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# EATA NEWSLETTER

EUROPEAN ASSOCIATION FOR TRANSACTIONAL ANALYSIS

Nº 124 February 2019



## The purpose of the European Association for Transactional Analysis is the following:

- To promote knowledge and research on Transactional Analysis, to develop its theory, and to ensure agreed standards of practice.
- To promote cooperation in Europe in the field of Transactional Analysis.
- Membership: the members of the Association are affiliated members of EATA through their national, regional, international or specialist TA Associations, which are affiliated with EATA.
- The rights and conditions of Affiliation are decided by the EATA Council and laid down in the Council Regulations.
- Only exceptionally individual members can be accepted where special circumstances warrant this.

## Content

News From PTSC

Outreach Program in Rijeka - the City that Flows

TA At The Confluence Of The Danube and Sava

The Italian Translation of Transactional Analysis in Contemporary Psychotherapy

TAJ Earns Scopus Acceptance

Corner on Ethics

Exploring The Body Script Through The Characters Of A Favorite Fairy-Tale

Exam Corner

Advertorial



## Welcome to Cherkasy (Ukraine) for the 2019 EATA conference!

The theme of the conference is:

**Modern methods and practical  
application of Transactional Analysis**



It is a great honour for UATA  
to welcome guests for the very first time  
in Ukraine at EATA conference.  
We hope you will discover our country  
with its authentic and bright culture.



The conference will be held on  
**July 4th-6th 2019**

We appreciate this opportunity  
to develop and spread Transactional  
Analysis during the conference and  
are glad to make a contribution  
to the growth of TA.



UATA is grateful for cooperation  
and assistance in organizing the  
EATA conference.

**Welcome to Cherkassy!**



We kindly ask you to **register your workshops**  
on the site page until **April 1, 2019**

# Editorial



Dear readers, in this issue we are presenting to you the results of EATA activities during the winter season. Winter was not mild and cozy for Europe this year. On the contrary! Nevertheless, it has not impacted the productivity of our members.

First, we will start from PTSC report that covers the important news on exam regulation and protocols that are the prerequisite for positive exams results. Then, we are sharing with you the good news on improved scientific status for TAJ. Further on, in this issue you will learn about the local and regional events and initiative with many interesting encounters at places never before visited by EATA. Robin Hobbes will introduce you to the concept of Social Imaginary, applied to ethical decision making.

Before we close the issue and celebrate the exam results (in words and photos) at the Exam Corner column, please read intriguing story from transactional analysis practice written by colleagues, Bulhakova, Isaieva and Sevalneva. Our next event of high significance for TA community will be the EATA Conference in Ukraine. EATA will organize the transfer from Kiev airport to Cherkassy for the Conference participants. Also, few days prior to Conference there will be EATA exams held in Cherkassy. See you in Cherkassy in July!

Warm greetings,

Kristina Brajovic - Car  
Editorr

## NEWS FROM PTSC

PTSC has been recently involved in several activities connected to exam training standards. In the last few months attention has been devoted to the issue of exam evaluation, as it has been recognized that exam evaluation has several important goals in our system.

It is part of the rituals of belonging to a professional community, it is an important part of TA professional culture, it is a way to maintain an ongoing reflexion both on TA application in the different fields as well as on the processing, understanding and use of theoretical thinking of other professionals.

It is also a meaningful source of power connected with accreditation.

Several other important aspects are worth mentioning but this will be done elsewhere. What stated above related to the meaning and importance of the impact of exam evaluation on our EATA system requires an ongoing sharing of “exam culture” as well as the development of discussions and explanations connected to whatever is introduced, an example of this is the specific policy for dyslexia. Our aim is the sharing of decisions connected with training policy but most and above all it is the sharing and discussion about the impact and implications of training policy decisions locally.

Therefore the need to further develop exam training, following to the workshop in London, which was received with much enthusiasm. The planning of three more workshops, to take place within the next six months, is a response to the repeated requests of several TSTAs, PTSTAs and CTAs of doing more workshops and for a longer amount of hours.

The decision taken within PTSC has been to do each of them in a different language one in Italian, in Florence on February 9, one, in French, for French speaking people and one in Cherkassy in English on July 2 2019.

The Commission of Certification will be also involved in part of this training.

The use of different languages is considered essential in order to share exam cultures within the local\ national understanding of exams evaluation, in general-cultures are to be considered within cultures- in order to understand and share worlds of meaning together with words of meaning.

A research on training standards evaluation has been planned and will be developed within the next few months, it will be carried out in several countries.

The research involves the application of criteria for exam evaluations in different countries.

### **Other news from PTSC TEW**

Sabine Klingenberg who has very successfully carried out the job of TEW coordinator for many years will be stepping out of this responsibility in December 2019.

Resi Tosi, who will be during this year TEW coordinator elect, will be taking full responsibility as of January 2020.

A warm thank you goes to Sabine for the excellent work done in organizing and coordinating many TEWs throughout the years and a warm welcome to Resi for taking on this important responsibility.

### **Handbook**

Revision work is being carried through, in order to better connect the different parts of the Handbook, and to make it more compact.

### **German addendum**

The revised system for German trainers and trainees has now been in use for a year, a first evaluation of its impact will be carried out, while a second evaluation will be made after the end of three years of use, that is after the end of 2021.

### **Communication**

As already indicated in this newsletter the Telegram as a mean of communication will not be used anymore, thanks to the cooperation with the communication Committee we have successfully started the use of Facebook, together with the simultaneous use of the Web as well as direct mailing in several languages. We are still in the process of further experiencing and evaluating the impact of this new combined communication system.

So far what has become evident, in terms of the number of responses received is that direct mailing in the local language of the country of our members seems to be the most effective mean of communication.

# Outreach Program in Rijeka - the City that Flows



On November 2nd, 2018 EATA's Executive Committee held the Outreach Program in Rijeka, Croatia. This was the first time that EATA organized this kind of event in Croatia outside the capital city, which was recognized as a tremendous stroke for local TA community.

The goal of this event was to present EATA to our members and to present Transactional Analysis to possible future members. It was also a chance to meet local TA trainers in Croatia. For those not familiar with TA, this was an opportunity to get information on how and where to enrol in various TA courses and training, about the exams and levels of certification and to meet local TA community.

