Learn & Grow

S: “Hey Jula! is when the next quarter starts, and we’re in June already! Shouldn’t we be preparing for our next quarterly issue?”
R: “Gosh! It’s already going to be 3 months since we re-launched! I didn’t realize that at all. Time flies!”

Fly it does. And now it’s time to pause, smell the roses, thank the soil, and move forward on the path with renewed energy. We re-launched the SAATA Newsletter with a lot of excitement in April 2017 and are humbled by the tremendous feedback received. This is a strong indication of the “felt need” for such a medium in the community that Dr. Susan George spoke about. And you, the reader are at the heart of it! THANK YOU for reading, sharing, and telling us what you thought and felt. Together, we learn and grow!

So what’s in store this time? The call for content for the newsletter brought home many rich and diverse learning experiences. We’re honored to present to you, an important social message from Elana Leigh, from her speech at the 2016 SAATA Conference, as a special entry for this issue. “Our TA journey” brings to you Neena’s TA 101 experience, Harsha’s leadership experience at work, Geetha’s Attachment with TA, and Sunder’s learning experience through basic counselling. These articles add soul to the newsletter through real-world experiences of struggles and triumphs. A significant feedback we received was the need for information on TA exams. We’re happy to present to you “The Exams” section in this issue. Chitra Ravi, VP Training and Examination, SAATA, reflects on the critical question of “Why would trainees write exams?” and her own experience of the multiple kinds of exams in the TA community. As you get excited about your exam possibilities, we’ve got for you, Exam techniques for TA by Julie Hay, an article she graciously agreed for us to re-publish here. Rosemary Kurian, one of the many who’ve successfully completed their SAATA Diploma, shares her own experience and a colorful infographic on the SAATA Diploma Exam requirements and process. Prasad adds some more color to this issue through poetry and art in The Bridge. And finally, the information section covers news from around the world that you cannot afford to miss (100% in a CTA written exam is not a myth anymore!)

With great power comes great responsibility, said Uncle Ben and we realized the need for an explicit Advertisement Policy to enable trainers and practitioners spread the word about their work and programs they offer. As we learn and grow, we also thought it might be a good idea to create short-and-sweet “Guidelines for Content Contributors”. And though we haven’t mentioned it there, we love the fact that some of you would like to contribute to our profiles on the Team page!

Happy reading! As always, your feedback is the oil that keeps this engine running. So, top us up!

Sruthi Nadaswara
Managing Editor

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Freedom from Within
- Elana Leigh

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Appraisals: TA to the Aid
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- Sunder

My TA 101 Experiences
- Neena Bhow

EXAM EXPERIENCE

A Window to the Power Within!
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THE BRIDGE

The Bridge
- Prasad Naveen

CREATIVE CORNER

Feedback

Previous Issues

Feedback Received
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Read more...

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SAATA Newsletter

The Exams

SAATA Diploma and Advanced Diploma Exams

The process of writing is often far more celebratory than the exam itself.

Why would trainers write exams?
SAATA endeavors to provide you as SAATA members with opportunities to think TA and consistently see your personal growth as well as your professional practice through the lens of Transactional Analysis; hence the Diploma and the Advanced Diploma certifications.

Chitra Ravi
VP – Training & Examination

Download Article

Exam Techniques for TA Exams

Julie Hay is TSTA Organisational, Psychotherapy & Educational, and is contracted training for the Counselling field. With TSTA colleagues, Julie runs TA 00s - otherwise known as very advanced TA and exam preparation workshops. Julie is also part of the leadership team for ICTAQ - the International Centre for TA Qualifications – which operates a suite of TA awards and qualifications, including some with University accreditation, at various levels alongside CTA, CTA Trainer and TSTA – and which are all based on continuous competence-based assessment rather than exams.

Julie can be contacted on julie@juliehay.org

"Exam Techniques for TA" by Julie Hay is published in ICTAQ Newsletter Volume 12 Issue 2 June 2017. Republished here with due permission from Julie Hay.

Download Article

SAATA Diploma Exam Infographic

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  - Elana Leigh

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  - Sri Harsha Rao
- My Attachment With TA
  - Geetha R. S.
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  - Sundeep
- My TA 101 Experiences
  - Neena Biju

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The Bridge
- Pritpal Naseem

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The ITMA conference of 1967 was held in Coimbatore. After this triumphant success there were queues from his listeners if any follow-up event would be held in Coimbatore to keep the momentum of learning 1s and communicating to like-minded people. That’s how we at Ratnas come up with the idea of an annual weekend event called ‘saying hello’ – a regional meet for Human development. It was primarily conceived as an opportunity for stakeholders in the textile industry to meet and share about their journeys in the textile sector with the advanced 1s that we have. So, this contact is said to be called in Coimbatore. Since then it became a regular feature of the TI-ACalendar in India.

