

# ME AND THE GROUP

## INTERPLAY OF INDIVIDUAL AND GROUP PROCESS

No one can enter a group and be unaffected by its dynamics. Groups give an opportunity to deepen awareness of how we affect others and how we are affected by others.

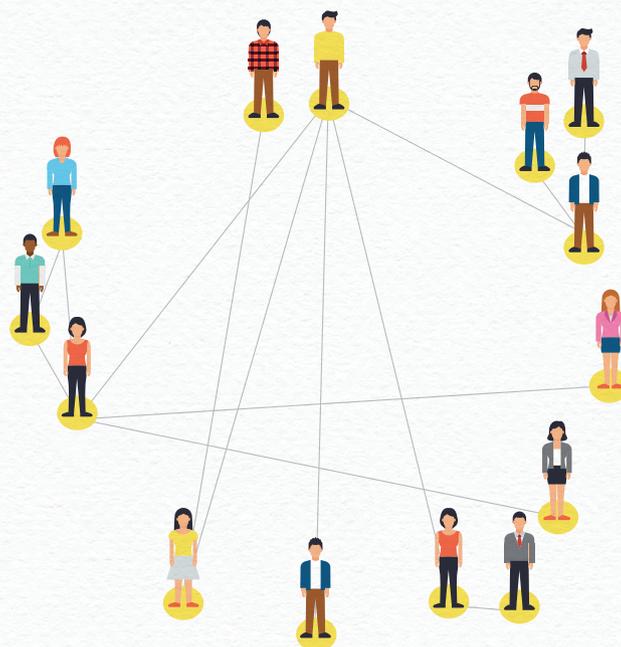
In this MLL, we will work with, examine and explore the following:

- What do I bring to the group?
- How does a group affect me?
- How do I influence the group?

We also have two brief teaches from our visiting trainers:

**Jo Stuthridge**, TSTA (P) from New Zealand presents: **"Growing up in Groups"**

**Thorsten Geck**, TSTA (O) from Germany presents **"Group Culture: The Dance between the Individuals Script and the Context"**



### VENUE

Hotel Vestin Park,  
39 Montieth Road Egmore,  
Chennai 600008  
044 2852 7171

## WHAT IS MLL?

Multi-level learning is an event offered by SAATA for trainees and practitioners at all levels, including trainers and supervisors to engage in learning together.

We learn both intentionally and unintentionally. MLL offers a space mainly for unintentional learning by being part of the process in plenary, small groups and multi-level supervision sessions. The groups are typically unstructured and driven by group need.

The unique supervisory arrangement, allows trainees not just to see live supervision of the facilitation of groups but also supervision of supervision, allowing multiple layers of learning to emerge.

**The MLL is thus an opportunity for all to witness learning at multiple levels, see learning as a never-ending process, experience learning from the dynamics of the group, and interact with the larger TA community.**

## WHO CAN PARTICIPATE?

It is best suited for those are willing to mindfully pay attention to their thoughts and feelings as they occur moment to moment as the group takes place and draw insights for themselves from the same.

MLL is for those who have completed at least 120 hours of advanced TA training (as on December 31st, 2018).

Registrations open on **October 1<sup>st</sup>, 2018**. Registrations on a first come, first served basis and will close once we have 60 participants.

The MLL is **not** suited for those looking for

- Structured, content-driven, instructor-led learning
- Personal work or therapy
- Individual supervision

## FACILITATORS FOR THE MLL

Alexandra Pitrowska TSTA (P,C)

Chitra Ravi TSTA (P)

Jo Sthuthridge TSTA (P)

Suriyaprakash C TSTA (O)

Susan George TSTA (P)

Thorsten Geck TSTA (O)

Anisha Pandya PTSTA (P)

Aruna Gopakumar PTSTA (P)

Geethan A PTSTA (P)

Hasina Manipal PTSTA (P)

Raguraman K PTSTA (O)

Deepak Dhananjaya CTA (P)

Joy Roshan CTA (P)

Prathitha Gangadharan CTA (P)

Seema Pradhan CTA (P)

All MLL facilitators need to attend the MLL Planning Meeting on Friday, January 4<sup>th</sup>, 2:00 pm - 4:00 pm

## SAATA TRAINERS MEETING 2019

For trainers only (CTAs, PTSTAs, TSTAs)

Thursday & Friday, January 3<sup>rd</sup> & 4<sup>th</sup>  
9:30 am - 5:30 pm

## SAATA BOARD OF TRUSTEES MEETING

For SAATA trustees only

(SAATA members can attend as observes, with prior intimation).

Friday, January 4<sup>th</sup>  
4:30 pm - 5:30 pm

## SAATA ANNUAL GENERAL BODY MEETING

All SAATA members are invited to attend

Saturday, January 5<sup>th</sup>  
5:45 pm - 6:45 pm

## PROGRAM OVERVIEW

Thursday, January 3 <sup>rd</sup>	9:30 am - 5:30 pm	Trainers Meeting
Friday, January 4 <sup>th</sup>	9:30 am - 1:00 pm 2:00 pm - 4:00 pm 4:30 pm - 5:30 pm	Trainers Meeting MLL Planning SAATA BOT Meeting
Saturday, January 5 <sup>th</sup>	9:30 am - 5:30 pm 5:45 pm - 6:45 pm	MLL SAATA AGM
Sunday, January 6 <sup>th</sup>	9:30 am - 5:30 pm	MLL
Monday, January 7 <sup>th</sup>	9:00 am - 5:00 pm	Workshop by Jo Sthuthridge: 'An Introduction to Relational Transactional Analysis'