When it comes to education and dedication to research, the University of Rijeka is known for having a Psychology Department with the highest of standards, so this event was a good opportunity to bring TA closer to academic circles in Croatia, and also to others interested in TA. As the principal seaport of Croatia and "The Port of Diversity", Rijeka was a perfect spot for the two associations to join in cooperation in the organization of the

event for the first time, the national Croatian Association for TA – UTA and the regional Balkan Association for TA – TAUS. We are very proud that this event got an international note by having participants from Slovenia, Croatia and Serbia.

Mr. Krispijn Plettenberg, EATA's President, officially opened the OP program by holding a charming presentation on what EATA is, and how the Organization works. After that, two EATA's vices-presidents held their workshops. Sylvia Schachner held a workshop for people that did not have any previous knowledge of TA on basic TA concepts, and Eleonore Lind held a workshop on how to use drawings with non-dominant hand in psychotherapy sessions. Later, all trainers joined together at the round table and discussed the new law of psychotherapy in Croatia. This round table was of great significance for both professionals and students, because it was discussed how to implement levels of certification and standards of education within the new law which is currently being one of the major topics in professional psychological circles in Croatia.

Our local trainers, Nada Žanko, TSTA-P, Kristina Brajovi Car, PTSTA-P, Jelena Vrsaljko, PTSTA-P and Tatjana Gjurkovic, PTSTA-P held their interesting workshops and presentations to TA students, and other participants. It was an enriching experience being able to hear and learn about different concepts and techniques from reputable professionals in our city.

Rijeka in Croatian means “river” so we called our program “TA in the City that Flows.” It is located in the north of the Adriatic sea, and it is the third largest city in Croatia. It is a place of the famous International Carnival Parade, which is a jewel on the crown of the carnival festivities in our country and beyond. In 2016 Rijeka was awarded the prestigious title of European Capital of Culture 2020 for its program “The Port of Diversity”, aimed at creating a city of culture and creativity for Europe and future. It is an honor to invite you all to visit Rijeka in 2020 and enjoy the diversity and multiculturalism that the City that Flows can offer.

Written by Petra Goršić (UTA)  
and Patrick Ellersich (TAUS)

## TA at The Confluence Of The Danube and Sava

The beginning of December 2018 was a very exciting time for TA in Serbia. Serbian Association for TA hosted CTA exams and ETA Winter School of TA. We welcomed guest from different countries and had some fun, either as candidates, examiners, lecturers or participants.

CTA exams were held on 7th of December in an inspirational space in the center of Belgrade. The last time we had the exam site in Belgrade was in 2011. So this was a unique opportunity for some students from our region to get their certification, but it was also a great opportunity to motivate more students to decide to go to the CTA level. The exams were held in a good and festive atmosphere thanks to Bernd Kreuzburg - exam supervisor, Isabelle Crespelle - COC Observer, all the excellent examiners and candidates, but also great groundwork of COC comity, SATA boards and volunteers. Thank you for making this happen! And, of course, big Bravo! to the new CTAs in EATA family!

After the exams, the Winter School was there to remind us why we are in TA, and not in some other modality. The 8th and 9th of December focused on the ways we can use TA to be socially responsible. Participants were welcomed by Marina Banic, president of SATA Professional Board, and Sylvia Schachner vice president of EATA.

The Winter School started with a panel discussion on "Prevention of Gender Based and Domestic Violence and Treatment of Victims: The Role of the Psychotherapist". Moderators Ivana Slavkovic (psychodrama psychotherapist, trainer and supervisor) and Marina Banic (TSTA) with guests from both government and NGO sector focused on specific characteristics of the phenomenon of gender based and domestic violence and related adjustments of psychotherapeutic interventions.

The common misconceptions resulting from patriarchal value systems and/or insufficient training of psychotherapists in this field in our region were discussed. Finally the issues of social responsibility of psychotherapists in the prevention and fight against gender based and domestic violence in their communities was explored. In terms of Transactional analysis, we discussed aspects of gender and culture based scripts related to domestic violence transmitted through several generations.

Alessandra Pierini (TSTA) shifted our focus to children and their healthy growth. She reminded us that the whole community has the responsibility for promoting the idea of psychological well-being, extending to the strictness of the script, reinforcing those permissions and blessings that nourish healthy okeyness, and, also that TA has a wide range of concepts that enable us to understand how we can help children and society.

We finished the day with Adila Softic (CTA) and Elma Omersoftic (CTA) talking about their valuable work experience in using TA in the prevention and treatment of addiction, in different settings, from home to school and to healthcare institution, and with different types of clients.

Isabelle Crespelle (TSTA) presented us the model of observation of a group process for therapists in training. We had the privilege to see a movie with her and Fanita English doing group therapy and discussing the process with the students. This sparked a lively discussion with the audience.



Do we really want to be socially responsible? was the question we explored with Harry Gerth (PTSTA) in very exciting ways. Through fun experiments, dancing, discussion we investigated our social responsibility and manners of using our TA knowledge to encourage people to respect and accept each other. Withdrawal was, appropriately, the last subject in this event. Maria Bran (PTSTA) underlined that psychotherapists need to be able to differentiate between the diverse aspects of withdrawal in order to be able to attune to their clients.

And after this we withdrew ... We said "Goodbye" to old friends and new, until some future "Hello". The fantastic power of events like EATA Summer/Winter schools is, of course, bringing TA in a lot of different ways to students and practitioners from different fields, in communities for which this would be a challenge in any other way. But for us, more than that, the power is in the contact with TA colleagues from many towns, countries, speaking several languages, but sharing the idea of basic okeyness of all people. Sharing the passion for helping others to reach autonomy and enjoying their work - being a part of the wonderful TA and EATA community. We, from SATA, are grateful for having had the opportunity to be organizers of such an event for Serbia, and thankful to ECC for their support and guidance and all of the SATA members who gave us their time and expertise to make it such a lovely experience for every participant. Thank you!

Written by Dijana Dimovska and Maja Delibašić  
 On behalf of SATA

# The Italian Translation of Transactional Analysis in Contemporary Psychotherapy

Last October 1st 2018 an interesting event at Pontifical Salesian University in Rome has been organized by the two Specialization Schools in Psychotherapy of the Pontifical University (SSSPC-UPS) and of IFREP (SSPC-IFREP) for the presentation of the book *Transactional Analysis in Contemporary Psychotherapy*, published by LAS. The book is the Italian translation of a book recently published by Karnac in UK and edited by Richard Erskine, a famous author in the field of Transactional Analysis.

