BOUNDARIES – A PLACE ... TO MEET ... TO DEVELOP ... TO DEFINE IDENTITY

World Conference for Transactional Analysis
Berlin | Technical University TU | July 27th – 29th 2017
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The workshop description were taken from the call for papers. They were only edited for length for this program. The presenters are responsible for the content.

Please check for last minute changes at the reception desk.
We'll all come to Berlin!

Boundaries – a place ... to meet ... to develop ... to define identity.

Berlin: The place where famous people expressed their emotions towards this outstanding metropolis and their inhabitants: John F. Kennedy who said “Ich bin ein Berliner!” Berlin: the place where peace and war were closed neighbours – it is the place where people know what boundaries mean – limits, challenges and chances.

More than 25 years they were faced with the wall, the fact of people being shot when they wanted to be free – in the threat of the cold war they experienced the support of many people all over the world. We can now celebrate more than 25 years from the fall of the Berlin wall and we are faced with the challenges of a world in which rich and poor people get more and more separated, where places to meet are often virtual, where identity and the search for it is hard work. In other words, being safe in managing the uncertainty and supporting people in gaining this competency is our next challenge.

How do Transactional Analysts respond to these challenges and take social responsibility? What will be our answers, ways and perspectives we can offer? How can we use our theory and practice to build a safe basis? In which areas TA is recognised and in which not? In which areas do we consider it as important to be recognised in the future? Limits and borders between fields, essential, hard, flexible ...? What does it mean identity as a transactional analyst?

Berlin is a place where boundaries or borders played a vital role in history as a limitation and as a protection. Creating, maintaining and finally opening a border is part of the history and the memory of the city. What are the meaning of borders and boundaries to us? How do boundaries help us to define our identity and contrast ourselves to others or establishing contact to others? Is it possible to define identity without borders – by crossing borders? More questions than answers so far ...

Transactional Analysts might contribute to find answers – as a group of individuals and as communities. We invite you to meet and to express your enthusiasm for TA and excitement about position and the role of Transactional Analysis in the world. Welcome to Berlin!

Sabine Klingenberg
Organising Committee
Dear reader,

It’s a pleasure to welcome you to the 2017 Transactional Analysis World Conference in Berlin and I thank you for your interest.

The TA World Conferences are always something special. Four associations bundle their organisational resources to create a space where we can come together from all over the world for a couple of days in one location to dive deep into TA. We cross borders to create a temporary space that knows no boundaries – a space for anyone who identifies with TA, the conference theme and the conference community.

As president of EATA, I hope this conference will move us forward in our exchange of perspectives which started during the 2016 EATA conference in Geneva. Let’s use the opportunity in Berlin to gather as a global movement and discuss how we can answer some of the pressing challenges facing the world today, what our human responsibilities are, and where we want to take action.

I want to thank everyone involved in making this event possible: the organising, scientific and steering committees, DGTA as hosting association, ITAA and FTAA as colleague associations in this project, the TU Berlin, the presenters and of course you and everyone who will be attending this conference. I wish you all a fulfilling event.

Krispijn Plettenberg
President EATA
European Association for Transactional Analysis

Working with boundaries – a way to meet and explore cultural identity

As the president of ITAA, I wish to extend a very warm welcome to all the participants and presenters, examinees and examiners, at this World Conference. I also want to recognise and appreciate the spirit of co-operation that EATA, FTAA and ITAA demonstrated in creating this opportunity for the world wide TA community to gather – with of course a very special thank you to DGTA and TU Berlin for hosting this event. Thank you, to all who have made this possible.

So now I trust that at this conference in the historic city of Berlin, a city that demonstrated to the world both how barriers are created and how to break them down, we will find old friends and make new ones, share ideas and learnings and invite new contacts and experiences across the boundaries of age, gender, geography, culture, fields of experience and theoretical approaches. Enjoy!

Diane Salters
ITAA president
Hello everybody,

On behalf of the FTAA, I want to encourage you to come to the 2017 World Conference in Berlin. With its theme of “Boundaries: A Place … to Meet … to Develop … to Define Identity”, it offers the opportunity to do all that. Attending conferences provides the stimulus to develop, to learn something new, to share experiences, to reflect on your current work, to meet new colleagues and catch up with old friends. There will be keynote speakers, workshops, meetings, social gatherings and opportunities to reflect. It’s a time for you to step back from your daily business and look at it from a distance; to breathe fresh life into ideas and to gain new energy: a time to work on your practice or business, not in it. What better place than a meeting of people from all over the world with shared interests with whom you can consult, debate, exchange information, converse or simply chat. For 3 days in July 2017, you will have the opportunity to do just that. Oh, and while you are at it, have fun!

As the conference information says “… boundaries can mean limits, challenges and chances.” I look forward to meeting with you in Berlin to explore those boundaries; to discover what our limits are, to take up the challenges we face and to embrace the chances in a place that has historically been the place where identities have been defined. It is a place of change. “Ich bin ein Berliner! Bist du?”

Rhae Hooper
On behalf of FTAA
DGTA says Welcome to the Transactional Analysis World Conference in 2017 in Berlin

Boundaries can be a line or a space. They can sever, and they can connect. Humans cannot live sanely without clear boundaries. The same holds true when we are marked out or marked in too much and thus have no contact to the outer world and to others. Thus boundaries are almost always seen with ambiguity. We as humans are searching for them when they are missing, and we are trying to overcome them when they are present.

Transactional Analysts from all over the world meet in Berlin in 2017. Berlin is the very city that for 38 years used to represent boundaries, separation, and yearning. Here people experienced how brutal boundaries can be in a way they had never known before: a border that ran right through our country and the city of Berlin, that separated states, urban quarters, families, people. It was almost insurmountable. At least 139 people lost their lives trying to overcome that border in and outside Berlin, which Germany called “Die Mauer”.

