CELEBRATIONS, NEW BEGINNINGS AND HOPE

I am absolutely over the moon as I share with you all the news of the news of the period of my first child - baby baby boy. Suddenly there’s an abundance of everything in my life - joy, choices, love, responsibilities, celebrations.

Every night, every time. “Time is always against us” warned Mohandas in the 1939 movie. Michael, and laughed all the time he was such a nice moment was while the time of an Otto, 2017 came to a glorious end and the New Year has taken over. MHEC has set the stage for the ITAA-SAARC conference that is scheduled to be held together. Transitional Analysis from around the world within the period of August 2018. The deadline by “Sahariya & US” regulations is 30th Nov. Those are yet to be assigned the Chavan-Patil in their own country.

I am very much thrilled to announce some important contributions that have received recently. Saswee George has contributed “R1 103.56.5x” in an esteemed manner. This is for recognizing the contributions to the SAARC Newsletter and Indian SAARC. The readers for the overseas version of our SAARC are invited to submit a paper, and we shall be publishing the SAARC website once a month. Aruna Chatterjee and Subhash Krishna have contributed a number of valuable insights, and we hope that this will continue.

2017 was a year of significant achievements for SAARC as a region. 18 leaders were awarded the SAARC Diplomats. A major event of the SAARC was the first-ever SAARC advanced diploma awarded to Kishor Chavan. Read about all of it and more in Kiran Santra’s comprehensive report on Training & Examinations for the year 2017. Congratulations in all the SAARC nations for your year-end awards coming the way of the SAARC leaders and members.

If you are an expert and an issue is as noteworthy as it can get for starters, our first-ever overseas contributor Kishor Chavan, your name, becomes part of a myriad SAARC journey. Give us your post, and we will publish it on the SAARC website. Aruna Chatterjee submitted a number of valuable insights, and we hope that this will continue.

Hurray to those who worry, with no-charge “R1 103.56.5x” on the overseas edition of the newsletter for SAARC Journalists. This is for recognizing the contributions to the SAARC Newsletter and Indian SAARC. The readers for the overseas version of our SAARC are invited to submit a paper, and we shall be publishing the SAARC website once a month. Aruna Chatterjee and Subhash Krishna have contributed a number of valuable insights, and we hope that this will continue.

“Hope is a good thing, maybe the best of things. And no good thing ever dies.” - Andy Dufresne, from the movie “Shawshank Redemption”, 1994.

Bishnu Hadabur
Managing Editor

Greetings from SAARC President

Saswee George
President, SAARC

On New Year’s Eve, as I stood down to pen these words, I recalled my childhood, a poem “Taming the Savannah” by John Paul Moore. My thought, this is exactly how I feel when I look back on 2017 personally, professionally and as SAARC President. I quite a lot to communicate to you this experience.

Good-bye to the Sunshine State

Hemant A
Secretary, SAARC
SAATA Newsletter

The Exams

The TSTA journey – A conversation between Sai & Ragini

Sail: Welcome to this conversation. I'm Sai, and I'm a Transactional Analyst, a Psychotherapist and a Teacher. And I'm joined in this conversation by a colleague, Ragini, please introduce yourself.

Ragini: Yeah, Hi. I'm Ragini Rao. I'm also a Transactional Analyst, a Therapist, a Teacher and a Supervisor.

Report SAATA VP-Training & Examinations Jan-Dec 2017

We had 19 successful diploma exams in the year 2017, which is the highest number so far and approximately triple the number, as compared to the number of passes in 2016.

- This indicates that the changes made in Jan & May 2017 in the Diploma exam have possibly made it easier for SAATA trainees to do the exam.
- It was also possible to manage marking so many exams because of the higher availability of Certified members in the SAATA examiner pool. Their willingness to enable and offer themselves for marking exams is highly appreciated. A special mention of Aruna Gopakumar, Hasina Manipal, Anisha Pandey.
- There is a need for an Examiner's Workshop in the year 2018.

