

USATAA-NET

Volume 22, No.1

Winter 2006

USATAA Vision

The United States of America Transactional Analysis Association provides a challenging educational environment for professional and personal development. We are dedicated to offering creative opportunities to learn by experience and to build community. We actively seek to involve and include a wide variety of people.

Healthy Living in a Changing World: Reflections from USATAA's 2005 Conference

by Suzanne Wilson



In the summer of 2003 while I was in Oaxaca, Mexico the USATAA council voted to have a conference in the United States in the spring of 2005. I was excited about having a meeting in the US and getting to know other members of the TA community, since

Oaxaca was my first experience attending an ITAA conference.

I had heard nothing further by the time of the USATAA Gathering in Jamaica in the winter of 2004. My brain began to think about a conference in the US. I was to attend the USATAA council meeting in May of 2004, as the substitute for our regional representative. My thoughts were simple... if we all pull together, why not have a conference in Nashville? The fall in Tennessee is beautiful with color and the weather is mild. I made the proposal and things begin to happen.

Felipe Garcia and Gaylon Palmer agreed to be the program co-chairs. Before we knew it the program was filled and there was a waiting list to present. Lucy Freedman worked on the web page and we had a user-friendly web site that was attractive and useful. We were on our way...

Ray Quiett came through with coordinating the Continuing Education Credits and also the pre-conference institute. Could we be so fortunate as to have Jim Allen, Vann Joines, Muriel James, and Mary Goulding as presenters? They all said yes!

We did not have a coordinator for publicity; however, Dianne Maki worked with ITAA, Anna Long asked the help of a friend to write a press release, workshop presenters contacted individuals, and Shirley Jaeger and

I took invitations with a special candy called GOO GOOS to Canada, Scotland and Japan.

I was delighted when Jim Allen was the first to register for the conference, and soon we had individuals registering from around the world. It was a great achievement when we had over 100 registered. The final count was around 135 from 11 countries and 35 states.

As I sit at my computer and write this, I feel a real sense of accomplishment. I wanted each participant at the conference to make a new friend or renew an old friendship. It was my hope that each person would learn something new about using TA to a create "Healthy Living" in this very changing world. My final goal was that each individual would allow his or her Free Child to come out and play.

And as for play, play we did!!! Shirley Jaeger created a great event in the Friday night downtown Nashville Experience. Check out the NEW USATAA Web site, www.usataa.org and you will get a taste of the fun and excitement at the Halloween Party and Banquet.

My goals for the conference were exceeded beyond my wildest dreams. I am grateful for those individuals who shared this revitalizing experience. Truly, TA is alive and well in the US. As Giles Barrow left to return to England, his words to me were...."In a year or so, people will be talking about the conference in Nashville and I will say... I was there!!!" I am delighted to have shared Southern Hospitality with the TA community.

Editor's note: Suzanne Wilson served as co-chair with Dianne Maki for the 2005 Nashville Conference. Thank you both and all for making this a success!

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with News from Your Region!*

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Editor's Notes

by Angela Berquist



It's both a pleasure and an honor to introduce myself as the incoming editor of The Net. This position will be an ongoing position, so I hope to become more closely acquainted with both readers and contributing authors.

My qualifications as editor extend beyond a growing interest in the future of TA; I'm also the author of articles, and both fiction and nonfiction. While my works don't specifically focus on TA, I easily see how principles of TA play into my writing. In addition, my Ph.D. highlights innovative thinking that integrates forms of psychology and philosophy into fresh ways of interpreting our lives. Because of this background, I'm used to hearing, and working with, the extraordinary insights of others. I'm particularly interested in also hearing from people with science and/or philosophy backgrounds. In short, let's discover TA through creative thinking that doesn't only strive to reiterate already familiar TA theory. If we're going to make a noise in this sleepy world, we've got to stretch our minds! This is an excellent place to start.

I encourage writers everywhere to take courage and fearlessly contribute to the pool of ideas that will sustain The NET in upcoming issues. Don't agonize about the act of writing or about controversy. I focus less on perfection and more on bold discussions about TA's relationship to sexuality, gender issues, ethnic groups, politics, and religion in addition to discussion about education and therapeutic techniques. The important thing to know is that you don't have to say everything all at once. There will be plenty of future issues in which to elaborate. Remember that, in terms of submissions, I most value a few insightful sentences that quickly get to the point.

Aside from an interest in new ideas, new features will include articles on TA theory and practice and an advice column where readers pose questions to practitioners from clinical, educational, and organizational backgrounds. In addition, Abe Wagner will continue to answer readers' questions on applications of TA in organizations. Denton Roberts has suggested inserting short insights between articles. If you have some of these insights, send them on to me.