Prof. Cinzia Messina, Director of SSSPC-UPS, Prof. Carla De Nitto, Director of SSPC-IFREP, Dott. Sylvie Rossi, Chair of EATA Professional and Training Standards Committee, Prof. Maria Teresa Tosi, author of one of the chapters of the book dedicated to Social-Cognitive Transactional Analysis, Dott. Elena Guarrella, Director of I.A.N.T.I. and, as a special guest, Prof. Richard Erskine, were present at the event.

The book gathers contributions of different international transactional analysts, experienced clinicians, who explained and illustrated, using many examples from their clinical practices, the theory and the specific psychotherapeutic approach developed in their own professional contexts. In all the chapters of the book the author's effort of linking their clinical experience with the model of Transactional Analysis and the contributions of the recent researches in the field of mental health, is evident.

All the colleagues gathered together underlined, in different ways, the richness of the book, the depth of the preface written by James Allen and the excellent contribution of Richard Erskine to

the creation of the book, both as editor and as author and co-author of two chapters.

Erskine engaged the audience with a speech in which he explained the evolution of his ideas, embodied in the model of Integrative Transactional Analysis and more recently in his work on the unconscious experience, the attachment models and the neuropsychological research in the psychotherapy of the life script, that has been awarded the Eric Berne Award in 2018.

It has also been exciting to listen to Erskine's opinion around the fields he believes are promising for the evolution of Transactional Analysis, specifically the in-depth analysis of the developmental model and the work on the somatic script.

With the publication in 2018 of both the *Transactional Analysis in Contemporary Psychotherapy* and *Into TA – A Comprehensive Textbook on Transactional Analysis*, LAS has given a great contribution to facilitate, especially for the students, the reading of contemporary international contributions to the model of Transactional Analysis.

Thanks to the cooperation between the SSSPC-UPS and SSPC-IFREP, the selection of the textbooks is aimed to keep the historical continuity and the common roots within which the psychotherapeutic approach of the schools has been born and developed, with special regards to the Social-Cognitive Transactional Analysis, which is also one of the chapters of the book edited by Richard Erskine.

## TAJ Earns Scopus Acceptance

We are delighted to announce that the Transactional Analysis Journal has been accepted for inclusion into Scopus, the largest abstract and citation database of peer-reviewed literature, including scientific journals, books, and conference proceedings. Scopus is a key index and will be helpful in raising the Journal's profile. It will also make it much easier for to track citation trends and to work toward increasing these sufficiently for Web of Science to also list the TAJ in its Emerging Sources Citation Index.

Scopus can be used by researchers to determine the impact of specific authors, articles/documents, and journals. Updated daily, it delivers the most comprehensive overview of the world's research output in the fields of science, technology, medicine, the social sciences, and the arts and humanities. It contains over 50 million records and includes over 23,700 peer-reviewed journals. (For more information, visit <https://www.elsevier.com/solutions/scopus>)

In the letter confirming acceptance of the TAJ, the Scopus Content Selection and Advisory Board commented as follows:

- The journal has scholarly relevance as evidenced by citations in other journals currently covered by Scopus.
- In general, the content of the articles is consistent with the scope and aims of the journal.
- The articles are consistently of high academic quality, consistent with the journal's stated aims.
- The articles are generally well written and understandable.
- The journal has clear aims and scope/journal policies that are consistent with the journal's content.
- Peer review type is clearly stated and is supported by appropriate reviewer guidelines.

It takes about 3 months for Scopus to set up a new title and request the data feed from the publisher, and they update their source list only three times a year. So, we can expect to see the Journal properly listed and indexed later in 2019.

## Corner on Ethics

For this issue of the EATA News I will write on Charles Taylor's idea of the Social Imaginary. This is a highly illuminating concept that draws our attention to how cultural influences "below" the level of language organise and influence us in the value based decisions we take.

I'll start with a recent, rather shocking example. Martin Seligman, the "creator" of Positive Psychology and often upheld as a "model" humanist in his recent autobiography entitled "The Hope Circuit" writes of his early work in experimental psychology. As Andrew Scull reports in his penetrating review of the book in the Times Literary Supplement "Seligman and Steven Maier devised an experiment in which some dogs were given shocks that they could avoid if they learned the correct response. Others kept being shocked regardless of what they did. For these dogs nothing worked. "The dogs were then observed to see if they had "cognition". The dogs who were shocked regardless of what they did

were mostly passive recipients of pain in whatever circumstances the researchers placed them. For me the shocking nature of this is that Seligman and Maier were wilfully participating in such sadistic behaviour towards animals in the name of "science".

I have no reason to think that Seligman or Maier, who were torturing dogs in the name of science, stood out as unusually "bad" people. Rather in the late 1960's they were working in the name of science and that, almost in itself, was considered OK. I would imagine that few psychological experimental scientists would question this sort of activity in the middle of the 20th century. Of course, after the second world war's scientific experimentation on humans including the Holocaust but also the creation and sustenance of mass bombing of civilian populations the notion of experimentation on humans changed – but with animals – that's ok. Of course, experimentation on animals goes on now but I don't think the social world tolerates it in the same way it did in the 1960's. This, in part, is what Taylor means by the Social Imaginary.

The Social Imaginary has – as Taylor puts it – “a taken for granted shape of things”. It’s not thought about or put into language but it influences us profoundly in the way we live. We notice it, not through concepts or ideas, but through imagery, through noticing the practices that cultures engage in. It entails a “common understanding” out of which a bedrock of practices emerge.

Taylor says: “What I’m trying to get at with this term is something much broader and deeper than the intellectual schemes people may entertain when they think about social reality in a disengaged mode. I am thinking rather of the ways in which they imagine their social existence, how they fit together with others, how things go on between them and their fellows, the expectations which are normally met, and the deeper normative notions and images which underlie these expectations.”