For a moment let us remember all those dead people – and all the other people who lost their lives and are still losing their lives striving to reach freedom. They are trying to overcome boundaries too rigid and too restrictive. They take flight.

It is good for us that this wall is history now and that we Transactional Analysts from all over the world get together in Germany’s capital for our world conference this year. Let us talk about boundaries and non-boundaries. Let us challenge how much demarcation humans need and let us keep our boundaries penetrable to get in contact. We will succeed in learning with and from each other only if we are well connected.

I hereby wish you and all of us plenty of joy and pleasure.

Now, before starting the conference I want to thank all those colleagues taking part in the preparation for their work and their hearts’ blood they gave to it. First of all there is Sabine Klingenberg, head of the organisational committee. Thanks also to the presidents of the participating organisations EATA (Krispijn Plettenberg), ITAA (C. Suriyaprakash) and FTAA (Rhae Hooper).

Welcome to Berlin as the place where the world’s Transactional Analysts meet in July 2017 to further develop TA and to re-think its identity over and over again.

Prof. Dr. Henning Schulze
President DGTA
Deutsche Gesellschaft für Transaktionsanalyse
Boundaries – a place to meet, to develop and to define identity

The motto for this years conference reflects on what happens these days on borders all over the world (and to a great extent in Europe).

The city which hosts this conference has a history with borders itself and as you can or will see: Berlin is a city which defines and reinvent itself each day.

TA explores borders and especially boundaries which contain more a psychological aspect of the line between me, you and others. We may cross them, reach over or tear down the fences which create borders and boundaries.

Many presenters followed the call for proposals. The scientific committee is excited to present you a programme which contains their thinking about the motto and the various approaches in fields and methodology. Now we are curious how these thoughts resonate with you and your needs to explore, grow and define identity.

We wish you inspiring days at the world conference. It is good to have you here!

The Scientific Committee
Thorsten Geck
Jan Grant
Jean-Pierre Quezza
Biljana van Rijn
Gregor Zvelc
Christine Chevalier
Diane Salters
TAWC Opening sessions

Thursday, 27th of July 2017

09:00 am – 10:50 am
Opening through the presidency and the organisational committee
Key note

11:00 am – 11:30 am
Coffee break, get together

Workshops

Friday, 28th of July 2017

09:00 am - 10:50 am
Opening
Key note

11:00 am – 11:30 am
Coffee break, get together

Workshops

Saturday, 29th of July 2017

09:00 am - 10:00 am
Opening
Award ceremonies

Workshops
Free Meeting for conference visitors

This will be an opportunity for conference attendees to gather each morning before the official start of the conference day to describe their “here and now” experiences, feelings, and thoughts.

The meeting will be facilitated by Isabelle Crespelle, TSTA-P, and Mick Landaiche, PhD, both of whom will manage the time boundary, explain the purpose of the meeting, and give the simple instructions for taking turns speaking. The objective of this free meeting is to provide a space of safety for attendees to gain greater awareness of their experiences, and to share it with other participants to give voice to that awareness, and to learn more about themselves and others. We hope as well to support the development within the TA community of greater capacities for working and learning in groups.

We are looking forward to meet you!

The encounter with the “other” in the therapeutic relationship: limits, possibilities and challenges

What we teach our patients as we work with them? In the complex therapeutic relationship what challenges we face? What opportunities are offered to us as human beings to know our inner world and that of the patient, to question ourselves about the mysteries of existence?

Through the use of transactional analysis I will try to understand the key concepts of the therapeutic pathways that lead our patients to self-expression and to autonomy.

I’m in with the “in” crowd, I go where the “in” crowd go’ (after Bryan Ferry) – an exploration of the narcissistic necessity to belong and the impact of being excluded on our individual boundaries and identity.

In this workshop we will learn about our own narcissistic identities and boundaries and how these are formed and shaped by an over-riding desire to belong, what it feels like to be excluded, or to choose the excluded position ourselves.

We are influenced by a range of authors and theorists that help us consider the way that we relate to one another, including attachment styles (Bowlby, 1969) and the adoption of diffuse, clear and rigid boundaries (Minuchin, 1974), as a way of managing different relational patterns.

We will explore the idea that “it is the goal of man to overcome one’s narcissism” (Fromm, 1964). Is it possible to “feel love for the stranger – the person that is not part of the clan, my family, my nation; he is not part of the group to which I am narcissistically attached”?

We propose an examination of boundaries and identity within these frameworks as a way of understanding our relationship to our life positions (Berne, 1962, 1976), family, community, nationhood and the universal human condition.

We will be asking you to use topical or local personal issues to explore your own narcissistic edges in small groups and the pain and passions that come from both belonging and exclusion (self-determined or otherwise).

Triangles of Life

The “Triangles of Life” technique is based on S. Karpman’s “Drama Triangle” and E. Choy’s “Winner’s Triangle”. The work is done with the help of 6 chairs, 3 of them symbolizing the “Drama Triangle” and the other 3 symbolizing the “Winner’s Triangle”.

Particular attention is given to the permissions proclaimed to the client by the therapist when the client is in the “Winner’s Triangle”, which help a person to reinforce their new decisions and their own identity.

With the help of this technique the client can understand his/her psychological games, explore the main roles – Victim, Persecutor, Rescuer, their shifts and reasons for this, identify for themselves the way out of the “Drama Triangle” into the “Winner’s Triangle”, explore new states – Vulnerable, Confident, Caring and take new decisions in Child ego state.

In the process of work the participants will have an opportunity to see how the client is getting changes as a result of applying “Triangles of Life” technique: getting out of psychological games, new
states, decisions and re-decisions in Child ego state with permissions from the therapist, strengthening of Adult boundaries; determination of the resource and development zone.

At the workshop I will present the new technique “Triangles of Life” and demonstrate its work with one of the group participants, I will answer the questions arising during the presentation and I will also provide handouts.

