



USATAA-NET

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EDITOR'S NOTE

by Angela Berquist



Keep those articles coming! I always look forward to reading your work. The next issue focuses on dealing with youth problems, but if you have news, or have read a significant new book about TA, I want to hear from you. We are pleased to announce a new feature: we are taking ads from you for a reasonable fee. We need to keep interest in TA alive, and the best way to do this is to keep reading and writing. You have so many valuable ideas, and we should hear about them. Send your work to TA Neteditor@ccomcast.net.

JAMAICA GATHERING: AN IRIE EXPERIENCE

by Willard Thomas



Irie, Inclusion, Innovation and Insight are some of the words that sum up the recent TA Gathering in Jamaica. Irie is the Jamaican word for "I feel good, great, joyful and very much living in the here and now." The word was spoken by one of the Jamaican

participants to convey the experience of the place, the people and the conversations.

As well as Irie, the group experienced Inclusion—everyone was accepted, loved and appreciated; Innovation—new ways (for many) were introduced and discussed; and Insight—bright ideas turned on light bulbs or turned up the light.

Gathering with a group of TA professionals is in itself satisfying and stimulating. We know how to give and receive strokes and both feel good. We know the concepts and terms of TA and are able to discuss new implications and implementations. Besides, we are a bunch of good people. Of course there were a few invitations to games, but we generally

passed up the bait and left the initiator holding the rod, waiting on a bite.

The Gathering begins around 8 a.m. with a buffet breakfast of Jamaican fruits, guava jelly, and breads. Around 9 a.m. the opening discussion begins, with the people sitting in a ring. We discuss how we feel about being in this tropical paradise in a secluded and special resort and what information and ideas anyone would like to share with the group for education or feedback, or both. A rich list of topics emerges from the discussion and includes questions that individuals would like to have answered. Perhaps someone offers to address a question and perhaps it gets left up in the air for the birds, which fly in and out of the ring.

After three to four hours of discussion, the group retires to the beach for a Jamaican meal and for more relaxed discussion, mostly on TA or Jamaican topics. The rest of the afternoon is spent in contemplation and consideration, while sunbathing and swimming or reading or just talking more. After the strenuous afternoon, the group as a whole, or separate groups,



Back: Dutch Berkley, Wanda Jeavons, Felipe Garcia, Laurie Weiss, Chuck Holland, Willard Thomas, Gary Welsh, Ravi Sethi, Vivan Panton. **Front:** Jonathan Weiss, Maxine Welsh, Fanita English, Barbara LittleHorse, Michele Davis, Lucy Freedman, Dianne Maki. **Not Shown:** Paulette Lewis.

goes out to eat at one of the many fabulous restaurants, with some of the most fantastic views imaginable.

The topics offered this year included:

- Warm Up exercise to get people into the child.
- Rope Exercise to emphasize thinking outside the box.
- Episcritps
- Improving Training Effectiveness 300% or more with a Tried and Proven Trinity
- How to get better when you're already good
- Drivers for Mini-scripts
- Great Ideas Forum and Parking Lot
- Internet marketing of the benefits of TA
- Survival Conclusions / Redecision
- Physical, Mental and Spiritual Needs
- Redecision Through A Developmental Lens
- A Stroke Scoreboard
- Competition vs. Cooperation in Relationships

The questions some wanted addressed were:

- Application of TA Principles in Social Problem Analysis
- State of and plans for USATAA

- Strange Cases Sharing.

All of the offerings were presented and/or discussed, and all the questions were more or less answered except applying TA beyond the individual to social problems.

As part of the Great Ideas forum, a number of ideas were advanced. The three that got the most discussion were:

- A complete theory of leadership and management, which uniquely integrated most management theory to date.
- A healthy weight loss approach that involved chewing on food for a longer period to time.
- Aspects of Scripts, which included a number of different script types

As part of the reinforcement of these ideas and topics, each presenter was asked to write a 250-500 word summary of their presentation and the discussion that followed, for sharing with the TA family who unfortunately could not make it to Jamaica. Most of those present were on multi-repeat trips—the benefits of the entire experience are great to feel and almost impossible to explain. TA types are fun and inspirational to be around, and the setting is one of the most peaceful and beautiful in the world.