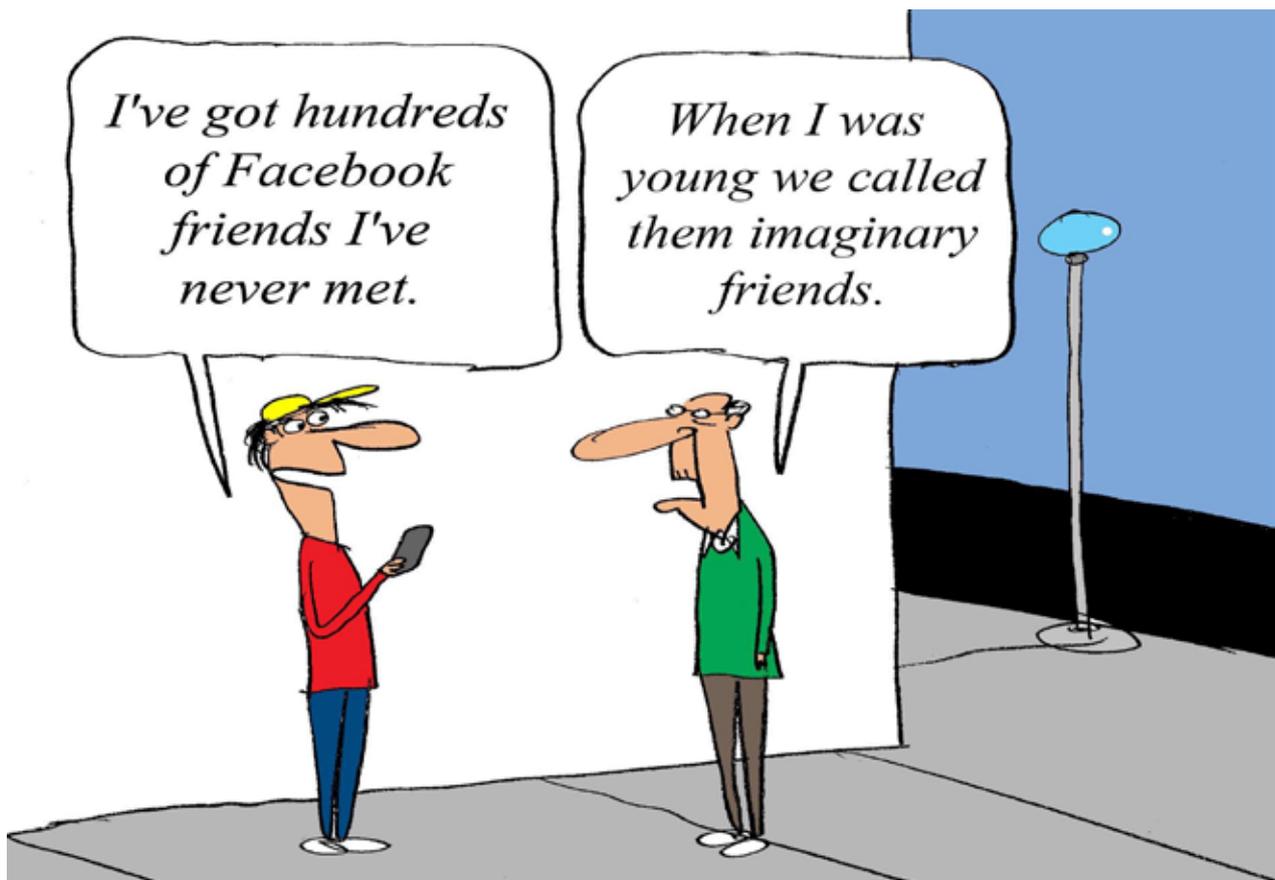
He uses the word “Imaginary” very deliberately. Because it is a whole organising force operating beneath a cognitive, conceptual level it is best understood by examining imagination. A social imagination is found in imagery, stories, folk tales and other forms of imaginary things. I gave a talk on this recently to a psychotherapy association in the UK and used the images psychotherapy organisations use on their web sites of therapists practicing ( usually images of a man and a woman talking to each other with a glass of water on a table and a clipboard to hand – occasionally two women and interestingly I found none of two men

talking to each other). Of course, TA people are often drawn folk tales and stories to this in their interest in script. Here this interest in imaginative stories as indicative of the social imagination has an affinity with what we would call “cultural script”.

In the Seligman example it is “taken for granted” that a practice such as torturing dogs with electricity is OK if it is in the service of a “science”. Using Taylor’s words, a “deeper normative notion” is organising psychological practices here. In his book “On Secularity” Taylor shows how this Social Imaginary continually changes, mutates and shifts as the social world itself shifts, changes and mutates.

Let’s consider an aspect of the Social Imaginary in TA. The most obvious indication of a Social Imaginary at work in our practices is with the idea of OKness – conceptually described as a “basic life position”. Another philosopher, Ludwig Wittgenstein, also used the idea of an Imaginary although he called it a Background Picture. I’d like to use his language to illuminate our practice of OKness, when discussing the Imaginary.

Written by Robin Hobbes,  
 EATA Ethical Advisor



# EXPLORING THE BODY SCRIPT THROUGH THE CHARACTERS OF A FAVORITE FAIRY-TALE

**Bulhakova K. G., Isaieva N.V., Sevalneva Z.V.**

Annotation: The article provides a brief literature review of approaches to the study of the origins of script from Bern to the present.

The concepts of protocol, preverbal script 'blocks' in the body and body-script.

It also describes an original technique work with a fabulous inanimate object.

The technique allows a person to experience a body script and change the elements in a positive way. In the final part proposes a some of specific client cases to illustrate the concepts.

Keywords: transactional analysis, body script, the study of body script, a favorite fairy tale, preverbal protocol, escaping the script, body language in TA, script analysis.

The method of work with a body script with the help of the first children's fairy tale allows getting in touch with the protocol as the core of nonverbal, somatic experience.

Eric Bern was the first one who began to speak about the body script. His idea was that the first responses of the child to the surrounding world are mostly bodily. And if the world is comfortable and the mother answers the child's needs and sends him/her love and acceptance, the body relaxes and the child develops in a normal healthy way.

But if the situation is unfavorable, the mother of a child withdraws or is irritated by the child, thus sending him/her injunctions Don't live, Don't be yourself, Don't be close, Don't be important, cramps, blocks, tensions or other types of unbalance of the organism are formed in the body. These imbalances are fixed and, in a way, imprint early traumas, being at the same time infant protective mechanisms.

Dounin identified 10 kinds of bodily defenses that "...keep us from saying" Hello, getting to know the others, being happy with the others and being prepared that the other will be happy with us." (Dounin, 1995).

