

The Bernean Grid

Oswald Summerton

I believe that any model of human behavior gains in credibility when it is supported by a consistent intellectual framework. Berne has provided such a framework for TA, and it has been largely neglected. In this article, my purpose is to open discussion on the conceptual grid, to propose an evaluation in the total context of the Bernean corpus and to discuss its contribution to TA theory.

The Terminological Grid

Berne's terminological grid serves as a basis for productive discussion when an imaginary line is drawn horizontally through the grid so as to include one element of each column. The grid has four columns of terms. Transactional terms make up column one and validating terms fill column two. In column three we find modifying terms. Methodological terms are contained in column four. Berne's contention is that clarity and accuracy will be maintained in a discussion when participants draw the horizontal line through the grid, verify that others have done the same, and argue within this framework. Speakers who argue from different points of view will cause confusion. By using the grid, Berne maintains, speakers will be more logical and clear.

Transactional Column

The grid's transactional terms include the four types of analysis traditionally associated with TA (1961): Ego States, Transactions, Games and Scripts. Though

SUMMARY: The Bernean Grid is a carefully reasoned expansion of Berne's own conceptual grid. Like Berne's grid, the present model has four columns; unlike Berne's grid it adds relationships as groups to the transactional column, and psychic organs to the modifying column. This expansion is based on all of Berne's writing and offers an exciting integration of TA concepts such as, for example, symbiosis and rededication. Also it suggests new ways of clarifying game theory.

EL DIAGRAMA BERNIANO: El Diagrama Berniano es una expansión—de un razonamiento cuidadoso—del diagrama conceptual del Dr. Berne. Como el de Berne, el diagrama del autor tiene cuatro columnas; a diferencia del de Berne, aquél agrega como grupo las relaciones a la columna transaccional, mientras que los órganos síquicos a la columna modificadora. Esta expansión se basa en toda la obra escrita de Berne y ofrece al lector una provocativa integración de los conceptos del AT, a saber, por ejemplo, la simbiosis y la redefinición. También la expansión sugiere nuevas maneras de esclarecer la teoría de los juegos.

BERNES GITTER: Bernes Gitter is ein vernünftiger Umfang Bernes eigenen begrifflichen Modell. Wie Bernes, hat dieses neue Gitter vier Kolumnen, aber unähnlich ist, dass es die Beziehungen als Gruppen zur transaktionellen Kolumne, und psychische Organe zur modifizierenden Kolumne hinzufügt. Dieser Umfang hat als Basis, das ganze literarische Werk Bernes, und bietet eine ausregend Ergänzung von TA Begriffen, z.B., die Symbiose und die Wiederentscheidung.

LE RÉSEAU BERNIEN: Le réseau bernien est une amplification soigneusement raisonnée du réseau conceptuel de Berne lui-même. Comme le réseau de Berne, celui-ci est en quatre colonnes; au contraire du réseau de Berne, il ajoute à la colonne transactionnelle les rapports interpersonnels sous forme de groupes, et à la colonne des modificateurs les organes psychiques. Cette amplification se base sur l'ensemble des ouvrages de Berne, offrant une intégration fort intéressante des concepts de l'analyse transactionnelle, tels, par exemple, que la symbiose et la rededication. Elle suggère également de nouvelles méthodes pour la clarification de la théorie des jeux.

TA and Assertiveness Training, *continued*

Smith, M.J. *When I say no, I feel guilty*. New York: The Dial Press, 1975.

Theobald, T.J. "Hassle: a form of transactional solitaire," *Transactional Analysis Journal*, 1974, 4, 32-34.

the list seems comprehensive at first sight, two kinds of analysis are missing, namely, relationship analysis and the analysis of groups. Though relationship analysis was proposed by Berne himself, it does not get much treatment in TA literature. (1961, 1970). However, it is implied in all permanent or semi-permanent relations between persons and not only in the marital situations in which Berne first located it. I see relationship analysis as the basis for much of the Schiffs' work, especially in the concept of symbiosis (1975). In addition, it forms a link-pin between individual and group psychiatry. I am advocating a return to Berne's early study of relationship analysis as a useful therapeutic tool. Similarly I see need for clarifying Berne's conceptualisation of groups and organizations so that group analysis be included as a transactional term (1963).

