

Transgenerational Cultural Scripting:

Realising Berne's Systemic Vision


Gloria Noriega

TSTA (P)

&

Rosemary Napper

TSTA (O, E, C)




Who are we
transactional analysts?

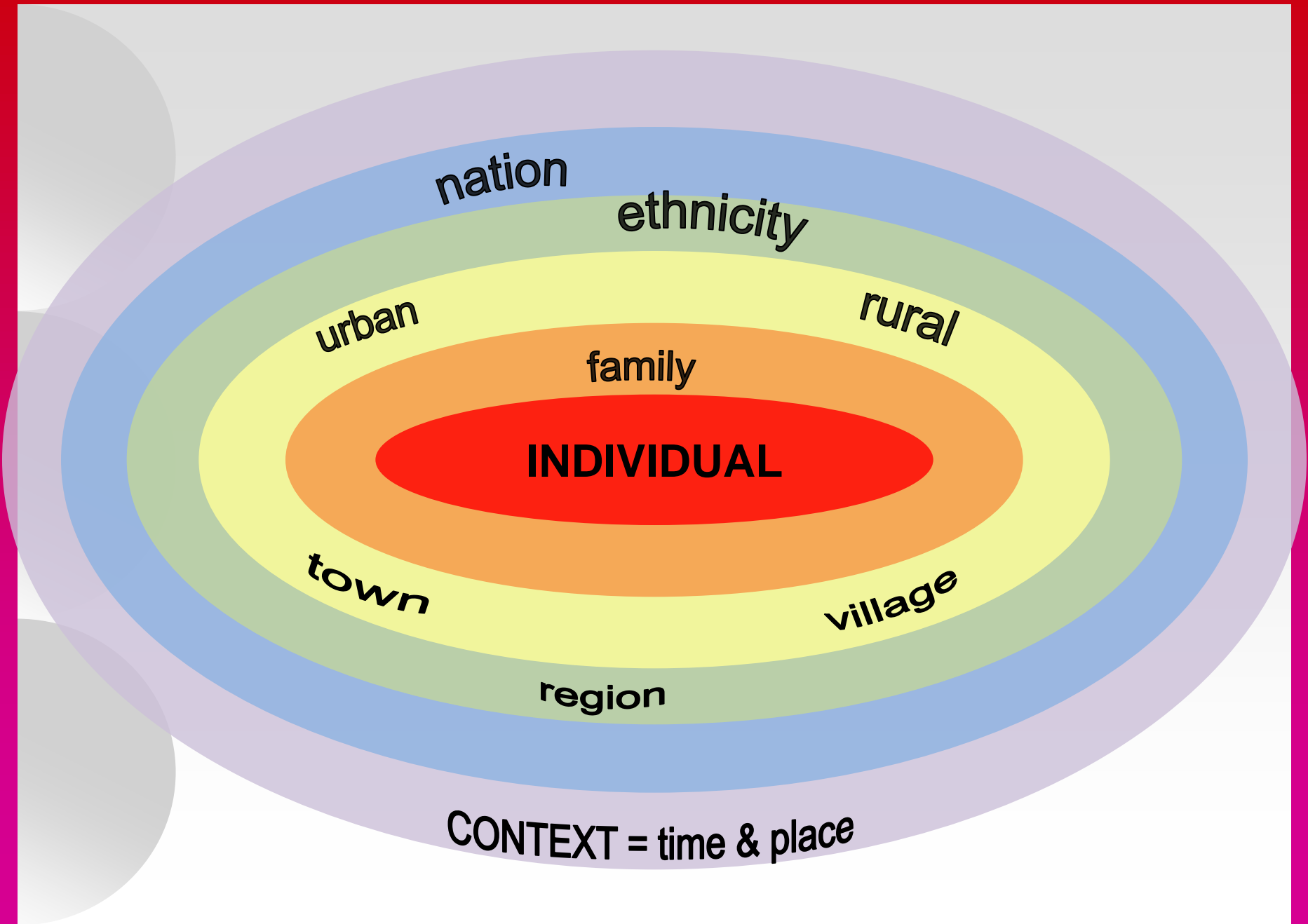
Who are we?

- **accidental** – by birth
- **obligatory** – conscripted
- **optional** – by invitation
- **voluntary** – apply
- **conditional** – achieve

MEMBERSHIP



Where do we come
from?

