

Conference Abstracts

Abstracts are listed here in chronological order. Consult the schedule as needed.

SLOT 1: DAY 1 - 16:45

The Lion, the Lamb, and a Global Pandemic

Maureen Mary Felton

Application: ALL

How did you meet the COVID pandemic these last two years? Are you different? What have you experienced in terms of power dynamics in your personal and professional life? Are there challenges to your values and ethics and the philosophy of I'm OK, You're OK? Is there a place for restorative justice? Are we stuck in this place of not knowing, this minus minus state where it seems no one knows the way through?

In this workshop I will offer a framework for raising awareness and accounting significance to open the energy pathway of physis and maybe, as TS Elliot wrote, arrive at the place from which we began knowing it for the first time. There will be a place for lions, lambs, and all other identities to share and learn by integrating TA with several other frames. I look forward to meeting you.

Maureen Felton, TSTA (P), is a psychotherapist with over 40 years of experience working with individuals, couples, families, and teams caring for young people in care. She currently hosts groups on Zoom for therapy training and supervision. Mo is passionate about the process of change and the Quantum Field.

Personal Development Within Organizations: Are HR Professionals Lonely Riders or Leaders?

Danijela Djuric

Application: O | MAX 40

The pandemic has inspired transformational changes in the workplace. Many organizations are facing the Great Resignation and Talent Walkout. In this time of uncertainty, how might a TA framework help to align between organizational, leadership, and individual needs?

During the workshop, we will discuss how HR professionals and leaders can set the framework for Individual development. We will also discuss the space for authenticity and exercising permission, protection, and potency (Steiner, 1968) in the workplace. The applications of three-cornered contract (English, 1975) in the individual development will be presented through case study.

Danijela Djuric is a psychologist and HR consultant, with 6 years' experience working as a psychotherapist and 12 years' experience in the field of organization development and people development. Danijela has been learning and applying TA since 2000.

Dealing With Grief and Renewal in the Liminal Space

Adrienne Lee

Application: ALL

We will create a shared space to reflect on the experience of being in a liminal, global, cultural, and personal space as we experience the changes in our world. We will consider the grief processes and the processes for renewal and apply and create TA theory to facilitate our understanding and how this impacts us and our clients in all fields of work and experience. The focus will be on embracing our interconnectedness and homonomy.

Adrienne Lee, BA (Hons), TSTA (P), past president of EATA, is director of The Berne Institute, UK. She has received the Gold EATA medal, and the Muriel James Living Principles Award. Adrienne enjoys inspiring the development of TA, focusing on homonomy and spirituality, and is dedicated to co-creating learning with passion, authenticity, and excellence.

How Can We Bring Genuine Positivity in the World?

Koen Bosschaerts

Application: ALL

In this workshop we will work with TA and spirituality. Spirituality is the soul energy that lives in each of us. This is close to physis in TA: an evolutionary impulse that is our urge to grow and become all we can be.

If we are able to integrate TA and spirituality, we can reach more self-actualization. It is important to have a healthy new Parent which will encourage and allow physis energy to activate and evolve within.

In this workshop we will practice meditation which is essential to mental health and well-being. We will also work on positive thinking because our thinking greatly affects our lives.

Koen Bosschaerts lives in Antwerp, Belgium and became a PTSTA (E) in Harrogate in 2012. His passion is to stimulate personal growth, personal effectiveness, and love of life. He has a master's in mathematics and finds TA wonderfully effective and useful. Gifted by curiosity and enthusiasm, he organizes TA training and supervision.

Helping the Helpers! Using TA in the Psychology of Emergency to Empower Rescuers

Fabiola Santicchio, Juliana Tamburini

Application: C, P

Not just terrorist attacks and wars, but also earthquakes, floods, and other tragic events can have a major impact on the mental health of victims, survivors, their families – and very often – rescuers, by causing the onset of post-traumatic stress disorder (PTSD), a form of mental distress that develops as a result of highly traumatic experiences.

Research carried out directly on different areas of the brain has shown that individuals suffering from PTSD produce abnormal levels of hormones involved in the response to stress and fear.

How can transactional analysis improve the intervention by emergency psychologists, in particular, to support rescuers who aid victims of profound changes? We will see it in this workshop led by two emergency psychologists: one transactional analyst and the other one, a neuropsychologist.

Fabiola Santicchio, PTSTA (P), is a clinical psychologist and psychotherapist. She lives and works in Southern Italy in her private practice and abroad as a teacher and supervisor in TA. She is also a member of the board of the Italian TA organization, Associazione Italiana di Analisi Transazionale (AIAT).

SLOT 2: DAY 1 - 19:30

I Know This Will Sound Crazy, but...The Courage of a Client to Feel Crazy

Edward T. Novak

Application: C, P | MAX 40

Individuals who survive traumas often develop a strong Adult ego state whose courage and resiliency conceal their more vulnerable ego states. Internally, these ego states continue to experience the traumatized past as an ongoing reality. The person's simultaneous experience of external confidence and internal terror creates a sense of self that feels crazy. A client's courage to reveal in therapy these concealed ego states, that they mistakenly experience as crazy, initiates an intensive phase of treatment where client and therapist can mutually attend to these formerly hidden ego states.

This interactive workshop will explore the therapeutic process of creating the space that invites traumatized ego states into the therapeutic relationship. We will then examine ways therapists can provide empathic relational connections to aid in a process of deconfusion that leads to an integration of ego states where both courage and vulnerability can harmoniously coexist within the client's self.

Edward T. Novak, M.Ed, is a psychoanalyst in private practice in Akron, Ohio. He has presented at international conferences and published numerous articles, including working with touch in psychotherapy and psychoanalysis. He is the book review editor for the Transactional Analysis Journal and a member of the editorial review board.

Intersectional Healing: The Art of Jin Shin Meets Transactional Analysis

Alexis Brink

Application: C, E, P

In my workshop, I will lay the foundation for understanding the relationship between energy medicine and TA. Through this, I will demonstrate how we can help our clients on a somatic level. I will share methods therapists can teach their clients to calm and regulate their nervous system, by using the art of Jin Shin – a simple, hands-on Japanese healing modality – which they can apply on themselves. By practicing how to harmonize their body, mind, and spirit, therapists will also learn how to balance their own energy during a client session, as well as for their own personal self-care.

Alexis Brink is the Director of Jin Shin Institute and has held a private practice in New York City since 1991. Alexis has taught Jin Shin to wellness organizations and communities around the world. She is the author of two books published by Simon & Schuster. Alexis is a TAP of USATAA.

Theme Centered Interaction:

A Model of Adult Processing for Activating Physis and Building Resilience

Patrick Brook

Application: O, P | MAX 40

Process groups, experiential groups, and personal development groups have become an integral part of training across several TA fields. Proponents offer them as “vehicles for self-awareness and support.”

