We Remember – Mary Goulding

Editor's Note
by Angela Berquist

As someone relatively new to TA, I didn’t know much about Mary Goulding, except for a passionate discussion with her in Atlanta about how Americans are uncomfortable with a good argument. We agreed with each other, and I was happy to meet a kindred spirit. This edition is dedicated to Mary and I miss her without knowing her well. As always, send your special arguments to TA_Neteditor@comcast.net.

Losses and Legacy:
Mary Goulding Memorial Conference

Behind the scenes: Just as Mary took the time and effort before she died to write a “goodbye letter” to us all, she was also in the process of convening a conference in New Orleans, for November 2009. She had contacted many people to present, co-created a flier (as seen in the ITAA Script) and was part of booking the hotel. Everything that could be in place was in place, and then she died.

The conference that she wanted to happen will still happen, only now it will be the “Mary Goulding Memorial Conference,” sponsored by USATAA, the Redecision Therapy Association, and the Americas’ TA Association.

Mary never lacked enthusiasm. She was enthusiastic about TA, about Redecision, about ITAA, about founding USATAA with Muriel James (the M & M Award honors them), and about bringing TA and Redecision Therapy to the rest of the world.

We invite you to join us in commemorating Mary’s enthusiastic spirit in New Orleans, November 5-8, 2009, at the Hilton St. Charles hotel. Watch for details at usataa.org.

Mary’s Goodbye: In her own words

It was the darndest thing! On Saturday, November 30th, I was to go to the thoroughbred races with step-daughter Kathleen Callahan, but woke up very tired. I stayed home on Saturday and Sunday. On Monday I had a new sensation, difficulty breathing, so I dressed in my flashy pink jeans and my lavender sweatshirt from my daughter Claudia and called my favorite cab driver. “Maybe I should go to Alta Bates.” He asked why and I told him I was having trouble breathing. He said, “Unlock your front door. I’m calling you an ambulance.” I’d been admitted one other time for the birth of my son David sixty years ago. It turned out I had congestive heart failure, a heart attack on Saturday and one on Monday. Seems diabetic women are prone to silent heart attacks. I have pneumonia in both lungs and pulmonary edema which is getting worse. Long explanation of why I am dying. I feel strangely calm as I drift in spite of medicine and a constantly needed oxygen mask. I know the pain of saying good-bye to the living. As an atheist moving into nothingness, there is no pain. No matter when I died there would be places left to visit and beauty still to enjoy. I cannot imagine a better life than I have had – so much of it stimulated by ITAA.

Many thanks and much much love to all of you.

Photo courtesy of Inger Ackering
My beloved comrade! - I will sorely miss you
by Fanita English

I first met Mary 1964 when I came to Carmel to learn TA at the new
“TA Institute”, now defunct since 1970. In addition to Berne and his
secretary, the “faculty” consisted of David Kupfer, Bob Goulding and Mary (then
Edwards). David and Bob ran treatment groups, which I was expected to observe and discuss later, and Mary was in charge of doing intake for David and Bob’s patients who paid regular fees, and patients who paid $1 per group session with me (as the only “therapist in training” at the time). In addition she frequently substituted for Bob, running his therapy groups when he was away.

Mary and I used to take long walks during “off” time, which is how we became friends. I found out that she was on a relatively low salary and was never compensated additionally by Bob when she ran his groups, although patients paid him full monthly fees regardless of who carried his groups. This shocked me. “Why are you allowing yourself to be exploited this way?” I asked and never got a satisfactory answer from this woman who otherwise believed in workers’ rights. Well, years later I answered my own question when she married Bob Goulding.

Our friendship lasted and became increasingly close over the years even though we were stubborn, argumentative, and sometimes disagreed vehemently on this or that issue. I particularly remember brunch with her at a large table years ago in Aruba at the time of an ITAA conference. We had not seen each other for a while and were both delighted at the opportunity to talk. Later, a young woman who had been at the table told me sadly how hard it had been for her and some others at the table to note the anger between Mary and me as we went at each other ruthlessly. What? I had not realized this! Was she angry at me at brunch? I went and asked her.