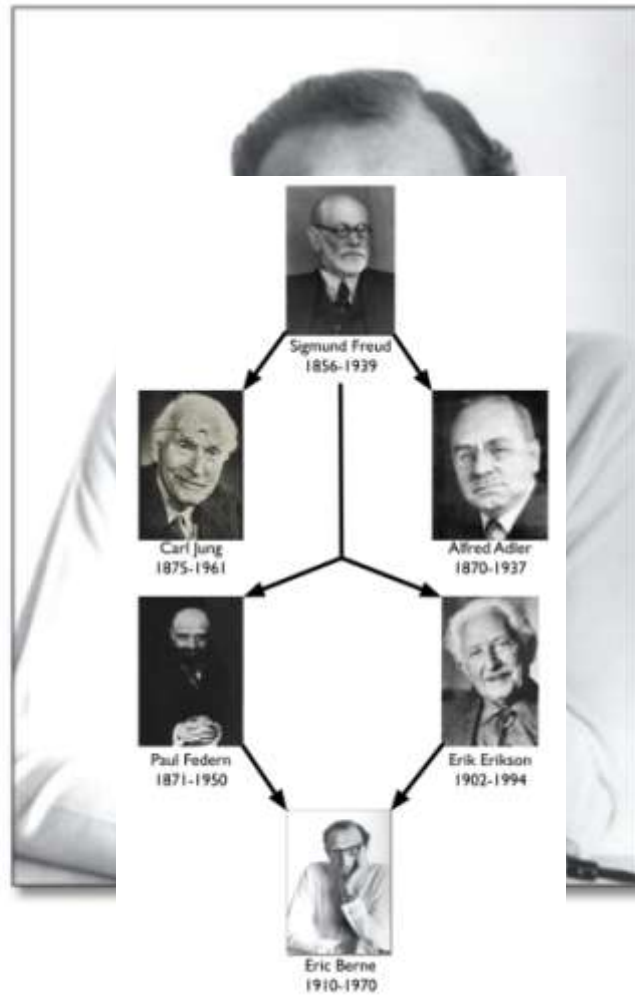


Roots



Sigmund Freud
1856-1939

Roots



1910-1970

Script transmission through generations

“The most intricate part of script analysis in clinical practice is tracing back the influences of the grandparents”

Eric Berne, (1972)



Difference between culture and transgenerational scripts

In order to understand more about the difference between culture and transgenerational scripts we may review some of the original Berne's definitions on his book: **The Structure and Dynamics Organizations and Groups** (*Berne, 1963*)

Culture: “The material, intellectual and social influences which regulate the group work, including the technical culture, the group etiquette and the group character” (p. 316)

Transgenerational scripts: “An unconscious life plan based on a protocol, which runs through several generations in a family system or in an organization. By means of unconscious communication the TS permeates the social, intellectual and emotional relationships of the members as well as their attitudes and behavior.”



TA is like.....



**What is your
metaphor?**

CULTURE

ETIQUETTE

TECHNICS

CHARACTER

transactional analysts

How do we [▲] behave
around here?

Eric Berne

1910 - 1970



ETIQUETTE

- how do we behave around here?
- traditions
- clarifies us/ them
- our acceptable games

DYNAMICS

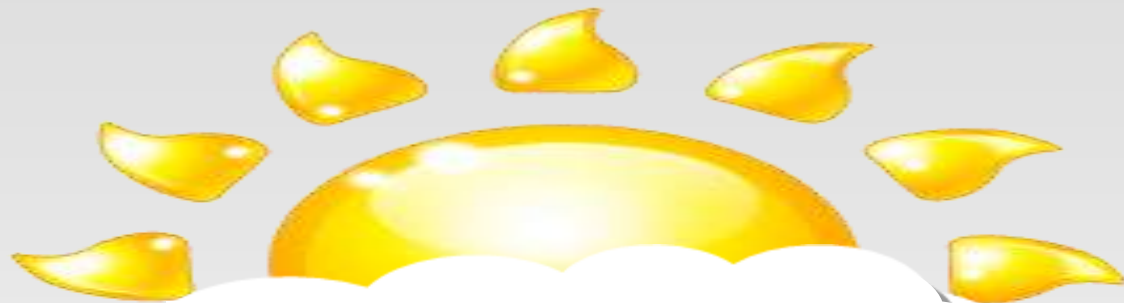
**What structures does
TA have in place?**

**And how do these
support our
behaviour?**

TECHNICS

- physical environment
- resources: economic
 technological
 intellectual
- opportunities
- justifies game moves + payoffs

