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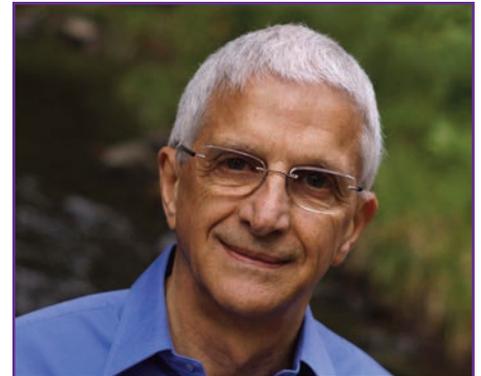
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ITAA AWARDS

**2016 ITAA James and Service
Awards Announced**



**Ken Mellor Receives
2016 Muriel James
Award**

With pleasure, we announce that Ken Mellor has been honored with the 2016 Muriel James Living Principles Award. Established to recognize members of the ITAA who have advanced the growth of transactional analysis by personal example as well as by contributions of an exceptional and lasting nature, the honoree will have demonstrated commitment, concern, and caring for both individuals and the world community and will be active in the international advancement of the principles of transactional analysis either professionally or personally. Ken clearly demonstrates all of that and more with the significant, enduring con-

Ken Mellor *continued from page 1*

tributions he has made to transactional analysis both in the advancement of theory and in the integrity displayed in his life and practice.

The nominating group for this award included Adrienne Lee (UK) in the lead supported by Steff Oates (UK) and Enid Welford (UK). We excerpt and paraphrase here some of their comments.

Ken originally trained with the Gouldings and Jacqui Schiff and has written or cowritten many *Transactional Analysis Journal* articles on discounting, redefining, impasses, and reparenting as well as several books on parenting and spiritual develop-

“In all his work Ken emphasizes health, well-being, joyful creativity, authenticity, integrity, and demonstrates that we need to live these principles, not just promote them.”

ment. In 1980 he was the cowinner of the Eric Berne Memorial Scientific Award for his work on discounting and redefining. His work remains relevant, current, and is widely taught in TA training and TA master’s degree programs. His *TAJ* article on suicide (Mellor, 1979) emphasized the need to contract for a healthy life rather than focus on closing escape hatches and exemplifies his deep commitment to life and his focus on what needs to be positively manifested. He has continued to reflect on and expand his theory, for example, by adding to discounting the dimension of personal responsibility and accounting. He also wrote a superb article on “Autonomy and Integrity” in 2008 that has brought a spiritual dimension to TA theory that is grounded, scholarly, and pro-

found but is presented with clarity and simplicity so his ideas are accessible to all. Ken has developed theory that is congruent with the living principles of OKness and healthy growth and expansion. He continues to teach, write, and expand his ideas, which reflects only a small part of Ken’s contribution to transactional analysis and the TA community.

In the 1970s Ken became interested in spiritual growth and meditation and worked for many years with spiritual teachers and Indian gurus. He became intrigued by how he and others could open themselves to life, union, love, and oneness and has found ways to make this available to others by developing theory, exercises, and meditations. He can take complex processes and interpret or translate them so that they become understandable and usable. In all his work he emphasizes health, well-being, joyful creativity, authenticity, integrity, and demonstrates that we need to live these principles, not just promote them. He says, in many ways, what you focus on is what you manifest and what you become. Combining these principles with TA has enlivened our theory, understanding, and practice.

Ken is respectful of TA theory and shows how to integrate the established TA canon with creative, authentic living and spiritual values. He works in Australia and New Zealand and regularly comes to Europe to run workshops. In those he demonstrates insight, consistently clear values of honesty and integrity, and care for others. He compassionately connects with and supports people to actualize themselves to attain their full potential. Many people, when overwhelmed with illness, birth, death, and trauma, have turned to Ken for support.

He is always generous and committed to them in their learning, acceptance, growth, and transformation. He does this with consistency of contact by telephone or email, offering insight, validation, loving support, practical advice, exercises, meditation, and, most of all, his grounded wisdom.

Ken has founded and developed, with his wife Elizabeth, an international community called “The Awakening Network.” They generously offer information, reading, practical ways to live healthy and valuable lives, meditation, training, and support in all aspects of life, including parenting and health. Their network has reached many thousands of people all over the world.

Ken has not only taught and practiced the principles of OKness in all aspects of his life and teaching, but he has also focused on the application of these principles to the wider world community and our planet. He promotes the principle of Oneness that invites a process of unifying the conflicting forces in ourselves, others, and the world and so expands our responsibility and joyous living.

References

Mellor, K. (1979). Suicide: Being killed, killing, and dying. *Transactional Analysis Journal*, 9, 182-188.

Mellor, K. (2008). Autonomy with integrity. *Transactional Analysis Journal*, 38, 182-199. 

TAJ Theme Issues

“Gender, Sexuality, & Identity”

Coeditors: Brad McLean and Bill Cornell

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Submission requirements [here](#). Email manuscripts to robinfrayer@aol.com.