Drawing on the work of Balint (1966) and Berne (1961), this workshop begins provocatively by inviting participants to engage with the proposition that in their unstructured form, process groups encourage a malignant regression by recreating the many distinctive ways developed to survive the stresses and strains in the very first group: the family. As such, they do not have a place in training.

The presenters invite participants to experience an alternative model – Theme Centered Interaction – which they have adapted from the work of Ruth Cohn. They argue this promotes greater courage and resilience by inviting a more benign (and appropriate) Adult form of processing. They have found this beneficial in their teaching and practice across both the psychotherapy and the organizational fields.

Patrick Brook, PTSTA, is co-founder and Academic Director of the Connexus Institute, a UKCP-registered psychotherapist and supervisor, and an NCS Senior Accredited counselor and supervisor. Earlier qualifications include a master's degree in Applied Linguistics and a teaching diploma.

Integrating TA: Body Psychotherapy and Art Therapy in the Treatment of Bulimia

Dunja Stojkovic

Application: C, P

The pandemic and the isolation it brought negatively influenced a broad range of mental health issues. It seems to have been especially triggering for people suffering from eating disorders (EDs). Working with these individuals it became evident they needed additional support and creative ways of strengthening their resilience.

Looking for different resources, especially the ones that could engage the client's Child, I found practices in body psychotherapy and art therapy to be an excellent addition to our TA repertoire.

In this workshop, I will explain how concepts from these different schools of therapy can be understood through TA theoretically and guide participants through exercises that have the potential to bypass common defense mechanisms found in EDs as a means of building courage to face the parts that were defended against. I will also present new resources that promote resilience.

Dunja Stojkovic is a clinical psychologist in the process of obtaining her CTA certification. She owns a private practice in Belgrade, Serbia and works with clients online. Her professional focus lies in working with clients suffering from eating disorders.

SLOT 3: DAY 1 - 22:15

Taking Action With Courage vs. Hoping for Change

Leonard Campos, Ph.D.

Application: E, O, P

In formulating my proposal, I will not have completed my finalized discussion. I am proposing that the fear of taking prosocial action restricts courage and creates hope as an impasse. Despite the universal pervasiveness of hope on the planet, a hope racket prevents courageous action. The hopelessness of hope keeps many people from taking courageous action when it is called for. It may be found, for example, in the aspirational philosophy of many institutions, particularly in many churches and other organizations.

Dr. Leonard Campos is a retired clinical psychologist with 40 years of practice in the redecision therapy branch of transactional analysis. In 1971 he received his teaching member certification from ITAA. In 1983 he was awarded a diploma from the American Board of Professional Psychology and in 2021, the ITAA Goulding Social Justice Award.

Your Relationship With Money

Michelle Thomé

Application: C | MAX 40

As Eric Berne said, money is a shortcut to the script. In this workshop, we will amplify the information about the transgenerational script and the influence on the frame of reference of living in abundance or scarcity. It is common in the family system to have a pattern pass through generations until an individual consciously decides to do something different - with the Adult ego states and the physis. It takes courage to change the relationship with money. Are the challenging times we are living with COVID in a good opportunity for this? This workshop will be experiential, and each participant will be able to focus on their own relationship with money.

Michelle Thomé, PTSTA (O,E in Brasil) is a counselor, coach, and constellator. She brings 28 years of experience in the fields of journalism and marketing to her 7 years as a transactional analyst. Michelle is a TA trainer and supervisor, teaching TA 101 and 202 classes in Brasil. Currently, Michelle is on the ITAA Board as VP Development and manages the Communications Team working to develop ITAA's new website, logo, and social media platforms. She is currently training for her CTA in Counseling.

Learning Physis at Work: Deepening Resilience and Courage

Mandy Lacy

Application: C, E, O

This workshop will introduce and examine learning practices within workplace settings that encourage people and teams to become courageous about working with the physis of what they already know, have experienced, and are yet to learn, as the catalyst for resilience consciousness.

Based on recently published work, this workshop offers new thinking and additions to existing TA concepts that build on the psychodynamic importance of resilience learning and practice within teamwork. We will encourage courageous, collaborative reflection and suggest how to incorporate, draw upon, and trust what people already know. References will be made to the research that underpins this work.

You will be able to bring your own experiences to this workshop to explore; application of the concepts discussed, experiential learning planning and consider iterative learning on the job as a forum for deepening resilience and courage at work.

Dr. Mandy Lacy, TSTA (O), is an experienced consultant, facilitator, coach, workplace educator, and trainer. Mandy holds a Learning Science and Technology master's degree and completed her PhD research in workplace efficiencies through group memory and learning in the workplace.

SLOT 4: DAY 2 - 03:45

Resilience of Japanese Culture and How We Develop It Through Transactional Analysis

Keiko Hoshino

Application: E | MAX 40

Individual resilience and collective resilience – both are also about autonomy and homonomy. Consider these in the context of Japanese culture:

- ▶ Japan is a country with many disasters and has experienced epidemics in the past. In this environment, we see that there is resilience to demonstrate our power as a group in the midst of these disasters.
- ▶ We also have a distinctive culture of Amai, which is a way of living in a group. We will look at the history and the link between resilience and Amai and discuss how this relates to protection and permission.
- ▶ On the other hand, while the Japanese are strong organizers, they are not good at embodying diversity. Between belonging to a group and embodying diversity, we will discuss what is needed in the future and what TA theory provides to achieve this.

We will talk about the physis in us and the courage to embody diversity.

Keiko Hoshino, PTSTA (E), is a trainer and facilitator of self-development and communication workshops. Keiko currently runs a TA group that includes CTA training and is also involved in staff training for agencies working with women and children in difficult circumstances. Keiko works with government offices and welfare facilities, and conducts hospitality training and NLP training.

Physis at the Core of Resilience and Recovery

Prof. Suriyaprakash C

Application: ALL

Eric Berne developed transactional analysis as a theory of social psychiatry. However, recent application is increasingly limited to serving individuals and groups. Lately there is a resurgence of its relevance and potential to address social issues. It is in this context physis ought to take center stage in the way TA is practiced – more so when we are still in the grips of this uncertain pandemic.

In this session we will collectively explore answers to the following questions:

- ▶ What does “physis” mean to us?
- ▶ How is it relevant to organizations?
- ▶ How do we tap into our physis to build resilience while we are recovering from the pandemic?

I will share my experience of integrating the conscious full-spectrum approach of radical transformational leadership (Sharma, 2017).

This physis-based approach shifts the locus from the individual to the system, thereby opening up immense potential for large-scale change in our circle of influence.