DRAWING NEW ATTENTION TO TA AND USATAA

by Fanita English

Thanks to Dr. Sally Gelardin, a National Certified Counselor and a Distance Credentialed Counselor (<http://careerwell.org>), I had two opportunities to publicize TA to an audience and to readers, most of whom were not acquainted with us.



While being interviewed on Dr Gelardin's monthly career / wellness teleseminar in January, I spoke on 'The Challenges That Make Life Worth Living.' I described ego states and brought in information about TA and USATAA.

Dr. Gelardin also invited me to contribute a chapter to her upcoming monograph on "Career and Caregiving: Empowering the Shadow Workforce of

Family Caregivers." It is due to be published by the National Career Development Association this summer (2009). In my chapter entitled, "Caregiver Roles and Transactional Analysis", I describe ego states and explain, with examples, how transactions among different ego states can impact the way caregivers manage their situations and how they feel about the role they are in. I also show how to distinguish between ego states and the various roles we may take on in caregiving relationships.

Thus, I again had the opportunity to introduce TA to persons who may not be familiar with it, and to refer readers to literature, as well as to usataa.org. After publication, the monograph will be available through the National Career Development Association website. - <http://www.ncda.org>

NEW USATAA COUNCIL MEMBERS

MARY WESTPHAL



Transactional Analysis has been a part of my life since my introduction in 1969. I joined ITAA in 1976 and have been a practicing member ever since. Around 1984, conversations for a US organization began. As a result, USATAA became my second TA association.

I began clinical training in 1976. In California state hospitals I was a co-group leader and assisted teaching 101s. In 1977, I developed and implemented the Governor's Volunteer Program as requested by then-governor Jerry Brown. I used TA to reassure hospital staff and train volunteers from various backgrounds. After the volunteer program was up and running, the governor's office hired me to open and direct California Conservation Corps centers throughout the state. Understanding organizational dynamics from a TA perspective helped with negotiating public works projects, overseeing forest fires, tree plantings and other activities. My last career was as a classroom

teacher. Transactional Analysis enabled me to better reach students. I used the principles of contracts and stroke economy. I often taught structural TA, life positions, games, and transactions to my classes as we analyzed literary characters, drama, and plot. We had a good time.

At the business meeting in Nashville in 2005, I volunteered to help with the 2007 joint conference. As a member of the Education Committee, I secured college credit through the California State University system for both the conference and pre-conference institutes.

As a member of the council, my goal is the spread of Transactional Analysis. A background in TA helped me succeed in a variety of fields and positions. Introducing TA to a wider audience will not only increase our membership, but more importantly, provide the tools for more people to live happier more successful lives.

Mary Westphal, mwestsbt@netscape.net

CHARLES "CHUCK" W. HOLLAND



In the early sixties Eric Berne and Transactional Analysis reached out and grabbed me. My wife Judy and I attended a TA 101 in Dallas taught by Bob and Mary Goulding in 1972. Soon thereafter, I started formal TA training and passed my Clinical Board in San Antonio in 1975. One of my early trainers was William E. Edwards, MA, PTM. I signed contracts with Teaching Members John Gladfelter, Harry Boyd and Ruth McClendon and began training Regular Members as a Provisional Teaching Member.

While serving as Southwest Region Coordinator our Transformer team has conducted two TA Gatherings and sponsored a Transactional Analysis Practitioner Course in Dallas where the very first eleven TAP Certificates were earned. The Transformer Team also organized and is now conducting a TAP course in Fort Worth. We are doing our part to make TA a viable psychological theory and language in the United

States today. We are modeling safe fun entities for healthy human behavior and growth.