Working with boundaries – a way to meet and explore cultural identity

The idea of this workshop arose from my educational experience with medical students from different cultures and my CTA exam preparation. During the proposed workshop I intend to increase the participants' awareness regarding boundaries, beginning with spatial and temporal boundaries, personal boundaries, family boundaries, group boundaries and culture boundaries. Certain TA key concepts, practical aspects and philosophical assumptions about boundaries and cultural identities will be presented and practiced. Examples, exercises and shared ideas about working with boundaries in order to meet and explore the different constructions of identity in different cultures will be a key activity of this workshop.

Awareness about boundaries creates for the participants in the workshop the possibility of defining identity in its entire complexity. Working on boundaries and encountering each-other's identities will offer them a better understanding of the importance of exploring identity in interpersonal relationships and a deeper awareness of each other's cultural identity.

Books as a meeting place

Stories and images of the books are mind's shapes written on paper. They talk about the author which wrote them as well as about the person who read them. When they are part of the treatment, they are useful tools to better understand people's identity: the book can become the bridge between therapist and patient, a different route to overcome old limits and reach new goals.

Our workshop will be divided in three parts.

In the first one we will show you how we use the book-tool in our professional sessions with children and adults to go beyond the boundaries and create a relationship.

In the second one there will be a practical exercise: we will read a book and, using basic concepts of TA, we will invite the participants to use it as a therapeutic tool to create bonds, give permissions and expand horizons.

Finally we will conclude with a theoretical time as support to the practical exercise. We will show how the stories, tales and novels can unlock new horizons and let the change begin from a transaction analysis' perspective.

Thanks to an atmosphere of deep hospitality and sharing time the participants will personally enjoy the nutriment offered by the books and will experience that stories are therapeutic tools which can create bonds and encourage change.

Knowing Myself – The Emergence of Boundary

Drawing on the existential phenomenology of the early work of Heidegger I will show how this illuminates the Transactional Analysis concept of the emergence of boundary through the Adult Ego State. The workshop will show that the Heideggerian vision, in his magnum opus “Being and Time”, of primordial states – from which all that exists arises – can be related directly to TA's notion of the Adult, it's ideas of boundary, of OKness and emerging life positions. In this vision the Adult ego state is a state of becoming similar to Tudor's notion of the Integrating Adult. The direct application of Heidegger's understanding of being to Transactional Analysis will be made showing how Heidegger's use of Physis and Logos has been incorporated into the TA cannon.

A light will be shone on the Adult Ego State and its contribution to boundary formation that allows a deepening understanding of this ego state. This will result in an attention to a methodology in which practitioners may re-orientate their work as TA practitioners to flow more with the boundary function of the Adult.
When “I Am” Shouts “I Am Not”: The Shame-inducing Facets of Defining Identity

In this workshop we address identity as a process used in organizing turbulence and managing boundaries. Specifically, we hypothesize that when one suddenly becomes aware of a previously disowned and potentially destructive aspect of oneself, turbulent affects, such as shame, are stirred. In the process of articulating identity, one needs to tolerate such affects and to manage the intra-psychic boundaries between the already known and the disowned aspects of oneself. We will extrapolate these reflections to group and community life.

We approach this topic using the concept of “exclusion”, as elaborated by Berne and further developed in the literature.

Participants will learn how to use intense affective experiences as signals of encountering a boundary. Specifically, intense shame is a signal that the unintegrated part of a person’s identity has an wounding or destructive potential.

Define boundaries, Protect Self; So your clients are safe

Boundaries exist (defined or undefined) in the relationship between therapist/facilitator (T/F) and the client. Boundaries are subjective to one’s frame of reference, influenced by one’s personal belief (what does it mean to me), professional philosophy (whether it is tight or loose) and impacted by cultural backgrounds (East and West, how is it defined in our culture).

T/F own stroke economy can also impact the boundaries. If T/F is stroke deprived, then there are chances that this boundary is violated.

Stroke is a unit of recognition. It is an important aspect of human survival. Healthy stroke economy for an individual facilitates the journey of reaching autonomy. We as human beings sometimes can become limited by our own stroke economy. We learn to seek strokes that may not be healthy, this pattern may extend in our role as therapist/facilitator (T/F). As T/F it is important to have healthy stroke economy otherwise it may impact our clients. I strongly believe therapy session/facilitation is not the source for strokes instead it is the by-product. We use Stroke theory to understand the impact on the boundaries in professional relationship.

The objective of this workshop is two folded:
1. Explore the idea of Boundaries
2. Awareness of one’s stroke economy and its impact on the boundary between the therapist and client.

Visible group working with invisible clients – education of e-volunteers

Children and teenagers are often alone in their emotional pain, fear, shame and in the development of their identity. Internet can, despite some negative perspectives, help them find somebody to whom they can write to and being understood and who can help them. The Slovenian Zveza prijateljev mladine has established a volunteer network, which replies to youth questions by email and on portal. Volunteers have special mission – they have to reply to often very short e-mails, and they have to give a correct answer, with proper information, validation of the problem and encouragement. All off this to somebody they do not see or know their name, and without knowing if he/she will ever write back. The aim of the workshop is to present the important points we must be careful about as we are answering the letters and the boundaries and limitations we have using this tool.

Answering to the letters can be a demanding job, because we have to read what is behind the lines: What is he/she feeling or thinking? How can our answer provide them protection and help them to hold boundaries in their lives, support their changes and the development of the identity? With the online
answers we can help the youth to search for help in real life and give them quality answers to their questions. The learned skills are useful to a wide range of participants (psychotherapists, counsellors, teachers, …)

We want you to experience the dilemmas/difficulties that can arouse and the limits of the answering process. We will share with you some letters from our kids with the focus on the boundaries and identity questions they had. Invite you to answer them with all the important elements such answer has to have.

This is where integrative TA interventions inquiry, involvement and attunement can be very helpful.