C. Suriyaprakash, PhD, TSTA (O), is professor of organizational behavior at Jansons School of Business, Coimbatore, India. His mission is to “rehumanize the workplace” through transactional analysis training, coaching, counseling, and consultancy. He aspires to further develop the physis based approach to developmental transactional analysis to foster social change.

The Drama Triangle: Choosing Courage in the Face of Invisible Oppression

Aruna Gopakumar

Application: ALL

The drama triangle is a model to help participants recognize and courageously challenge normalized oppression. It explores the bystander role (Clarkson, 1987) in greater depth and brings to the fore the role of the cultural Parent (Drego, 1983) within one’s psyche. It highlights how scripts interact with socio-political factors when individuals make choices. The health of the individual is not separate from the health of the culture. Recognizing invisible oppression allows us to recognize the game roles that we may be taking on without awareness. The Functional Fluency model (Temple, 2002) is then used to help individuals find the courage to intervene. Courage involves calculated risk taking – finding ways of making success more likely, and avoiding rash, unproductive behavior.

The goal of this workshop is to offer a model that helps us create a more equitable and empowered world. Integrating contextual awareness into our practice is a responsible rejoinder to normalized oppression.

Aruna Gopakumar, PTSTA (P), is from Bangalore, India. She holds the position of Vice President – Research & Publications at SAATA. In 1999, she set up Navigati, a leadership development firm that today has over 500 organizational clients. Navigati is a market leader in creative and unique learning events.

Trauma and Protocol During COVID: Understanding and Working Through

Prathitha Gangadharan

Application: P | MAX 40

COVID affected us viscerally; it came into our homes initially through the screens of our devices. We saw the collective distress of the masses in the form of migrant labor. Theirs was a story of courage and resilience. While I watched helplessly, I was also inspired by the stories of courage exhibited by people who rallied and helped these migrating hordes. I think it was probably an effect of their individual coping mechanisms because some chose to listen to the authorities and stay put while others just packed and ran.

In the second wave, every family I know experienced a loss of a dear one to the pandemic or a health complication arising from it. I want to explore the fear that brought past traumas alive and the grief that it left in its wake and the many stories of courage and resilience. Surely physics was very much in evidence.

Prathitha Gangadharan, PTSTA (P), training in Group Therapy with IGA, UK, Queer Affirmative, is a trainer, supervisor and practitioner. Curiosity, wonder, a sense of gratitude for being in this space, courage, resilience, and strength are what bring to her practice.

SLOT 5: DAY 2 - 06:30

Meaning of Community in Building Homonomy and Resilience

Sudha Thimaiah

Application: C

In a capitalist society, neoliberal capitalism took us away from a sense of belonging, homonomy, and OKness, and toward the pursuit of material wealth, career, competition, individuality, and success. This meant there were more “takers” and “charming manipulators.” People coped by using their Be strong drivers. The courage to be vulnerable and reach out for the help and acceptance being offered during the pandemic brought back the essence of community and homonomy.

While systems broke down, it was the building of newer communities or the rebuilding of older communities that united us to speak as a strong force. Is this true of your experience? Did this happen elsewhere?

This workshop will explore preexisting community in Indian society and will exhibit inclusiveness as an important identification for building resilience in an emerging world.

Sudha Thimmaiah, PTSTA (C), feels transactional analysis was instrumental in equipping her to understand that one's identity is deeply rooted in one's sense of belonging to family and community. Amidst chaos and confusion in pandemic times, forming and building of communities was the key to being resilient in an emerging world.

TA Coaching to Develop Emotional Intelligence in Organizations: A Lever for Resilience

Rossella Iannucci

Application: O

Organizations are facing turbulent times, typical of the VUCA (Volatile, Uncertain, Complex, Ambiguous) world, with direct impacts on people. “Amigdala attacks,” as defined by Goleman, are more and more frequent and limit effective problem solving.

Contamination of ego states of individuals and organizations are more and more frequent in these times. Having a high level of emotional intelligence is becoming a crucial asset for resilient organizations, to be able to build a social environment in which people feel close and safe even when we are all working alone, distant, and with a common sense of fear.

In this workshop you will experience the potency of TA coaching on emotional intelligence in action, through an immersive, creative experience.

Rossella Iannucci, PTSTA (O), is an Advanced Professional Business Coach with ICF specializing in the organizational field. She is in charge of the Internal Coaching Academy of Intesa Sanpaolo Banking Group.

To Stay With Uncertainty Without Dysregulation in an Ever-Changing Reality

Cecilia Waldekranz, Cristina Innocenti

Application: C, P

The presenters will focus on the importance of learning how to stay with uncertainty, considering it at the core of any kind of existential situation and relationship. Resilience appears to be closely correlated with the ability to stay with uncertainty. Mindfulness will be presented as a valuable tool for the integrated Adult ego state to cultivate mental presence without judging. This includes disidentifying from their own and their patient's fear or anger and permits the mind to open the intuitive capacity. This process leads to the consciousness of impermanence and uncertainty without anxiety, and the ability to stay grounded in an ever-changing reality. Psychotherapists and other professionals in helping professions have been particularly involved with this issue during this pandemic.

The presenters have discussed these kinds of processes in their paper *Transactional Analysis, Intuition and Mindfulness: How We Can Learn to Think Martian* (TAJ, 2021).

K. Cecilia Waldekranz-Piselli, CTA, is a psychologist, psychotherapist, teacher, and supervisor in body-focused psychotherapy. She is a mindfulness teacher, and the author of the paper, "What Do We Do Before We Say Hello?" (TAJ, 1999), and co-author of the paper, "Transactional Analysis, Intuition and Mindfulness: How We Can Learn to Think Martian" (TAJ, 2021)

Keeping Connection, Staying Online, Even Being Offline: Family Therapy Nowadays

Nadezhda Zuykova, Anna Zuykova

Application: P

The workshop is coming from family and is about family. It will be led by mother and daughter, living in different countries and knowing from personal experience all the highs and lows of keeping contact during the current situation.

The workshop is based on the practical experience of both presenters with couples and families – individually and in groups, in person and online.

Participants will get to know different tools of transactional analysis application in family therapy and will be provided with various ways TA can be combined with other approaches.

The author's concept of the "Family Ego" and "Couple Ego" will be presented and discussed.

Nadezhda Zuykova, PTSTA (P), PhD, MD, in Moscow, Russia, is a professor of Psychology and Psychotherapy in the Psychosomatic Pathology Department of PFUR and head of MAPPs. She has 30 years of practice and training in clinical psychotherapy and transactional analysis.

SLOT 6: DAY 2 - 09:15

"To Thine Own Self Be True" - Shakespeare

Helena Hargaden

Finding our true selves involves a journey into unconscious processes. This can be understood as right brain - right brain communication.

This workshop examines the underlying theory of relational TA as evidenced by neuroscience and poetry. Courage, physis, and resilience emerge into consciousness when we undertake a journey towards wholeness.