My early goal as Southwest Representative was to bring non renewed ITAA and USATAA members back into registered membership while recruiting new interested TA minds. We have reregistered and excited five or six Certified Transactional Analysts in the region. Over twenty-five people have become new members of USATAA and several of these have also joined ITAA. As a General Member of the USATAA Coordinating Council, I will continue my recruiting of past and new members. I will be a catalyst to new TAP training programs. My main focus will be to begin a USATAA Awards committee. These Awards will recognize and stroke the efforts of people who have helped USATAA and who have kept the TA movement alive in the United States.

Chuck Holland, cwh7institute@yahoo.com, 817-924-6063

TA FOR HARD TIMES

by Ken Taber



Anne, a professional who spent 30 years in a publishing company in Michigan, was involuntarily separated as Senior VP of Business Technology. She did not use outplacement services for three months – an indication of depression. Meanwhile, the economy was sliding into recession. These are hard times in Michigan.

Her career path was remarkable. Without a degree, she rose from data entry to the highest level in IT. She has an adaptable leadership style, learns quickly, and successfully manages teams for results.

Baffled by her release, Anne admitted suffering with depression. At first, her mantra was “I don’t know what I want to do.” So she did nothing. She cried in each session saying, “This always happens when I am depressed.” My first intervention was guided imagery to uncover hidden blocks. She disclosed, “My inner voices are silent... I am afraid of success and silent about asserting my ideas for fear that people would tear them down.”

She agreed to “try something different” from standard career testing, i.e. to read about TA. She confessed, “This appeals to me and has nothing to do with job search.” She learned driver concepts and selected “Try Hard” and “Please Me.” After discussing ego states, we did a series of six-chair exercises. She discovered from Adult an overzealous negative Parent with counter-injunctions of:

- “Do and Be what others want you to do and be.” (“Don’t be you.”)
- “To believe in yourself, you have to fully know yourself.” (“Don’t succeed.”)
- “You are no good; only God loves you.” (“Don’t be.”)

Her impasse was, “I want to be loved but am confused and angry because I am loved only when I cry.” The helpless and hopeless Child sits in silence in the chairs. When encouraged to hear her Nurturing Parent, the Parent is silent. We talked about Fanita English’s script concepts, and she thought that her script may fit the overachieving

child who needs to be kicked to feel cared for. Her prescription was to search for the kind of nurturance Free Child wants when Nurturing Parent is silent. I asked her to make a fun list.

She followed her prescription by painting rooms in her house. She said, “I enjoyed my Free Child so much that I did not focus on the assignment.” We talked about what nurturance she wanted. A scene emerged: “I am 9 and watching my mother being angry with my older sister and brother. I tell myself ‘I will not be like them...I will be the perfect child who doesn’t make Mom angry.’” She described a sequel to her early decision. At 19, she told her mother she was getting married, and her mother asked “Are you pregnant?” Anne felt hurt. “I was good about not being pregnant and she did not believe me.” Anne processed this scene, revealing self-doubt and a “Don’t Be” injunction. At this point, she expressed anger rather than hurt, and reparented herself to no longer seek being hurt to feel cared for. Closing her escape hatches reinforced reparenting. Her second hatch, of harming others, was closed with her decision, “No matter how hurt, angry and vengeful I feel, I will not harm others.” She expressed anger toward her Critical Parent.

She was ready to start her career transition! Her first step was asserting ideas of what she wanted in her next employ, and willingness to succeed. An interesting reflection followed. Anne said, “I realize that I was ‘trying hard’ to find my passion for work and my trying hard was over-expecting myself to succeed and doubting I could... Well, that is no longer. Instead, I am just being. I am moving in directions where something will happen, and I don’t need to know what it is right now.” I affirmed that her “Try Hard” driver was inoperative. She decided she wanted leadership in IT in any industry and that, while she hasn’t interviewed for 30 years, “I don’t want video training for interviewing. That will throw me back into my script where I would be ‘on stage’ and not my authentic self...I am, and will be, successful just being myself.” While the economy continues to deteriorate, Anne is not depressed and actively builds on a network of high level contacts. She will accept lesser compensation as long as “I enjoy what I am doing.” She prefers to continue honing her leadership skills in IT. The lack of a degree does not deter her confidence.