She was as surprised as I had been by the idea. She confirmed that, like me, she had thoroughly enjoyed what for us both had been a very stimulating reunion at brunch.

Dear, dear strong-willed Mary was always ready to defend her opinions – yet, as I know from many instances, she was also always compassionate and basically generous to those who were hurting or defenseless.

About you rather than to you
by Felipe Garcia

It is still difficult for me to write about Mary as if she is not with us instead of writing to Mary.

Most Transactional Analysts know Mary as the renowned psychotherapist, brilliant author, Eric Berne Memorial Award recipient and developer, with her late husband Bob Goulding, of the elegant Redecision Therapy, which psychotherapists around the world utilize to help patients change loser script decisions to “winner” rededications and options.

While my relationship with Mary began when I went to spend a month with her and Bob and the staff at the Western Institute in 1974, my relationship with Mary for the last 18 years or so has been as a colleague and dear friend. We worked together as trainers and co-therapists in several locations around the world. One of my favorites was a workshop Mary and I did for a conference of the American Association of Psychotherapists in San Francisco on a topic of gender identity. The name of the workshop was “Gender Identity; a diagnostic category?” Both Mary and I told our story of having been born the opposite gender than our parents expected and wanted, and the process we went through in defining and enjoying the particular way we were members of our gender rather than “fitting in” to gender stereotypes. We invited the participants to share their story and it was a wonderful healing process for changing “don’t be you” injunctions. As with everything we did together, it was a lot of fun.

I, like many others, loved Mary very much. She was a very good friend.

Some of the characteristics that I appreciated most about Mary and will miss are: her laser beam intuition; her caring and devotion to friends and family; her activism for human rights and anti-oppression; her passion for traveling and enjoying new and beautiful things; her love of good art, and most of all, her capacity for fun, laughter, wit and creativity. In brief, I loved Mary’s Child ego state. I loved traveling and playing with Mary and will miss our long hours of conversation and laughter. Most of our relational entanglements resulted from her “hurry up” nature, which made her very efficient. She would decide something one day and
by the end of the day, she had acted on the decision. I, on the other hand, like to take my time in making decisions and taking action. I think our differences in that matter were good for each other. She became more patient with me and I hurried up for her. As she mentions in her book, *Exploring the world alone. How to travel splendidly: a memoir of people and places,* her preference to arrive at museums, particularly in Paris, very early, “before the crowds of tourists arrived,” was contrary to my belief that part of being on vacation is not having to hurry up. I did a lot more while traveling because Mary would plan each day ahead of time. She planned her year ahead of time too. She had already told me she was planning to come visit me after her return from Cuba this February.

Mary gave a lot to the world through her writings and teaching. She will live on in my heart for the rest of my life. She will live on in the world through her writings and her impact on the many lives she touched.

* self published and available from David Edwards at: aromasde@surfnetusa.com

**The last hours**

*by Carol Solomon*

Mary drew her last breath early this morning at 12:10 AM with four family members and two friends standing vigil at her bedside. This group plus six others had been with her most of the day while her oxygen was decreased and her fentanyl increased. It appeared that she had stopped breathing at 9:40 PM....and then, to our amazement, she *redecided* and began breathing again. She stayed with us for the next hours. There were many tears, much laughter, so much warmth and love. If she did hear us I'm sure she loved the family stories that were told and the sound of her sister's and children's voices talking in the background. We read aloud to Mary and the group all of the emails that had come in. It meant so much to have you there with us in that way. She so appreciated those messages and your calls and visits.

Condolences can be sent to Mary's children Claudia, Karen and David at the following email addresses:

claudiaedwards@mac.com
kare_njetty@yahoo.com
aromasde@surfnetusa.com

The family has asked Ruth McClendon and Les Kadis to plan the memorial service for Mary. *(See the flier on page 7.)*

**Mary's Legacy on Video and Audio**

We are fortunate to have recorded presentations by Mary Goulding from our 2007 San Francisco TA 101 and Conference.