With the formation of SAITA, its conferences served its purpose and on a white sheet of paper was discontinued. Last year we suggested that this event to be revived and conducted it in Dharmsala 2015 as a biennial event. Event was held in major and received much acclaim. This year it is back again

Come, join us on September 29-30 and learn to know and grow while having fun!

Hosted by Aftab Ratnas
info@ratnas.com

SAITA Membership Committee Seeks New Members
Dear SAITA Members,

We are growing as a community, and with the growth, we see more and more importance strengthening the relationship between us members and our association. The membership committee is an important part of process because our focus is on building this relationship and our international community. The members of the committee are a bunch of energetic and creative people from around the world, including South Africa, India, Japan, United States with the difference in (24,445) within this cross-cultural content, we work together to come up with strategies to engage with members, build our membership base, find ways to keep members involved, and on

We are looking for more people to join us in our efforts. If you are interested and can spare a few hours a month, we would love to hear from you. We are also looking for members who are technology-savvy (social media, email, video conferencing, etc.) and interested in building the community using these tools. Regardless of your skills or interests, we would welcome your involvement. Please keep that promise to make sure it never becomes too boring for you!

Deepak Jhaveri, Chair, SAIA Membership Committee
deepak.jhaveri@gmail.com

This was first published in the Special Vol. 47 No. 4, dated May 2017. Reproduced here with permission from the SAITA.

2017 World TA Conference in Berlin
Organized by EKMA, ITMA, and TITA, the event is hosted by the German Association for Transactional Analysis (DGTA).

In Berlin, peace and quiet have been closely intertwined, and people inspired by boundaries can meet limits, challenges, and chances. Over 20 years, the city was under the Cold War, representing the Berlin Wall, and the fact that people could be linked across the ocean. Even on the Berlin Wall, many people have met and exchanged ideas across the border. This is typical for all of Germany's history.

On May 17, researchers present their work on Berlin's history and social context. What are the present, new, and prospective perspectives we can offer? How can we use history and tradition to build a safer world? What is the meaning of boundaries and boundaries? How has the Berlin Wall helped us to define our identity and construct boundary with others or establish contact within them? Is it possible to define identity without borders, by crossing borders?

There are more and more questions that will be taken up during the 2017 World TA Conference. We as transactional analysts can contribute to answering them as individuals and communities. We invite you to meet and exchange your enthusiasm for TA and engagement about transactional analysis on this world.

Welcome to Berlin!

The website for the EKMA/ITMA/TTA World TA Conference is now online. Find detailed information at http://www.ecka2017.de. Please visit the website for additional information. The scientific committee thanks you for your interest in workshops and presentations.
SAATA Conference 2016 themed FREEDOM WITHIN was held in Coimbatore, India. Elana Leigh delivered the Key Note address on Day 1 of the conference.

The speech was powerful and thought provoking. Elana Leigh gracefully agreed to share the speech script which we have published with edits, with the intention that it creates the same impact with the reader as it created with the audience during the conference.

Please click here to read her speech.
Imagine one of your team members sitting across from you, staring, hands folded, crossed legs, emotion-locked, not yet ready to come up with any words. The person has been trained to solve problems, but now they are being asked to think outside the box. They are the lifeblood of your team, and yet in this moment, they are struggling to communicate their ideas and emotions. This is a common experience for everyone, but it is especially challenging when working remotely. To overcome this, I suggest the following steps:

1. **Create a safe space:** Establish a comfortable and non-judgmental environment where team members feel safe to express their thoughts and feelings.
2. **Use active listening:** Encourage team members to listen actively and ask clarifying questions to ensure understanding.
3. **Encourage vulnerability:** Promote an environment where team members feel safe to share their struggles and challenges.
4. **Provide feedback:** Offer constructive feedback to help team members improve their communication skills.
5. **Foster a positive team culture:** Create a culture of respect and trust where team members feel valued and supported.

By implementing these strategies, you can help your team members become more effective communicators and build stronger relationships.
My Attachment With TA - Geetha R. S.

Geetha is a Movement Therapist who primarily uses movement and art as part of her group therapy and individual therapy. She is an advanced Trainee of TA (Psychotherapy) and has completed her SAATA Diploma. Her favorite and enriching area of work is the connection between body and mind and how they can be used to break impermanence. She loves travelling to the mountains and trekking on unusual routes. She can be contacted at geetha@saathifoundation.in

(Read my Precious in the tone of Gallium! Fans of Lord Of The Rings will understand what I mean! Other reference - Attachment theory by John Bowlby)

Attachment, bonding, separation, grief and readiness for attachment again is what the Attachment cycle is all about. My journey with TA has been similar to this attachment cycle. When I attended TA 101 many years back, there was no pre-attachment stage as per the stages of attachment by Bowlby. There was a direct jump to the stage of attachment-in-the-making. Every concept was relatable and I saw a whole new meaningful world in front of me.