Gender Diversity and TA

Gender Identity and diversity is an emerging issue in the 21st century across the western world. Traditional gender boundaries, stereotypes and assumptions of what is male or female are being challenged by individuals identifying as transgender, non-binary, gender fluid, neutral or genderless. As Psychotherapists we need an awareness of this issue and how we might approach working with someone presenting as gender diverse. This is an opportunity to learn more about the increasing number of people identifying as gender diverse and we will explore aspects of working with this rapidly expanding minority group. Participants will learn about the unique challenges faced by clients who seek to achieve mind-body congruence as they explore their gender identity and the treatment available to them. We will consider the ethical dilemmas and conflicts faced by clinicians in work that is both continually evolving and pioneering. The workshop will offer an explanation of gender diversity and explore the treatment available which will be considered in a TA framework.

The internet – a place to meet?

In this workshop Steffen and Jürg present the possibilities and boundaries of the internet for transactional analysis and how they use it. With their online projects they show how to get customers and how to teach TA online. How to build a website? Where do potential customers come from? What is a webinar? How to build an online course? What’s the feedback of participants? Jürg and Steffen present, answer questions and discuss with you the possibilities of the internet for Transactional Analysis.

Underlying values in education and partnership

In co-living we are challenged to take a stand with many questions. Which values are orienting us in today’s world? Which values are supporting us in partnership and as educators? Jesper Juul, one of the most significant family-therapists in Europe, thrives to give help and inspiration through his lived values. He is not about going for right or wrong, but for deriving sense in the entire chaos.

In this workshop, the concept of values of Jesper Juul is being explained and discussed. Aim of the workshop:
- The participants dealt with a super-ordinate concept of values, which contributes to mental and social wellbeing.
- The participants know the values as described by Jesper Juul, which serve as a basis for finding individual solutions to problems.
- The participants receive inputs to use values as a compass in their practice.

Making Transactional Analysis Concepts Applicable for Mentoring Graduate Students

Moving across boundaries can challenge our identity. PhD programs provide gateways across the boundaries of the academic world, where mentors guide students individually in becoming independent scholars. Graduate students’ development goes beyond the acquisition of specific skills and knowledge and includes learning about themselves and developing their identity. However, mentors typically are academics with little or no training in managerial leadership, adult learning or the psychological aspects of communication. This workshop shows how a range of TA concepts can be integrated with Situational Leadership and made accessible to mentors and graduate students who want to learn how to make their working relationship more effective and enjoyable. The approach may be transferred to other learning-on-the-job settings. Participants will review a range of TA concepts and learn how they can be integrated with a learning model that is based on Situational Leadership. Participants will become familiar with a set of worksheets they may use as training resources in their application context.
Co-operation with the stranger – an adventure of the emotions.
Or: how to deal with the boundaries between cultures

The nine crisis for successful co-operation are the violence of tolerance, devaluations as defense, avoidance of feelings, knowledge instead of understanding, opening the heart as gate to the stranger, the myth of integration, the hope for sustainability, the taboo of the parallel society. In co-operation with the stranger one’s identity is made insecure and strengthened, the interior becomes multi-coloured and life moves. I will illustrate my thesis with examples from my own experience of European-Asiatic meetings, and provide an area for exchange and concentration in the sense of mindfulness. The participants will be able to develop awareness and understanding for the crisis, which are often connected with meeting a stranger, and recognize the crisis as a chance for development. This can help in dealing in an adult-constructive manner with one’s own disconcerting experiences, as well as with the social topics immigration, refugees and multicultural mix.

How to talk to parents – the Gmuend Model for Parent-Teacher-Conferences

The cooperation with parents is very helpful for teachers in order to support the child in its development. The centerpiece of the cooperation is the parent-teacher-conference or just the normal talks to each other. But sometimes the negotiations with parents are difficult because of the structural circumstances.

In order to help teachers to handle difficult situations in parent-teacher-talks the Gmuend Model was developed. The model is based on transactional analysis, client-centered approach and systemic-resolution focused concept. The participants get to know the six different modules of the model. After a short overview parts of the model will be demonstrated in detail. At the end of the workshop there will be time for discussion.

The participants should get an impression of the Gmuend Model for Teacher-Parent Conferences and they get to know how to avoid typical unproductive patterns and how to deal with difficult situations in teacher-parent-conferences. It will be a mixture of theory input and exercises followed by a discussion.

500 years of Reformation in Germany.

1517 Martin Luther nailed his 95 theses on the door of the Castle Church in Wittenberg. It changed the world. In the workshop we try to understand Luther and the reformation through TA.

The workshop has got three stations:
1. crossing boundaries
2. Luther’s resources
3. The Way of the Autonomy of Luther and the Protestant Churches

Luther has crossed many boundaries in his Life. He crossed boundaries of his personal Life, boundaries of the church and political boundaries. Different historical factors and people favored and supported him on his way. This opened up Luther’s path to even greater autonomy and a new identity. It enabled him to lead part of the Church into this newly gained freedom.

During the workshop, we will continually step out of history in order to look for analogies in our own lives and find them. Is it possible to use Luther’s development to the new autonomy and identity as a model for ourselves? What can we learn for our own Identity if we look through TA at Luther and the reformation?

Supervision as a tool to provide structure and protection to those who work in the system of protection for refugees and asylants

I present the work of supervision to operators who work with refugees, political refugees and asylum seekers. The aim is to reflect on the need that operators have to take care of themselves through supervision exchanges and reflection on the issues of their daily work. Furthermore, the aims of supervision, are to find a greater well-being, work on right away, protecting and creating borders. The Outcomes are:
- reflect on the “attitudes” of the operators with their users, on the ongoing shift from curiosity to rejection, from the reinforcement of stereotypes to discover the individual resource.
- reflect on the importance of supervision for these operators to improve the efficiency of their work.

It will be a presentation with discussion and interaction with the group.
Enneagram: nine universal script patterns and identities. Coherence by looking beyond the boundaries of TA

Transactional Analysis offers a lot of valuable concepts, through which we’re able to explain what happens in communication. It’s like a giant music mixing console, through which the counselor works with the client. However the riches of TA concepts also have a downside. The mixing console has so many levers that a lot of experience is needed to know how to use them appropriately.

