32 countries vying for top honors in an event broadcast to around 150 countries worldwide is quite a global phenomenon, and by the time you read this, you'll have a fair idea of the finalists, if not the champion team itself. The story that touched many hearts though, was from Japan. After suffering a heart-breaking defeat against Belgium in the Round of 16, Japanese fans proceeded to clean up the stands while the players cleaned up their dressing rooms, leaving a parting “Thank You” note to the organizers. In the backdrop of a fiercely competitive physical sport such as football, such gestures speak highly of the “culture” of a nation, inspiring us to be mindful global citizens even as we compete with each other across various fields.

Before you start wondering if this is a sports column, let me introduce this issue’s content to you. We are proud to present for the first time, “TA Talks” — a brand new video series where TA professionals speak about various topics through short-videos. Check out our first episode of the series on Co-Creativity @ AI in the News section, we bring to you the latest TA 101 schedules, an abstract from the SAATA Trainer’s meet, a write-up on EventCity — an experiment information about the IDTA Online Gathering and Sari’s workshop to “Realize your potential”. Head or TAle, our fun corner that debuted in the first Anniversary issue, has a TA Word Search this time, in addition to the 2nd installment of Tazzle – The TA Crossword. Congratulations to the winners of Tazzle 1.0! The solutions for the crossword and the comics from the previous issue are also included in this section. Unfortunately, we didn’t get any responses for the comics, so we’ve discontinued them for this issue. Do write to us if you’d like to see them again. Our “Experiences” section has 5 articles covering a variety of topics. Julie Hay’s article on “TA Counselling – or is it Coaching?” takes a deep dive into the fields of TA specialization. Kiran Katwala shares his recent experience of a partly TA-based Coach Training Program he attended, and the connections he made between TA concepts and Coaching. Geethan delves into the 4 dimensions of handling change. Ramya shares expertise on how to become socially intelligent and Siva takes us through the construct of Lucid Dreaming and how to use it for personal transformation. Creative Corner sees the return of Jayashree with a poster on Dyslexia, and gets a poetic touch through Sridiva’s poem “Tchotchke”. As always, please let us know what you loved and hated about the newsletter using the feedback form, and we will focus on serving your interests better.

Our own World Cup is round the corner as well, with only 30 odd days left! Delegates from 15 countries will descend on God’s Own Country in August 2019 to experience the “Dance of Culture”, the International Transactional Analysis Conference. With 40 insightful workshops, brilliant keynote speakers, a gala dinner and the opportunity to meet & greet fellow practitioners from around the globe, this is a must-attend event! Come, let’s dance.

Srinath Nadathur
Managing Editor

PS: Please click on the “Feedback” button and share with us your experience of this 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!
TA Talks is a brand new video series, brought to you exclusively by the SAATA Newsletter team! It is a platform where practicing TA professionals briefly share their expertise and experience on a variety of TA topics. If you have specific topics and/or people that you’d like to listen to, please email us at newsletter@saata.org. We will do our best to bring them to you. Enjoy watching! And, remember to share your feedback through our feedback form.

Creative Corner

Dyslexia - A Poster
- Jayashree Swaminathan

Poem: Tchotchke
- Sridiva Sivakumar

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

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International Transactional Analysis Conference 2018
Abad Plaza, Kochi, India
August 17-19

Presenters from over 15 countries
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90 hours

Conference Inauguration
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Guest of Honour
Founding Director of Santhikazhaya Institute of Counselling and Psychotherapy, Ernakulam.
President of Kerala Counsellors Forum (KCF).
Rev. Dr. Yaveesha Padmanabhan, CMS, PhD

Inaugural Speaker
Over the Years: Contributions to TA from India
The Cultures of the Fields of TA: Mixed Salad or Melting Pot
Jutle Hay (ITAA-OPW, UK)

Key Note Speakers
The Dance of Culture
The Diversity of Relationship in the Different Schools and Approaches in TA
Adrienne Lee, UK

Dance / Performance as Metaphor and Technique
Handling Trauma in the Context of Culture
Dr. Shikhaa Srisaila, India

Co-Operate to Innovate
The Heroes Journey
Dr. S.L. van Poelge, Netherlands

Head or TAle?

- What is TA Counselling
  - Julie Hay
- In Making Change
  - A Geethan
- Coaching and TA
  - Kiran Kataria
- Lucid Dreaming
  - Sivakkumar Palamisappan
- Becoming Socially Intelligent
  - Ramya Mahesan

Creative Corner

Dyslexia - A Postor
- Jayashree Swaminathan
Poem: Tchotchke
- Shyamala Sivakumar

Feedback

Feedback Received
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What a wonderful job you have done!
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Can you spot the following 15 TA terms and personalities in the maze of letters below?