Dr. Helena Hargaden, BA (Hons), MSc, D.Psych, is a relational TA psychotherapist working in West Sussex. She is also an author, educator, and mentor. She likes to walk, play scrabble and cards, read, write, and watch TV.

Emotional Resilience and Embracing Change

Raguraman K

Application: O | MAX 40

In an ever-expanding social space, it is important to be resilient in the changing demands of stressful experiences. Being courageous helps individuals as well as systems to create unique and ground-breaking changes, and to achieve the desired outcome. The emotional resilience of an individual plays a vital role in the decontamination process allowing the force of physis to pass through all ego states.

I will use the lens of “Feeling Loop” of Carlo Moiso, “Competence Curve” of Julie Hay, and positive psychology to identify the healthy responses that are needed for each authentic emotion to thrive at the emotional level.

Methodology: questionnaires, activities, lecture, and interactive learning methods.

By the end of the workshop participants will learn:

- ▶ How to bounce back from setbacks and embrace change
- ▶ How to rise above adversity and grow from challenges
- ▶ Competencies that are required to embrace change whilst dealing with immobilization, fear, anger, and frustration

K. Raguraman, MA, MBA (HR), PTSTA (O), is a Psychodrama Director, secretary and faculty at Asha Counseling and Training Services, and a trustee in SAATA.

Risk and Courage in Existential Education

Beatrijs Dijkman

Application: E | MAX 40

A core question in existential education is, “what is this asking from me?” (Biesta, 2014) Lingering on this question one touches on courage, physis, and resilience and a particular understanding of freedom. Ideas of Parker Palmer fit well with exploring this theme.

In the workshop we start with stories of risk and courage in personal and professional development. We look for good practices, but also share moments we regret and needed resilience. From personal stories we connect around the meaning of physis, freedom, and risks in education. We will also look at how self and world relate to each other in learning. We will refer specifically to the idea of subjectification (Biesta, 2014) and we will experience, as Biesta wrote, “... the ways in which students can be (come) subjects in their own right, and not just remain objects of the desires and directions of others.”

Beatrijs Dijkman, MSc, CTA (E), is an independent trainer, supervisor, teacher, and examiner. She works in the Netherlands and the UK in higher education and TA training institutes.

Challenge and Physis in the Context of Teaching TA Students

Tatjana Gjurković

Application: ALL

As a TA trainer, I keep asking myself how to challenge TA students for them to grow and to develop core competencies while keeping in mind the energy of physis. If we think of individual needs of students, sometimes we can observe big differences between them, regarding their energy of physis. While some will need gentle guidance, others will often need more clear boundaries and rules.

I continue to see that there are two additional provoking and important topics: the influence of culture and pandemics. I have been challenged as a trainer regarding both topics and I am also aware of how it influences me in the process of evaluating and challenging students I educate.

In this workshop, I invite you to explore together: do we and how do we challenge TA students, keeping in mind physis with additional consideration of the impact of culture and pandemic?

Tatjana Gjurković, PTSTA, has been running TA 202 since 2017. She works with children and adults combining creative and playful interventions. Tatjana is co-director of Center Proventus and author of one book, one article, and 24 therapeutic books for children.

SLOT 7: DAY 2 - 12:00

Empathic Transactions for Resilience in an Emerging World

Charlotte Sills, Mica Douglas

Application: ALL

Berne's (1966) use of the words "therapeutic operations" encapsulated well his medical model way of thinking about being a psychotherapist. As we know, while his theories are largely relational, his methods often were not. In 2002, Hargaden and Sills introduced a relational revision and elaboration of the operations which they called the empathic transactions.

In 2019 Mica Douglas, Giovanni Felice Pace, Valeria Villa, and Bill Stiles conducted theory building research into the empathic transactions and their findings were very positive. Their paper is awaiting publication in a forthcoming TAJ.

In this workshop we will start with a discussion and critique of empathy – surely a vital quality for the emerging world. We also argue that it takes resilience and courage to be truly empathic. Then we will introduce the empathic transactions and invite participants to experiment with them a little. Mica and Valeria will also introduce the research and its outcomes.

Charlotte Sills, MSc, MA, is a psychotherapist, supervisor, and coach in private practice and a member of faculty at Metanoia Institute. She is also Professor of Coaching at Ashridge Business School. Charlotte is the author or co-author of numerous publications including, "Transactional Analysis - A Relational Perspective" with Helena Hargaden.

Staying in Balance: A Body/Mind Workout

John Heath, Jamie McDowell

Application: ALL

The current, rapid pace of environmental and cultural change powerfully impact us – both somatically and psychologically. We will share our strategies for managing this by paying ongoing attention to body/mind balance, integrity, and well-being. Starting from the holistic position that each person is a unique balance of body and mind and using a psychophysical paradigm which we have developed over years of working together, we bring concepts from TA and match them to body-based experiences derived from the Alexander Technique and other body-based methods.

Focusing on the key concepts of agency, intersubjectivity and autonomy, we will explore the balance between self and other, between self and the world, and between mind and body. As the world changes around us, resilience arises from holding all of these in balance whilst also looking for the places, inside and outside of us, where something new can be found.

John Heath, TSTA (P), is a TA therapist, trainer, and supervisor with a special interest in the mind-body interface. Based in the north of England, he also works internationally and online. He is a tutor at The Berne Institute, UK. He has a growing interest in spirituality and non-material models of consciousness.

Teams as an Intermediate Space for Building Resilience, Thoughts, Meaning

Luca Fornari, Giuseppe Bertolini

Application: ALL | MAX 40

In these years characterized by significant transversal social phenomena such as pandemics, climate change, and migration movements, the relationship between individuals and organizations seems to be changing.

Compared to the past, people seem to be more oriented toward finding meaning and balance between the different aspects of their lives, and they question bonds and memberships (cf. The Great Resignation).

In this workshop, we intend to explore and discuss through brief presentations, subgroup work, and a plenary debrief:

- ▶ how teams and groups can be an intermediate place to carry out this research in building resilience, psychological security, and new forms of belonging
- ▶ how, as transactional analysts, we can contribute to this process – both as consultants and as team members or leaders

Throughout the workshop, we will refer to the work of Laugeri, Korpiun, Erskine, Papadopoulos, Enriquez, and Spaltro.

Luca Fornari, PTSTA (O), is a team facilitator and intercultural specialist.

Neuroleadership, Time Structuring, and Appreciative Inquiry in the Remote Working Space

Marguerite Sacco

Application: E, O | MAX 40

COVID has significantly and rapidly changed the way we work, and with those changes come serious implications for our mental and physical well-being. There is significant potential for us to become alienated from what gives us meaning and purpose in our working lives.