The broader perspective of the Enneagram helps the counselor to retain the bigger picture whilst using the wealth of specific tools provided by TA. It’s a model that describes the personality and motives of people very completely. Beyond the boundaries of TA the Enneagram offers us one complete view of the possible intra-psychological world of the client; a more coherent view of the TA script. We see the possible counter injunctions that can occur, the possible injunctions, ego states, existential life positions and Games. We call this the nine universal script patterns and identities.

Elly Voorend have published 2 articles on this subject.

Groundhogs day – the history with the devaluations

There is more in you! Since the first concepts and theories of transactional analysis, identity development has been one of the main objectives. Discounts in any direction limit identity and restrict related autonomy. The Active Cube is an accessible model to open boundaries and find the way for a tangible and liberating identity development

Do you really think so? Or does your internal devaluation process, more often than you like, crossed your plans?

If you start to neglect yourself, others or the reality in their value, then this workshop is a good impulse to look more closely. The sense of discount table of Mellor/Sigmund will be understood, or through a wooden cube more clear. The goal is to work with practical examples of the participants in order to receive inputs for their own intervention planning. Thus, the “devaluation cube” becomes a “solution cube”. Learning new options in handling with the discount matrix respectively with the active cube with pleasure.

Dein Körper in der transaktionsanalytischen Psychotherapie und Beratung


The stress and pressure of our daily life are not only taking their toll on your mind, but also on your body. In our fast moving world of today it is therefore more than worthwhile to look at this from a wholesome and holistic thinking and doing. In our workshop we want to inspire you, how we are using transactional models (like Ego States, Life Positions and Drivers) in a holistic way. We connect those models with body therapeutic elements taken out of the art of aikido. A specific focus will be how to deal with resistance constructively.

Mit Verknüpfungen durch körpertherapeutische Elementen aus dem Aikido stellen wir unter anderem auch dar, wie ein konstruktiver Umgang mit Widerstand erfolgen kann. Wir möchten euch einfach zu erlernende Körperübungen nahebringen, um Stress und inneren Antreibern wirksam zu begegnen.

You will be able to experience some body exercises, which you can afterwards transfer into your own practice. These will be helpful to yourself and your clients to work effectively when stress and drivers are active.

Persecution-Flight-Immigration. Their influence on Eric Berne’s theoretical development

Berne’s grandparents fled from Russia, where they had suffered from the regular pogroms against Jews, and Austria, where they had left a life in poverty. Berne’s teachers to become a psychoanalyst had been refugees from National-Socialism in Germany and Austria.

Berne himself immigrated to USA from Canada and obviously had good reasons to change his name from the Jewish “Bernstein” to Berne.

In my lecture I show, how those different experiences influenced Berne’s theoretical thinking and at the end caused his turn to his own psychotherapeutic school “Transactional Analysis”.

Elly Voorend, Piet van Haaster
(Netherlands)
11:30am–01:00pm
Room 21 | Workshop No. 21
Counselling/Beginner
English

Anette Werner
(Germany)
11:30am–01:00pm
Room H0111
Workshop No. 23
Counselling/All
German

Gabriele Frohme, João Link
(Germany)
11:30am–01:00pm
Room 30 | Workshop No. 25
Counselling,
Psychotherapy/All
German, English Translation

Ulrike Müller
(Germany)
11:30 am–01:00 pm
Room H2029
Workshop No. 26
Counselling,
Psychotherapy/All
English
Functional Fluency in Organizations – An Indian Experience

The workshop focuses on the real world application of Functional Fluency using TIFF. The focus is on how it was applied in organizational context to address personal growth and leadership development. It offers participants a glimpse into how functional fluency could be applied.

The participants will walk away with exploring a methodology to apply functional fluency in organizational context. Lecture, exercises and role plays. There will be group exercises to engage participants and experience how it can be applied.

Open internal borders and develop hidden potential

In our stories and memories that we tell about ourselves, the inner screenplay of our life will be revealed. Sometimes our memories and identity beliefs are true. Sometimes they limit us and let us believe in fateful ways which are not ours at all.

In the Workshop we open the look for internal borders and we will search for the traces of latent talents, which are concealed as potential of thinking, feeling and action covert in our stories.

I will offer practical exercises to elicit internal “latent talents” and teach, how I work in the Coaching process with self-defined memories and ineffective beliefs. Participants are invited to personal cooperation.

Suitable for coaches, advisers and trainers, who work in the personal and occupational (new-) orientation and for people who are interested in their own (potential) to latent talents.

Constructive expression of anger: Transactional Approach

This author’s idea. We consider the stage of development of the person and the possibility of competent expressions of anger, according to age. If the anger was once a depressed person can stop the development of this feeling and express it as a child.

At the workshop the theory and methods of psychotherapy training for anger expression will be presented. Participants will learn how to correctly express anger at different stages of human development. It will be an exercise in which people explore their non-constructive ways to get angry.

The group experience: an opportunity for development and definition of identity for young adults

The workshop presents the experience of a group of psychotherapy aimed at Italian and foreign young adults. It is led by Emanuela Lo Re and Roberto Bestazza. The group of young adults, active since 2012 in Milan, is a specific offer of Young Adults Service of Center Psychology and Transactional Analysis in collaboration with the social cooperative Terrenuove. The group aims to be a proposal for overcoming the emotional, relational and social difficulties hindering young adults in designing today their future and define their identity.

