This is our first anniversary issue – a momentous occasion that brings great joy as we celebrate the completion of 1 year since the launch of the SAATA Newsletter. I am elated and thankful as I share this significant milestone with you, the reader, and all the contributors.

Yet there is the overwhelming sadness and anger at the rape and murder of a child that has once again, shaken the collective conscience of the people of India. This mind-blowing, in turn, is born from the polarity of emotions evoked by these events. It’s neither my intent nor within the boundaries of my role to take any stand in the matter of the tragedy, but to ignore it would be to ignore the fact that we are social beings, affected by what goes on around us. Hence, as we celebrate the accomplishments of all our contributors who were instrumental in the re-launched newsletter marking its first anniversary, our flag flies half-mast. We pray for the child’s soul to rest in peace and for the perpetrators of the crime to be brought to justice swiftly.

The anniversary coincides with an expansion of the editorial team for the SAATA Newsletter. I’m pleased to welcome Priya Vararaghavan to the team of craters! The cool cat has easily hit the ground running, adding in its glory and switching up a crossword from her magic wand to be your treat! Great to have you on the team Priya! As you solve her [crossword], take a look at our brand-new [section] section and guess the TA concepts you see over there! You can send your answers to newsletter@saata.org. Successful respondents will be celebrated in the next issue. Speaking of celebrations, last month saw our very own grand maa, P.K. Sam, born 90 with her characteristic wellness and energy. Check out the tributes from all over the world that have poured in for her in our [Celebrations] section. Adding to this festive mood is the Ruby jubilee [celebrations] of the STA Study Circle, Madrid captured in words by Sanchita Ramamrutham.

Taking the celebrations to the next level, I am happy to announce that we will be honouring SAATA Newsletter contributors in the 2019 MFL. L. Dr. Susan George’s generous endowment fund will be used for this purpose and the details will be shared in the next issue. This is our humble way of acknowledging and celebrating the contributors who put in their time and effort to create engaging content for our readers. Here’s hoping this doesn’t motivate you to start firing your next masterpiece for the SAATA Newsletter, tell us what it will be.

Compliments of the heart, this anniversary issue is adorned by arobust comb of content, ranging from a first-time publication by one of our acclamation trainers, [first name] [last name], to a prayer on Hope by [first name] [last name]. As a tribute to the current [TA] president, [first name] [last name] shares his thoughts on the [TA] journey of growth where concepts like Contracting, Games, Strategies, Time Structuring, TA Proper and Egoism have empowered him towards awareness, spontaneity and intimacy in his life. Our own mentor [first name] [last name] has penned an article on the Force that keeps us from changing and how we can utilize it as a Source for a better life. From around the world, another acclaimed trainer, [first name] [last name], shares with us his history of TA in South Africa, starting from humble beginnings in the 1970s to having a South African; the current TA president, [first name] [last name], returns to the Creative Corner with an articulate description of the healing process of Depression, and [first name] [last name] explores the Parental aspect to help avoid addition to anything, even good things. What a treat! [first name] [last name], reviewing a book that promises to be a valuable companion for any TA aspirant, and [first name] [last name] clear explanation of the signs of Autism complete the rich line-up of content for this special anniversary issue.

Finally, I would like to remind you that in August 2018, delegates from around the world will convene at Kochi to share, learn and grow as a community of TA professionals! Come, join The Dance of Culture as the [TA] Conference boasting over 60 workshop showcases to presenters from over 15 nationalities. returns to God’s own country after 25 years! Have you registered yet?

I sign off on a personal note, introducing my family to you. Amatha, my wife, is holding our baby boy Arun in this portrait we took on the occasion of the baby turning 8 months of life outside the womb. We wish you happy reading!

Snehal Thakur
Managing Editor

PS: Please click on the “Feedback” button and share with us your experience of the newsletter. We are constantly looking to publish content that is valuable to you, and your feedback will point us in the right direction. You are also welcome to write directly to newsletter@saata.org; we’ll be happy to receive some “Letters to the editor”, you know

SAATA announces Moharani JA as the recipient of the first SAATA Service Award for the year 2018

Dear Moharani,
Congratulations on a very well deserved recognition.
You have been, from the day I have known you, an open, bold, loving and lovable, helpful and trustworthy friend. A pillar could stand on always in times of joy and difficulties to face and difficulties which are [insert text] all your interactions that have added so much value to the TA community.
Your contributions as a housing Trustee, Treasurer and Secretary have been timely and with love and brought.
May this award motivate many others to discover their values in giving back to the community.