These defenses can be observed through:

- weakening and fading breath;
- undeveloped affect-motor scheme, that is, limited movement to express feelings, control of feelings;
- protective-deformed affect-motor schemes as hyperactive expression of feelings through movement;
- counter-mobilizing as tension of certain muscle groups to restrain particular feelings;
- deactivation as inhibition of particular feelings by lowering the tone of specific muscle groups;
- chronic hypotonia, that is muscle floppiness;
- chronic hypertonicity, that is chronic muscle tension or bodily carapace;
- kinesthetic avoidance, that is, blocked awareness of bodily movements, feelings and emotions;
- kinesthetic hyper-concentration, that is, focusing on a specific part of the body or certain feeling;
- visual protection when a person sees his/her body as if from the outside (Dounin, 1995).

Bern called such body responses of pre-verbal period protocols. (Bern, 1972). And this set of protocols underlies body script. According to Bern "Protocol is a preverbal judgment, the image of reality which is created by internal tension associated with existing needs" (Bern, 1972).

Temporary tension and withdrawal for self-preservation become a pattern of chronic muscle contraction in response to constant parental programming.

Physiologically, the system is controlled by closure in response to pain and opening in response to pleasure. Thus, the script formation is supported by protective inner silent dialogue in infants and children between Adaptive and Natural child.

Such protective preverbal dialogue leads to suppression of the spontaneous expression of Free child and maintaining the script adaptation of Adaptive child. Maintaining muscle defenses requires huge amounts of energy that blocks the expression of feelings.

Detailed study of protocol was done by D. Steer. He defined the protocol as "observable scheme of physical manifestations, which are expressed in constant sequence, emphasizing basic movements of human script" (Steer, 1985). In contrast to the script, the protocol can not be cognitively changed, re-decided or rewritten.

It is only possible to realize it (the protocol), understand it, live it through from inside and change behavior resulting from the protocol through a new life experience, which the client can receive through new sensations in the body.

Cornell wrote: "The behavior, which is based on the protocol, is not similar to a game (with the hidden level of communication), but is a deep preverbal memory of primary relational patterns imprinted through bodily experience" (Cornell, 2008). The fact that protocols and the early bodily experience influence the rest of a person's life, especially his/her relationships with people, was also mentioned by other authors. In particular, Ligabo says that "the body is a mean by which relationships are felt and lived" (Ligabo, 2007).

R. Erskine wrote the following: "One of the key concepts of integrative states that in human behavior the need of relationship is the basis of motivation, and contact is the way by which this need is satisfied. In good contact there is awareness of sensations, feelings, experiences and needs. Internal and external experiences are constantly integrated and focused on development. When the contact is interrupted, the needs are not being met and have to be met artificially. "

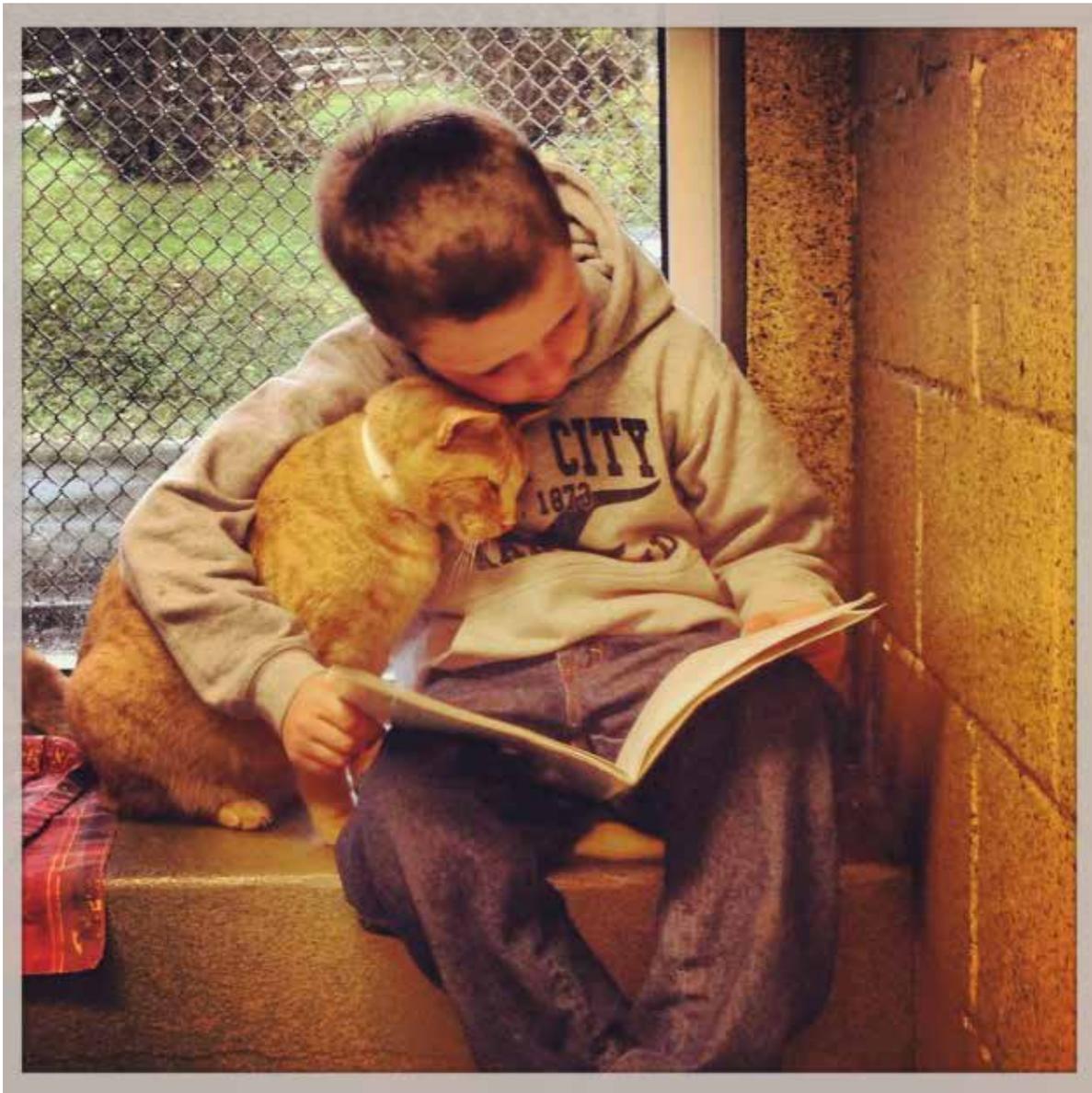
Those artificial "closings" constitute the contents of survival reactions and script decisions, which may become fixed. They manifest in withdrawal from affect, habitual behavioral patterns, neurological disorders in the body and also cognitive settings that limit spontaneity and flexibility in problem solving and relations with people. Each protective contract interruption prevents awareness. ( Erskine, 1980; Erskine & Trautmann, 1993) R. Erskine considers that script is formed on a psychological level in a very early age.