During the workshop we will present:
- The theoretical assumptions that motivate the use of the group in clinical work with young adults,
- Some technical specifications of useful intervention in working with young adults
- The results of research carried out in collaboration with the Catholic University of Milan on the use of the group as a specific clinical tool

We expect that participants learn
- An intervention model for working with young adults
Un incontro inaspettato: anche nei luoghi dimenticati ho trovato un Bambino Libero

Quattro anni di lavoro nel campo rom di Torre del Lago (Viareggio) dove bambini, anziani, donne e uomini non si dimenticano dei ritmi di festa delle proprie origini. Lettura in termini analitico transazionali del Progetto “Percorsi di cittadinanza”, dalla mediazione sanitaria alla scolarizzazione, focalizzando l’attenzione sul Copione Culturale di questo popolo.

L’obiettivo che voglio raggiungere è quello di porre l’attenzione sul copione culturale di questo popolo la cui lettura è necessaria per pensare progetti a loro destinati. Inoltre offrire uno strumento di riflessione a counsellor che lavorano con comunità straniere.

Il mio intervento sarà alternato da momenti dove esporrò contenuti di carattere informativo, anche attraverso una presentazione, a momenti in cui proporrò esercizi pratici ai participanti. Chiuderò la presentazione con l’ascolto di una canzone.

4 fields or 1 field? The application and practice of TA – A panel discussion

In this panel, we will discuss the boundaries, intersections, overlaps and uniquely defined areas of each field within transactional analysis. We will also explore the identity of the transactional analyst and how we define the boundaries of our own professional identity.

In English one definition for the word field is “an area of enclosed land used for cultivation or pasture”. Another is “a large unbroken expanse”. These two very different meanings are significant when we consider the “fields” in Transactional Analysis. Have we created boundaried spaces where cross fertilisation is prevented, or have we created one ever expanding space where ideas can grow? There are differences of opinion and practice in the TA world. Coming from across the world and across the fields, this panel discussion will address and explore these issues.

Our wish is that participants feel empowered to question, understand and critique the idea of fields of application in TA.

A new approach to dissolving scripts

Scripts instantiate seemingly insurmountable boundaries that keep people from living their true identity. Introvision Coaching lets clients take on their true identity by removing such boundaries once and for all. Dissolving injunction linked alarms means dissolving script based boundaries.

When working with script and drivers, there are – as most therapists know – boundaries. While such work enables many to get along better with difficult situations – when the “problems” happily do not return – clients often regress behind their script and drivers identity boundaries when triggered by more fierce stimuli. This is because script and driver messages ignite correlated inner alarms that if not fully dissolved re-ignite corresponding script feelings and behavior.

The available TA means have proved unable to fully dissolve such alarms. The Introvision technique, initially founded at the university of Hamburg, is a new approach to dissolving them once and for all. I have been developing Introvision Coaching for a number of years now and it has found great appreciation in German TA circles because of its consistent sensational results. When you dissolve the inner alarm, you dissolve the script injunction: thereby dissolving the identity boundary blocking the individual from living (freely enacting) their true unbounded identity.

I want to show a very new scientific based methodology to dissolve script issues and inner roadblocks.

VUCA – Effects on Leadership and Organizations

The circumstances have changed for the most of us. We stand on the border to a digital transformation. Hardly anyone can afford to pretend that the future can be derived from past data. The world has become “VUCA”: volatile, uncertain, complex, ambiguous. The VUCA-World impacts a wide range of organizational types and leadership echelons. What does this mean for future leaders? What limits do leaders face and how must new identities be defined? How can TA help us to address these issues?

In this workshop we aim to use the concept of System Dynamics to discover appropriate answers to these challenges. Furthermore, we will discuss how we can remain capable of effective action in the face of VUCA situations while we create new opportunities for encounters and development.

We will present the concept/theory in a presentation. Furthermore we will do group work and reflections.
WORKSHOPS AND LECTURES

Thursday, 27th July 2017

**The “transformative” dream in a Transactional Analysis psychodynamic group**

Sisalli Gaetano, Eva Sylvie Rossie (Italy)

02:00pm – 05:30pm
Room 04 | Workshop No. 31
Psychotherapy/Beginner
English

This workshop aims at presenting two ways of working with dreams in a TA group setting. The method presented allows to activate a transpersonal process influencing significantly the evolving of group members as well as of the group itself.

The workshop will have three parts: In the first one a TA group therapy setting will be presented focusing on a theory of technique considering group processes within three dimensions: the intrapersonal one the interpersonal one and the transpersonal one. That is a setting with a focus on moving from intrapsychic narcissism to intersubjectivity connected with reality.

In the second part, through the projection of pictures representing the categories organizing dreams, dreams will be created within small groups.

In the third part groups will be working with observers on the dreams constructed in the small groups; a technique will be presented for working with the images of the dreams on the three dimensions of groups.

**The role of schools to deal with differences in a global society**

Sylvia Schachner (Austria)

02:00pm – 05:30pm
Room 01 | Workshop No. 32
Education/All
English

Working in and with multicultural groups seems to be a very specific subject and it is! At the same time it is a social and cultural subject with great influence in our professional work and everyday life. The phenomena of globalization have different effects: On one side the contact between people from different countries becomes easier, the traveling more and faster and many people have more experience with other cultures. On the other side exist non visible boundaries between people from different countries living in the same city without any contact between them.

Actually intercultural learning happens in schools, in which children from different cultures learn and live together. Some of the experiences in this schools can be relevant for adults too. It concerns each of us, and independent of our age, our sex or our professional or life situation, this subject has meaning.

Using the OK-OK attitude establish a relationship of mutual respect and empathy. Naming the existence and significance of differences are the starting points to build up a new culture with fitting rules and permissions. In this way will be established clear contracts for different systems reflecting the needs and contexts, observing the boundaries and different cultural norms.

**Boundaries and development stages: childhood, adulthood and end of life in the shaping of identity**

Maria Assunta Giusti, Desiree Boschetti, Barbara Revello (Italy)

02:00pm – 05:30pm
Room 23 | Workshop No. 33
Psychotherapy/Advanced
English

This theoretical and experiential workshop will deal with the characteristics of the process whereby identity is built and evolves in the three main stages of life – childhood, adulthood and end of life – and with the relevant impact this has on therapeutic work and on the setting.