Love and prayers
Snehal

Feedback

Thank you for including me on the mailing list for your newsletter. I loved reading it. What a wonderful job you have done!
Feedback...

Please send your content to newsletter@saata.org
Client Login for Publishers
The official TA101 Course: Purpose, Requirements and Certification

The TA101 course is the official introduction to transactional analysis. Its purpose is to provide consistent and accurate information about TA concepts.

The following requirements must be met in order to qualify as a TA101 course recognized by the ITAA:

- The course content must include content as specified in Section 4.2 of the ITAA Training and Examinations Handbook
- The course must be at least twelve hours long
- TA101 instructors must be officially recognized, so they must be
  - a Teaching Transactional Analyst, or
  - a Provisional Teaching Transactional Analyst, or
  - a CTA who is endorsed as a TA101 instructor

Learners who participate in the whole course are awarded the TA101 Certificate. This is awarded by the ITAA.

Note: Programmes are listed for the purpose of information only. SAATA does not promote or endorse individuals, organisations, groups or programmes other than those offered by SAATA.

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Tributes to PK Saru on her 80th Birthday

Our beloved president, PK Saru, has completed 80 years of fruitful living on this earth. The SAATA family has showered many blessings in various ways to show her the deepest appreciation and affection towards her. As a token of love, this issue is dedicated to her. She was a part of the SAATA family for 25 years and her presence was felt among the members of the SAATA. Her love for the organisation and her passion for service were evident in her actions. She was always ready to help others, and her warm smile and friendly manner made her a beloved member of the SAATA family.

SAATA Service Award

SAATA proudly announces that the late PK Saru was the recipient of the 2019 SAATA Service Award. Her dedication, hard work, and commitment to the organisation have left a lasting impression on the SAATA community. She was a tireless worker who always went above and beyond to ensure that the organisation thrived. Her contributions to SAATA will be remembered and celebrated for generations to come.

In the Memory Lane of SAATA:

The SAATA family remembers PK Saru with fondness and gratitude. She will always be remembered for her unwavering dedication and her commitment to the organisation. Her legacy will continue to inspire future generations of SAATA members to follow in her footsteps and dedication.

Anniversary Issue

Acknowledgements

Thank you to all the contributors and organisations for their support and contributions to this issue.

SAATA Newsletter

Recommending the Next Generation

SAATA has always been known for its commitment to promoting the next generation of leaders. This issue highlights some of the young and upcoming talent in the organisation, showcasing their contributions and promising future.

Creative Corner

Art Addiction

A feature article on the art addiction that is currently sweeping the SAATA community. This article explores the various forms of art addiction and the impact it has on the organisation.

Feedback

We welcome feedback from our readers. Your comments and suggestions are valuable to us and help us improve our future issues.

Previous Issues

A list of previous issues of the SAATA newsletter. This section allows readers to access past issues and catch up on any missed information.

Contact Us

If you have any questions or comments, please feel free to contact us at contact@saata.org. We are always happy to hear from our readers and welcome any feedback.
Comics

What TA concepts come to your mind when you see this comic? Write to us at newsletter@saata.org

EXPERIENCES
- TA Proper, Stroking & Time - Structuring
  - Ambika
- Feelings
  - Anuja Ralhalshetti
- From Playing Games to becoming Sportive
  - Kiran Katava
- Personal Growth through TA
  - Neena Bijoy
- Autism
  - Sajith Subhan
- TA in South Africa
  - Karen Post
- Force or Source
  - I.A. Mohnan
- A Ranty Soliloquy on Writing
  - C. Subhrajyothi
- A Teenage Contract
  - Lasitha Prasanna

BOOK REVIEW
- Book: From Anxiety to CTA
  - Anne Gopalakrishn

CREATIVE CORNER

Depression Healing - Jashwanth Devarathan

Art Addiction
- Vassudha Srinivas

Poem: Hops - A Prayer
- Vincent Goyal

Feedback

Thank you for including me in the mailing list for your newsletter. I loved receiving it.
What a wonderful job you have done.
Read more...

Please send your content to newsletter@saata.org

Can you guess what kind of a TA frog I am? Write to newsletter@saata.org to see if we are on the same page.

PIXTON

MADE AT PIKTON.COM
by Srinath Madhukar

RECEIVE OUR NEWS LETTER

Newsletter
Crossword
Tazzle by Priya Naveenrajah
Solve this TA crossword and mail us your solution to newsletter@saata.org. The first 3 winners (Tazzlers) would be featured in the next issue alongside with the solution. Have fun and happy learning.