When a child gets into traumatic situation, he or she reacts at the prohibitions by filling own needs in a particular way, the child's body reacts by protection and a script process occurs in the body tissue as a survival reaction. In the future, the muscles retain the memory of this reaction.

If in the childhood the contact was interrupted and that interruption was traumatic a certain process may be happening. Such process may look like reinforced and closed system of bodily reactions, which is played on when in stress, often in close relationships or in situations reminding the one when it got fixed.

R. Erskine calls such process "arrest of development, when the most important early needs have not been met» (1988)





Child's suppressed needs and frustration in attempt to fill the need leads to incomplete experience of the child, and the energy which had no way out goes into physiological attempt of completion, gets encapsulated and stored in the form of bodily blocks and. In order to live many people can keep such blocks out of the sphere of their awareness. As a result there happens fixation – habitual preservation in the present of models of adaptation and psychological defenses, which were necessary in the past. Fixed defenses prevent a personality to be in contact with oneself internally and with other people externally. Later those fixations transform into scripty beliefs and form a scripty racket system.

E. Berne suggested that the primary protocol of the script is being laid during the first two years of life, “when people appear to the child as huge figures with magical power, as giants and giantesses, mythical ogres and monsters ...” He also added that at the age of four to seven years old a child “overwrites the original script in line with the new vision and perception of the world. In doing this he/she is helped by fairy tales and stories about animals ... They give him/her a new set of characters with the help of which he/she plays all the roles in his/her imagination” (Bern, 1972).

Then later early decisions taken by the Little Professor, which is Adult in the Child, add to the protocol. In conjunction with the parental messages (injunctions, counter-injunctions, programs and permissions), this leads to the creation of the script, as the life program of the individual: “Protocols run as permanent unconscious patterns of decisions taken on significant figures, and the first experience of meeting with them in our life ... In fact, Protocol is a hidden level of somatic and relational organization that is operated out of awareness and precedes the formation of the script. The script is more than implicit memory. It is not only a record of the past. It is a result of active efforts of the child to give meaning and sensation to the events, both physically and non-verbally” (Cornell, 2008).

And with the help of a fairy tale we have an opportunity through the images and metaphors to penetrate into the deep psychic structures and modify them. Berne pointed out that in the therapeutic process it is important to find a myth or a fairy tale, which reflect the patterns of life script of the patient.

Description of original methods of working with a body script. Work with a body script is always difficult due to the fact that it is formed in a very early, preverbal period. That is why we (K. Bulgakova, N. Isaieva and Z. Sevalneva) have created an original method to help clients realize their bodily elements of the script and even change some of them. We were guided by the idea that identification with inanimate image or symbol of the favourite children's fairy tale can contribute to the regression into the preverbal period.

For the study of body script by this method, the client is invited to remember his/her favorite fairy tale and choose from it inanimate images, symbols or an object. Then, among these images, the client is asked to select the image, symbol or object, to which the client is experiencing negative feelings or which he or she dislikes most of all. Then, the client is invited to imagine themselves as this object, and the therapist conducts an interview with him/her in the role of this object in strict compliance with a certain sequence of questions. At first questions relate to enhancing of identification with the object.

At the next stage the client is invited to take a position, which corresponds to the role. Generally, this position is extremely tense and uncomfortable. It is this position that shows the accumulation of negative feelings and emotions embodied in the body in the form of corporal clips and muscle tension. By the body it is possible to distinguish which ego state is constantly used, and which is excluded. Then we ask the client from this position to formulate the message for "the one who chose you," ie, himself/herself. This message is a reflection of verbal protocols, which live directly in the body.

Next, we ask the client to change the position for the most comfortable one and then to send from this position another message. This message differs from the first message and is a permission to change. Changing posture reinforces this permission at the level of the body. The process is accompanied by the release of feelings and strong bodily sensations. Then the client de-identifies with the object and there is analysis of received awareness and changes in Adult ego state.

In the process of work, the client presents different structural archaic ego states: structures of the second, first and zero order. Such a clear shift of ego states can be observed from the outside, and it is also present in the feelings of the clients.

One can say that this technique allows to resolve the impasses of the 1st, 2nd and even 3rd degree (Mellor, 1980). If we consider the intra-psychic impasse, it is a potential impasse between the ego-states of the client.



