



# TOUCHSTONE NARRATOR

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***Certified Teaching &  
Clinical Transactional  
Analysis Counsellor***



Janice Dowson uses the practical tools of Transactional Analysis to help people solve problems. She

combines her 25 years of experience with her skills and knowledge to guide people as they strengthen their autonomy and seek new initiatives to accomplish their goals.

Janice has achieved both Clinical certification and advanced Teaching Transactional Analyst levels of certification through the International Transactional Analysis (TA) Association's rigorous competency based training and certification program. She has held positions as President of British Columbia TA Association, Canadian TA Association Newsletter Editor and TA Journal Editorial Board member. Locally Janice serves on the Board of Directors of Maple Ridge Family Education Centre. She has made presentations to international professional meetings and local groups such as the recent AATA conference in Calgary and Chamber of Commerce Women's AM. Janice synthesises her roles as Transactional Analysis teacher and organizer with her passion for writing in this publication.

***Dear Readers:***

*In this Narrator I want to update you about exciting recent Transactional Analysis developments on local, national and international levels. Recent TA events will be of interest to new-to-TA folks and to long-time TA colleagues.*

*At the international level, ITAA is thriving during the wise and caring leadership term of Dr. Jim Allen--a man who practices what he preaches. Jim brings ITAA to new levels of congruity including fostering TA principles of autonomy and "I'm OK-You're OK" behaviors. This ideological congruence promotes the world-wide growth of TA in breadth as much as in depth.*

*On the organizational level, the Americas Transactional Analysis Association (ATAA), an autonomous, new North American TA organization has been granted ITAA's blessing and support. ATAA is registered in Canada due to the collective effort of Nancy Porter-Steele & Dr. Curtis Steele in Halifax. ATAA's mission includes "preserving, advancing and disseminating [TA], its theories and methods...to serve people within North America by organizing conferences, offering courses... publications...and research to bring together persons interested in TA.." Interest in TA throughout North America is stimulating vital growth on national and local levels.*

*Such TA growth across Canada contributed to the joint conference of ATAA and the local Alberta group. This conference showcased skilled and knowledgeable Transactional Analysts from England, Japan, Mexico and North America; the participants were treated to a buffet of research, theory and practical applications of TA in business, education, and clinical fields. Dr. Jim Allen's seminar detailed recent*

**Touchstone Counselling**  
Figuratively a touchstone provides a criterion to find the genuineness and value of something. We aid people in sorting out the gold and silver of their lives from the base metal as they reestablish their strengths and seek new initiatives.

## ***UPCOMING TOUCHSTONE EVENTS***

***January 26, Wednesday, 20005  
6:30pm-8:30 pm***

***Understanding Ourselves & Others:*** Leonard Ghan, foremost Transactional Analysis Teacher & lecturer. Fraser Room, Maple Ridge Library, 22420 Dewdney Trunk. Registration is Free: Pre-registration required by phone (604) 878-8044

***February 26, Wednesday  
2:30 -5:30 pm.***

***Building Communication  
Bridges Using TA***

Cost: \$15. Telephone (604) 878-8044 for registration & information.

## ***Specializing in Personal Care Counselling***

- *Grief*
- *Stress*
- *Trauma*
- *Families*
- *Children*

More TA information can be found at <http://www.itaa-net.org> or in the BCTAA Library(878-8044).

**Janice Dowson SSW. Dip.**

neurological research which suggests a biological basis for ego states theory.

This seminar was one of many exciting presentations. Participants in my presentation, "Handling Door Handle Transactions" exemplified the warmth and keen thinking demonstrated at this conference.

In a further example of TA warmth and generosity at this gathering, Abe Wagner, the dynamic Teaching Transactional Analyst and lecturer to Fortune 500 Companies, offered to stop on his way through Maple Ridge, to present a free talk called "Breaking Communication Barriers". Over 20 folks attended. Some were familiar with TA and many were new to TA.

Because Abe's seminar was so well received with folks asking for more TA talks, Touchstone is sponsoring another free talk. Please see [Upcoming Events](#) for details.

While in Alberta, I had the pleasure of teaching Berne's elegant organizational strategies and group diagrams to an enthusiastic training group at Chinook TA Institute. In addition to participating in out of province training, services at Touchstone continue to grow. Many programs have expanded, including TA seminars, training programs and counselling services. Counselling for children, particularly art and play therapy and adolescent bereavement counselling were added.

In 2004 TA has experienced much new growth; locally at Touchstone, throughout Canada, North America and the world. I think Eric Berne would be excited about these developments, particularly the formation of ATAA, both from the perspective of his organizational theories and because Canada was the country of Berne's birth.

I wish you an autonomous, prosperous and positive 2005!

Janice Dowson

## What is Transactional Analysis?

T.A. is a set of practical conceptual tools for personal growth and change, a social psychology developed by Eric Berne MD. According to Eric Berne, TA is a powerful tool for human well being that utilizes the "Adult", in both the client and the counselor to sort out thoughts and behaviors that result in personal difficulties.

TA counselors work directly on here and now problem-solving behaviors while establishing an equal working relationship to provide clients with day-to-day tools for finding constructive creative solutions.

## Key Concepts of Transactional Analysis

### Ego States

Eric Berne made complex interpersonal transactions understandable when he recognized that the human personality is made up of 3 "ego states", each of which is an entire system of thought, feeling, and behavior from which we interact with each other. The Parent, Adult, and Child ego states and the interaction between them form the foundation of transactional analysis theory.

### Transactions

Transactions refer to the communication exchanges between people.

Transactional analysts are trained to recognize which ego states people are transacting from and to intervene in the interactions so that they can improve the quality and effectiveness of communication.

~More on TA tools and concepts in upcoming newsletters.

## TA Trivia Test

Email your answers to [dowson@sfu](mailto:dowson@sfu) and you could win a well-loved, rare book of the practical tools of Transactional Analysis if you get all 4 answers.

1. Who was the founder of Transactional Analysis?
2. Where was he born?
3. How can identifying which ego states we are transacting from affect communication?
4. Give an example of a transaction from a play, movie or sit com