*Selected Topics from the Theory and Practice of Transactional Analysis* is available as a 6-DVD video set for $145 plus $5 shipping (and in California, 8.25% sales tax), or just the single DVD featuring Mary explaining Redecision Therapy as well as Muriel James, Fatma Torun Reid, and Jo Bowens Lewis for $30 plus shipping and tax. These video programs and a full syllabus of the 6-DVD set are available from USATAA at www.usataa.org, our mailing address, or at communications@usataa.org.

There is an audio CD of Mary's 2007 conference presentation on "Revisiting Berne's Prejudiced Parent and Evil Child" available for $15 plus $3 shipping and 8.25% CA sales tax from info@audiomates.net or by phone at 714-222-4202. A list of all the conference CD's can be downloaded from www.usataa.org.
The many facets of my visit to South Africa for the World TA Conference in Johannesburg defy a brief summary. I have had to reflect carefully on what to write.

Turning over in my mind the sparkling images of ocean off the coast of Cape Town reflecting the gorgeous plants of the fynbos (wild brushland), lions yawning and rhinoceroses strolling past at sunset on a safari in Kruger Wildlife Park, the stark and yet humanized history of apartheid and its relatively recent official end (as presented in the Apartheid Museum), I treasure new friendships alongside longstanding ones with TA colleagues. I am again bathed in appreciation for what “TA travel” adds to my life.

Many thanks to Diane Salters and Sharon Kalinko and the extended group of wonderful people who developed and carried out the conference bringing the world community to South Africa, a world away from the US yet, still feeling homelike, resonates with our deepest human memories.

In that context, and with full awareness of today’s injustices in South Africa as well as its progress and aspirations, we were treated to a keynote address by our good friend from India, Pearl Drego. The conference was made even more inspiring by the occasion of South African Women’s Day, commemorating the march of 20,000 women protesting the government’s imposition of identity cards in 1956.

I am glad to pass on some of Pearl’s message about world consciousness especially for TA people.

Pearl spoke with her characteristic clarity and beauty, using projected images to illustrate her talk. Calling on TA people to take a radical stand for OKness, she reached deep into our shared beliefs amid diverse backgrounds and geographies. The speech, “Bonding the Ethnic Child with the Universal Parent in Love and Protection: the Strategies and Ethos of a TA Eco-community Activist” urged us to promote a healthy Universal Parent ego state that supports each Child and a healthy community.

Pearl said, “Humanity needs to unite to defuse … psychologically maintained enmities that keep the Child ego states of millions of people in inhuman conditions…..”

Talking about everything from the fast food choices on the street in Mumbai to the disastrous effect of agribusiness on local food production, the cultures that limit education and opportunity for certain people (women in particular), and the destruction of the natural world; Pearl made it personal to the gathering by challenging us to be loyal to each other in a spirit of worldwide TA OKness and shared mission. The mission is to revitalize our cultures by transmitting the healthy Parent and taking into account the ethnic Child.

“We can reframe our TA theories and therapeutic outcomes to strategies for planetary healing, believing firmly that we are called to life and personhood by each other, that we restore life to each other through affirming our common human identity, and that we TA practitioners need to recommit ourselves to each other as part of one human family.”

Issues of water, deforestation, land use, social injustice, global economics that keep people in poverty, call for new parenting and new thinking.

Pearl noted, “If as Denton Roberts says, ‘Therapy is the power to heal,’ then we as therapists have an obligation to direct our powers to the healing of the relationship between earth and humankind.

“We need to build Child and Parent attitudes towards nature that are respectful, interactive, non-exploitative, non-predatory, loving, compassionate and protective. We need to relearn the value of sharing resources with equity and justice. We cannot be indifferent to groups who are ‘the other,’ nor treat them as potential consumers. We need to love them as our own.”