## REGISTRATION FEE

### MLL

MEMBERSHIP	BEFORE DECEMBER 1st	AFTER DECEMBER 1st
SAATA Members	₹3000	₹3500
Non-Members	₹4500	₹5000
Trainees who enroll as members in 2019	₹3800 + Membership fee	

### JO STHUTHRIDGE'S WORKSHOP

BEFORE DECEMBER 1st	AFTER DECEMBER 1st
₹2500	₹3000
₹3500	

The fee includes lunch, tea and materials

## REGISTRATION PROCESS

1. Pay through NEFT transfer to Current Account,  
**Name:** SAATA  
**Account Number:** 40370100001662  
**Branch:** Bank of Baroda, Vadavali, Coimbatore  
**IFSC Code:** BARBOVADAVA  
OR By Cheque favouring '**SAATA**' payable at Coimbatore
2. Register online with your payment details at [www.saata.org](http://www.saata.org)
3. For any queries please write to [contact@saata.org](mailto:contact@saata.org)

CONTACT IN CHENNAI: SARMISHTA MANI  
+91 98844 02350 | SARMISHTAMANI@GMAIL.COM

# WORKSHOP BY JO STHUTHRIDGE

## AN INTRODUCTION TO RELATIONAL TRANSACTIONAL ANALYSIS

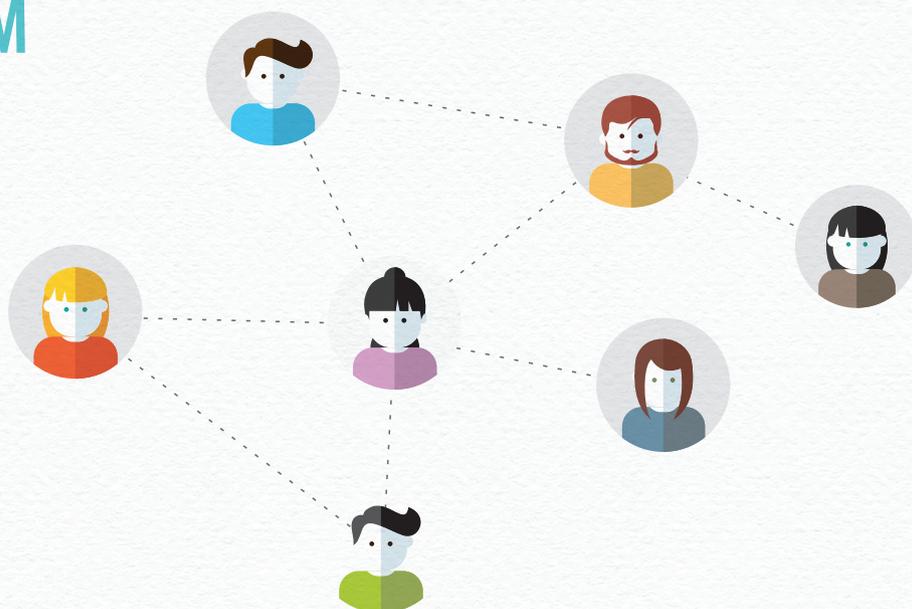
All you wanted to know and were afraid to ask.....

Over the past three decades a paradigm shift, which is sometimes referred to as the 'relational turn', has emerged in the wider field of psychotherapy, influencing the development of transactional analysis. This shift has arisen from a confluence of thinking between fields, including contemporary infant development research, neuroscience and psychoanalysis. Practitioners working from a relational perspective share a common understanding about the centrality of relationships in the development of psychological problems and the healing process. There has been a shift away from cognitive insight, toward unconscious, affective and relational interaction as the primary vehicle for understanding and change.

During this one-day workshop, we will discuss the central concepts and characteristics of a relational approach to transactional analysis. There will be space to share your questions and thoughts about what it means to work within a relational framework. How do these ideas change the way we think about our client's problems and our practice?

This workshop will appeal to all those who are interested in working with unconscious processes and want to learn more about integrating these ideas into clinical practice. It will be relevant to counsellors, psychotherapists, organizational and educational consultants, however the facilitators illustrations will be drawn from her practice as a psychotherapist.

**JANUARY 7<sup>TH</sup>**  
**9:00 AM - 5:00 PM**  
**VESTIN PARK,**  
**CHENNAI**



## ABOUT THE FACILITATOR



Jo Stuthridge MSc, NZAP is a Teaching and Supervising Transactional Analyst and a registered psychotherapist in New Zealand. She maintains a private psychotherapy practice in Dunedin and is director of the Physis Institute, which offers training in transactional analysis. She has published several articles and book chapters on transactional analysis, most recently, *Falling Apart and Getting-it-Together: The Dialectics of Disintegration and Integration in Script Change and Self-Development*, TAJ 47(1) 2017 and *Psychological Games and Intersubjective Processes with Charlotte Sills*, in *Transactional Analysis in Contemporary Psychotherapy*, ed R. Erskine 2016. Jo is a teaching and research associate with the department of Psychotherapy and Counselling at Auckland University of Technology. She is also a current co-editor for the *Transactional Analysis Journal*.

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