Submissions should be double-spaced as an attachment in Word, and not in excess of five pages. For space reasons, articles will be edited, so, to avoid confusion, state your thesis very clearly from the beginning of the article. Thank you.

Submissions should be sent to: TA_NETeditor@comcast.net.

In anticipation of a stimulating editorship, I embrace you all as collaborators that will help to make our dream into a concrete reality.

Editor's Note: Angela will begin her editorship in the next edition of the NET. Thank you USATAA for the opportunity to guest edit The NET. ~Anna C. Long

Nashville Reconnection Recollection

by Roxanne Barksdale

In late October, 2005 I had the pleasure of venturing the nine hour drive with a couple of colleagues from the Chapel Hill, NC area to the USATAA conference in Nashville, TN. It was the first TA conference I had attended in 15 years_ since I earned my CTA in St. Louis in 1990. In the meantime I had been focused on keeping a young daughter, a marriage and a psychotherapy practice alive. Though I loved and continued to use my TA skills constantly I had become quite disconnected from my TA roots and associates.

I had a wonderful time back with my TA family and found myself having fun, lots of enriching professional discussion as well as nurturing myself with food and rest when I needed. The USATAA leaders as well as the Tennessee USATAA hosts were expert and gracious at inviting all into a TA community experience. I took the opportunity to ask friends to take a few "family pictures" of me for a keepsake of those I consider my "theory" parents and grandparents. The whole experience was a gift to myself; P, A, and C. The last conference I attended, in 1990, though very interesting, was discolored by my being absorbed in my exam process with little energy left to meet those I did not know -everybody. This time I wanted to enjoy being surrounded with fellow TA thinkers, regardless of skill level, from everywhere as well as to enjoy the TA students from North Carolina who had traveled there in good number. I was successful. A highlight was the time some of us took to go to the Wild Horse Saloon in downtown Nashville and learn to line dance or at least watch those who do it so well.

What I really want all to know is how much I appreciate all of us who think TA whether it be Redecision, Classic TA or Reparenting; so many wonderful people engaging in so much wonderful thinking and solving challenging problems both personally, interpersonally, nationally and internationally. I love this theory and this work.

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The 2005 Nashville Conference

by Angela Berquist



As I'm relatively new to the USATAA community, many of my contacts have, thus far, been from a distance. What a pleasure to meet face-to-face organizers, theorists and practitioners who keep their fingers firmly on the pulse of TA in contemporary life. Not only did people at the conference represent a confluence of creative minds and souls, but also they were a perfect example of how humans are at their strongest when they cooperate and learn to value the ideas of others. Yes, I was a presenter, but I was more impressed by the richness of other presentations. In fact, my greatest joy was to sit back and eagerly embrace the wealth of knowledge that was part of the conference. The conference was truly like dining at a royal banquet of ideas. I have no fear about the future of TA. So many who are part of the USATAA are wonderful people who have much to contribute to our cause.

It was a pleasure to meet the many people with whom I shall work as editor of The NET. I look forward to fruitful collaboration. I would, above all, like to give heartfelt thanks to all those who contributed to making this conference a reality. Without their hard (and undoubtedly stressful) work, it would have been impossible to have had such a successful conference.

The message that I take away from this conference is that we should not stop believing. A bright future awaits TA!

THE ITAA HAS MOVED

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Our website and email have stayed the same.

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WWW.ITAA-NET.ORG

E-MAIL: ITAA@ITAA-NET.ORG

Natalie Haimowitz

by Carla Haimowitz

Natalie Haimowitz Ph.D. left us September 4, 2005 at the age of 82, after years of temporal lobe dementia.

Natalie was born to a 19-year-old mother who had lost her own mother at age 14. Natalie was raised by this uneducated single parent in Brooklyn, New York. Natalie put herself through college and graduate school. Her dissertation examined the effects of Rogerian therapy on personality changes. She joined personal and professional forces with Morris Haimowitz there at the University of Chicago and together they published articles such as *Reducing Ethnic Hostility through Psychotherapy*.

Although transactional analysts knew Natalie as a skilled clinician, as a diagnostician she was unequaled. For example, as we were preparing to do a TA 101, she would look at the list of registrants and hypothesize about their scripts based on their names and how they filled out the registration forms.

Natalie was an ethical person. Jackie Schiff said about her that she was the most ethical person on the ITAA board of trustees. Laurie Kahn and others have said, "Natalie was the most influential person in my life. I would not be who I am today, personally or professionally, without her love and guidance. She opened a world to me with her strength, brilliant mind and caring. She had such character. I loved her very much. She is such an important part of me."