The Validating Column

The validating column designates the four approaches to self-diagnosis: The operational term covers awareness of one's own behavior. The phenomenological term refers to the person's inner experience of himself. The historical term refers to the person's awareness of his structural and functional development, while the social term refers to diagnosis that depends on what happens during social interaction.

Universality of the Validating Column

I find the four validating terms used mostly in regard to Ego State identification. According to Berne's aim in the grid, they may reasonably be expected to apply to more than just one of the transactional terms. In practice, this has not become part of TA thinking and yet it offers a key to unlock some areas of confusion. One example of this was my problem in resolving the Gouling and Bernean game models. Applying Berne's own principles I conclude that these apparently conflicting models of games can be located within the grid as mutually enriching insights rather than confusing and irreconcilable views. Similarly, this method of analysis locates the Mini-script in the grid as a third way of validating a person's game. Briefly, games may be

validated operationally (Berne's model), phenomenologically (Gouling's model), historically (Mini-script) and socially (Drama triangle). Other transactional terms may be validated in a similar way (1976).

The Modifying Column

This column contains the two terms crucial to clear thinking in TA, structure and function. In the context of Berne's own grid, these concepts appear to be comprehensive. Yet, there seems to be no room for the organization of a person's psyche whether structurally or functionally. Berne discusses the need to postulate the existence of organizers of experience, or psychic organs, in his earlier writing. While he differentiates them from the "pragmatic absolutes" which are the Ego States in one place, elsewhere he appears to confuse them with either structure or function (1961). Just as nouns are used for structure and adjectives for function or description, perhaps adverbs could be used to designate psychic organs.

The advantage of distinguishing the psychic organs from psychic structure and functioning is that the psychic organs describe the mechanisms whereby an individual processes his interactions both within himself and with his environment. When the term 'organizing' is added to the modifying column, the mechanism of redefinition finds a place in the grid proportionate to its importance in therapy.

The Methodological Column

Berne includes two terms in this column: logical and empirical. Possibly he means 'a priori' for logical and 'a posteriori' for empirical. However, I feel the distinction is not one of Berne's best, and I see need for further research into the meanings Berne might have had in mind.

The Bernean Grid

It is now possible to assemble the elements of Berne's conceptual grid and expand it into the Bernean Grid.

The transactional column includes Berne's unique contribution to social psychiatry, plus his specific contribution to the study of groups and organizations.

transactional terms	validating terms	modifying terms	methodological terms
Ego States	operational (behavioral)	structural (psychobiology)	
Transactions Games	phenomenological (existential)	functional (descriptive)	logical
Scripts	historical	organizing	empirical
Relations Groups	(developmental) social		

Figure 1
The Bernean Grid

The second column of the Bernean grid contains the terms that Berne used in his grid. Column three adds the term 'organizing,' and the final column remains as Berne suggested it.

Functions of the Grid

The main advantage of the grid is that it offers a Bernean intellectual framework for future research on, and a scientific approach to TA. By reparenting my Adult or readulting my Parent, I find that the grid is true to Berne's thinking and that the apparent differences with the grid outlined by Berne himself are explained by locating the Bernean Grid in the writing of Berne as a whole.

Another advantage of the Bernean Grid is that it offers a framework within which TA concepts can be fitted neatly. When Little Professors take a new look at relationship analysis and the analysis of group structure and dynamics, new insights are bound to surface. Finally, the Bernean Grid is both a basis for thinking and research as well as a source of aesthetic satis-

faction by its consistency. What's in it for my Child? Wow, it's neat!

Oswald Summerton is a Clinical Member and Provisional Teaching Member of ITAA and holds a Master's Degree in Operations Research. He recently spearheaded the forming of the Transactional Analysis Society and is now one of its Vice-Presidents and Chairperson of its Training Standards Committee. He is National Secretary of the Jesuit Educational Association of India.

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