We also have the first examinee passing the Advanced Diploma exam.

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TA STUDY CIRCLE Madras (Chennai)
Celebrating 40 years of learning and sharing knowledge

Milestones and Journey from 1978 to 2018
The works of Father George Kandathil in Ernakulam, Carlos & Saroj in Villorpe, Oswald Sammerton and Pearl Diogo in Delhi inspired the founding members A.L. Vaidivelu, S. Krishnan, K.S. Venkataraman, S. Narayanan and Dr. Srinivasan Narayanan and was instrumental in forming TA study circle madras in the late 1970’s. Mr. N. Krishnan of Indo American society invited Dr. Murali Jamra, Ken Ernst and Yvonne Ollin for a series of programs on TA in India. The first TA Study Circle meeting was held on December 12th, 1978. The topic was 'Structural Analysis by Dr. Joe Manthan.'

Greetings from SAATA President

On New Year’s Eve, as I settled down to pen (yes, I still prefer pen and paper) this message, I received on WhatsApp, a poem “Drinking from the Saucer” by John Paul Moore. My thought, this is exactly how I feel when I look back on 2017 personally, professionally and as SAATA President. I quote a couple of stanzas to communicate this experience:

As I go along my journey
I am reading better than I wrote
I’m drinking from the saucer
‘Cause my cup has over flowed

Good-Bye to the Secretary Role

The leaf of every tree brings a message from the unseen world. Look, every falling leaf is a blessing – Rumi

I have been fortunate to be associated with SAATA right from its formative years, and in the emergence of the association of professionals in 2006, I had been in office as treasurer from inception till 2013. Again I stepped in the role as Secretary and took charge from C. Suryakumaran on September 2, 2015 at the end of the BOT meeting in Coimbatore.
Conference 2018

The Dance of Culture

ITAA-SAATA Conference 2018
August 17-19, Kochi, Kerala, India

Guidelines for Workshop Submission:
In addition to the information contained in the Proposal submission, which we may use for marketing purposes, we ask that you Bishop presenters provide a conference paper (in your format) guidelines, given under paper submission. Not later than 4 weeks before the event and that you give your right to publish papers within Conference Proceedings that will go to all delegates and may afterwards be made available free at a cost. Presenters will retain author copyright on their materials. Please note that conference paper should not be simply a copy of a slide presentation.

Call For Abstract
Proposals must be received by 31 January, 2018

What do you hope to accomplish during your workshop/presentation?
Proposals must include a maximum of 3 specific objectives:
- Present a research paper or other material that is of interest to the audience.
- Share knowledge or skills with other participants.
- Discuss or debate a current issue.

Guidelines for Paper Submission (applicable for workshop papers also):
- All submitted papers must:
  - Be in English
  - Contain authors names, affiliations and email addresses
  - Be formatted in Times Roman 12 point text with a 1.5 lines spacing
  - Include a format that can be viewed on any platform
  - Be no more than 10 pages, including the abstract and appendices, but excluding references.

www.saata.org/conference2018/guidelines

Second in your proposals and register for the conference, IN GOD'S OWN COUNTRY at the best rates which will go up in February 2018

What to expect: workshops, keynote papers, posters, gala dinner, social-cultural events and the like.

Call For Abstract
Proposals must be received by 31 January, 2018

www.saata.org/conference2018/guidelines
The recently concluded MLL titled Walks and Bridges—Exploring Boundaries & Relationships was significant in several ways. It was attended by a large number of participants which included members from the international TA community, trainers and trainees who are members of SAATA and trainers yet to become members but with over a year of advanced training in TA. A record 19 SAATA Diplomas along with the first Advanced Diplomas were awarded. Some of the facilitators took up the role for the first time. During the concluding plenary, a fun and effective way of communicating the participants’ experience of the two days came through in skits, mimes and poetry by core trainers and trainees.