Natalie did not reveal the secrets of her clients nor her trainees. She urged people to choose love over power in their lives. She and Morris Haimowitz always provided free groups for anyone who wanted to come.

Neither sweet nor sentimental but truly humble, Natalie was always grateful that she had hot and cold running water "in my own house!" and a roof over her head. For her, a cup of coffee and a walk in the park were delicious luxuries.

Her goodness lives on in the hundreds of people she attended to in countries all over the world.

Remembering Natalie

by Fanita English

As a therapist in the Chicago area, I often heard of Natalie as an expert psychologist, so I used to refer children to her whenever testing was required. Natalie could always be relied upon, not only for accurate tests at reasonable prices, but also for particularly insightful



diagnostic comments and treatment recommendations. Yet we did not meet in person until much later, when

David Kupfer and Bob Goulding came to Chicago to do a "101", hosted by Natalie and Morris Haimowitz at their home.

It was after that experience, and the subsequent TA training, which transformed both our careers, that Natalie and I became colleagues, then close friends. Together, we did 101 courses, training sessions and treatment marathons, in addition to all the sessions and groups Natalie did in Evanston alone or with Morris, her husband. Later, some marathons became a Haimowitz family affair, as daughters Carla, Myrna and Louise, when in their teens, successively did the catering for these increasingly extended projects.

That her daughters were eager and competent to do so was entirely in keeping with how Natalie herself functioned. For, along with being a skillful, empathetic psychotherapist and teacher, Natalie loved to offer warm hospitality and feed people. Her refrigerator was always chuck-full of good food, although she herself ate sparingly. After meetings I could always count on taking home with me any number of her deliciously cooked specialties, and, even after 1970, when I left Chicago, at holidays she always mailed me her special home-baked cookies.

During her own childhood, since her mother worked long hours, Natalie was in charge of buying food and cooking for her mother, herself and her brother. She told me that at a certain point during her teens, after her mother remarried, her stepfather wanted to relieve the little girl of an undue burden, and insisted on taking charge of grocery shopping and some cooking. Instead of feeling glad to have more free time, Natalie felt demoted from her important job; she was incensed that he did not choose fish, for instance, that was as fresh or as good a bargain as she would have. It took time until she could accept that her stepfather was being helpful rather than rejecting of her skills.

Natalie also told me how, before her stepfather came into the picture, one Saturday her mother was down to her last two dollars for the month, they went past a movie house with a film Natalie yearned to see. Impulsively, her mother suggested: shall we splurge on the movie, even though we'll have little to eat 'til the end of the month? Natalie agreed enthusiastically. The gatekeeper at the theatre told Esther, Natalie's mother, that the little girl could not go in. Why? Because they use dirty language in the movie. So Esther said, "my daughter already knows the dirty words," and in they went. She remembered this later as a good formative experience. Throughout life she herself remained high-spirited, generous and courageous.

I sorely miss my dear friend.

Natalie Remembered

by Jonathan Wagner



Morrie Haimowitz sent a message earlier this week that Natalie left us.

Over 35 years ago I made my way to a delightful, if somewhat dated, Evanston hotel to take a TA 101 by Morrie and Natalie Haimowitz. A fellow intern in Clinical Pastoral

Education had recommended it to me. When I entered the seminar room I was greeted by Fanita English with "Help yourself to coffee and a roll. Oh, I'm being too helpful. The examiners say I rescue too much." It would be years before I understood her comment. I was just thankful for a friendly welcome.

When the course started I discovered that Natalie and Fanita would be the presenters because Morrie had suffered a heart attack. The next twelve hours of presentations would change my understanding and comfort in practicing pastoral care and psychotherapy. In two days I went from being a good client-centered therapist, an adequate psychodramatist, an adequate group process leader, and a person at sea as a psychoanalytically trained therapist to someone who could organize all these intellectual abilities into a plan for treatment. Natalie and Fanita changed my life. Soon they were presenting a TA 101 in St. Louis and I was traveling to Evanston for two and four day weekends of supervision at the home of Morrie and Natalie. Fanita continued to help for several months until Morrie was well enough to participate.

Emily Ruppert, Tom Jones, and myself, residents of St. Louis were regulars at the training sessions. Those weekends in the late 60's were magical. Wonderful training groups with the regular Chicago trainees - Alan Jacobs, Ted Novey, Tom Theobald, Jane Jacobs and many more both regulars and occasional visitors. Not only did Natalie train, she also fed and housed us, let us observe her work, held parties, suggested outings. She let Morrie feed me his "green soup" a mixture of vegetables, fruits, nuts and home grown weeds that made a drink that fostered a heart healthy life as well as his home made wine.