STRUCTURES



**your
metaphor**

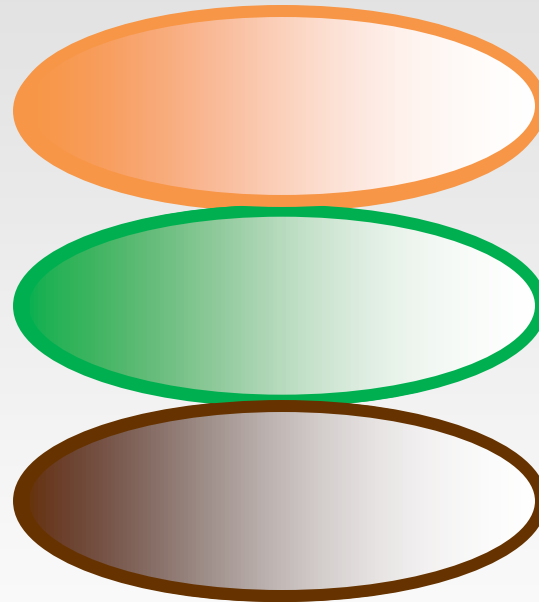
CHARACTER

- expression of the group feeling, atmosphere, ambience
- mechanism for managing anxieties of individual/ group
- rationalises psycho-social aberrations resulting from games

HOW WE AGREE TO IGNORE THE CONTRACT

CULTURE

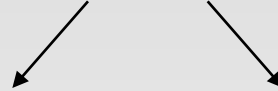
unhealthy
gamey
less productive
stuck
not OKness
script/ shadow



healthy
supported
productive
autonomous
I'm OK
You're OK
They're OK

SYSTEMS

pressure



pressure



CONTEXT

DYNAMICS

etiquette
transactions
functional modes
power & influence
games
agitation
cohesion
time structure



energy
autonomy
scripts
imagos
proclivities

CULTURE

character
ambience
atmosphere
morale
'feel'
metaphor
shadow
health

= ORGANISATIONAL
SCRIPT

STRUCTURES

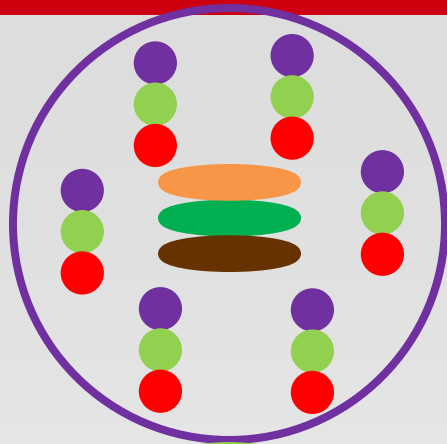
technics
boundaries
vision
mission
authority
hierarchy
canon
procedures
constitution
slogans
resources

Unconscious Communication

“The basic things in any culture and family go without saying. The most important things are taken for granted, never clearly stated, leaving you to guess them through ways of life, hints, or non-verbal communication”

Margaret Mead

Transmission of life scripts to subsequent generations occurs through some specific mechanisms based on a process of unconscious communication.



CULTURE
is
INTROJECTED

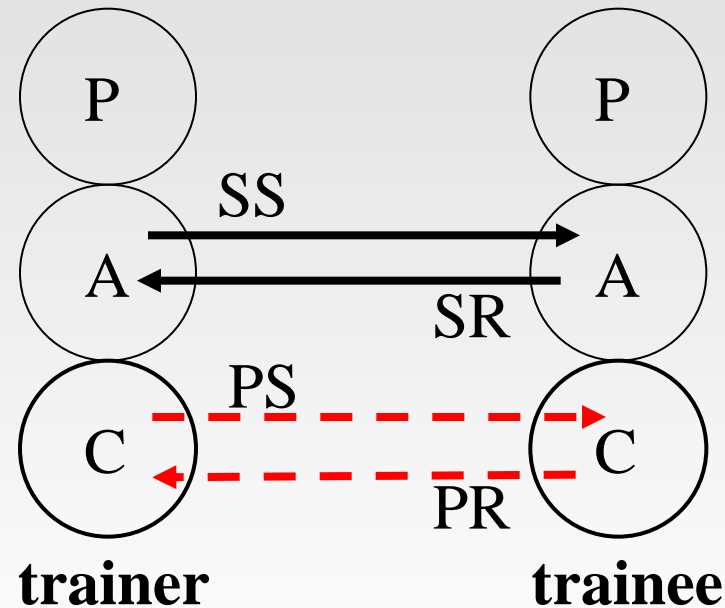
and impacts
our
SCRIPT

Mechanisms of Transgenerational Script Transmission

- **Ulterior transactions**
- **Psychological games**
- **Transference psychodynamics**
- **Projective identification**