ACROSS
1. The unconscious life pattern (6)
4. EDMA Winner for the "Substitution factor" (9)
6. A form of transaction; when a response comes from an ego state not addressed to (7)
9. One of the stages in Freud's Psychosocial Development (4)
10. The first order ego state model in short (3)
11. The last name of the founder of Transactional Analysis (6)
14. One of the goals of TA (5)
15. You and I are either OK or we are _____! (3)
16. A card game born to win (6, 5)
18. A game where the therapist is treated as the judge (9)
19. Sport, that is also a way of structuring our time (4)

DOWN
1. The opening communication (6)
2. Fear, one, show another (6)
3. This fear is extreme and irrational (6)
5. Non-verbal prohibitive commands received from the parental figures (11)
7. He could have a significant influence on your script (3)
8. We sometimes collect this feeling and cash it later (5)
10. She alerted us to the idea of Permissions, Potency and Protection within the clinical domain (3)
12. What do you ____ after you ____? (2)
13. A lack of recognition (6)
17. She could have a significant influence on your script (3)
Deeper understanding of the topics on SA prospects, striking and time structuring helped me change the way I approach my own institutions.

Backgroud and work

I had been working in the fields of health and nutrition for over 15 years, primarily in rural areas of South Africa. My work focused on community-based interventions to address malnutrition and improve health outcomes. As a result of my experiences, I developed a strong interest in the relationship between diet, health, and well-being.

For the past 6-7 months, I have been working as a research officer for a project focusing on the relationship between diet and health outcomes. My role involves designing and implementing research studies, analyzing data, and disseminating findings to stakeholders.

In this role, I have had to work closely with a team of researchers and policymakers to ensure that our findings are evidence-based and can be translated into actionable strategies. Through this experience, I have gained a deeper understanding of the complexities of nutrition and health and the importance of interdisciplinary collaboration.

Looking forward, I am excited to continue my work in this field and contribute to efforts aimed at improving the health and well-being of communities.
It was a lazy morning in Bangalore. It had rained the previous night and the morning was cold and nice to sleep longer. On any other day getting out of bed would have been impossible, but on that day I was already awake and ready to leave for my class, 365 kms away. This journey was very special to me. I started my trip eager to begin my third year of training under Susan George. I was also eager to meet my group and start another year promising to be filled with learning and self-discovery. The topic for that weekend class was ‘Feelings’.

In my two years of TA training, the word ‘Feelings’ had played a big role in my metamorphosis as an individual and as a member of this group. It was these feelings that had lent meaning to my experiences. It was the same feelings that had been limiting my growth as well. It was those which get lodged in my memory and affected my emotions, mood and temperament. Yet, it was the same feelings that had helped me to share, process, learn, to connect and find myself again. These made me human in my suffering and helped me be empathetic to others in my learning.

Our session began with our regular ritual of sharing, each of us had so much to tell. Each of the presenters presented a feeling. The presentation had the definition of the feeling, its biology, known causes, the ways to recognize, name and cope with it. It also had healthy ways to use each feeling and methods to work with their unhealthy expressions. The presentations were interspersed with exercises and activities, where we formed smaller groups and discovered the times that these feelings made a negative or positive impact on our lives and in those sharing, we found tears, built strength and held hope of integrating them in our lives. We were making peace with all those pieces of our lives. I also realized that I could learn what I was learning in that class because of the 2 years we had already spent exercising, feeling, perceiving, acting, and interpreting.

I still get angry, feel scared, guilty and happy, so what happened in these two years of TA training that made these feelings different for me now? TA helped me get of the emotional roller coaster ride that I was so accustomed to take. It helped me stop taking rides behind maniacal drivers at whose hands I had placed my life. Now I drive my own car and I’m at the wheel and it is stick shift (with an option of automatic). I learnt to take control of the wheels, and have the power to dictate who I am. Processing all my feelings and emotions under the TA lens, I learnt to grow and drive my own car, be aware of them, and take control. Just like the trained drivers, they can drive the roads and take roads with equal comfort. They do not just by adjusting the gear and the speed but also having the knowledge of the terrain. TA has helped me name my feelings, own them, and become aware of them. I have learnt how they manifested in me and my environment and how to make life-enhancing responses to them.