<table>
<thead>
<tr>
<th>Program</th>
<th>Ulterior</th>
<th>Projection</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stamp</td>
<td>Autonomy</td>
<td>Victim</td>
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<td>Claude Stainer</td>
<td>Blemish</td>
<td>Contamination</td>
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<td>Driver</td>
<td>Stroke Economy</td>
<td>Winner</td>
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<td>Life Script</td>
<td>Intimacy</td>
<td>Payoff</td>
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DARSULIEORBNP
ABYTKRSITNBRACAR
SLILRESJLWHUEUBYE
HETAMINICJAPANSUBNFI
VIESMPIQOWAAFE
RMSEZPWDRIVERXT
AGHENPUCBOORS
LCRDOCKJARSUDGE
LYCNPMDARGOELID
PEJQCTUDIPRJFSU
QHPMLAUTONOMYIA
HOBYEKKBKQURLRZSL
INTIMACYBSHANPC
Crossword

TAzle by Priya Venkaraghavan
Solve this TA crossword and mail us your solution to newsletter@saata.org. The first 3 winners (TAzlers) would be featured in the next issue along with the solution. Have fun and happy learning!

Across
1. An award established to give recognition to individuals who have made major contributions to transactional analysis (4)
2. The positive converse of a trait (7)
4. A small place (7)
6. Mutation into playing (3)
7. The specific sequence of areas mapping up the three contact doors for different adaptations (4)
8. Moment of confusion experienced by a game-player immediately after the Switch (7)
9. The area of contact door in which the person is most heavily defended and is most likely to get stuck (4)
11. The process script which reflects the belief ‘If something good happens today, I’ll have to pay for it tomorrow’ (5)
15. Berne referred to as this (9)
18. A non-profit, member-driven educational organization founded by Eric Berne to help advance the theory, methods and principles of transactional analysis (4)
19. The third position on the manuscript, reflecting the life position HU (6)
20. She developed the antithesis to the Kempner's triangle (4)

Down
1. Negative script message transmission also referred to as 'passing the hot potato' (9)
3. An intuitive graphical assessment of the functional ego state parts in our personality (7)
5. A transition where one sends a message directly through a third person (5)
6. CT is also referred to as this (6)
12. Of behaviour, feelings etc. exhibited by the individual when in script (7)
13. Position #2 of the CK Miniscr (4)
14. Non-winning script (5)

Enter your solutions here. Good luck!
What is TA Counselling - or Is It Coaching? - Julie Hay

Julie Hay, TSTA (Organisational, Psychotherapy, Educational – and contracted trainer in Counselling). She is a past president of the International and European TA associations (ITAA, EATA), Editor of the International Journal of TA Research & Practice (www.ijtaap.org), founder of the International Centre for TA Qualifications (www.iectaq.org) and manager of the international scheme for TA Proficiency Awards to children, parents, teachers, etc.

Earlier this year I submitted my written exam for the Counselling field CTA and the feedback I received mentioned confusion because I had used the terms coaching and counselling interchangeably. The assessor liked that I grappled with the complexity of defining both terms, and then reiterated that I needed to produce my own working definitions. This article is what I have produced alongside doing this in preparation for my oral exam. I welcome feedback from readers, particularly before I take the oral exam in India on 15th August.

My first experience, in the 1970s, of providing what I thought of as TA coaching and which became counselling, was of a one-to-one session with a participant who had attended a TA-based management training programme I had run. Expecting to provide some form of organisational coaching, we ended up closing escape hatches (successfully) when she announced in our first session that she was suicidal. I went on to coach/counsel people within the organisation about topics such as severe birth deformities (thalidomide) as well as about team working and leadership. I contrast that with my more recent experience as a psychotherapist within prisons, when I sometimes counselled/coached inmates in the life skills they had never acquired.

This article is appeared in IDTA Newsletter 13:2 and it is reproduced in this issue with permission.
It's the time of the year when resolutions made in the New Year are being implemented, results tested and the journey towards the set goal has begun.

Almost all resolutions involve changing something in us or our habits – anything that will make our lives healthier & happier. Having resolved to make some change, we start according to a plan. For a while, the changes are visible. However, the challenge is to sustain change consistently. Changes including personal changes like, waking up early in the morning, exercising, dieting and learning a new skill sometimes reach a point, when things appear stuck with little or no change. We feel as though we are back to our old ways and these moments can be frustrating. Why does this happen?