Noriega, 2008

Ulterior Transactions

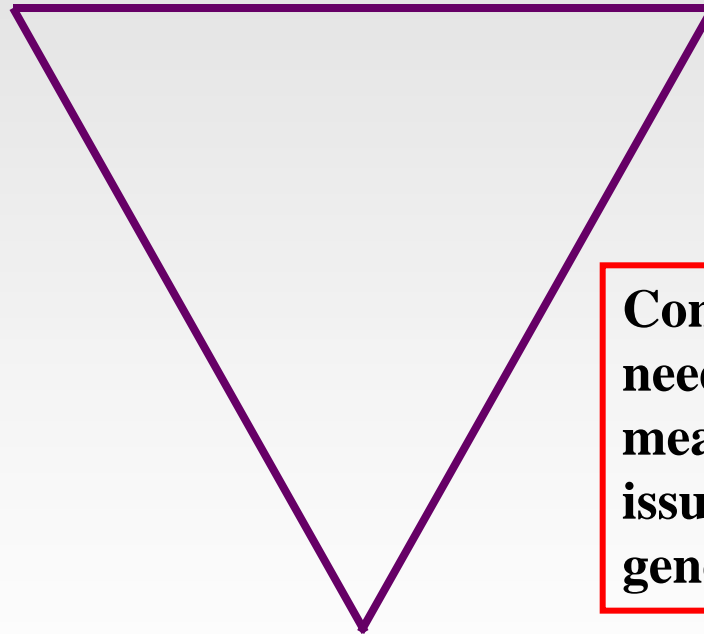


Occur at two levels simultaneously: the social and the psychological (*Berne, 1961*).

Psychological Games

Persecutor

Rescuer



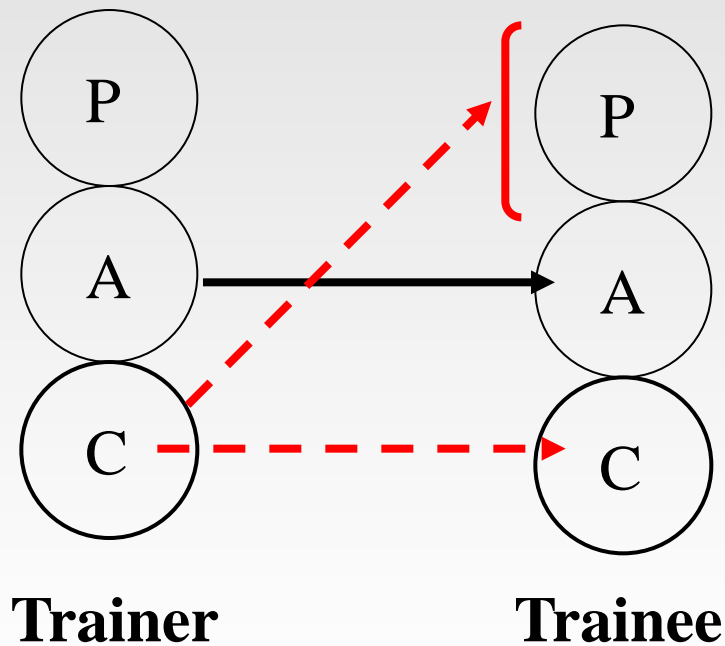
Contain an unconscious need to understand or give meaning to an unresolved issue from past generations.

Drama Triangle
(Karpman, 1972)

Victim

Games originally played by our ancestors might be perpetuated in our generation through transference transactions

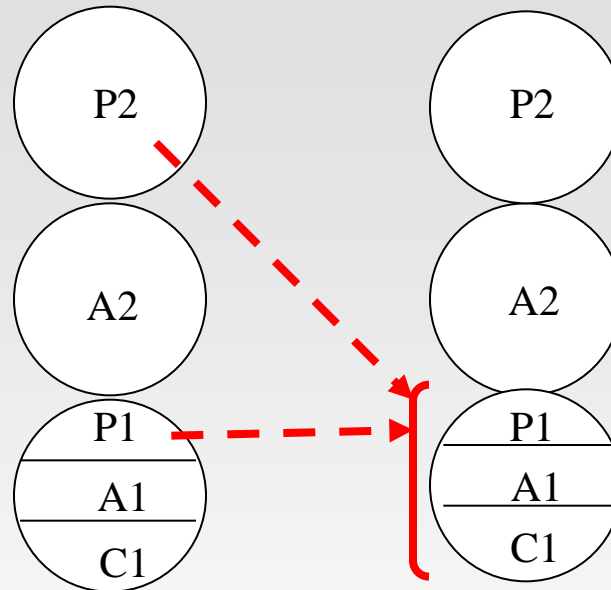
Transference Psychodynamics



The transference relationship contains the emotional tone involved in the original relationship experienced with our ancestors

“Scripts belong in the realm of transference phenomena” – Berne (1961)

Projective Identification



Mirror neurons:
Emotional closeness allowed the biology of one person to influence the biology of another person.