Today, TA helps me see the way my script plays out while giving me the power to rewrite my script and the ability to change what didn’t work. It also gives me the power to integrate all of these. I’m a more wholesome person. At these years others had the power to tell me who I was, based on their interpretation of my shared thoughts, feelings and behavior. TA helped me realize that I cannot change the way that others interpret what I said or did or how they interpreted my response to them. But I could change the way that I choose what they said or did to me or how I received my interpretation of their response to me. Over these years the power of choice I am at peace with where I belong- myself. It has not removed my compassion or sensitivity to others. In fact, TA has helped me empathize and respect others’ needs and feelings and be responsible for my intentions and actions.

Sitting in this class today, revising all those feelings I felt proud that we were as a group thinking of ways to help others integrate these feelings into their lives. We were also sharing ways to grow and heal ourselves. Even as I observe the difference in each of our thoughts, feelings, emotions, or how we express and interpret them in our group, I find that each of our journeys is calling us to discover the depth of who we are. The journey is also to meet the other person and their needs and not just their mask or their behaviors.

I had mostly been living in the self-blame and pain of the past or in the worry about the future. This had dominated most of my life so much that I had forgotten to be in the present—be in the moment. Learning about my feelings, my emotions and how I can reach out with others from the Adult helps me to be the captain of my life and navigate through the rough seas and the calm oceans of my life.
I had an argument with the daily garbage collector over the money which he was collecting from us regularly. It was a game conversation. I took a vote for mum of the time and a periscope for a while in it. After a few minutes of futile argument with him, I thought, "It is always like this with him" and ended it. It was the start of the day and went to the padi (paddy) field and combed the padi husks. How is it all in this life, as I am the only one who would have a say in it and God would just take it. Within 1-2 minutes, my time running in theجامیکا to Vavali. I could feel the reduced rest of being in a rut from being young. I often replayed the habits and taboo conversations with people. On the contrary, I am also a talented and witty person. This was very confusing for me! I felt wondering what kicks me to talk and what stops me? Very importantly, what was I doing when I wasn't talking? While I wanted to talk.

My Te journey started around 2 years ago with self-study. I started getting a glimpse of my personality structure and patterns of behavior I am in this life. I became aware of the patterns of getting mouth ulcers and headaches. This is a common medical issue. For me, the seeds were in a white, already on the ground. Very soon, I started to see those repeated patterns (headache, mouth ulcers, and arterial heart beats) were my payoffs of the many games I was playing.

Going by the formula of a game:

Game = C (Cont.) + G (Gimmicks) + R (Routines) + D (Dude) + C (Collect stamps and redeem as payoffs)

With this awareness, I wanted to break the game pattern. Of the various options available, I chose to break it by stopping the stamp collection and refusing the payoff. I was very clear of this payoff. But, my whole issue was: what stamps was I collecting and how was I collecting? Also, how, where, and when was I redeeming them as the above payoffs? Of course, I didn't want to miss the yummy food that will prepare, by having mouth ulcers for a week? The bird was moving.

How the formula of the game appeared above:

Game = C + G + H + M + S = Collect stamps (What, How, Where, and Why) and redeem as payoffs (mouth ulcers, headache, arterial heart beats).

During my work with my therapist (Ron-Tu), I realized that as a child I often suffered when my needs weren't met or things didn't work. I kept all the anger, pain, sadness within myself. When I reflected, I realized I was still doing it even as a grown up and during therapy at times. I did this with the therapist as well. I also had breaking off and breaking the relationship pattern, after collecting enough anger stamps. This was the same way I was engaging my environment and people around me, corresponding to my needs. If I didn't work, I assumed myself that the world is a dominating place and I helped.

Precedently, I did this in conversations. I sided instead of taking my own opinions, differences, and views. I sided and lost away the stamps of sadness, anger, frustration, helplessness, sorrow, and aversion. And later redeemed them as pay-offs once in 3-4 weeks. So, I realized, where, when and how I was collecting these stamps.

The formula looked as below:

Game = C + G + M + S = Collect stamps (What, Where, Why, How) and redeem as payoffs (mouth ulcers, headache, arterial heart beats).

With that realization, the whole formula became meaningless to me. Now, I was equipped to dismantle this pattern I brought in the foregoing changes in myself. During every conversation, I started checking if I was holding onto anything - either emotions or thoughts. If I was holding onto something, there were 2 possibilities:

- There is something that I want to convey or get clarified from the other person.
- If not, I'll take it as a role or a role to play the conversation with the other person.