RETURNING TO THE COUNCIL

DIANNE MAKI



As a General Member, I would bring back my energy and experience to the USATAA Council. The atmosphere that surrounds the TA community is unlike any other: the openness and caring are so special. I enjoy contributing to the community and can't imagine working anywhere else. For several years, I have shepherded the Jamaica Gatherings; applied my experience in organizing major USATAA conferences; helped to produce the NET by collecting news, photos, and articles and doing the layout; and served as General Coordinator and, in an advisory role, as immediate past General Coordinator.

I have great hopes for increasing USATAA's reach with TA practitioners and new generations, who have yet to learn TA. OK-OK communication is what attracted me to TA and is what I consciously practiced as a member of the Council. This year we are co-sponsoring a conference in November with RTA and ATAA and I will foster positive connections among us all while applying my experience gained from being a part of the organization of the previous conferences in San Francisco and Nashville. I would like to help keep the membership informed and involved in the management of USATAA so that we will operate effectively. As new people join the Council, I will help them get on board. I look forward to bringing greater participation into USATAA.

Dianne Maki, makisethi@aol.com, 908-234-1873

KEN TABER



Having served the balance of Bobbie Barry's term when she became Coordinator of Communications, I look forward to continuing to serve as Midwest Regional Representative.

I was introduced to TA by H D Johns in 1974, the year I graduated from the LaJolla Institute led by Hedges Capers and Taibi Kahler. I immediately joined ITAA. I was supervised by Gloria Wax and George Imperato. I was an early member of USATAA and dropped out for a while, then rejoined and presented at the Nashville Conference on TA Practices in Healing Racism. I also joined the Redecision Therapy Association.

My consulting firm serves corporate clients in Career Transition Assistance, Corporate Talent Advancement, and Cross Cultural Training.

My TA practice focuses on corporate clients with coaching redeisions by executive teams in leadership skills. As an outplacement provider, I facilitate those leading organizational change to plan and provide humanitarian support that benefits workers involuntarily displaced and those who remain in downsizing. I also coach respectful nurturance and collaborative decision-making to achieve high functioning teams.

I have continually learned TA applications through workshops led by Valerie Batts, Muriel James, Bob

and Mary Goulding, Fanita English, Bill Cornell, and others. I am a Clinical Master's level Social Worker, licensed by the State of Michigan, a Career Management Fellow of the International Career Certification Institute, and a practicing Episcopal priest in the Diocese of Western Michigan.

Ken Taber, www.kta4careers.com, kta4careers.hotmail.com, 616-233-1187

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NEW REGIONAL REPRESENTATIVES

ANNE TEACHWORTH



My name is Anne Teachworth and I am the Director of the Gestalt Institute of New Orleans/New York, which I founded in 1976; a Certified Gestalt Therapist; and a Fellow of the American Psychotherapy Association.

My initial experience in the counseling field was through Transactional Analysis, when I joined a group back in 1972. That gave me so much information to understand myself and others better. I went to several of Bob and Mary Goulding's workshops, and then into Gestalt Training for the next few years. In 1977, I began NLP Training.

I live in New Orleans and specialize in couple counseling. In 1996, I wrote a book, *Why We Pick The*

Mates We Do, about the transgenerational approach I was using with couples. I call it the Psychogenetic System, and I have presented this model at conferences all around the world. When I presented at the ITAA Conference in Oaxaca, Mexico, everyone there said I was a Redecision Therapist, and so I am. I also presented at the USATAA Nashville Conference in 2005

I am proud and happy to be serving the Southeast Region of USATAA and will do my best to promote its activities. I hope to hear from all of you in my area or meet you at the Redecision / TA Conference here in New Orleans in November. You will love this city and its people, food, and music. Join us.