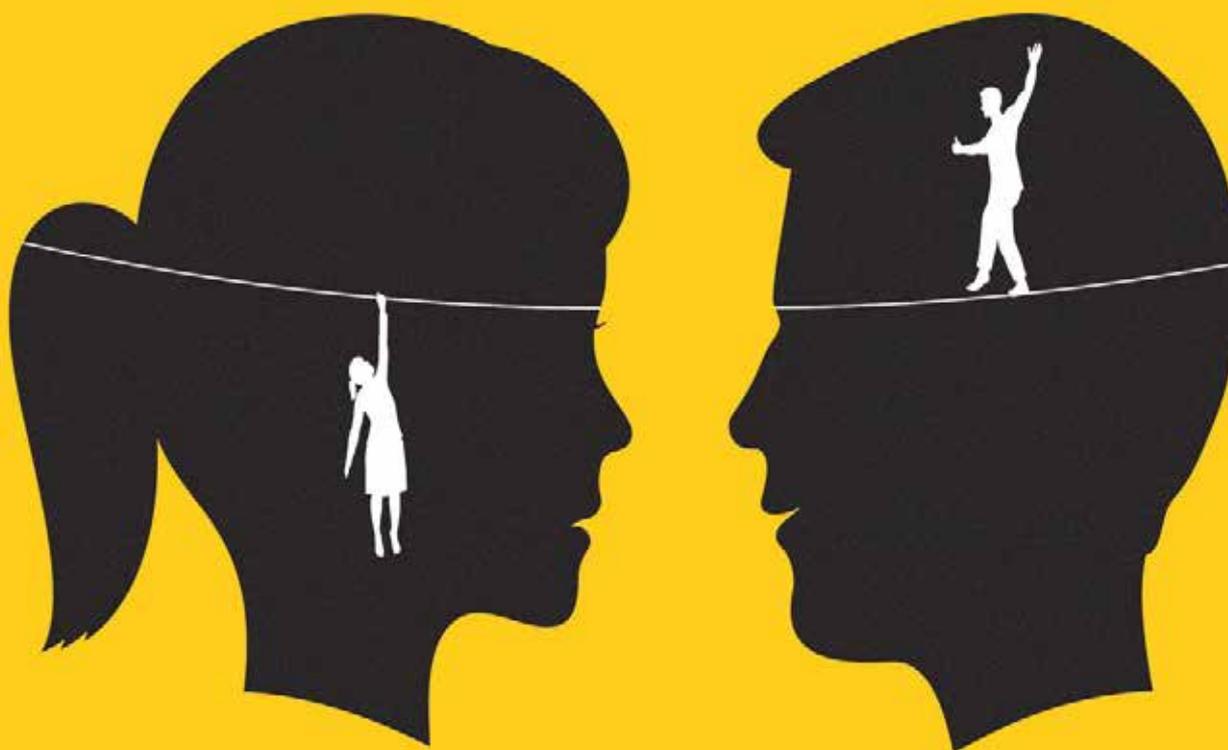
By Mellor the 1st degree impasse between P2 and C2 sounds verbally in a client as the parent's counter-injunctions. The 2nd degree impasse between P1 and C1 is encoded in the form of feelings and emotions and manifests itself as an answer, while script programming, for parental injunctions in early age.

The 3rd degree impasse is associated with the primary protocol and refers to a very early age, sometimes even prenatal. Cornell, 2008 describes the protocol as an impasse of the 3rd level, where the body "holds" restrictions, injunctions, parental programs and adaptive solutions that can be seen in attitudes, style and quantity of movements, tone of voice and its variation (for example, a sigh), breathing, eye movements, direction of the client's look at others, etc. Cornell, 2008 considered the main ways of re-decision of the 3rd degree impasses through the relationship of the client and the therapist, such as the transference/counter-transference, parallel process, analysis of the relationship in supervision and projective identification.

The presented method provides us with invaluable experience in resolving the impasse of the third degree between P0 and C0. The impasse occurs between P0 represented by a negative message in response to stress and clips in a pose of a negative character and acceptance of the message by the client on an intuitive level in C0.

Changes in posture and use of resources of Adult through a new message enable the client to re-decide this impasse and accept, give sense, constructive meaning and assimilate the power of his/her healthy part with the support and protection of the potent therapist. Therefore, the client cathects all their ego-states, giving themselves a permission, feeling their power and using the protection of the therapist (P. Crossman, 1972).

The power of the client is that he/she from a new posture gives permissions necessary for specific psychological age of the client at the moment of therapy.



# Clients' cases

## **The case of the client M**

An object: a half-boot, that is a full of holes, ruined boot from the fairy tale "Muff, Half-boot and Moss Beard."

The first ego state, which appeared when the client was in the role of the half-boot, was Pig Parent, which is Child of the Parent. He gave an injunction "Don't feel fear" (in a vulgar form), from which the client received great tension.

After changing the posture Free Child cathected, and the message sounded as a permission: "You can feel any feelings and be free."

The final sensations - ease, joy, relaxation in the body.

## **The case of the client O.**

The object: A farm, where the main character's (Swan's) offenders lived in the fairy tale "The Ugly Duckling."

Description of the object from the first person: "I am big, important and principal, I do not want a swan to live with me (an image of Negative Controlling Parent)". A pose: standing and leaning forward, hands are crouched as if hanging over someone. Feelings: anger, feeling powerful and indestructible. Message for O.: "Fear me!"

Changing to a comfortable posture: limps, wraps herself in a blanket, holds another blanket and presses it to herself like a child, cries, says to himself affectionate diminutive words (ie. Nurturing Parent appears).

The message: "You are a good girl, thank you just for being, you can live." Switches to Free Child, rejoices. The client feels relaxation in the body, "the feeling of a small child." She lies down on the couch and starts nibbling biscuits.

## **The case of the client S.**

The selected image from a fairy tale "Three Wishes for Cinderella": The painting in a gold frame with a lot of plants, a forest, a mountain, a river (life), that is hanging on the wall between the first and second floor, with only portraits around (Parental figures).

The message of the painting to the hero of S.: "You are not here. You do not live your life" (injunctions Don't live and Don't be yourself). The client takes a position on a chair, sits leaning on one leg, hands raised up. In this position S. feels it hard to breathe, the pressure in the back of the head.

After changing the posture when S. walked around and took a new position where she was standing on the floor with straight legs, "I feel like I'm standing, I feel the ground, my head stopped aching, I began to breathe normally, a feeling of joy has appeared." Adult ego state appears, the message from a new posture is: "Live!".

After leaving the role the client is happy, she wants to fly. There is a switch to Free Child.

## **The case of the client Y.**

The object: An ugly, dirty, greasy rag on the face of a beautiful girl in the fairy tale "Jack Frost."

Y. suppresses her voice, eyes closed, as she describes the rag (the influence of Pig Parent): black, grubby, soot, abandoned, which had not been washed long time. The purpose of this rag is to hide beauty. The message of the dirty rag to the hero "Pig is laughing, I was thinking whether to confess or not: Don't live!".

Description of sensations in the body: it presses greatly (voice very quiet), hard to breathe because the chest is limited by arms, I feel neuralgia in the ribs, the pain in the ribs".

After changing the posture: “I have a straight back, I have no pain, I have open hands, a sense of relaxation in the hands and my eyes are open.”

The message from the new posture: “Live! Life is beautiful. It is yours and you have the right to live, you have the right to be happy, you have the right to be beautiful..., you have the right to be loved, you can breathe (the voice amplifies, she laughs joyfully).”

### **The case of the client L.**

Fairy tale “The Pomegranate Necklace”.