This conversation is very important and I am disagreeing with the other person's stance or feeling something, which I'm not acknowledging to myself. Or instead, I was treated and not acknowledging towards myself - my Te's driving behavior. If so, it acknowledges itself and customizes my view as follows:

- If it is a feeling problem, I check the impact of the situation and take measures for reducing the impact of the past and future so as learning can do in the future.
- If it is a sense that the other person is being interfered from others. Or I am becoming conscious aware of thoughts and the feelings (mind and the others) I am wanting to accommodate the world.

In addition, for the headache, the moment I started getting its symptoms, I checked my thoughts and emotions and saw if I was withdrawing/avoiding them. I noticed it and address - either by taking to sell, arranging the required things, taking a break, attending the needed basis and so on.

Now, the formula appeared as:

Game = C + G + M + S = Collect stamps (Stop collecting Sadness, Anger, Frustration, Helplessness, Sorrow and Overeating during conversations) and redeem as payoffs (mouth ulcers, headache, arterial heart beats).

Since I didn't have any stamps to collect, what could I redeem? In this way, I dismantled the game formula by stopping the collection of stamps and started being active without playing games. Without mouth ulcers now, I have been assuming myself with yummy food.

References:
Personal Growth through TA - Neena Bijoy

Mrs. Neena Bijoy is a saree designer who has a boutique of her own. She lost her husband very recently and joined the TA classes for self-healing. She has 2 sons and a wonderful daughter-in-law and they are all very happy about her doing this course.

It is with sincere gratitude that I look back on the past one year where I have continued learning and incorporating the principles learnt from TA in my own life. I really believe that the TA101 workshop I attended was one of the biggest life changing events that happened to me in the recent past.

I realised how much stress was necessary for my own wellbeing and learnt to reject negative ideas. I learnt that no-one is more important to me than myself, and that I should always account for myself. I consciously began to avoid others discounting me. Very often I identified myself getting into drama triangles and when I realised that it was constantly leading to negative outcomes, I now try to keep out of it.

Learning about the ego states and also drawing my own ego map helped me realise that most often I was operating in ego states that were not only hurting others but also leading me to be confused about myself. This also helped me to consistently try and operate in the Adult and Free Child ego states as far as possible.

The workshop taught me to realise where my fears and unfounded submissiveness came from and to make the re-decision to live happily and be assertive. The competency curve when applied to my own life was in the same way. I went through a stage from immobilisation to success. I realised that when I accounted for myself and stood up for what I thought was good for me it instead of looking for others' approval I always did it sure made my life a lot easier.

I realised that being true to my self and assertive when necessary would also make others stand up and take note of how I need to be treated. I was surprised how being non-judgemental and also not going forward with the assumption of what others would think could make me much more comfortable. Many a times, what I thought people meant was very different from what they really meant and many a times I would hurt my own feelings by wasting time trying to see if I had got what others really meant.

I would say that learning TA has brought out the positivity in me and taught me to handle my negativity and emotions. I conclude by saying that TA learning has changed me into a positive person who has a much broader outlook on life.
April 2nd is Autism Awareness Day and hence I thought of writing this for us to understand Autism better.

First of all, none of us in our wildest dreams would think that their child, this little human being that they have worked like the most delicate thing in this world could have any challenges. And what makes it worse for a parent who is just discovering that their child has some challenges are names like Autism, ADHD, ADD and even special child (doesnt feel special at all).

I am writing this because I see way too many parents comparing with other “normal” or “normal” parents when they see some of the symptoms, and mostly the others ask them not to worry because the child will grow up and everything will be ok. Every time I hear something like this I think the family lost an opportunity to address the child’s challenges. Hence, I am writing this with the intent of helping us differentiate symptoms of autism from symptoms of just being children.

Below are the signs one should look for. Meeting many children on the autism spectrum has helped me put this together. This list will help us understand when it is time to take the child for an assessment.

1. Hyperactivity
   The child finds it difficult to sit in one place for more than a couple of minutes and is constantly on the move. It is different from just being an active child. Also, what could make us think that the child can sit for several minutes in front of a screen (TV, phone, iPad) or for that matter music. Squirms are usually very appealing and they might sit, but when you look at the child’s responses to other activities which needs the child to pay attention like listening to stories, coloring etc., you will have a better idea.

2. Lack of response
   The child does not consistently respond to his name being called and follow instructions. Observe the child’s responses across people, the child’s responses will be the best with primary caretaker. Yet, it might not be consistent even with the primary caretaker. Responses need not be verbal, but even turning around and keeping all the face, gesturing and smiling is good enough to be considered as a response.