Anne Teachworth, www.teachworth.com,
ateachw@aol.com, 504 828 2267 or 1 800 786 1065.

JIM WRIGHTSMAN



My name is Jim Wrightsman, a Licensed Professional Counselor in private practice in Dallas, Texas. My journey into TA started in 1995 when I began therapy, involving TA and experiential weekends, old style Marathons, and weekly groups. Early

on in my therapy I got hooked on the process of growth and self-awareness offered by TA.

I graduated from Luther College in Iowa with a liberal arts degree and moved to Duluth, Minnesota and earned an engineering degree from University of Minnesota. I worked for 20 years in high-tech/telecommunications as a technical writer and technical trainer. I helped co-write several books and worked as a carpenter for a number of years. I performed volunteer training and leadership for Boy Scouts of America as a Cub Scout and Boy Scout leader.

I graduated from Amberton University with an MA in counseling and interned at Timberlawn Psychiatric Hospital in Dallas as a mental health technician, then utilization reviewer and finally a therapist. I worked

all areas of the in-patient psychiatric system and found children and adolescents to be the most stimulating and challenging. I began private practice in January 2008. After over a year of deep personal and financial investment, I left Timberlawn to tend to a full practice.

I continue to expand my knowledge and skills in TA and to seek training and supervision with clinicians such as MaryIn Crossen CTA, Chuck Holland, CTA and Jim Allen, TSTA. I signed a CTA contract with Denton Roberts in 2007. I have also attended training with Jean Clark, Muriel James and John Gladfelter and Marti Kranzberg.

My goals will be to lead the transformers team to promote TA training in the Southwest Region and to help bridge USATAA's evolving training programs with those of ITAA. I will continue the goals of current Southwest Representative Chuck Holland, to expand the influence of the TAP programs and seek novel ways to stimulate interest in TA across the region, the US and the globe.

Jim Wrightsman, jwrights@tx.rr.com



CALL FOR PROPOSALS
***The Mary Goulding Memorial
 Redecision/TA Conference***

Sponsored by RTA, ATAA and USATAA

Hilton New Orleans St. Charles Hotel
November 5-8, 2009

We invite you to submit proposals based on new ideas and applications of Redecision Therapy and Transactional Analysis for consideration by the program committee. Please provide all information requested on this form (both sides) and attach a copy to your proposal.

Proposals must be received by May 1, 2009

Presenters will be notified of acceptance by June 1, 2009.

INFORMATION COVER SHEET (Please Print)

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HOT NEWS:

Mark your calendars and plan to attend the Mary Goulding Memorial Redecision / TA Conference in New Orleans November 5-8. Before the conference, choose among three valuable Institutes: Vann Joines, Fanita English, or Phyllis Jenkins and Anne Teachworth. Invite your friends to learn about TA in the pre-conference Introduction to Transactional Analysis. Presenters, see page 7 for a Call for Proposals. Proposals are due by May 1, 2009. Continuing Education Credits will be available for psychologists, counselors, and social workers, depending on the requirements of your state agency.

TA ON DVD:

Order your 6-DVD set of Selected Topics from the Theory and Practice of Transactional Analysis with a noted faculty, including Mary Goulding on Redecision Therapy, Muriel James on Self-Reparenting, Steve Karpman on the Drama Triangle, Claude Steiner on Strokes and the Stroke Economy, Fanita English on Rackets, and Jack Dusay on Egograms, among others. Request a syllabus or order your boxed set from communications@usataa.org. **NEW ADDITION:** Bonus DVD on the History of the Miniscript by Taibi Kahler is now available! Contact us for prices for single DVD's or the entire set.

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