

cared about me and that I had allowed myself to absorb and respond to that caring. Having experienced before that I was frightened almost all the time, I learnt to distinguish between racket fear and times when I was frightened of something real. I gained courage - I knew how to do something to take care of my real fears and how to stop scaring myself in order to avoid closeness.

I returned to London exactly 3 months ago. I went back to my job as a community worker with a Local Authority Social Services Department. I feel really good about what I got and did for myself. Since I returned I have had good times and bad times. I have been aware of slipping back into old patterns and games. but I have also grown more sure of and comfortable with the new ways I learned. I enjoyed using my new potency and am aware of being a more effective worker. I like it that I am getting more of my needs met. Instead of suffering or holding on to feeling uncomfortable - I am now more active and take more responsibility for myself. I feel generally more clear and relaxed and allow myself more enjoyment and pleasure

It is the best birthday present I've ever given myself.

Reference

*As I have been asked to write about my experience, I am giving no details about the treatment methods that the Schiff family has evolved. However, I encourage readers to refer to two books: 'All My Children', Jacqui Lee Schiff and Beth Day (New York: M. Evans and Publishing Co. Inc., 1970) and 'Cathexis Reader - Transactional Analysis Treatment of Psychosis', Jacqui Lee Schiff et al (New York: Harper & Row, Publishers Inc., 1975).

Margaret Turpin

Outline of the training in Transactional Analysis

There are three levels of training in ascending order of depth and experience.

**REGULAR
MEMBERSHIP**
(basic)

**ADVANCED
MEMBERSHIP**
(application)

**TEACHING
MEMBERSHIP**

MEMBERSHIP applies to membership of the International Transactional Analysis Association (ITAA), a non-profit Educational Organization.

Beyond Regular Membership there are two categories of training - Clinical and Special Fields.

TRAINING is contractual between the Trainer (a Teaching Member, or a Provisional Teaching Member), the ITAA and the Trainee. *Clinical Training* involves on-going group leadership for a period of usually 2-3 years. Clinical trainees are people in the 'helping professions' with training and experience in their own sphere, i.e., social workers, probation officers.

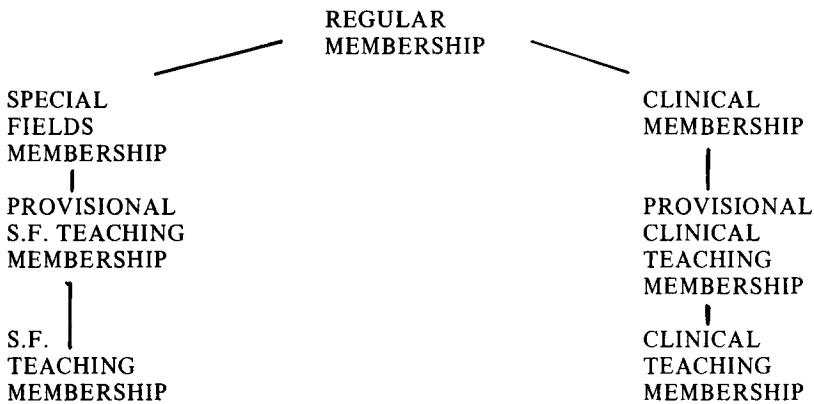
Special Fields training is that area of application of TA which the student chooses, e.g. Management training in organizations. Trainees will have a background of training experience in their special fields. Candidates in both these categories are subject to written and oral examination by ITAA qualified examiners, before being accepted as Advanced Members;

Once qualified the student may practise TA without supervision.

Teaching Membership Training

To qualify for further training, a candidate has to agree another contract for further study and supervision, and take a qualifying examination after five years.

Credit is given for, and trainees are encouraged to write articles, lead seminars, give talks, and read papers, on aspects of TA in a variety of settings, including regional and national conferences.



Those qualified to train people in this country are: Margaret Turpin, 52 Cranley Gardens, Palmers Green N13. and Michael Reddy 40 Staveley Road, Dunstable, Beds. Later this year other people may be qualified to train people to Advanced level.