The opening plenary involved active discussions on the hopes and expectations from the conference, with reference to the title. Several members suggested various TA concepts that they believed identified or were associated with the theme of the MLL.

Julie Hay, one of the trainers instrumental in establishing the earlier version of the MLL called Multi Level Training, returned this year. The happiness in the hall from the warm reception extended to her and the other trainers who travelled a considerable distance to make part was infectious. As the facilitator of a workshop on boundaries during the plenary and a supervisor during the small group events, she engaged with an attentive audience that was absorbed in the learning they underwent. In the workshop, she explored Kaplan’s description of the quality of boundaries such as fair, rigid or permeable and the resulting not Okness or Okness in relationships. The audience responded to her sense of humour with joyful laughter. When I heard her share that irrespective of the fields of specialisation in TA, all practitioners are in a therapeutic engagement with their clients, I was touched by the value of relationships in supporting transformations. Also, I found it interesting to question if one is independent, interdependent or interdependent in one’s relationships.

The other workshop by Thorsten Geck impacted the audience deeply as well. His elaboration on the work of Ronald Self and the importance of the appropriateness, tasks, resourcefulness and responsibility pertaining to roles in relationships, whether personal, professional or organisational offered the audience a means to create and navigate healthy boundaries. Personally, I found the above mentioned steps for roles clarity very valuable. For example, I was reminded of a client I learnt in therapy that he was in the role of parent to his mother, feeling compelled to protect and control her. How empowering it would be to combine this insight with tools for reflecting on the boundaries in the roles and relationship he created with her.

The “small groups” format of previous MLLs was largely retained, though this time members of the groups were invited to exercise a choice between groups being open or closed.

The new Diploma holders looked evidently pleased that they could share the result of their commitment and hard work with the cheering group. The first SAATA Advanced Diploma recipient, Deepak, is an inspiration to tentative aspirants on their TA journey, to invest themselves in their learning and growth.

Tea and lunch breaks too were abuzz with activity, with connections getting made or rekindled.

The concluding plenary seemed to reflect the realisation that the two days were a condensation of the themes of the conference, with episodes of struggle, conflict, confrontation, resolution and cooperation represented symbolically by the walls, boundaries, bridges and relationships we set out to meet.

The next MLL will happen on 5th and 6th January 2019 in Chennai. Before that, we have the SAATA-ITAA International Conference in Kochi in August 2018. There’s much excitement, interaction and learning in store for all of us and so that note, I end this article.
Karolina Jovanoska holds a BA in Cultural Studies, and has been a Certified Translational Analyst (CTA-P) since 2015. For 10 years she has worked in private practice with individuals and couples. She has published many articles about psychotherapy and an eBook “From Anxiety to CTA”. She lives with her husband and two children in Ljubljana, Slovenia. She can be contacted at psihoterapija@karolina.si.

I had never expected that writing CTA exam would be so important to me. The whole experience brought quite unexpected positive results that had an overall impact on my well-being and on the way of my experiencing the world.

If one could say that for many people this is a stressful experience, it seemed twice as stressful for me. The voice of my inner critic, who had been rather merciless before, grew increasingly louder and more arrogant. Who do you think you are? You are a terrible therapist, and you have no idea how many things you don’t and will never know! On the other hand, I felt a burning desire, hoping that if I could somehow manage to pass this exam, I might just overcome this critical inner voice and finally find a little peace.

Admittedly, it only depended on me, I would not choose this path. Fortunately, I was surrounded by people who believed in me when I could not believe in myself. They encouraged me, and somehow I started to take my first steps towards the exam. They managed to call on my adult when it felt perfect to begin to choke me. They reminded me, for example, of the fact that this was not the TSTA exam, it is not the only exam, and it is not the only exam.

Finally, I was able to relax enough to allow myself to do something that not everything had to be perfect. In such moments, real learning began. When I was able to look at different concepts with curiosity instead of fear, I began to discover an entirely new world.