Pearl’s message was extremely moving. It reminded me of the radical beginnings of TA’s ideas of OKness, the global potential of living from that state of mind, and the multicultural and largely indigenous awareness of our bond with the earth and all of life. If our everyday actions are not aligned with the Universal Parent, we need to grow and develop.

Several ITAA members from Northern Hemisphere countries went to live for a few days with families in Soweto, a section of Johannesburg where both deep poverty and some progress are evident. (See the ITAA
Script for their stories). The fact that they reached in a caring way to learn and connect with people across the world and across the economic divide expresses the soul of TA to me.

While traveling in Africa during the time of the US presidential campaign, we were often asked about Obama and his chances of winning. Having returned and celebrated the cultural shift represented by his victory, we have a personal sense of the response from around the world.

It is inspiring to believe that in a democracy, the established power structure can have a new face. Whether that new face will also result in living more from Okness, and less in oppression in our political and personal lives, depends on the actions of the people, not just on the actions of our elected officials.

An informed population where people have self-esteem as well as economic and personal security is the ideal of OKness in action. In Africa, we again learned the meaning of the Bantu word ubuntu, which has been mentioned in an earlier issue of the NET, and which means “a person is a person through other people.”

Archbishop Desmond Tutu gave a longer definition in 1999:

“A person with Ubuntu is open and available to others, affirming of others, does not feel threatened that others are able and good, for he or she has a proper self-assurance that comes from knowing that he or she belongs in a greater whole and is diminished when others are humiliated or diminished, when others are tortured or oppressed.”

We felt that spirit of belonging in the opening ceremony with drummers and storytellers, then a morning plenary that began with hundreds of us drumming and shaking rattles, music and dancing every day, meals together, and the blending of nationalities and backgrounds. Richard Erskine’s remarkable speech gave a thorough history of his own learning as well as TA’s development illustrating our increased recognition of relationship.

Among many colorful, warm, distressing, and heart-opening aspects of our trip to South Africa, our sense of ubuntu was rekindled. I am now thinking, and hope others are thinking, about how to act in that spirit as the USA hopes to renew its relationships around the world.

May we live in a time when we bring new Adult and Parent functioning to protect all Children everywhere. Let us appreciate and join together with the TA people in our country, ask that they participate with USATAA in spreading TA’s OK-OK message and practices, and train professionals in skills that help people live this way every day.

THE EMOTIONAL DEVELOPMENT 101

by Pam Levin

Pam Levin, noted TA leader and Eric Berne Memorial Award winner, is offering a new tele-seminar series.

The start date is February 19th, 2009 and the class will run for 10 consecutive Thursdays.

If that doesn't suit your schedule, you can listen to the replay for up to a week after each live event. You will also be able to download a study guide for each class.

Find out more and register at: http://www.emotionaldevelopment101.com

Or, download a one-page pdf flyer about the training. Register 5 or more people and get an additional discount or raise money for your organization.

You will be accessing almost 40 years of research, study and experience in 10 one-hour sessions, with a week in between to digest the information and begin to apply it to your life and work.

There's also a short audio introduction to the training for you to listen to. Just click at the top of the page. See you there!

P.S. People with current Advanced TA training contracts will get 10 hours' credit!
**OUR PEOPLE**

*In Memoriam: John James*

John James, a psychotherapist, educator, theologian, and member of USATAA and ITAA, who helped people find meaning and mission in their lives, and who wrote eloquently about connections between people and his own strong ties to nature, has died. He spent his last days of life at his home in Lafayette, coping with cancer and finding peace in the love of his family. His many friends in the TA community will miss him.

Condolences can be sent to his mother, Muriel James, and his wife, Ibis Schlesinger-James and the family at: ibis@tiestotheworld.org, or by regular mail to:

Muriel James  
3644 Terra Granada 1A  
Walnut Creek, CA 94595  

Ibis Schlesinger-James  
725 St. Mary's Road  
Lafayette, CA 94549  

Those who wish to honor his memory with a donation may give to Ties to the World, an organization he strongly believed in and supported. It was founded by his wife, Ibis, and focuses on helping orphanages become self-sustaining.  
www.tiestotheworld.org.