This is because we expect change to be linear. A straight line between a starting point and an end point. However, in reality, the process of change is a non-linear phenomenon. There are many setbacks or ups and downs we may experience before we reach the desired goal. These fluctuating moments can be frustrating and what will make a difference is the way we handle these moments of frustration. Handling a change process involves four dimensions: Perception, Action, Resting period and Acceptance.

Perception: Experiencing setback during the process of change is unavoidable. When we perceive such setbacks as our failures we may feel frustrated and be hostile with ourselves. We may blame ourselves or the situation. We may also be self-critical. All this will add fuel to our frustration and tempt us to give up our goal. If we learn to see a setback as a feedback mechanism, it will help us. Feedback gives us an opportunity to assess what we could do differently till we get the desired result.

Action: Having a healthy perception towards change is necessary, though not sufficient. Some changes can only be made by consistent action. The new action is like a tennis game played between the old way of living and the new way of life. In the play of change, when the old way wins one point, create opportunities for the new change process to win two points. In this way one can continue to act till the new change becomes consistent.

Resting period: Action at all times does not help in making a change. Sometimes it's good to take rest in between the journey. This resting period can sometimes help us find creative solutions to make our change process a success.

Acceptance: There are times when we make our best actions and still we don't get the required results. In such situations it is helpful to remember, "change is not only determination to make something, it is also a courage to let go of something". This attitude helps to accept the situation as it is. At such times it is wise to accept certain limitations and to get on with life with the prayer of Reinhold Niebuhr “God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference”.

Consciously using these four dimensions of perception, action, resting period and acceptance at appropriate times in the process of making any change will help in effectively handling the fluctuations experienced in the journey of making a change.
SAATA Newsletter

Interacting in Coaching: (Associate Certified Toastmaster) and (IA) - Peter Galloway

I completed it in just 7 days at TCF- Oral Coach Training Program for (Associate Certified Toastmaster) certification from (International Coach Federation). This is conducted by (Koet Kular). The course is very helpful in this philosophical approach and the model of coping. It is about helping others to identify how they should change their thinking, make a change to possible the world, and move on. However, this framework and any other framework can be used while coaching. I am a 5th background and I was one of the few coaches for me to choose this course. The course focuses upon eight such frameworks.

In this article, I am writing about how I saw in the first 3 of the 9 ways of filling the coaching framework, making it powerful and easy. I am also teaching on the advantage of taking this course, apart from keeping my mind and body healthy. Not everything could be a challenge when using this framework.

Coaching is an enjoyable journey with the clients, where we那个 trophy,参赛, competing, discuss, analyze yourself (and the client) and let the clients themselves discover the answer or issue so on the challenges. This is done by allowing questioning, reflecting, hearing and answering. For doing these, new, fun and effective frameworks are there to think of. This 3 frameworks of which I am learning upon are: Discarding, Synthesis, and Interacting.

Discarding Rhetoric

The name is misleading as below so

<table>
<thead>
<tr>
<th>Name</th>
<th>Meaning</th>
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<tbody>
<tr>
<td>Existence</td>
<td>Evidence of stimulus</td>
</tr>
<tr>
<td>Possibility</td>
<td>Evidence of a problem (TD)</td>
</tr>
<tr>
<td>Change</td>
<td>Is it possible to change the outcome of the problem, at the time</td>
</tr>
<tr>
<td>Personality</td>
<td>Does the coach/client believe the outcome is possible?</td>
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</table>

In coaching, this whole attitude is understood to present and direct issues. As a coach, I believe that a coach is presenting the problem in a manner that he would be able to test a set of reasons for it. If it can’t be tested easily, then I will make him test the question, question, question, until he is able to judge the conclusion On this conclusion they may be judging through several interviews.

As a coach, I consider that there are enough stimuli (7) which is an interesting framework, the client is aware of the problem of the client. So, the discussion starts with what is it that the client wants to solve, by the end of the discussion, we can test it at the scope level to test the problem and find out the solution to arrive at the answer. This whole discussion is filled up the client needs and the "satisfy the "valid"

Given the Discarding, rhetoric, the acceptance of TD and clear the problem to the TD, I can ensure the solution to the client. In the co-creative journey, we take each problem (as much smaller as possible), and work on it. This step is in an essential order and help in making ideas and thoughts in the process. The outcome is that the client can work on TD and TD (Two) and the whole conversation is valuable and can keep working and get off the TD to TD, but predominantly its between TD to TD. This framework explains the dysfunction.