Namely, I inadvertently began to apply the concepts I explored and pondered to myself. Let me share an example. When I wanted to understand exactly what deconstruction was, I followed my supervisor’s advice and had to define it for the first time. I remember the moment when I saw myself in the mirror, and this complicated concept finally came together and settled in my brain as well as in my body. I suddenly dawned on me: “Oh my God, I’ve been wondering all my life whether I’m good enough or not. But now I see that this is a wrong question. How can I understand that I have been absolutely good all along, but I did not know this because I was confused myself. More precisely, my Child-Ego State was confused about this.”

I have not enough space here to describe my numerous learning experiences of this kind, but I assure you there were many. And you can imagine they were very significant because when I took the oral examination at the TA Conference in Rome in July 2015, I could barely recognize myself. For the first time in my life, I was confident, trusting in myself and my knowledge. No more did I battle myself; instead, I implemented Eirme’s famous basic premise – I am OK, and you, members of the exam board, are OK. Moreover, although I was alone in front of the board, I did not feel alone. All who trusted in me and helped me and kept their fingers crossed were there with me. I felt their presence and our connectedness. The whole thing was great not only because I passed the exam but because it was a script-free experience. Instead of filling perfect attacks, I was within the Ir-Ur window instead of critical messages to myself, I was connected to everyone. Luckily, I did not stop at the exam. I returned home with self-esteem and newly discovered faith in myself, others and something bigger which is above us and connects us all.
CONFERENCE AFTERWORD

- MIL 2016
- Barmakka Mani

EXPERIENCES

- The Rewarding CTA Journey
- Karolina Jaworska
- The Relationship Garden
- Shweta Yadav
- Children-The Magical Beings
- Rajeshwar Bhardwaj
- A Journey to Discover Self
- Tasnima Hosein

CREATIVE CORNER

- Mental Health
- Jarashree Swaminathan
- The Playground
- Nandini Thangavelu

Feedback

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

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Offer help for guidelines.

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A Journey to Discover Self – Tasnuva Huque

The journey of discovering myself in a different way started with the journey of Transactional Analysis (TA). I got the first exposure with TA from my teachers during my masters in Counseling Psychology. It was an interesting experience to understand and explore myself. I learned different concepts of TA through an experiential learning process and from the process I discovered myself also. For example, in the discussion on egogram, I drew my egogram and found that my Free Child ego state was very low and Critical Parent was high. I was excited to find something new that can help me make changes. Ahaaaa.... I was surprised to find that while the awareness is good to have, it is still not enough to make changes. Nowadays, I became aware of my negative Adapted Child ego state and find it difficult to activate my Free Child ego state. Most of the time, I struggled to make the changes. Later on, I could explore myself more when I was in TA 101 course conducted by PK Suri (Teaching and Supervising Transactional Analyst, Psychotherapy). In that course when I learned about injunctions, I found that I have most of the injunctions in my script. My predominant injunction was “Don’t be a child” which may be a cause of my low Free Child. During my diploma phase, in the script work, it was so difficult for me to recall the verbal instructions from my parents. I was surprised what was happening within me. Recently in a training, I participated in an experiment of two-chair technique. In the exercise, two parts of myself (Adapted Child and Critical Parent ego state) were talking. In one point, I felt it is my mother’s voice in my Critical Parent ego state. These words were blended in such a way that sometimes I could not separate my mother’s voice from myself. It was a great experiential learning for me. I realized there are lots of things of my mother I do not like, still they exist within me. Moreover, I do not like my Child ego state fully. Because of that, I could not accept myself the way I am and could not allow myself to make any mistake, have fun, and belong where I am.

The low acceptance of self also creates the difficulty within me to accept and reject stresses. In addition, when I was going through the script process, I found my predominant script type is 'alter script.' Yes, I could not enjoy the fun fully because my anxiety says 'something bad will happen' and stops my Free Child from having fun. In some other cases, I have 'almost type 1' script that is a tendency of doing something but not finishing the task. I experienced this when I was starting to write for this newsletter also. After getting the invitation, I was so excited but afterward, I could not finish my writing within the time limit.