TA became a safe haven and the facilitators were part-time secure bases, when I joined the TA training group. This is the space where I first became aware of my beingness. Every and any behaviour, thought and feeling of mine could be analysed and understood. I began to get a sense of why I do, what I do. These were such exciting times when the vocabulary and processes expanded, concepts revealed and layer after layer was peeled from the constructed personality.

Then came the curiosity to know other tools. Why do these people keep adoring Richard McHugh aka Dick? What is there in NLP? On one side, exposure to subjects like NLP Gestalt Art therapy and movement therapy grew while a rebellion was brewing on the other side. I did complete my SAATA Diploma in TA by parking my butt and refusing to move till I wrote, re-wrote and cleared the answers.

Then manifested a full-fledged rebellion against TA, My Precious! It is cognitive, too much of analysis, too much of thinking - everything against My Precious! There was a separation, followed by grief. Separation was with the subject and grief was about the separation from the subject and more importantly from the people I used to meet every month. They are family too. The classes, discussions, most important part of the classes - the lunches, fun and laughter... Oh! just for that maybe I wanted to go back. But then, the need for identity was also strong.

Through all that rebellion, whatever I was used to talk about TA, My Precious! During the study of Movement therapy and other somatic experiences, all I could think of was, how beautifully these methods could be integrated to break impasses and how it can touch script protocols.

TA is the foundation on which all the other tools I gathered in the process, stand. I could explain anything and everything through TA. Imagine the AHA moment when I read Claude Stein explaining about Centering through Breath practices. That was a permission moment for me to form my model, which is a mix of body-mind breath-art movement.

When I had grieved enough and accepted that My Precious is woven into the fabric of my being, my identity emerged. I have made peace with the fact that, I use a blend of experiential approaches with clients and make meaning of the process through TA. I can hear Sanu’s voice tell - First cue, then analyse I have come back to attach myself again, with awareness, with a purpose and with joy and love.

"It is possible to live perfectly on earth if one is Able to Work and Love - to work for what one loves and to love what one is working at!" - Swami Rama of the Himalaya
My TA Learning Experience through Basic Counselling - Sundar

A friend of mine suggested we do the basic skills course in counselling together. He himself is a yoga teacher and a counsellor of some sort. He is a man I respect, so I thought why not give it a try. He narrated an incident where he had counselled a couple for marital discord. Although they improved, he felt they needed a proper counselling session.

Then he referred them to the TA centre. He was surprised to observe the results. The couple returned to thank him for the help rendered. He was all praise for the counsellor who did the counselling for the couple. Coming from him was certainly a compliment for the counsellor and I was interested in knowing more about counselling and learnt the art of it, if possible.

He suggested to me that together we join a course on basic counselling skills and deepen our understanding of counselling. That sounded good to me as I have been always interested in Psychology. I had read many books on psychology, especially the famous ones like, “The Road less traveled” by Scott Peck and the well-known, “I am Okay, you are Okay” by Thomas Harris. “The road less traveled,” by Scott Peck helped me a great deal in my life for getting over the tyranny of the past. However, with the book “I am okay, you are okay”, although I understood a lot about the concepts explained, I found it difficult to apply them in real life. I have always been interested in psychology and enjoyed any book that deals with the concepts of psychology right from my college days.

So, I decided to enrol for the Basic counselling skills course. We were about 12-15 people in the group. The classes happened every month for 2 days during the second weekend of a given month and by and by I was looking forward to the second weekend of every month! I liked the format of the course wherein people openly talked about their problems. The sharing is very commendable because normally people tend to conceal the same.

The easy, relaxed way of unburdening oneself made a great impact on me and I too shared a great deal with the group. I also liked the confidentiality clause which ensured that no discussion happened outside about the things people shared, such as past events, their opinions or inherited prejudices from their parents. This is reassuring to the participants as they need not worry what they shared will be known to outsiders. Naturally, I decided not to divulge the day’s events to even my wife with whom I normally share everything that happens on a given day.

The care and concern of the members of the group for each other and the easy way in which everybody shared their problems, issues, and frustrations became a starting point for a new perspective to understand people and the reasons why they behaved in a way they chose to behave. I began to appreciate that everyone has their own justification for doing or saying things in a way that is all their own. I learned to develop more empathy and understanding of the people around me and resolved to keep an open mind while interacting.