This framework explains why we lodging, as a coach, to use a plethora of questions and issues to resolve from different angles, and also help the see how the client is dissolving the problem. (Eg: How may members, once he discovers a clear stage is realizing for the client, we will refer him to this, and we often realized this way of working with our clients. since clients, the whole conversation appears on 3 main questions: one is about and the 19-25 minute of it.

The Rachael System/Coaching System

Once the client has identified a solution to resolve the issues, what is the quality that the change starts? What is my compelling factor?

Before the solution, the coach would have had a good level of information about the issue for which he has some coaching. Once we achieved the discarding, rhetoric, the coach would have cleared other variables. Also, would it be his choice and or in his own mind? Going to the Rachael System, where the important variables are the new value is an easy change. The important variables could be the right—or rather skillfulness, change is in the behavior (external or internal), resolving the existing problems. It is therefore necessary to start and keep testing stages and the new results.

OK-OK

We know that OK-OK is differentiable from OK-OK problem. OK-OK as operational values, let's bring in the awareness of the type of operation we have chosen in the coaching. Using a method of OK-OK, the秉承 would stop telling the current behavior and trying to get away from OK-OK. Getting 75% of OK-OK, getting 25% of OK-OK with the problem, observing, he will still have to be with one of the above behaviors of operational level, but to become of 0. It makes him to OK-OK with his decision. Now he is no longer an OK-OK user of OK-OK (the issue in mind).

That doesn’t mean, we stop the work at this operational level, in which coach, limits us just a "Transactional Coaching". We will keep doing the cycle and see how we can improve the coaching and move to a new path. This framework was not possible for me when I was training in a coach. So, in this framework, I would like to spend some time on the topic. In this framework, the coach is thinking of the problem, analyzing, understanding the problem, looking for the solution, and keeping the client on track. By the end of this article, I am trying to make sure we achieve this and stay at this level.

In this article, I am trying to make sure that the readers follow the article, and I make sure we achieve this and stay at this level. This framework is very helpful and can be used in the next level, and how to use it effectively. For this, I have to be OK-OK with my decision. Now he is no longer an OK-OK user of OK-OK (the issue in mind).
Have you ever been fully aware that you are in a dream? Have you ever consciously tried to control a dream you had? Have you tried to work control over your dreams?

If yes, then what experiences you had was Lucid Dreaming.

Let me explain first.

What is Lucid Dreaming?

“Lucid dream is a dream during which the dreamer is fully aware of the dream. Even to the extent that the dreamer will be able to exert control over the character, narrative and environment of the dream.”

“Lucid dreaming is the art of becoming conscious within your dreams.”

Four key parameters that define the lucidity of a dream are:

- The dreamer is aware that they are dreaming
- Objects disappear after waking
- Physical laws need not apply in the dream
- The dreamer has a clear memory of the waking world and the dream

In lucid dreaming, we become conscious within the unconscious. This opens the possibility of directly communicating with our own inner potential, and witnessing just how limitless we actually are. It is believed that lucid dreaming can help people overcome fears, enhance their creativity and improve their waking life.

You should also be aware that lucid dreaming is neither “day dreaming” nor “dreaming in deep sleep”. It’s a subtle difference between the conscious fantasies and unconscious dreams.

Most people experience at least one lucid dream in their lives. And it could be something to look forward to because it allows people to simulate desired scenarios from meeting the love of their life to winning an Olympic medal.

Stanford psychiatrist Stephen LaBerge founded the Lucid Dreaming in the United States. He describes lucid dreaming as a meta-consciousness, where dreamers are aware of what is happening as they sleep.

How do you become a Lucid Dreamer?

Simply paying closer attention to your experiences while you are awake is the first step to lucid dreaming. By observing the precise aspects of life, you’ll be better when you get into lucid dreaming.

Thinking about what you want to dream before falling asleep may increase the possibility of powerful lucid dreams. This practice is called “preparation” that enhances the chances of entering into a dream that you are able to experience and control in ways you desire.

In fact, the Journal of Sleep Research (volume 34. 2016 – Issue 1) published a research article that claims “Water practice in lucid dreams is a form of mental rehearsal where the dreamer can consciously rehearse motor skills in the dream state while having physically asleep. This study also corroborates the previous findings that practice in lucid dreams is effective in improving performance.”

The premise of the study is that a mental simulation of a physical behaviour in neurologically the same as a real enactment of that behaviour. The only difference is the former does not involve real bodily movement while the latter does. In a lucid dream your brain thinks you’re actually doing it, so the neuroplastic changes are more pronounced.

Now how to use the lucid dreaming to transform your life?

How can you use Lucid Dreaming to transform your life?