To me this is an ongoing and never ending process to discover self. I am discovering myself, unfolding myself. I am breaking my script in many ways. By taking the decision to make changes, I am activating my Adult ego state. This article is also a step to fulfill my here-and-now wish, rather than maintaining the script pattern. I am taking care of myself and my choices. I am taking personal hour also to heal myself and regularly do some exercise. Besides, when I become aware that I am leaving the task because of my ‘almost type 1’ script pattern; I am challenging myself to fulfill the task to break the script. Now, in the journey of discovering self, I am focusing on my strengths. I know I cannot change myself overnight. I am taking the space; giving self-permission to be relaxed.

It is a wonderful journey of being with self.

"The journey toward self-discovery is life's greatest adventure." Arianna Huffington
A lot of people didn’t understand what I was going through, so I drew my depressions.

Depression is a difficult feeling to put into words. It is a mental health disorder characterized by persistently depressed mood or loss of interest in activities, causing significant impairment in daily life.

I have been struggling with depression for quite some time now. I have tried talking to people about it but they ask me to "snap out of it" or say “let’s go out, it will take your mind off things”. I have been trying to act cheerful and be “normal” but it just would not go away.

I know there are a lot of people out there who are going through the same and cannot express this.

In these illustrations, I have depicted depression as a big black cloud.

In the past three years I have come across a lot of people with mental health issues, unable to express it or many people understand that they had a problem. Addressing mental health issues in India is still considered a taboo. People are ashamed to come out and express their problems or seek professional help as they are afraid of what society would say. I wanted to help in the little way I could.

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**Mental Health - Jashmine Swapinathana**

**CREATIVE CORNER**

**The Playground - Harish Thampi**

**Feedback**

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

Please send your content to newsletter@isaata.co

Click here for guidelines.

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**CONFERENCE AFTERWORD**

- MLL 2018
  - Sarthak Masi

**EXPERIENCES**

- The Rewarding CTA Journey
  - Archana Jawantra
- The Relationship Garden
  - Sneha Yusuf
- Children’s Magical Beings
  - Rajeshwari Bhardwaj
- A Journey to Discover Self
  - Teena Harpe
The Playground - Nandini Thangavelu

I am an entrepreneur and a career counselor. I am curious. To know myself deeper and enthusiastic to work with people in regards to their career. In such pursuit, I completed M.Sc Psychotherapy from TNOU, certified as a career counselor from Banjara Academy and advanced TA trainee. I love to meditate, exercise and explore my mind through body. I believe that change is the only constant and change by learning and experiencing.

Parent Adult and Child
All playing so wild
With players around
In the TA playground
I stood and smiled
As a TA child
Mimicking the rhymes
Of OK and NOT OK
To learn and converse
With less remorse
And find Her Highness
In the course
On a merry go round
I go round and round
With my racket
All around
Games and dramas
As I found!
I’ve been spellbound
By scripts that impound
I mulled and rebelled
To breakthrough the mould
And feel the cold
Oh what a ground!
To play around!
With so many tools
I can boggle around,
TIFF, BAR and all
Thus came a mall
To recall the thrill
And feel the befall
What a relief!
To sit with belief
Yet Script and all
I am gonna kick them all!

With TA in the saddle
I decided to stride
And now I go
To sit with my poodle :)

CONFERENCE AFTERWORD

MIL 2018
- Sarmistsa Mani

EXPERIENCES

- The Rewarding CTA Journey
  - Karolina Jovanoska

- The Relationship Garden
  - Sheena Yusuf

- Children - The Magical Beings
  - Rajeshwari Bharath

- A Journey to Discover Self
  - Tasneva Huque

CREATIVE CORNER

Mental Health
- Jayashree Swaminathan

The pIAYground - Nandini Thangavelu

Feedback
- Feedback Received
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