This workshop will discuss and apply the TA theory of introjection and psychological hunger, together with the neurological research on social inclusion and the theory and practice of Appreciative Inquiry as they relate to our new working world.

Marguerite Sacco, PTSTA (O), holds a degree in Industrial Psychology and specialist certificates in Training Management (IPM), HR Management (UCT), Appreciative Inquiry and Coaching Skills, and is an accredited assessor and moderator. She has extensive experience in developing and leading programs that inspire organizational change.

Working With Children and Adolescents Using TA to Promote Courage, Physis, and Resilience

Alina Comendant

Application: P | MAX 40

I believe childhood and adolescence hold the ingredients of growth: courage, the force of physis, the resilience capacity, and a turmoil of the human cells to divide and multiply.

In our practice as psychotherapists, we encounter stuckness in the path of growing, presenting in the form of symptoms. When working with children and adolescents, we can see the presenting symptom injunctions, script decisions, and contaminations, as “change must occur because change is life” (Clarkson, 1992).

In this workshop we will put on the “Martian lenses” to find out what concepts and interventions will stimulate healthy growth and resilience.

The concepts of injunctions (Berne, 1972), ego state applied to children (Romanini, 1991), the emotional awareness scale (Steiner, 2003), and physis (Clarkson, 1992) will be discussed.

The workshop will also have an experiential component (exercises in pairs, in breakout rooms, and creative/expressive techniques).

Alina Comendant, CTA, is a psychotherapist preparing for her TEW (May 2022). She lives in the Netherlands, and works with children, adolescents, and adults. She has 9 years of experience as a psychotherapist, psychologist, teacher, and enthusiast learner. Alina was a presenter at the Romanian TA Conference in 2019, 2020, and 2021 and in Italy in 2019.

SLOT 8: DAY 2 - 15:00

Screen Relations: On Intimacy and Social Distancing

Ronen Stilman

Application: ALL

From Zoom calls and teletherapy to Houseparty meet-ups, the COVID pandemic has put screen relations at the center stage of relating. In this workshop, I will invite you to explore attitudes towards working and relating through screens. Through practical examples, case work, and a bit of psychoanalysis (Bollas, 2016; Russel, 2015; Esig, 2020) and TA (Berne, 1966, 1972), we will explore questions of power, intimacy, and proxemics.

Ronen Stilman is a psychotherapist, supervisor, and trainer, working with individuals, couples, and practitioners in his Edinburgh center practice and cyberspace. He has a keen interest in humans and how they relate and identify, integrating his background in technology and organizational change. Learn more at: www.ronenstilman.com and www.facebook.com/RonenStilmanPsychotherapy.

Building Bridges Together: Explorations of the Impact Suffered on Life Scripts in the Context of the COVID Pandemic

Ioana Cupsa

Application: P | MAX 40

The COVID-19 pandemic brought an interruption to our narrative line – a disturbance of our frame of reference – and provoked our life script. The general context of uncertainty, unknown, helplessness stimulated the activation of existential fears, repressed traumatic experiences, and even produced new traumas. Both the individual's and society's sense of self are threatened by the risk of fragmentation.

The script that is the result of reciprocal interactions – not only between individuals but in society, culture, and environment – continues to develop all our life (Cornell, 1988) and is open to revision (Loria, 1995).

This workshop will explore the way in which our life script responded to the pressures and perhaps ruptures of the pandemic realities by using the metaphor of a bridge.

Ioana Cupsa, CTA, PTSTA (P), is a psychologist and psychotherapist, who lives and works in Switzerland. She also continues her private practice in her native Romania, which she started 17 years ago. She integrates into her clinical work both transactional analysis and the sensory-motor approach.

Team Coaching for Resilience

Sari van Poelje

Application: O

To perform well in today's world, teams need to perform, cooperate, learn, and adapt at speed. This requires a large amount of courage and resilience.

We will present the three levels of team coaching and use these to better understand what interventions are needed to create a resilient, high-performance team.

We will give examples of the three levels of intervention: structural, relational, and cultural interventions to create alignment and resilience. We will explore the notion of courage in a team setting, with examples from case studies.

Drs. Sari van Poelje, TSTA (O), is an international expert on agility and innovation and managing director of INTACT Academy. Sari has 35 years' experience in coaching and consulting and 23 years as senior director in various international corporations. She is a PCM trainer, master systemic team coach, and a published author.

Opening the Garden of Resilience in Couple Relationships

Dragana Jovanovic-Boka

Application: C, E, P

In these sensitive, demanding times in which we live, contact with authentic capacities enables reconnection with already used functional strategies. Social changes lead to psychological distancing in couple relationships; they suffer from a lack of intimacy and understanding of their needs. The third self concept (Savary, 2017) defines space in couple relationships for bonding and time structuring. As a result of social crises in the third self, avoidance, passivity, self-closure, and rigidity are more present. Early defenses are activated due to the pandemic and repeated collective traumatization, which also intensifies the crisis in the relationship. Couples therapy is aimed at overcoming obstacles in the relationship, to recognize and use the functional strategies they used earlier as their resilient capacity. We work to help couples activate authentic resources that are significant for changing the patterns of their functioning.

The workshop will deal with researching of the space for activation and development of resilience in couple relationships.

Dragana Jovanovic-Boka, CTA, PTSTA (E), Master of Pedagogy, is a psychotherapist licensed by the Association of Psychotherapists of Serbia and licensed in social care by the Chamber of Social Policy. She is a core energy development practitioner and her professional orientation is to create frameworks and methods that influence the activation and development of authentic capacities of individuals, couples, and groups.

Sustain the Couple Physis to Support Collective Resilience in the Time of COVID

Sonia Gerosa, Giuseppe Bertolini

Application: C, P | MAX 40

The couple, cell of the social body, has been supporting the collective cohesion in this difficult time of COVID. It has been able to perform unusual, vicarious functions and was one of the antidotes to isolation and suspension of ties. At the same time, many couples have suffered from a lack of nutrition and have been questioning the previous balances. We think that the couple relationship is a privileged place to reactivate mutual nourishments and re-build meaning towards a possible future.

Since its foundation, the Center for Psychology and Transactional Analysis has paid specific attention to the social level, working in connection with public services. Within the Center, a team specializing in couples (founded by Evita Cassoni) has been operating for over 20 years.

We will present the experience and the tools we use to support the physis in the couple and do some practical experimenting with some of those tools with participants.

Sonia Gerosa, MD, CTA, PTSTA (EATA), is an internist and psychotherapist who collaborates with the Center for Psychology and Transactional Analysis in Milan and with the social cooperative, Terrenuove.

SLOT 9: DAY 2 - 20:00

No More Normal: Navigating a System That Has Been Designed for Excluding Neurodivergence-Acceptance

Lyn Wall, Kate Jones

Application: P | MAX 65

This workshop will be a neuro-inclusive exploration of uniquely lived experiences and what it was like living with the pandemic and what will we take forward into the new and emerging world.

