA, FTAA, IARTA, ITAA, and UKATA

Free-Access TAJ Articles Offer an Opportunity to Reach Beyond the TA Community




Thanks to the support of Routledge/Taylor & Francis, we are able to offer one article from each issue of the *TAJ* for free for 3 months following publication. The idea behind this was to provide a way for *TAJ* readers to share with their colleagues and friends outside of the TA community an article that might spark their interest in TA and the *TAJ*. The article is chosen by the coeditor(s) of each issue based on their sense of what might be of particular interest and/or relevance beyond the TA world.

For the July 2023 issue, the free access article is “Bipolar Dynamics of Vitality” by Valentina Terlatto. In it she reflects on the ideologies of cure underlying many clinical interventions, especially psychiatric ones, in which in the treatment of mental disorders, aspects of normalization, and control seem to prevail over those aimed at supporting and integrating the patient’s subjectivity and vitality. Drawing on contributions from psychoanalysis and transactional analysis as well as classic and contemporary philosophy and some neuropsychological studies, Valentina discusses the transformative potential of vitality. She argues that it develops through bipolar

dynamics and that personal balance continuously sways between opposite polarities: enchantment and disillusionment, pleasure and safety, novelty seeking and harm avoidance. She underscores that the more intensely a person lives, the easier it is for their mood to swing between two extremes. A fundamental clinical task is to accept patients’ unpredictability, welcome their vitality, and harness it as a valuable resource

in the therapeutic relationship rather than confusing it with mania.

We encourage all *TAJ* readers to use this important opportunity to encourage your colleagues and friends to learn more about contemporary transactional analysis. You will find the free-access article from the July issue available on the Taylor & Francis *TAJ* website. Look for the green checkmark in the lower right corner. 

Reminder to Access the TAJ via the ITAA Website

Beginning 2 August, ITAA members will be able to access the *Transactional Analysis Journal (TAJ)* **only** via the ITAA website instead of going through the Taylor & Francis website. This is good news as we now have members going through our own website, and any difficulties in access will be dealt with by us instead of having to go through Taylor & Francis. It also means that access is kept secure for ITAA members and those accessing it via other institutions.

Here are the steps to use to access the TAJ now:

1. Go to the ITAA website at <https://www.itaaworld.org>
2. On the homepage, use the “Member Login” in the upper right corner to log in using your ITAA member username and password (not the Taylor & Francis username and password you may have used to access the *TAJ* in the past).
3. Once logged in, click on “Transactional Analysis Journal” in the gray banner at the top of the homepage.
4. Then click on the red button on the *TAJ* page that says “Click Here.”

continued on page 15

The 7th Biennial South Asian Association of Transactional Analysts (SAATA) Conference on TA is planned for 23–24 September in Bangalore, India. The theme of the conference is “Heggidira: Dialogues on Mental Health.” Heggidira is a word from the Kannada language that means “How are you?”—a way we start conversations with each other. SAATA is happy to invite you to engage in conversations and dialogues on mental health over the 2 days of this conference. The conference brochure and call for presentations will be shared soon.

Access TAJ Articles

continued from page 14

5. You will then be directed to the Taylor & Francis website where the TAJ is found. Members with full digital access will be able to view all past issues of the TAJ; members with partial digital access will be able to access only issues from the current and previous year.
6. If you sign into your account and see a message asking you to renew your membership, that means you are not up to date on your member dues. Please click on “Renew Your Membership” and make a payment to access the TAJ. Once payment has been made, follow the “How to access the TAJ continued” step.

If you require assistance, please contact ITAA Vice President Development Michelle Thomé at michellethome@gmail.com or ITAA Vice President Research & Innovation Steff Oates at lcfan@me.com. 📧

Asociatia Romana de Analiza Tranzactionala (ARAT), the Romanian National Transactional Analysis Association, is holding their next conference on 28-29 October 2023. The theme is “From Passivity to Responsibility” and it will be in Bucharest.

Celebrating TA International in California: Back to Berne. A French group headed by Jacques Moreau is working with Lucy Freedman as a representative of the USATAA/NATAA to plan a trip to California from 19–24 August 2024 as an opportunity to both pay homage to Eric Berne and to invigorate the participants’ practice of transactional analysis. The event will include 2 days to celebrate TA (teaching, supervision, discussions, methods of intervention, etc.) in French, with the possibility of some translation depending on who participates. Then there will be a day in honor of Berne (brief ritual at his grave), a visit to the outside of his house in Carmel, and a silent retreat with steam baths, saunas, and hot and cold water pools (and perhaps shopping and meals in Carmel). There will also be a 1-day excursion to San Francisco to visit the Berne archive at the University of San Francisco and possibly a 1-day mini-conference with members of USATAA/NATAA. For more information, contact Jacques Moreau at jm.tsta@jmn-moreau.com (in French) or Lucy Freeman at lucy@syntaxforchange.com (in English).

The latest issue of the South Asian Journal of Transactional Analysis (Vol. 9, No. 1, July 2023), the official e-journal of the South Asian Association of Transactional Analysts, is now available at <https://bit.ly/sajta-volume-9-jul-2023>. Editor Rosemary Kurian writes that it contains

the following articles: “Strokes and Impasse” by Deepika Kaur, “Group Relations and Psychotherapy: Learnings from Praxis” by Gunjan Zutshi, “Physis in Action” by Mitra Heidari, and “Impact of L.I.F.E, a TA based Workshop, on the Mental Well-Being of College Students” by Rosemary Kurian, Sangeetha Dilipkumar, and Susan George. You can write to the journal at journal@saata.org with your suggestions and feedback. The deadline for submissions to the next issue (January 2024) is 15 October 2023.

Welcome to New Members

JUNE 2023

Sarah Antoney, United Kingdom
Sreemoyee Basu, India
Bertrand Debret, France
Naomi Frith, United Kingdom
Pawel Jedras, United Kingdom
Rajpreet Kaur, India
Christine Kohlbrenner-Borter, Switzerland
Ola Lenés, Denmark
Szabolcs Lovas, Hungary
Ionela Masdrag, Romania
Andrew Mathias, United Kingdom
Marija Milanovic, Serbia
Nada Odar, Slovenia
Olga Paraska, United Kingdom
Lina Rabi, Serbia
Michael Rocha, India
Jasmina Salihovic Hodžić, Bosnia and Herzegovina
Katie Sands, United Kingdom
Oriko Sugiura, China
Lada Swirskaya, Russia
Deborah Teckoe, United Kingdom
Branka Vitkovic, Serbia
Ivana Volf, Serbia
Cecile Wijdeveld, Netherlands
Nadezhda Zuykova, Russia
Livia Zwahlen-Hug, Switzerland