3. Difficulty in making eye contact
   You observe that the child is not able to make and sustain eye contact. Again, the child need not be verbal, especially if the child is under 3 years of age. The child may be responding better to parents, and that can be sometimes misleading. Sometimes, I have observed it’s only the mother who is not able to observe the symptoms much.

4. Difficulty in gestures
   The child finds it difficult to gesture like nodding and waving. Also, you don’t see many of the non-verbal expressions which are otherwise common among children.

5. Avoidance and difficulty in socializing
   The child finds it difficult to connect to people and is afraid. You observe this in school, parties and other social settings. The child is not scared but genuinely finding it difficult to connect to people. A shy child might make eye contact and shy away which is different from being disconnected and in his own world.

6. Difficulty in communication
   The child finds it difficult to have a abd bid communication. They might repeat what you say, sing rhymes or songs, say their numbers and ABCs but not communicate with another person. The difference between talking and communication is an important point here.

Most of these symptoms will be observable by the time the child is 2 or 3 years of age, and sometimes earlier. I have heard some people say that assessing a child before the age of 3 is not advisable as they need to grow a little bit before getting assessed. This is not true, the child shows these symptoms early in life and it is best to get the child and parents the help they need at the earliest. Here, I would like to mention my observation that many practitioners are not equipped to assess the child and many parents lose that precious time because the paediatrician is not able to read the symptoms. Hence, the assessment needs to be done by a developmental specialist.

So, when in doubt, its best to get the child assessed. An assessment by a developmental specialist helps the child and the parents. Through an assessment the parents either know that everything is ok and they need not be anxious or are able to provide the right help and therapy to the child at the earliest. Early intervention and therapy helps the child immensely through these difficulties and facilitates the child to communicate and connect to the world.
THE SOUTH AFRICAN Transnational Analysis Association (SATA) is a small organisation officially founded around 2007 specifically to be able to partner the ITAA in organising a TA conference in Johannesburg in 2008. After a few years of relative dormancy after the conference, there has been renewed energy and some of our younger TA professionals volunteering to be on the Executive Committee. The current SATA president, Diane Satter, was a founder member and the first chairperson of the SATA. We are registered as a Not for Profit Organisation (NPO) and our mission and purpose is as follows:

To promote the TA and its applications through networking;
To promote the TA and its applications through training;
To promote the TA and its applications through research;
To promote the TA and its applications through publications.

We have been running a number of workshops and seminars, both locally and internationally, and have also been involved in supporting the development of TA in other countries, such as in South Africa and in Southern Africa. We have also been involved in supporting the development of TA in South Africa and in Southern Africa.

In terms of government regulations, people cannot practice psychotherapy or counselling without registration with the Health Professions Council of South Africa and this requires at least Masters level study as Clinical Psychologists. So the few people who do practice in this way do so in practice on different levels of TA proficiency to their existing degrees. Currently, the growth of TA in South Africa, is in the developmental context of learning and development. Many people are TA creatively with grass roots communities as well as in organisations, schools and with individuals as consultants, facilitators, and coaches. People who are TA-ready as they resonate with its respectful and OK philosophy and its focus on autonomy. (See an article on TA that I used to TA rural areas in South Africa – Prinde, K., and Mahloumy, M [2014-1] Transforming transcultural workers in South African Psychiatric Journal 44, 53-57.)

There are only two TTA’s permanently based in South Africa – Diane Satter (SATA) and myself (TTA). As was the case when I trained in the educational field (gaining my CTA in 2008) we have had to get creative to make connections across the world. One way has been for the SATA to offer monthly two hour online webinars presented by TA trainers from all corners of the world. We are continuing this offering in 2018. It’s a free perk for SATA members and costs a nominal amount for non-members – do keep an eye on our website – you are very welcome to join in the learning. From 2017, I have been running online, real time, interactive training groups with trainees from Africa, India and occasionally from other countries (Dubai, Singapore, and in 2016 a few from Kazakhstan). We have co-created a vibrant and connected TA group despite only working virtually, and the expansiveness that has come from being such a diverse group of people and experiences, has been very rich.