What have our lived experiences taught us about unstable connections and how they impact our sense of safety and identity? Do we take into consideration that healing and authentic expression only occurs in the presence of safety? Do we consider that safety is only possible when the person or people opposite you feel seen, accepted, and validated?

How can fortitude support us to unburden ourselves, our internal system, and external systems?

- ▶ When the normal treadmill of life was deactivated and there was inactivity while we waited, what became enlivened and did this contribute to our authenticity?
- ▶ What did we retrieve, release, and what resources us?
- ▶ How will we tell our story so that the wisdom we gained is not lost?

In the stillness we can reclaim our humanity.

Lyn Wall, PTSTA, MSc Psychotherapy, is a neurodivergent psychotherapist. Lyn works alongside neurodivergent children who have developmental trauma. Lyn uses an attuned, radically accepting, bottom-up approach that's built on development, neuroscience, and the unique child. Lyn has a deep interest in neurodivergence and supporting practitioners to consider radical acceptance of neuro-uniqueness, and social change.

Diversity as a Resource for Organizational Development

Alice Timmermans, Lies de Bruijn

Application: O | MAX 40

Organizations face the challenge of continuously moving in the core tension between the extremes they experience. How can you be different and be part of a group at the same time? It takes courage and resilience from the leadership in the organization to initiate and maintain the conversation about this. Resilient leadership requires us to commute between the difficulties we experience and the resources we have available. How can you utilize the possibilities of diversity in your organization?

We start this workshop by sharing our experiences, both in working with organizations as well as the experiences we have had in our own organization in a period that was quite challenging. We invite participants to share their stories, experiences, and thoughts.

We will be curious to see what resources emerge from this cocreation.

Alice Timmermans, M.Ed., PTSTA (O), is general director of the Dutch TA academy. She specializes in working with organizations through change processes. Alice has a background in education and has worked for many years as a principal in various forms of education.

Our Relationship With the Natural World and Courage, Physis, and Resilience

Carol Wain

Application: ALL | MAX 40

Now is the time. We can no longer ignore our embeddedness and relatedness to the natural environment. Climate change and the global pandemic are shaking each of us out of our comfort zones and demanding from each of us – and those we work with – a deeper level of courage, physis, and resilience.

How do you relate to the natural environment in your life and work as a TA practitioner? There is an invitation from many past and current thinkers/ researchers to move from an isolated mind and individualistic/ Western self to an ecological mind and collective self, rooted in the wisdom of systemic thinking.

This workshop will create a space for conversations about our relationship with the natural world and how this might influence our philosophy and practices as TA practitioners. I will be drawing upon thinking from the emerging field of ecological TA and relating this to our conference themes.

Carol Wain has 25 years of experience working in diverse sectors and in private practice as a TA psychotherapist. She works with Red Kite TA training in South Liverpool, where they offer an ecological, co-creative, and relational approach. She is curious about the interplay between TA and the wider world, the natural environment, and transpersonal dimension.

What Awareness Is and How to Teach It: Accessing the Power of Physis

Eric Bittar

Application: ALL

Berne's presentation (*Games People Play*, 1964) of awareness ("the capacity to see a coffeepot and hear the birds sing in one's own way") lays the possibility for a direct relationship to the world, which may seem non-natural in the western culture, although it is commonly found in Eastern conceptions such as the Indian one (Suriyaprakash and Geetha, *TAJ* 44:4 2014) and in Buddhism.

Work has been carried out to create bridges between these two visions, such as that done at the Mind and Life Institute. Mellor (*TAJ* 38:3 2008) makes important contributions to achieve this goal by introducing grounding and centering.

This workshop is based on the phenomenological approach and philosophy to define awareness in a Western frame of reference, to teach what it can be, by making the experience of mindfulness explicit, and relating it to the recognition of the physis, as a resilient resource in times of social uncertainty.

Eric Bittar, PTSTA (E), is Associate Professor at the University of Reims, France. He coaches and supervises professionals of human relations and leads mind-body self-awareness workshops based on improvisation, singing, and dancing.

SLOT 10: DAY 2 - 23:15

To Be Alive, to Be Truly Human

Hiroko Hikita, Satoshi Miyagi

Application: ALL | MAX 40

Being alive (ikasareteiru in Japanese) can be defined as a feeling that your life is overwhelmingly supported by forces other than yourself (nature, others, divine providence, etc.) even though you are living on your own.

The purpose of this workshop is to focus on this feeling of “being alive,” to explore this feeling in each of us, and to think about its meaning.

Traditionally, the TA community has emphasized the goal of living autonomously. The presenters believe that a feeling of “being alive” is a foundation or premise for living autonomously. In the COVID-19 disaster, this feeling is an important element in the creation of a new life and the world. It is connected to gratitude for our life, humility, and the way to be truly both a human being and among nature.

Hiroko Hikita has been working as a psychotherapist at the psychiatric department in the general hospital in Japan for almost 20 years. Hiroko has been learning TA for 20 years as well. Hiroko's hobbies include yoga, gardening, and traveling.

Growing Together at the Edge of Cultures

Piotr Jusik

Application: ALL

Due to the online nature of work throughout the pandemic, our world became more interconnected. One of the consequences of inter-connectivity is the blending of cultures, with the challenges and opportunities of intercultural work. As facilitators of change, we may struggle to tap into the resources of our clients, because the contexts in which we operate may subtly perpetuate oppression or over adaptation to what is seen as the dominant culture. Intercultural spaces awaken issues of power, rank, privilege, and belonging, which can undermine our interventions. Naming, exploring, withstanding, holding, and containing the frustrations and confusions inevitably present at the edge of cultures is a necessary condition for the emergence of resources. Then we can cocreate more inclusive frames of reference and draw on our mutual strengths. It is the messy process of recognizing our respective cultural frames of reference that expands the Adult and helps us grow together.

Piotr Jusik, born in Poland and now living in Guatemala, has lived in several countries, and held various counseling roles in international educational institutions. He works online and face to face as an intercultural coach, counsellor, and facilitator providing services in English, Polish, and Spanish.

Outside In: A Psycho-Social Transactional Analysis of Courage, Physis, and Resilience

Dr. Keith Tudor

Application: ALL

This presentation will consider courage, physis, and resilience from a psychosocial perspective – that is, one that acknowledges the context of these qualities. Drawing on Kurt Lewin's force field theory, the tradition of social psychology, and transactional analysis, the presentation will discuss the cocreative nature of courage, the location of physis beyond ego, and resilience in groups and communities.

Keith Tudor, CTA (P), TSTA (P), is Professor of Psychotherapy at Auckland University of Technology, where he also co-leads a group for research in the psychological therapies. He has been involved in TA for over 35 years. In 2020, he was the co-recipient (with Graeme Summers) of the EMBA Memorial Award.