As the course progressed, I became more and more aware of the past events of my life and how they continued to influence me in more subtle ways than one. A little more watchfulness and a little more awareness started influencing my lifestyle. Then one thing led to another and I did the TA 101 - a one-day course as well.

Sure, it made a big difference in my life and I completed my Basic Skills in Counselling Course. Now, I’m looking forward to take this journey ahead by doing the Certification in Transactional Analysis.
My TA 101 Experiences – Neena Bijay

Neena Bijay is a 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 daughter-in-law who are all very happy about her doing this course.

I must say that this course has been very useful to me personally. It gave me an insight into why I was reacting in a particular way when faced with different situations. It taught me the importance of good communication, both verbal and non-verbal, and how important positive strokes are for our well being. I also understood how we should try to remove our inhibitions from receiving and giving strokes, and what changes the same could have on our attitude. The study of ego states helped me analyse in detail what ego state I am in, in a particular situation and how I could alter that state for feeling and living better.

For example, I was always very particular about being punctual and could not understand why my friends could not be on time. This would sometimes lead to arguments and unpleasantness. When I analysed this situation using the lens of ego states, I found that I was in my "Critical Parent" ego state and I was just trying to follow blindly what I had learnt from my parents. I realised I had to open up and use my Adult ego state where I understood that everybody need not have the same values. I also experienced a little of my "Free Child" ego state by enjoying our meeting and not being judgemental.

Such diagnosing of my ego states was useful in my learning of basic counselling and also in self realisation of how I pictured myself. The lesson on Life Positions was very useful for me to understand where I stand and helped me analyse how people in contact with me are. The in-depth lessons on how simple messages from parents are misunderstood by a child who fails to understand and feels neglected, causing deep seated trauma that could affect their adult lives, was enlightening.

Another wonderful theory I learnt to apply in real life was the usefulness of strokes. I learnt that Strokes were a unit of recognition. It was interesting to learn how much each one of usBeam for strokes both verbal and non-verbal, and how these help us feel good. It was surprising how we are conditioned not to give strokes or reject strokes least of all never to stroke ourselves. When I consciously practiced giving strokes, I started with simple things like wishing my neighbour good morning, thanking my maid for helping me in my household chores and complimenting my friend about her new dress. I found that not only was I making them happy, I was feeling great too. I now try to practice stroking myself by sharing things I find I have done well.

Types of transactions gave me an insight into how communication could be understood clearly by knowing whether a person was in a complementary transaction, a crossed transaction or an anterior transaction. The Egogram, based on the theory that the amount of psychic energy within a person is constant, greatly helped me to draw a bar chart representing my personality and what I would like to change. I realised if I changed my personality of a Critical Parent, like when I was dealing strictly with my children, to being non judgemental and consciously moving to the Adult and Free Child ego states, I could live in a much more relaxed atmosphere.

Psychological games played by people, the drama triangle and time structuring were also useful inputs in the TA Workshop.

I am really grateful to the faculty for giving me such a self-introspecting class and I am sure many more will benefit in the future.

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  - Elena Leigh

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  - Geetha R. S.
- My TA Learning Experience through Basic Counselling
  - Sunday
- My TA 101 Experiences
  - Neena Bijay

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A Window to the Power Within! - Rosemary Kurian

"You've always had the power, my dear, you just had to learn it for yourself"
-Glinda, The Good Witch, Wizard of Oz

Isn't that so true? Writing my diploma exam was one such enriching experience that reinforced in me the resilience and strength with which I have lived my life. Only I had never paid attention to it, neither had I ever stopped to put myself on the back, even occasionally. TA has been a very interesting journey for me. It's been insightful, bringing with it so many opportunities to change and grow - changes that were easy, changes that were painful, changes that I did not think were needed or even possible.

Why, even my whole experience of writing an exam would change. My usual methodology to writing an exam would be a sure shot recipe for an anxiety attack - with a cup of fresh 'feelings of burden', a dash of stress, a pinch of competitiveness, and other such 'not-so-pleasant' ingredients. Then I would head to the pan to slow cook these in a broth of self-doubt and panic.

However, this time around, lucky for me, I stumbled upon some 'Adult'. I wondered, may be this is an opportunity to look beyond my usual recipe. Perhaps, my recipe was outdated? Perhaps, it wasn't even mine.


To be able to acknowledge the power within, to own it and to appreciate oneself is a beautiful experience. Yes, attempting and completing my diploma was one such experience for me. It really did change the way I look at myself and the world around me. Exam nightmares gave way to insightful learnings. And the bonus being: I have a new and improved recipe to face those 'surprise tests' that life sometimes throws at us.

I am aware that my learnings do not end here and I look forward to my TA journey to grow and learn with excitement, curiosity and compassion. I am enjoying this journey and the view outside is good.