When you imagine a skill or sport during “lucid dreaming,” the state in which a sleeping person recognizes he’s in a dream and takes control of it, that performance in that activity improves in real life. This could also be used similarly to imagine the life, career and relationships you want to have in your life. Dream about it and bring it into reality in your life.

Everything in this world is created first in the creator’s mind and then in reality.

So if you want to attain a better career, better life, health and wealth, lucid dreaming is a powerful tool to experiment and experience. The human brain will respond to the dream and lucid dreaming allows you to use dreams as a simulation to condition your mind in achieving what you want to achieve.

Lucid dreams could help you overcome your fears, solve your problems, build your creativity and achieve your goals. It can be used for emotional healing and cognitive behaviour modification in overcoming shyness, inferiority complex, anxiety etc.

Also please be aware that just by dreaming about doing exercises, you won’t develop six-pack abs. However, envisioning yourself doing vigorous exercises can condition your mind to do the same in waking life. By learning to harness this ability you will be able to condition your mind to achieve larger goals in life.

Dream, dream, dream! Condole these dreams into thought, and then transform them into action.

Practical ways of entering into Lucid Dreaming:

- Every night invest few minutes of your time, pick one of your larger dreams, close your eyes and enter into it.
- Experience yourself in real dream, consciously aware of what’s happening around you.
- How to influence and make changes the way you want the dream to be.
- Doing this re-writing into your dreams is a wonderful way of reconnecting with your mind.
- Again do the visualization before you go to sleep at night, with your eyes closed.
Becoming socially intelligent

Becoming socially intelligent can offer the emerging field of social neuroscience the chance to achieve its full potential. The ability to achieve this potential would not only enrich our understanding of how humans interact with one another, but also how technology can be used to improve human-AI interactions.

Cognitive heuristics are the mechanisms by which humans acquire knowledge and make decisions in the face of uncertainty. They are cognitive rules of thumb that help us make quick decisions in uncertain situations. However, these heuristics can also lead to systematic cognitive biases, such as the confirmation bias, the availability heuristic, and the representativeness heuristic. These biases can lead to flawed decision-making, which can have negative consequences in both personal and professional contexts.

The development of socially intelligent technology can help mitigate these biases by providing users with feedback on their decision-making processes. This feedback can help individuals recognize their biases and learn how to overcome them. In this way, socially intelligent technology can help individuals become more aware of their own biases and learn to make more effective decisions.

In addition to improving decision-making, socially intelligent technology can also help improve social interactions in both personal and professional settings. For example, socially intelligent technology can be used to improve communication and collaboration in remote work environments. This technology can also help individuals develop social skills by providing feedback on their non-verbal communication and social cues.

In summary, becoming socially intelligent can offer the opportunity to achieve the full potential of social neuroscience by improving our understanding of how humans interact with one another and how technology can be used to improve human-AI interactions. By developing socially intelligent technology, we can help individuals become more aware of their own biases and learn to make more effective decisions, while also improving social interactions in both personal and professional settings.
Dyslexia - A Poster - Jayashree Swaminathan

I am Jayashree Swaminathan, a freelance artist, graphic designer and illustrator currently doing my final year in the National Institute of Fashion Technology, Chennai. I wanted to send in a couple of my illustrations for the creative corner of your magazine. I’m driven by this huge passion for arts that emanates from the core of my heart. I’ve realised this gift I have of expressing everything, from perspectives of other things to my feelings, in the form of art. Hence, I’ve started to put my gifts to good use as a designer & a freelance artist.
Poem: Tchotchke - Sridiya Swakumar

Tchotchke

Love is a tchotchke. Like a pack of batteries or gum at the checkout counter in a wily supermarket. Picked up on a whim. Some say in 1/5 of a second. That unthought out.

Once home, you put the batteries in an overfilled table drawer. You'll look for it weeks later by which time you'd have forgotten where you left it.

You make your way through the gum a lazy Sunday jamming with friends and swigging cider. The tastes mingle in your mouth and it's unpleasant. You persevere. And sure enough, you like it now.

You enter love with the same carelessness. A ruthlessness in fate, a riding on the coat tails of luck good and bad. It's as insignificant as the recycled wrapping paper, the old bunch of flowers, the variegated satin ribbons that clutter that table drawer.

Except when it's not insignificant. Then love is the red and gold table. It's the opium in your peace pipe. It's the matryoshka doll that keeps unravelling.

But the entrance into this world of mixed tastes and deep heartbreak, is often, almost always, a quick trolley ride down an aisle full of mines.

Tchotchke. A small object that is decorative rather than strictly functional, a trinket.