The history of TAs in South Africa began in the 1970s with Maria Gilbert and Petrusha Clarkson who were in the process of getting certified by the ITAA and were in training with Richard Emslie in the USA, as there was no one to train them in South Africa. Maria and Petrusha started running TM 101s and a group of other people, including Diana Shmulke, Merle Friedman, Shirley Spelt, Henrille van Zyl, Bia Kidd, Sandy McDonald, Gary Cottrell, Sandy Clarkin, Martin Ylitaken and Sharon Kainna began to become involved in training TAs. During these years not all trainers were willing to come to South Africa to train, because of the apartheid politics. Maria brought out Richard Emslie and Rebecca Trautmann in 1978 for the first time and that was when the advanced integrative TA training began. After that Richard and Rebecca came to SA virtually every two years until the 1990s to do training workshops which often lasted between five and ten days each. During that time Carlo Veeck also came out twice to conduct two five-day workshops and Mary Coz came with her husband to run a training workshop. They enabled those who wanted to get certification with the ITAA to get not only their training hours but their knowledge and skill. From the early 2000s onwards, trainers such as Colin Brett, and Trudy Newton regularly visited SA and ran training groups for people pursuing organisational and educational paths. We are proudly South African – here at the southernmost tip of Africa, and as the Nguni phrase says: "Umtatu ngumuntu ngabantu" which loosely translated as "a person is a person through other people" – the attitude and philosophy known to the world as Ubuntu. We can certainly say this as we honour the early pioneers of transnational analysis in this country, and those who gave their time to travel here to support the growth of TA in this vibrant country!

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Fires and Bushfires

Fires and bushfires are a natural part of many ecosystems, and they play an important role in maintaining the health and diversity of many habitats. However, when wildfires become too large or intense, they can cause significant damage and loss of life and property.

Fires can be caused by natural events such as lightning strikes, or they can be started by human activity, such as campfires, arson, or improperly discarded cigarettes.

When a wild fire starts, it can spread rapidly, and it can be difficult to contain. The best way to prevent a wildfire is to avoid creating one in the first place, and to be prepared if one does start.

For more information on fires and bushfires, please contact your local emergency management authority or visit their website.

References:

A Teenage Contract - Lakshmi Prabha

Lakshmi Prabha is a postgraduate in psychology, child care education and an advanced TA trainer. She works as a counselor in a child cancer foundation. Her experience includes working with children with special needs. She is passionate about teaching parents and children the skills to cope with stress, anxiety, and depression. She believes that unconditional love sustains relationships.

Two weeks ago, on a breezy, drizzling morning, I was eagerly waiting to meet my three close friends who were also my schoolmates. We had planned for a get-together after a long time.

The whole day was spent chattering, giggling, laughing, eating and of course taking lots of selfies. The energy in the room flowed like a bountiful stream and we enjoyed the day thoroughly and parted in the evening with a promise to meet again.

This get-together was possible through a contract made between me and one of my friends in that group. Ours is a 25 year long friendship… yes, we met at the age of 14 as teenagers and still continue as friends even as we have transformed into beautiful, mature ladies of 39 years.

Later that day, after my friends left, I was pondering about “What has kept this friendship alive for such a long period?” I started analyzing the possibilities and listed out the reasons. By the time I finished listing, I could not control my curiosity and called her to check her thoughts.

She remembered the incident when we were 15, when my family had to move to Patna due to my father’s transfer. She continued saying that we both agreed to sustain our friendship even though we had to be separated. We agreed to be in touch and she added that if any disagreement arises between us, we agreed to sort it out by calling to each other and also decided that no ego issues would come between us.” She shared with me that she had many friends in her life with whom she had such an agreement. But none of them were able to maintain this agreement except us. Then she reasoned that this agreement between us has maintained our friendship all these years.

We agreed to continue our friendship mutually and it’s a great achievement that it is 25 years now. We both considered that the unconditional love out of the friendship is valuable as we have the space to discuss anything between us. We also believed that we had the competency to be in touch with each other, as in the period when only landline phone and writing letters were possible. Though I travelled all around the nation due to my duties and husband’s transferable job, we were in touch with each other through letters and as technology advanced we continued to be in touch and finally our friendship was bound by the law.

As a TA trainer, I am surprised that the contract which is a small gift we agreed to the four components described by Dr. Claude Steele. The four components in a contract are: mutual consent, understanding, competency and a mutuality object. I validate Dr. Emmer’s definition “a contract is an explicit bilateral commitment to a well-defined course of action.”
Book: From Anxiety to CTA - Aruna Gopakumar

Book Review

The title “From Anxiety to CTA” is for me an example of a built-in transaction. It immediately appeals to an aspiring CTA who is more than familiar with anxiety, offers support and provides a practical roadmap. In this simple, four-chaptered, aesthetically-designed book, the author, Aruna Gopakumar speaks conversationally to the reader and shares practical suggestions for the CTA written exam.