It's a defense mechanism, transmitted by fantasies, in which the person introduces parts of her or his self, onto the objects (other person) for purposes of avoiding unpleasant or unacceptable feelings. (*Klein, 157*)

Projective identification seems to be the main way scripts are transmitted from parents to children, and it is involved in all the other mechanisms described before.



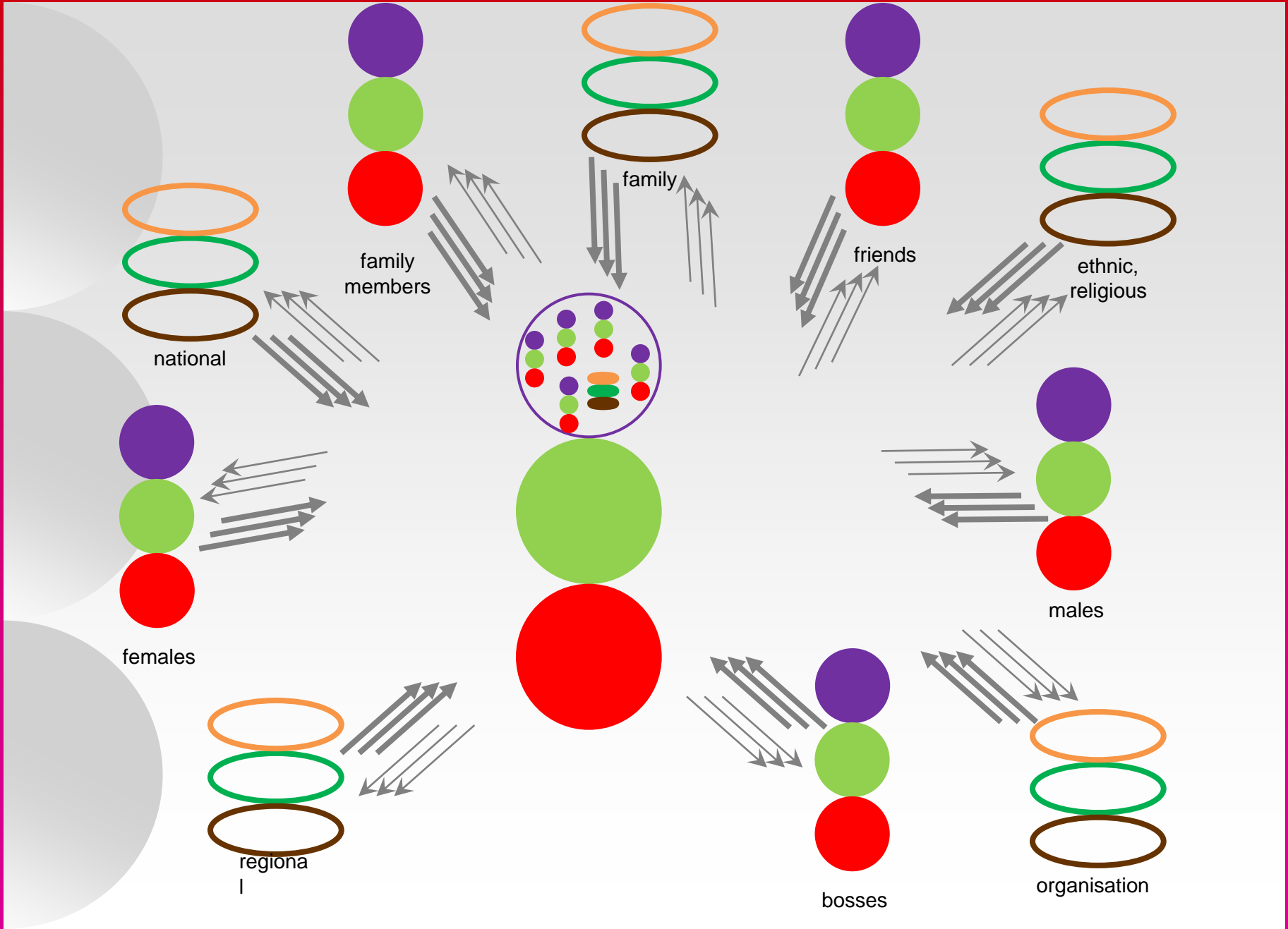
The Episcript

To become aware of the hot potato in a relationship

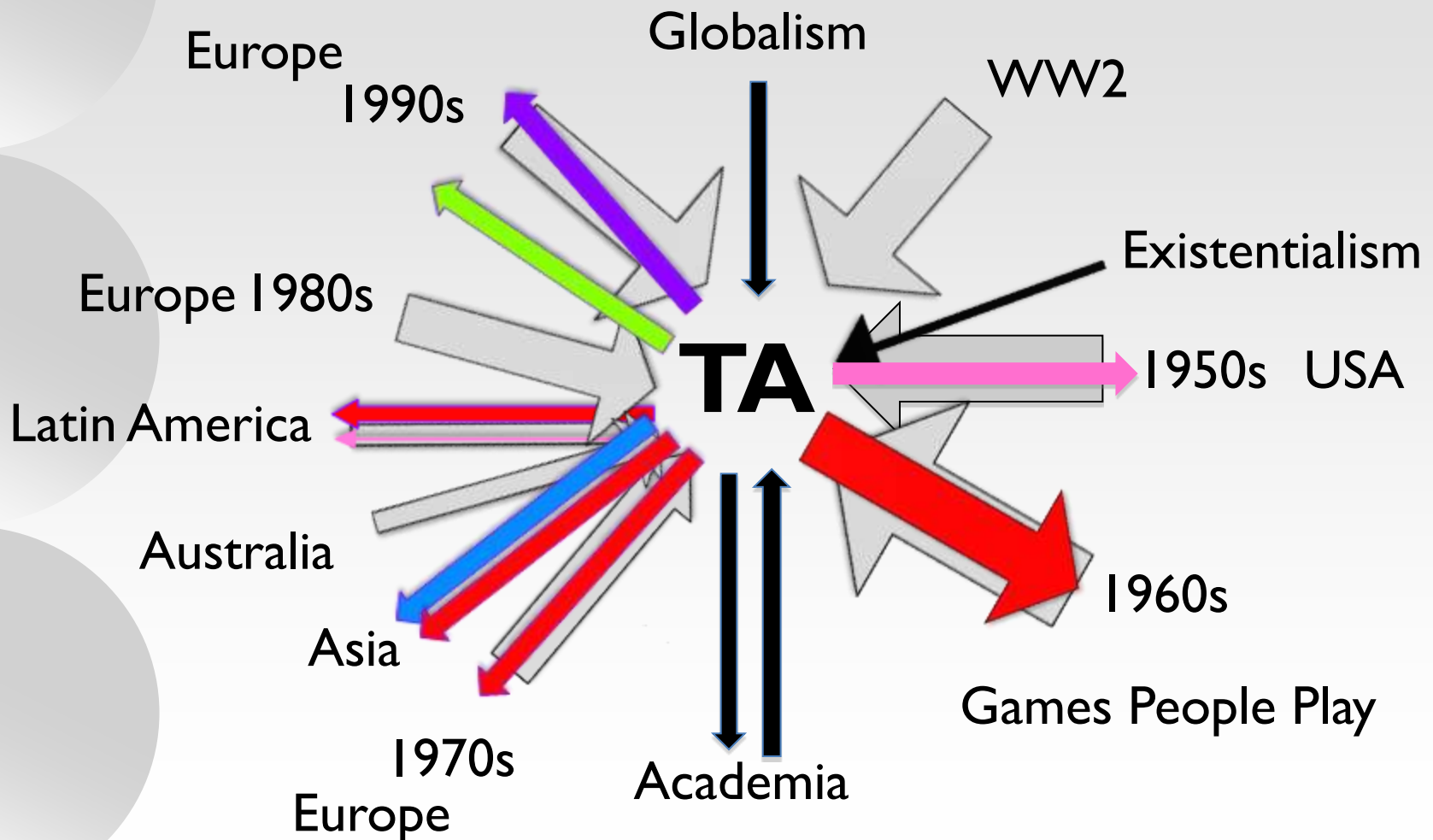
To eat it, to digest and transform, instead of continuing to pass it through the future generations



The hot potato game
(English, 1969)