*Jim Allen recuperating from knee surgery*

After a successful Keynote address in Fort Worth Jim returned home to undergo knee surgery. Jim has enjoyed ballroom dance, especially the tango. He is hopeful that the physical therapy will allow him to get back to his dancing.

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**FORT WORTH TA PRACTITIONER TRAINING OFF TO A GREAT START!**

*by Chuck Holland*

Eleven people received the first Transactional Analysis Practitioner Certificates in January 2008 after successful training in Dallas. These excited graduates immediately worked with Southwest Region Coordinator, Chuck Holland, to plan the next TAP training in Fort Worth.

On Friday evening, December 5, 2008, thirty-seven people attended the Keynote speech by James R. Allen MD, TSTA. The next day Ray Quiett Ph.D., CTA and Chuck Holland, CTA taught the Basic TA Module to twenty-eight of those people.

Module 1 was taught by Jo Lewis, Psy.D., TSTA in January, 2009. Lucy Freedman MAT, CTA and Lucie King LCSW, CTA will teach Module 2, on March 13th and 14th. Val Chang PhD, LCSW, CTA will teach Module 3, on June 5th and 6th. Chuck and a panel of TA Advanced Members will finish the training with Module 4 in July.

For more information contact Chuck Holland at 817-924-6063 or cwh7institute@yahoo.com
Mary Goulding Memorial

“I dressed in my flashy pink jeans and my lavender sweatshirt…”

A memorial will be held for Mary Goulding

February 28, 2009
at 1:00PM
The Sanctuary Beach Resort
3295 Dunes Drive
Marina, California, 93933

A celebration of Mary’s life will follow. You may come for the day or plan to spend the weekend with family and friends. We hope you will be able to be with us.

RSVP to Carol Solomon at carolsolomonphd@pacbell.net (put “Memorial” in the subject line) or call 415-929-0500. Please let us know as soon as possible that you will be coming so that we know how many to plan for.

MEMORIAL CONTRIBUTIONS in Mary’s name may be sent to: Doctors Without Borders (www.doctorswithoutborders.org/donate/) or Veterans for Peace (www.veteransforpeace.org/Donate vp.html) or a charity of your choice.

With Warm Regards,
Ruth McClendon, Les Kadis, Ellyn Bader, Carol Solomon

THE SANCTUARY BEACH RESORT sits adjacent to the National Marine Sanctuary and at the edge of the majestic Pacific Ocean. The resort is located 10 miles North of the Monterey Airport and 65 miles south west of San Jose International Airport. We suggest using Mapquest or Google Maps for driving directions.

To book rooms at the resort at the special rate, be sure to mention “Memorial.” Call 877-944-3863 or 831-883-9478 or visit their website at www.thesanctuarybeachresort.com

You may book a room at other nearby hotels (all within walking distance) which include: Quality Inn or Best Western Beach Dunes Inn at 800-550-0055 (www.choicehotels.com); or Marina Dunes RV Park (www.marinadunesrv.com)
COME ON BOARD AND BE A COUNCIL MEMBER!

Nominations are open until March 8 for the USATAA Council, for two at-large members and for two regional seats, Midwest, Southeast and Southwest. Yes, nominate yourself! To run, you will need to submit a paragraph on your background and goals, and agree to attend one in-person council retreat and about six telephone meetings during the year. You can make a big difference without a huge time commitment. Then watch for your ballot in the mail - with your name on it! Questions? Write to us at communications@usataa.org or to General Coordinator Lucy Freedman at lucy1@syntx.com or 408-353-2490.

New Address
USATAA - NET
7891 Westwood Drive, Suite 103
Gilroy, CA 95020

Address Correction Requested

Save the Date
Mary Goulding Memorial TA/Redecision Conference

New Orleans
Nov 5 - 8 2009

www.usataa.org