The first chapter is about the administrative aspects that need to be attended to at the beginning of a CTA exam, in order not to get derailed midway. These include the very valuable, but often overlooked steps of finding a supervisor, signing the contract, having the log in place, starting recording of sessions, becoming familiar with the core competencies etc. These ensure that CTA students start firmly and smoothly. She also recommends some books to start with, much needed as one can get lost in the deluge of literature available in TA.

The second chapter reads more like a self-help book. It has tips on how not to procrastinate, how to make time for writing, how to fight perfectionism etc. This chapter, while containing useful suggestions, has the limitations of a self-help book. An anxious CTA may not have the objectivity to recognize a script playing out. It will need a supervisor to construe the tendency to be perfect or to try hard.

The third chapter is that of the heart of the book and that is as the most valuable part. It provides step-by-step comprehensive guidance for all the four sections of the written exam. For each of the questions in the exam, the author details what the examiners could be looking for. Against each exam question, she gives several suggestions for the candidate to think about. Here is one example. For the exam question “How do you protect yourself and your client?” the author asks the candidate to think about the following. “Think of all the things you do in the best interest of yourself and the client. Here are some questions for you to think about: Do you have regular supervision? How often? Individual or Group? Are you part of a peer supervision group? Are you in personal therapy? How often and in what form? How do you take care of yourself and protect yourself against burnout? Do you set a maximum number of clients in treatment or maximum number of hours each day? What code of ethics do you follow? How are you extending your education? Do you have any professional insurance policies? etc.” If the candidate reads this book before commencing the CTA writing, he/she would be also guided to set up some of these processes of peer supervision, self-care, etc. These questions are invaluable in helping candidates understand what is being asked for and give relevant and comprehensive answers. Particularly useful are the guidelines for the case study. The guidelines for section D of the exam are written by Keith Tudor. A very interesting element in that section is a table of TA concepts and the questions in which they could be discussed. While the book is written for CTA aspirants, this section is a guide to supervisors as well, providing a comprehensive checklist that makes it easy for them to advise their trainees.

Chapter 4 provides guidelines about citations. For many candidates, the CTA written exam is often the first time they are writing a document that requires citations. The author talks about the sources from where candidates can cite. In what kind of citations are, what the guidelines for citations are, how diagrams need to be dealt with, and how references are formatted. She also provides the table of basic citation styles (APA, 2013).

Written in very simple language, the book holds the reader’s attention. The clear, useful and practical guidelines make it invaluable for a CTA aspirant. I appreciate this endeavor because the CTA exam is seen as daunting by trainees. This book will encourage more people to take the exam and therefore increase the number of TA psychotherapists. Having gone through the CTA exam recently myself, I resonate with its contents. If I had had this with me before my CTA, it would have provided me with a structure that would have saved me enormous stress. The ones who have it right at the start will be luckier!

(For more details about the book, refer: www.howtopasscta.com)
Art Addiction - Vasudha Srinigar

An overindulgent artist that I am, I struggle with addictions everyday–an addiction to create art, to continue creating & to continue creating.

What started as a hobby, turned into a habit and then an addiction with no boundaries whatsoever.

One would assume that it is a good sign for art to have no boundaries, but an artist has to know when to smear the last stroke of paint on a canvas.

The canvas is the artist’s baby, and no amount of improvisation is good enough, it seems like a work in progress with no ultimatum or deadline.

And in this journey of overindulgence, in not letting the canvas speak for itself, the vision of the artist becomes a perpetual void.

On a similar note, as a layman to Psychology, I can see that an overindulgence of a positive habit can be fatal too, that a mere gaffe of someone can turn into gambling before you even know it.

While it is important to tinker the raw Child in oneself to kickstart, create & explore, it is equally important to know the exact moment that the Parent in you must take over.

While it is sheer hard work to break free from addictions, the future is always promising, of a fresh start, of a brand new white plain canvas.

‘Brave is the one who knows when to stop, and when to start over, for there’s always room for more art’
Poem: Hope - A Prayer

Lord! I ask not for you to take away the darkness
While I try to find my way through, give me hope to see light
Lord! I ask not for you to lay down for me the path
When I choose one for myself, give me hope to make it right

Lord! I ask not for you to dry my tears when I am troubled
While I struggle through a storm, give me hope to smile again
Lord! I ask not for you to pull me out of the drought
While I survive the thirst, give me hope that it shall rain

Lord! Give me hope, hope will see me through it all
Hope will get me to rise even after the greatest fall.