The object: a dress with a very heavy necklace, all studded with precious stones from edge to edge, very massive, bedecked with jewels everywhere (L. sighs). Though it is heavy, it is brilliantly beautiful (L. cries). The dress has a function of the shell (the armor) and without it the main character will be left bare and unprotected. It protects the main character, and at the same time does not allow her to live, it is a burden that is preventing very much. Without this dress the heroine would be easier, more sensual, more real and closer to the others.

The message: My brilliance prevents to see real L. (crying), and everyone pays attention to the shine, but does not see L. The message: “Don’t feel, Don’t be Yourself (crying), Don’t be Close, cut off from everyone, then you will not feel anything and you will not be hurt. (Injunctions from Child in the Parent).

Pose: standing straight, tense back, shoulders, hands clenched into fists. L. feels great tension throughout the body, feels herself a spacesuit (crying), all very tense and can never relax at all.

When changing the posture L. wants to relax and limp, not to feel the tension. L. spreads a blanket, lies down and curls into a ball. The therapist covers her (crying). She calms down, relaxes and feels warm.

The message from the new posture: “You can be yourself, you can be real and feel all your feelings. You can feel all your feelings and you can show your feelings to others. You can be yourself, you can have close relationship, you may be vulnerable and you can cope with it. You can live your life and be real at the same time. “  
Again the switch into Adult through Free Child takes place.

### **The case of the client N.**

The Tale of Tsar Saltan.

Object: barrel, which imprisoned the prince and his mother.

Description: I do not care, I’m just doing my job. Message: I do not care what will happen to you, be quiet, you will destroy me, I want to get rid of you as soon as possible. (The injunctions Don’t live, Don’t exist)

Pose: tense, standing to full height, with legs wide apart, hands trying to grasp as much space as possible, solidifies in the stillness, sometimes rises on her toes and wiggles a little, holds her breath, closes her eyes, fixed grimace of sorrow on her face. Feeling: indifference, fatigue, lack of interest, irritation.

When changing posture: breathes, relaxes, sits in a lotus position, hugs herself, then asks for a pillow and hugs a pillow, is rocking, relaxing muscles can be seen, smiling, breathing even and calm, eyes open.

Message: I see you, I love you, I will protect and defend you, I want to relax a bit, you’re a miracle, you can relax, you are needed.

Permission: live, feel, you are needed.

If we consider this case in terms of the relationship - movement and need to be accepted was interrupted on an emotional level. If we present a script decision, it is “I am not needed”. In the observed level the hands reach and do not receive a response, the body is tense. In order to complete the movement it was necessary to embrace and relax, restore breathing and feel the whole body.

From the history: the child was in the hospital for admission separately from his mother for a long time, so in the preverbal period the child faced deprivation and exclusion that was entered into the body script.



Analyzing all these examples, we can see that almost all clients adopt a new decision or re-decide (Gouldings, 1979). According to Gouldings, as well as other transactional analysts (Bern, Steiner et al.) at an early age the child in his/her Little Professor takes certain decisions in order to survive in uncomfortable or dangerous situations for themselves.

Decisions of early Adult are based on intuition and can be illogical. However, they help the child to cope with the situation when he/she is small and helpless, but the same decisions can significantly slow down and complicate the life of an adult. Gouldings offer psychotherapy of a new decision, the essence of which is that an adult in a state of “regression on contract” takes a new decision using the resources of their Adult ego state.

Gouldings wrote: “In the therapy of new decisions the client feels his/her Child par, liberates their children’s qualities and creates imaginary scenes in which he/she can get rid of restrictive decisions adopted in childhood.”

When using the methods of working with inanimate objects from a fairy tale, immersion in the imaginary scenes with entering the archaic ego states and replay of early decisions and taboos takes place. Then, with the help of a therapist, Adult ego state cathects, and the client gets an opportunity to take a new, constructive decision, fixed on the body level.

Interviewing clients a month after the workshop showed that they felt real positive changes in their body, emotional state and life in general.

## Summary and Conclusions

According to Bern the original skeleton of the script, called the primary protocol is formed in the first two years of life.

The method of work with a body script with the help of the first children's fairy tale allows the client to meet with the early scenes of life, with injunctions and early decisions by adopting postures of an inanimate object or image, creating tension and causing negative states of the client.

When using this method a safe zone is created for re-living through preverbal experience and identifying a frustrated early need and a way of defense chosen by the child in that age. We can see a posture and a consequent movement and behavior directed at filling of the need.

Observing and examining of the posture gives us a possibility to assume which intervention made the child choose a particular way of defense and what was possibly missing or too much for this child. In this way we can see the element of the client's personal history, and become able to explore the situation when the "arrest of development" happened.

Basing on this information we get an opportunity for realizing the need, restoration of interrupted movement and completing of the action. Such knowledge about a scripty posture can be used for changing the inner elements of script system and choosing the resourceful position.

Changes in posture allow to resolve impasses of the 1-st, 2-nd, and, most importantly, the 3-rd kind, formed on the body level. Resolution of impasses releases energy for making new constructive decisions that help clients to get out of a negative script, and to radically change their lives.

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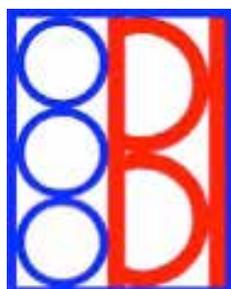
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Dr Cathy McQuaid is a researcher, trainer, supervisor and psychotherapy training consultant. As a result of her doctoral research Cathy published her first book, 'What You Really Need to Know About Counselling and Psychotherapy Training: An Essential Guide' with Routledge in 2014, for counsellors, psychotherapists and their trainers. In addition to writing and researching Cathy runs supervision groups in the North West of England and offers research and training supervision as well as various online training seminars for trainers. She is also one of the EATA delegates representing the four UK TA organisations and is a member of PTSC.



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- Developmental TA Certificate and Diploma
- MSc Professional Development (DTA/DTA Coaching)
- Certified Transactional Analyst
- Teaching and Supervising Transactional Analyst

**Please visit the website for more details**

[www.trianglepartnership.com](http://www.trianglepartnership.com)

**TA Tribe** – an online group providing regular workshops and supervision for those who for practical reasons prefer a “virtual” approach. **Supervision** one to one is also available. For more information, visit: [www.ta-tribe.com](http://www.ta-tribe.com) for more details.