SLOT 11: DAY 3 - 03:00

Integration of Transactional Analysis, Spirituality, and Quantum Field

Linda Gregory

Application: ALL

This workshop presents new treatment plans for reaching autonomy, self-actualization, resilience, (ASR). Working with physis and being consciously part of the universe are outcomes of this workshop. ARS are deep inner needs that all of us have, albeit often unconsciously. Spirituality and working within the Quantum Field are necessary to self-actualize.

This workshop explores belief systems and how they often stop us from reaching autonomy and self-actualization. Finding our purpose is our deep physis longing. Many have an “Unsung Song Syndrome.” Increased resilience is needed in this difficult time in our world. Working together in spiritual awareness, with Quantum Field can help make positive changes.

Linda Gregory, Ph.D., TSTA, has more than 40 years in private psychotherapy practice and teaching and supervising transactional analysis trainees. Linda has published two books on integrating spirituality with TA treatment. For the last two years, Linda has been presenting TA courses in Russia and China. She lives in Australia with her husband and family.

Real Life Fairy / Fairies From the Mind?

Haseena Abdulla, PTSTA (P)

Application: ALL | MAX 40

Relational needs are woven into our mind, outside of our awareness. Initial exchanges with the caretaker from early childhood help us to meet our needs which is unknown for grown ups, unless efforts are made to dive into the unconscious. “When there are repeated disruptions in meeting our relational needs, it impairs the Adult capacity to create the narrative.” To identify the disruptions and the defenses, it is important to recreate the Adult ego state capacity which will enhance the physis, to bring forth and promote courage and resilience. This involves a self-reflective process.

In this workshop we will experiment with relational needs playing with our favorite fairy tale. This reflective process enables us to integrate the layers we painted as a child, and we will have the option to paint our experience differently with Erskine’s relational needs.

Please be ready with sheets of paper large enough to make a mask (in a color of your choice) and a thread for mask making.

Haseena Abdulla, PTSTA (P), is founder and director of SAAZ - The Breath of Being - and director of Lifelab International, India (www.lifelabintl.com). She is certified Psychodrama Director and Practitioner with a master’s degree in sociology and psychology. She has a private practice based in India.

Courage in the Age of Artificial Intelligence

Rosemary Kurian

Application: C, E, O | MAX 40

The world is changing. With the emergence of technology, especially Artificial Intelligence (AI), we are at the precipice of a change like no other. Technology and automation have improved the quality of our lives tremendously and we are only at the tip of the iceberg in this change. As they say, the best is yet to come. However, AI systems and algorithms use data that includes our human fallacies – racism, power distances, gender biases, religious, regional biases, etc. The consequences of letting these biases seep into AI are dangerous.

This workshop intends to rekindle the essence of being human in the age of machines by exploring our stories of resilience – new data for AI. In the age of smart and intelligent machines, as transactional analysts we can bring a positive change by looking beyond the present and looking within to explore the commonality we all share: physis.

Rosemary Kurian is an educator and founder of a human growth and expansion initiative: Liminality. Her work involves offering spaces for learning that encourage living with integrity, freedom, and empathy (LIFE). She holds a Master’s in Business Administration and Psychology. She is a CTA trainee, specializing in the field of Education.

Physis: Link Between Psychotherapy and Spirituality

Joy Roshan

Application: C, P

This workshop explores physis as the link between psychotherapy and spirituality. For the sake of discussion, this exploration will take transactional analysis as the modality of psychotherapy and systems of yoga in Indian context as the spiritual philosophy.

The workshop invites participants to acknowledge how the struggle the mental health world is facing is a result of distortion at a spiritual level. We will then examine what is required to take a holistic approach to psychotherapy. We will ponder the following question and what answers to this may entail: Can spiritual progress be the true goal of psychotherapy?

Participants will have renewed thoughts and ideas about the following at the end of the workshop:

- ▶ Relationship between ego states and karma
- ▶ What is the spiritual significance of playing games and scripts?
- ▶ How spirituality explains the three TA philosophies
- ▶ Explore Karma Yoga and how it answers several questions about mental health

K A G Joy Roshan, MSc Cli.Psych, PTSTA (P), is a psychotherapist using multiple modalities of psychotherapy. He is also a PG diploma holder in Clinical Hypnosis, a certified master practitioner of NLP, and a certified Gestalt practitioner. He is passionate about facilitating deep and long-lasting change in individuals.

SLOT 12: DAY 3 - 05:45

Using TA in Internal Communication to Create Resilient Employees and Organizations

Lucia Wuersch, Mandy Lacy

Application: O

Internal communication significantly contributes to the overall success of an organization; however, it is often neglected. For example, insufficient information, lack of dialogue between superiors and employees, and a toxic workplace climate can negatively impact the resilience and performance of both the employees and the organization.

This workshop discusses how TA can be used to improve internal communication at various levels. At the intrapersonal level, positive self-assessment can be the beginning of affirmative and courageous communication with others. At the interpersonal and group level, TA training as part of the vision and strategy of an organization allows leaders and employees to learn from each other using a shared TA language. At the organizational level, such a common language helps create a TA culture, which includes a humanistic attitude. This workshop presents findings from an organizational case study in Switzerland and aims at integrating workshop participants' workplace experiences to create new learnings.

Lucia Wuersch has a bachelor's and master's degree in communication from the University in Lugano, Switzerland and more than a decade of experience as a communication professional. After completing her PhD in internal communication and TA at Charles Sturt University in Bathurst, Australia, she works now as a lecturer and researcher.

Physis, Metanoia, and Collective Creative Evolution

Mitra Heidari

Application: ALL

Various evidence supports the hypothesis that we are at a turning point in consciousness evolution, and that we may be able to grow into a more coherent, interconnected system throughout the planet. A dominant notion in this ongoing process of change is physis, a generalized creative "force of nature, which eternally strives to make things grow and to make growing things more perfect" (Berne, 1968, p.89). Berne utilized physis to express the motivating force of cures, personal aspirations, and collective evolution (Clarkson, 1992).

This workshop looks at the concept of physis in relation to TA and related approaches, as well as the findings from Global Coherence Initiative (GCI), HeartMath Institute, Schumann Resonance, and Quantum Physics.

I will also provide some personal instances of the topic. Finally, strategies based on ancient wisdom are proposed for dealing with the ongoing problem that has afflicted people all over the world.

Mitra Heidari was a well-recognized teacher in the education-field. In her 40s, a deep-yearning from within caused a radical shift causing her to get in touch with her True-Self, and it prompted her to enter the field of psychology in 2014, with the goal of making the world a more beautiful place to live.