The meaning of boundaries as limits/points of transition, as definition/individuation and as containment/content will be explored. In particular, there will be a focus on the importance of the family as the place of growth in childhood, of separation in adulthood and of reunion towards the end of life. We will show how, in our experience, the therapeutic setting methodologically reflects the same characteristics of the family. The aim of the workshop is to propose a way of seeing and using the setting in the three stages of life of the patient. Thoughts will be provoked on the multiple meanings of the term boundary in the therapeutic setting as in life, taken as frustration but at the same time as a necessary limit.

**From symptom to a Script deep analysis: an innovative way to manage psychological disease**

Massimo Gaudieri (Italy)

02:00pm – 05:30pm
Room 07 | Workshop No. 34
Psychotherapy/Beginner
Italian

TA is natural evolution of psychoanalysis, Ego States and hunger theory allow us to develop consideration about two fighting instincts, (pro-individual against pro-species); entire and different Ego States can fight and can be removed, and the script is the final governance that drive ours needs and beliefs.

Games theory allows us to have a dynamic and relational understanding of how forces, motivated by instinctual drives “irreconcilable”, homeostatically interact.

In the therapy is useful to recognize the homeostatic meaning of games because it opens the way to a redecisional process that will encompass both rewriting of the script decisions, but also the organization of a new manager of instinctual impulses which facilitates the integration.
The workshop will propose practical aspects about organization of the setting and of the therapeutic relationship, show an innovative and useful way for a faster relief of symptom, identification of belief system and the possible alternative.

During the workshop will propose a re-reading of some aspects of the TA theory with particular attention to games theory, underlining the practical aspects of organization of the setting and issue regarding the management of the therapeutic relationship.

**Internet addiction – where are the boundaries?**

Internet is a place for meeting and developing! A place to define identity or create new or ideal ones. For some the boundaries between reality and fiction are fluid and lead to unhealthy use. Research on the effects are still in its infancy and opposition to discussing the negative consequences are tough. A difficulty is (unlike other forms of addiction) you cannot avoid internet. It is in our pockets, at work, schools and at home – even in bed.

We will present methods to treat internet addiction with TA theories and share preliminary studies about computer game addiction with examples.

**Resolving Injunctive Messages, Creating Healthy Boundaries**

There are now 25 diagnosable Injunctive Messages (IM), up from the original 12 Injunctions identified by the Gouldings. These messages are boundary invasive to the young person, causing him/her to respond by making two, not one decision in response: a despairing and a defiant decision. The defiant decision leads to the Coping Behavior (CB) which becomes the main vehicle for diagnosing the IM. The CB is in effect a rigid and dysfunctional boundary. Redecision in this model is a process of creating a new belief as opposed to a dramatic action at a moment in time. The new belief creates a flexible and functional boundary, which is protective of the patient from the power of the original IM. All 25 IM’s are charted showing the two decisions to each along with the CB’s and appropriate redcisions (new beliefs), as well Behavioral drills to establish the new beliefs and corrections to the original Parent Ego State that supported the IM. An IM self assessment tool is provided.

They will learn the diagnostic signatures of each of the 25 IM’s. They will learn the despairing and defiant decisions for each IM and the appropriate redcision (new belief) which resolves each. They will learn that resolving IM’s involves work over time, because it is the process of putting into place a new boundary which replaces long established and destructive habits and responses. They will learn 5 areas of living affected by IM’s: Survival, Attachment, Identity, Competence and Security.

**Touching Trauma without violating boundaries: Using informed physical contact to integrate traumatized ego states.**

This presentation explores how physical contact between client and therapist can be used to deepen both intrasychic and relational experiences in treatment. This physical connection can help clients explore multiple ego states, especially specific traumatized ego states, in ways that over time, can create integration between states. The presentation will frame touch within four categories that fall within a continuum from more superficial or social touch to complicated and complex forms of body psychotherapy. An in depth case presentation, where therapeutic body work was central, is used to demonstrate ways of working with, and understanding, these categories of touch, while maintaining safe therapeutic boundaries.

Understand the four category continuum of touch, including benefits and difficulties in working within each category.

Expand ways of addressing body processes – regardless if touch is every used – that reduce the mind/body split. Through case material, see how touch can be added to the work with some clients, and avoided with others.

**ITAP – Intensive Transactional Analysis Psychotherapy**

Through this workshop we will show how it is possible to preserve the identity of TA and, at the same time, create an integrated model. The idea is to promote the concept that different visions of the same relational phenomenon can be useful and can also add a more complex psychotherapeutical vision. We will therefore show how it is possible to integrate Transactional Analysis with instruments of short-term dynamic psychotherapy, in particular using the Triangles of Malan (1979). We will do it both theoretically and technically, using videos of real psychotherapy sessions, focusing on the exploration of a new technique called ITAP – Intensive Transactional Analysis Psychotherapy. The presentation of this
new technique will provide the participants with useful tools and will give them the possibility to discuss the videos. The idea is not to create borders between the two models but to facilitate the participants to open their minds and their experiences to new integrated visions of human beings.

We presented this new methodology at EATA Conference 2015 in Rome, at the UKATA Conference in Coventry, at the SPR Conference in Jerusalem, at the APPHAT Congress in Santiago de Compostela. We have written an Intensive Transactional Analysis Psychotherapy Manual and we hope to publish it in the next few months.

An entire group of researchers at the University of Padua is working towards the validation of the technique as an Evidence Based Psychotherapy.

The participants will learn how to be more intensive in their interventions using ITAP. At the end of the workshop, they will be able to quickly observe the discharge anxiety patterns of the patients and the defence mechanisms. They will be able to also start putting the basic concepts of ITAP into practice, such as the idea of “quick sharing” and the use of the “sky triangles”.