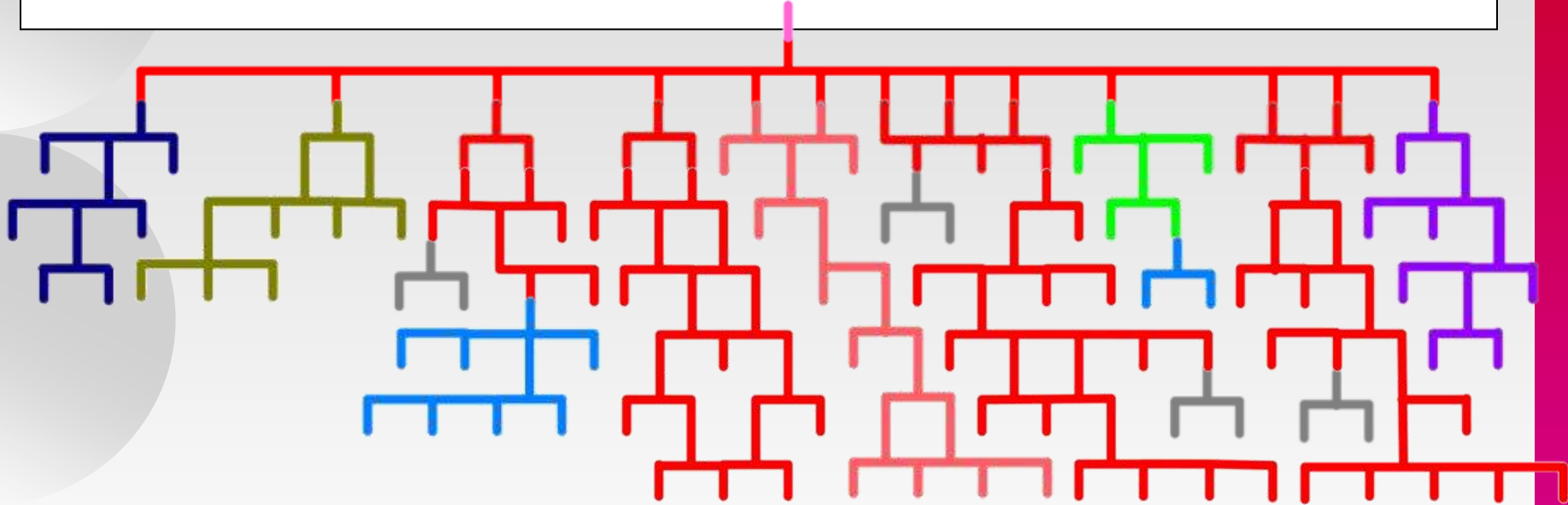


Cultural Influences on and from TA



NEW LIFE FROM OLD ROOTS

ERIC BERNE



CLASSICAL Cognitive & Behavioural

CLASSICAL Psychoanalytic

Transactional Analysis Overview

INDEPENDENT

RELATIONAL

CO-CREATIVE

INTEGRATIVE

RADICAL PSYCHIATRY

CATHEXIS

REDECISION

CLASSICAL Cognitive & Behavioural

CLASSICAL Psychoanalytic

BERNE

Are there other perspectives?