Achieving Self-Other-Environment Balance by Grounding in Physis

Sashi Chandran, Sudha Sundaram

A holistic approach is used in this workshop for encouraging participants to experience Self-Other-Environmental balance. This approach brings attention to the physical, psychological, cognitive, behavioral, social, and spiritual layers in individuals – along with the time and space they exist in – facilitating a state of flow. Dynamic contracting and tai chi movements enable participants to move through their diverse dimensions – powered by physis – to build their courage and resilience reserves. Neuro-science breakthroughs, break out rooms, and participatory action research methodology provide ideas and space for discovering different ways of being and relating. Participants create self-narratives for being and thriving in the new, emerging world.

Sashi Chandran, TSTA (E), CTA (C), Research Scholar, is CEO of a People Work Institute in Coimbatore, India, offering counseling, training in counseling, transactional analysis and tai chi, and transformational workshops founded on “The Guru Within.” Non-violence and East-West synthesis are operationalized in her work by integrating transactional analysis and tai chi.

Exploring the Interplay Between Courage, Physis, Resilience, and Spirituality for a New Emerging World

Dr. Seema Pradhan

Application: ALL

This workshop aims to highlight the interplay between courage, physis, resilience, and spirituality. Physis is the force we are endowed with to grow and bloom. As transactional analysts, we strive to look for ways to find the courage within ourselves to integrate the Adult, to change our script, to equip us with the resilience, to redecide and initiate our clients to do the same.

Berne’s concept of the Adult – which means responding with awareness of current reality – is similar to mindfulness or “being in the present.” Just like enhancing mindfulness, integrating Adult is a lifelong quest. We strive to continuously grow through physis to achieve autonomy which resonates with Maslow’s self-actualization.

As we progress on this quest our inner core finds expression and our spiritual self is awakened to help us embrace the new, emerging world with we-ness. These different approaches will be explained with examples and experiential exercises.

Dr. Seema Pradhan is a TA psychotherapist, trainer, and supervisor practicing in India. Seema was awarded a PhD for her research on effectiveness of mindfulness meditation. She is a research counsel at Vipassana Research Institute. Seema presents regularly at international conferences and has a number of publications in respected journals.

Face to Face With Eating Disorders in the Context of the COVID-19 Pandemic

Dina Kononova, Margarita Lifshits

Application: C, P

In the workshop we will touch upon the following aspects:

- ▶ Negative factors associated with the current situation of the COVID-19 pandemic.
- ▶ Psychological functions of food during isolation
- ▶ Analysis of coping strategies for coping with stress by using food.
- ▶ Breakdown: a fiasco or a way to cure? A new look at the breakdown. The difference between relapse and relapse in the context of the script.
- ▶ Search for new ways of adaptation, contact with oneself and with other people during a pandemic.
- ▶ Key points of helping clients with eating disorders in a pandemic.

Dr. Dina Kononova, MD, TSTA (P), is a physician-psychotherapist of the MDS clinic in Moscow. She specializes in the treatment of eating disorders and is the host of the “TA in Working with Nutritional Disorders” program.

SLOT 13: DAY 3 - 08:30

Courage to Be in the Unstable World

Alexandra Piotrowska

Application: ALL

Trauma after existential threats to human beings can lead to incapacitation, seriously damaging the ability to interact with others in society. Now, we are experiencing societal trauma in addition to trauma experienced by individuals. What are the consequences to the culture? What are the challenges to choices we make in personal and professional roles?

In this workshop we will look at ways of finding existential courage (Tillich) as well as developing potency for transformation in times of crisis. Examples of systemic trauma strategies will be discussed based on work of traumatologist Anngwyn St. Just, leading to understanding and claiming our personal power (Steiner, Arendt). By introducing a model of how power works in individuals (Heid) and in exercises, we will be experientially developing awareness of what is happening and how it affects the people involved, leading to greater autonomy and taking of responsibility.

Alexandra Piotrowska is a psychotherapist, counselor, trainer, and supervisor who helps others to utilize their own potential and supports them in the journey from surviving to thriving and achieving well-being. Alexandra works systemically, always looking at the bigger picture and taking into account what is visible and invisible.

The Roots of Hope

Cristina Pop

Application: ALL

What is the difference between conditional and unconditional hope? How can each of them foster our courage and resilience? How can they help us face a future that might be very different from what we want and what we value? How can we deepen our own hope, and how can we support each other in growing the roots of hope?

We will explore the meaning of these two concepts and possible answers to these questions by using the TA concepts of awareness, spontaneity, and intimacy. We will also look at how we can extend the meaning of the three capacities for autonomy to better fit a position of respect and humility in relationship with our environment.

Through experiential exercises and discussions in small groups, we will explore options for how to embody the answers we find, so that we can manifest them in our personal and professional lives.

Cristina Pop, CTA (P), lives in Timisoara, Romania. She is passionate about using TA both in professional settings and in her struggles with existential questions.

Physis and Resilience in the Time of the COVID Pandemic

Michele D'Errico, Clara Battisti

Application: P | MAX 40

Due to the pandemic, we experienced the precariousness of bonds. People need to overcome the sense of emptiness and uncertainty to regain their social relationships.

Transactional analysis, as depth psychology and social psychiatry, can establish a link between what a person experiences at an intrapsychic level and the consequences in the relationship with others.

Berne conceptualized two essential factors pushing individuals towards growth and vitality: physis – “the natural healing force that allows the minds and bodies...to regain health and continue to grow” – and hungers for stimuli, recognition, and structure – motivating factors driving people towards the world and an intimate life.

Whenever a change is involved, a form of power is used: physical, emotional, intellectual, and spiritual – used singly or in combination.

The workshop offers participants a chance to get in touch with their own physis and their hungers, to identify their power and rediscover how to “water the flowers that blossom inside.”

Michele D'Errico is a psychologist, psychotherapist, and TSTA (P) for the School of TA Roman Seminars of AT and for the Master in Analytical Transactional psychotherapy applied to the Evolutionary Age. Michele collaborates with the Italian Journal of TA and Psychological Methodologies as part of the Scientific Committee, and with the University of Macerata.

Facing the Future: Loss in an Emerging Landscape

Kathy Johnston, Wilf Hashimi

Application: ALL | MAX 40

When we suffer significant loss, our world is changed, and we feel unbalanced. This has been true in particular during the global COVID-19 pandemic.

In this workshop we will share experiences and examine research and concepts within TA and beyond to help ourselves and our clients find balance and healing in an uncertain world following loss.

The presenters will share their own experiences and present ideas that have engaged and enlivened them.

Participants will be offered space in threes, keeping the same group throughout the workshop, to explore experiences and reactions to the material presented.

Kathy Johnston, PTSTA (P), is a relational psychotherapist and supervisor in private practice in Southampton, UK. She was previously a teacher and an educational psychologist.