I remember my mind wandering one Saturday morning. As I gazed out of the living room a beautiful teen descended the stairs from the second floor.

Eventually, I learned she was Carla, the eldest of three daughters. I never expected to see her again but years later she started showing up at ITAA conferences and eventually was part of the USATAA coordinating committee. We became and still are good friends. When I discovered that Morrie and Natalie named Carla after their mentor, Carl Rogers, I understood why the Haimowitz version of TA fit me so well. Everyone at Divinity House, University of Chicago and Chicago Theological Seminary in my Religion and Personality studies had also studied with Rogers while he was at the University.

I have been so sad for the past few years as Natalie's cognitive ability faltered and then deteriorated. Using reason was a top priority with the Natalie I have known for more than half my life. Visiting their home for training or USATAA meetings Natalie never forgot my allergy to peanuts. As Morrie would begin making his wonderful green soup for me, I could rely on her reminder "Morrie, remember, Jon can not eat peanuts." Years ago when I asked about her administering psychological tests she told me "I like to see how close I come to the scores they will get from the few minutes we chat before I administer the tests." She was always close. For years now Morrie has wiped her brow, held her hand, and fed her body, loving the lady whose sharp mind had taken a long vacation.



Natalie and Morrie in Jamaica '99 a happier time.

My memory of Natalie, my love for her, the bounteous love I received and continue to receive from her and her family continues to live in my daily life. An example is a training experience that was astounding and fun. Natalie would say, "Today in the training group do therapy wrong." What a surprise when we trainees did therapy wrong our "clients" would still get insights and change constructively. When I find myself stuck with a client, I remind myself that perhaps I'm doing therapy "right" Natalie. Maybe I'd better try to do it "wrong." The perfectionistic block dissolves and clients move ahead never knowing that Natalie is being her generous self again.

I'm sad you are gone from the living, Natalie, but you remain alive in my heart and soul. You are also spread around the world because of the many students you touched who have clients that have some fun in therapy because you taught us to listen carefully to our clients and to goof up constructively when in trouble. We love you Natalie, Jonathon

USATAA Home on the Web

by Lucy Freedman



With a new look and new features, our website at www.usataa.org is in a growth phase. You can view photos, check the events calendar, read articles, or download a newsletter. To be listed in the professional listings

section, send \$30 set up fee and \$20 annual subscription to USATAA, then email your listing information to listings@usataa.org.

The goal for the website is to be the United States web portal to Transactional Analysis. The site received over 10,000 hits in November.

Websites require creativity and attention, as well as technical competence. There is now an opportunity for members who want to help set up guidelines for web content, develop links with a larger web community, and contribute articles and ideas, to make a difference in the face we present to the online world.

Kryisia Jacobs, our webmaster, has been steering the site through the transition to a new platform and has offered good advice and quick help at every step. Our web committee is small and growing and open to all levels of web savviness.

Please drop us a line at info@usataa.org to offer your help. And go visit www.usataa.org to see the site.

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Two choices:

If you would prefer to receive your newsletter by email that will link to the USATAA website, OR if you would like us to email the newsletter to you as a .pdf file for Adobe Reader,

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****Set your spam filter to receive mail from usataa.org.****

If we do not hear from you, we will send your copy by snail mail. Thank you!

Netiquette Notes

by Laurie Weiss



In USATAA we have a wide range of experience and comfort using electronic communication. Here are a few widely accepted conventions for politeness.

****Most people don't want their email addresses publicized. If you are sending something to several people on your mailing list, click the BCC box instead of the TO box. This will prevent the long list of names at the top of an email that breach privacy.**

****If you receive a list of such names, DO NOT use it to send unsolicited email to others.**

****If you are corresponding with a small group of other people and they all need to know each other's addresses, then the TO key is appropriate.**

****When you are replying to an email, you can choose whether to reply to just the sender or to all the other recipients of the email. Make a deliberate choice and, depending on your system, click the single arrow/double arrow key or click "reply to sender"/"reply to all" key.**

****ALL CAPS is perceived as shouting. Use very sparingly.**

****If you are sending out an email newsletter or announcement to a list of people, the law requires you to include a way the recipient can inform you to remove his or her name from the list.**

****If you are tired of receiving a mailing from a reputable source, it is safe to ask to be removed from a mailing list. Large companies do not want to irritate you and will be happy to remove your name—and the process is automatic.**

****Never reply to SPAM from unknown sources. If you do it simply confirms your existence and you will get more.**

****If you receive an alarming message with instructions to forward it to your mailing list, DON'T. If you do want to forward it, first check its validity at a hoax checking site such as**

<http://www.truthorfiction.com/> or <http://urbanlegends.about.com/>

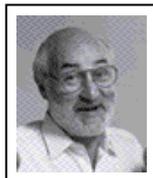
Organizational TA: Your Questions and Answers

by Abe Wagner

Question: I'm curious as to your thoughts about the biggest challenge that organizations face from an employer/employee perspective.