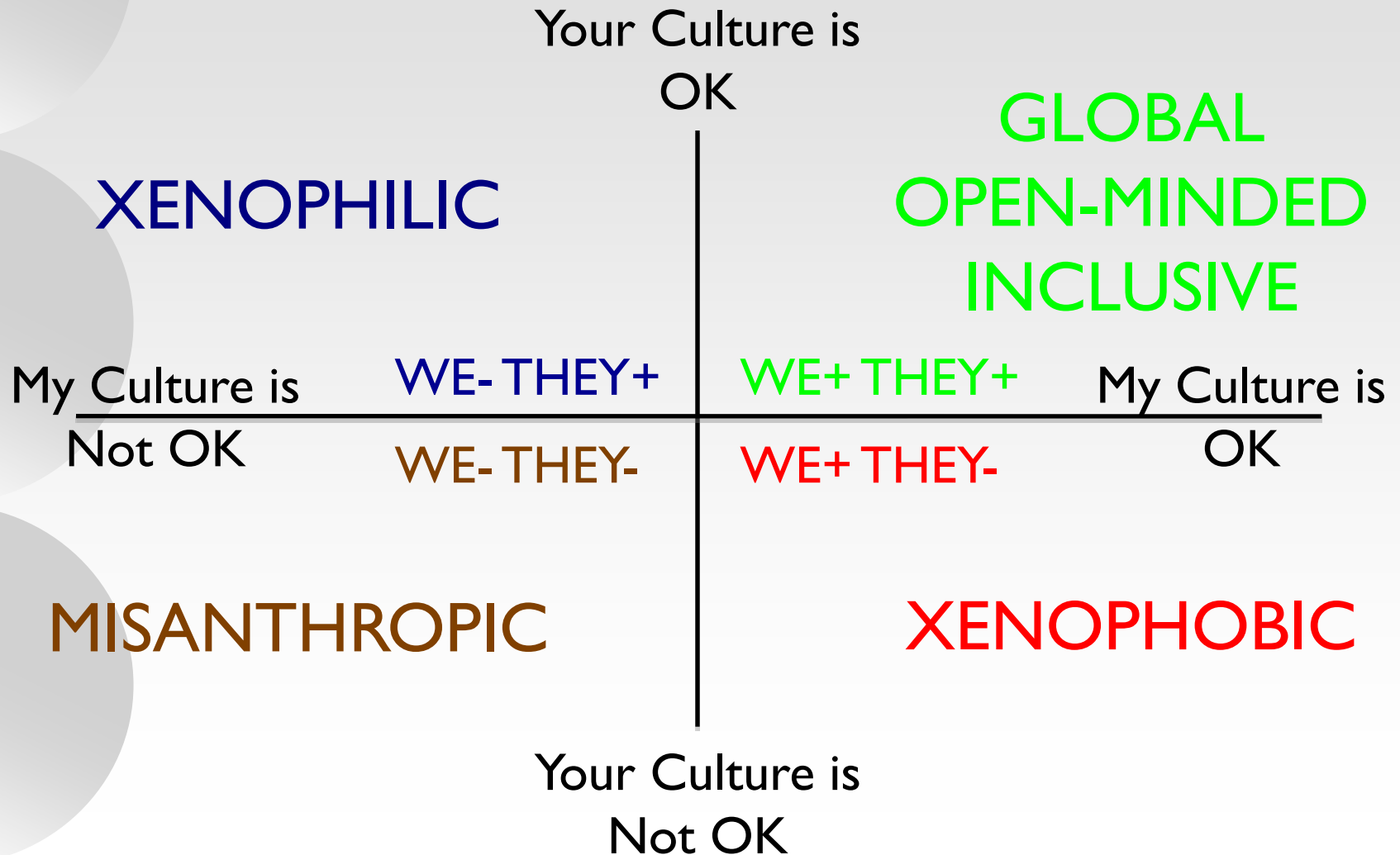
Transactional Analysis evolves...

INDEPENDENT
ERIC BERNE
RELATIONAL



...and keeps evolving

A Cultural Health Warning



TA theory and organizations are changing

TA is changing. We need to become aware of our thoughts, feelings and behavior that might be projected in the way we relate to people and teach the TA theory.

We need to let go the unconscious negative aspects of our transgenerational script and reinforce the positive ones.

We may reinforce the positive TA script by allowing ourselves to know and respect the diversity of the now a day existing TA approaches, traditions or schools of transactional analysis. None is better than the other, we may agree with the authors or not, and we may decide if any make sense to us and suits for improving our work. This is the way to continue our development and updating process, at the same time that we may continue to increase our relationships from an **I'm Ok /You're Ok** position.

The Future of TA

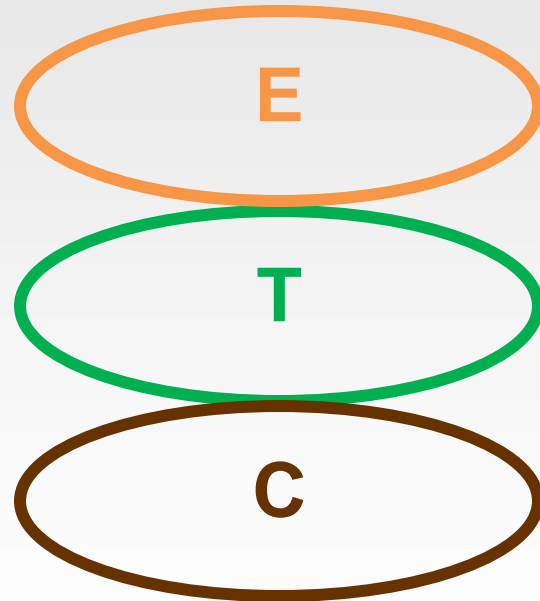
new TA theory?

**other TA
fields of
application?**

**incorporate
theory from
other
psychologies?**

**develop
theory of
practice?**

**Think
Martian**



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- Tudor, K. and Hobbes, R. (2002) *Transactional Analysis in Dryden, W. (Ed.) Dryden's Handbook of Individual Therapy*, pp 256-286. London, (5th Edition)

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