Anonymous

Answer: Thanks for the question. Based on over forty years of experience as a manager and as a corporate trainer, I've come to believe that co-dependency is the most difficult and pervasive problem that exists in organizations, as well as families. In a co-dependent relationship, the person in the "power" position (manager, parent, teacher) has the need to give, and the "subordinate" person has a need to receive. All too often, in communication with each other, the former looks and sounds like a parent; the latter looks and sounds like a child. The employer habitually and unnecessarily Rescues, makes decisions, assumes responsibility, directs, protects, and criticizes the employee. The employee often invites and welcomes this, but sometimes is demoralized and angry at this infantilizing behavior.



In many organizations the president is the Compliant Child when with a major customer, and Critical Parent with the vice president. The vice president is Critical Parent with department head who, in turn, responds as a Compliant and sometimes Rebellious Child. They seldom communicate from Child to Child, or Adult to Adult. The employer does not often invite Parent or Adult responses from the employee.

The co-dependency cycle can be altered as follows. The person in the Parent position must recognize that the aforementioned behavior is destructive in that it invites an unnecessary dependency, which in turn stunts the growth of an organization. People who are co-dependent with the leader do not initiate, make decisions, assume responsibility, or openly share ideas and disagreements. They are not encouraged to use their Adult. The leaders often discount their own needs for help, support, understanding, and compliments. The leader, therefore, must ask for help and support, which invites the follower to use his Nurturing Parent with the leader. The Leader also needs to encourage subordinates to initiate, make their own decisions and assume responsibility. The person who is in the "subordinate" position needs to use his Adult and Nurturing Parent when engaging the leader.

Increasingly, organizations are recognizing the need to flatten out their organizations and empower their employees. This is certainly a welcome shift in attitude. It is okay to make decisions and direct employees as

long as no discounts are involved. Real helping when it is needed is an important part of any healthy relationship.

Abe Wagner is an organizational Teaching Member in TA. He has authored two books: The Transactional Manager and Say it Straight or You'll Show it Crooked. He trains internationally with corporations and governments.

USATAA Member Honored at 2005 Conference by Rebecca Trautmann

Soon after Hedges Capers died, his family and ITAA established an award in his honor to recognize those Transactional Analysts who show a commitment to larger humanitarian efforts in the way that Hedges did.



This year the award is being given to Geraldine Wallman, DSW, a quiet, self-effacing, yet powerful and effective social work psychotherapist in New York City.

Gerry has a long history of demonstrating her commitment to social welfare, social justice, and concern for the oppressed and needy. She was active in the anti-war movement during the Vietnam era, was heavily involved in the Women's Movement in the 1970s, and worked for the Center for Psychosocial Issues in the Nuclear Age as well as other activities related to the anti-nuclear movement.

In particular, Gerry has been active with Amnesty International USA for many years. She was a co-leader of the Amnesty International Balkans Coordination Group and in 1999 was sent to Kukes, Albania to interview Kosovo refugees, most of whom had been in rape camps or otherwise abused. Their testimony was part of the body of evidence used in the International Criminal Tribunal. Realizing the effect all of this was having on the interviewees, Gerry integrated what she learned from International Trauma Studies program at New York University as well as the American Red Cross course in Disaster Mental Health to develop ways to take care of their emotional needs.

Not unexpectedly, Gerry was there during the 9/11 crisis in multiple ways: at the World Trade Center site, at the armories helping families find loved ones, helping to find housing for handicapped and elderly displaced people, tending to the needs of uniformed and Red Cross workers, and then doing psychotherapy with survivors.

This is a truly awesome woman! Gerry's award was announced at the 2005 USATAA Nashville Conference, though she regrettably was not able to receive the award personally. Perhaps we could each send a note of appreciation for her deeply humanitarian commitment over many years.

Editor's note: If you have correspondence for Gerry please contact Anna Long at along2@yahoo.com

2006 USATAA MEMBERSHIP RENEWAL FORM

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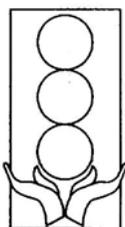
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