Existential Anxiety and Professional Will

Existential anxiety is part of an authentic life and as therapists we can not protect our clients against it, especially in time of many changes in the world. But we can help them to discover the courage, to take responsibility and start their journey towards freedom. This is where the therapist’s frame of reference and involvement in the therapeutic relationship plays a crucial role. Part of it is also therapist’s responsibility to safeguard the welfare of their clients when the therapeutic relationship is terminated by the therapist due to sudden illness of the therapist or sudden death.

We will examine some of the basic strategies each therapist should have prepared for the event of their sudden illness or death, so as to help their clients cope better with the loss. Alongside we will explore their acceptance of their own mortality.

I will combine presentation together with small group work and individual experiential exercises (drawing, reading).

Avatar Based Counselling with an Autistic Adolescent. Case Study Research

The aim of the paper is to present the process and outcomes of the theory based case study research project conducted between 2015-2016. The project investigates a new approach in school counselling, using avatar-based technology developed for this purpose, called ProReal. The presentation will show how the client and the counsellor used the programme during their work, and link this to TA theory, therapeutic practice and clinical diagnosis.

An Introduction to a new creative therapeutic method and it’s relevance in working with young people.

Untangling the Internal Family Tree.

Our internal dialogues are a representation of our family system which has been unconsciously introjected in our ego states. Our thoughts keep alive the relationship that we used to have with each one of our parents and the relationship that our parents had with our grandparents. This are the introjected transactions that people project in their current relationships by means of transference transactions, leading to the reenactment of a transgenerational script.

A new psychotherapy technique, based on transactional analysis and psychodrama, will be used with those who want to participate in a live experience, with the aim to understand the internal conflict (impasse) and reorganize the family tree, where polarities can meet, develop and define identity.
Diversity challenge for TA

I will discuss, that one of our basic concepts, the “basic position of I’m ok – you’re ok” does not sufficiently lead to an appropriate dialogue with people from other countries. Moreover we need a lot of knowledge about different aspects of other cultures, e.g. how time is handled, how people contact each other or what is seen as appropriate for conflict solving, for to meet foreign people. I will give an overview for these aspects and show their relevance for leadership (Diversity Management), team cultures and for giving and taking coaching. Last not least I will show how we can apply TA for to facilitate these processes.

The participants can broaden their knowledge about diversity and they can train to dialogue and to solve conflicts in multinational surroundings and they will see how useful TA is, just in these situations.

From “I” to “We”: Relational Identity

We have gone through decades of individualization. No generation before has had more opportunities to explore the world, build, and express own identities. At the same time, current societal developments suggest the need to relate and find common, shared ways of addressing the challenges we face. Whether that is dealing with terror, economic growth, local community work or personal development, the “era of I” is coming to an end and is to be replaced by a new “era of We”. Inspired by latest research on relational thinking, this workshop proposes a Relational Personality Model understanding human beings as being related, full of potential and resources to address the challenges ahead.

The workshop is about fostering conscious reflection about Relational Identity. This should help participants to extend both their understanding and repertoire working with clients in the areas of Personal Development, Team Development, and Organizational Development. Ideally, the workshop stimulates practical learning across the borders of TA linking its ideas with other theories and schools. The workshop will involve interactive presentation of research and theory around Relational Identity, complemented by some examples of our work with clients.

Unser Körper als Ort der Begegnung, Entwicklung und Selbsterkennung


Nach dem Workshop haben die TN erste Informationen über die Skript-Drama-Therapie und die Rosen-Methode. Sie haben erfahren, wie sich beide Methoden zur TA in Beziehung stehen, speziell mit dem Konzept der Heilung in der TA.

Anhand von Übungen können die Teilnehmenden erfahren, wie durch körperliche Interventionen Spannungen gelöst werden können. Dadurch eröffnet sich eine neue Möglichkeit im Körper gehaltene Empfindungen und Emotionen wahrzunehmen.

– Kurzvorträge zu verschiedenen Aspekten.
– Selbstfahrungsübungen zu den Methoden mit Körperübung.

What You Really Need to Know About Psychotherapy Training: A Place ... to meet ... to develop ... to define your identity as a trainer.

This workshop focuses on the significant role we play as psychotherapy trainers. The workshop will draw on the themes of Cathy’s doctoral research and use the participants’ own experiences as trainees, whether as a CTA or PTSTA to highlight the implication of having boundaries and the issues and learning that may arise when these are challenged.

We will discuss how we can use the setting, refining or challenging of boundaries as an opportunity to explore, to find meaning in our encounters and use these experiences to develop and define or refine our identity as effective educators of other psychotherapists.

My aim for this workshop is to use my research to enable trainers to consider the “shadow” side of undertaking this role, to appreciate what it is that makes an effective psychotherapy educator and to identify their own developmental needs as a trainer or potential trainer. One of the key themes from my research is the need for clear professional boundaries, it is when these boundaries are breached that issues come to light that the trainer may not be aware exist, the exploration of these processes can help trainers to develop themselves and identify unconscious processes that may hinder themselves and their trainees progress.
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There will be small and larger group discussions, some of the themes from my research and recently published book (McQuaid, C. (2014) “What You Really Need to Know About Counselling and Psychotherapy Training: An Essential Guide”, Hove, Routledge) will be presented. These will then be explored by the participants using their own personal experiences. There will be exercises to help delegates to identify their learning needs as a trainer, or potential trainer and help them to formulate their identity as a trainer.

Barbara Clarkson, Kathie Hostick
(UK)
02:00pm–05:30pm
Room 14 | Workshop No. 47
Psychotherapy/Advanced English

Crossing the Line: how making “mistakes” can shape us

In this workshop we will explore how “mistakes” and failing to conform to established and culturally accepted norms can ultimately lead to expansion and integration of the self, and clarification of our professional identity, whether as practitioner, trainer or supervisor. The presenters will share their personal experiences of these issues and invite participants to explore their own using theory, symbol and metaphor, with the aim of reaching beyond shame to discover new potentials.

Participants will be encouraged to discover the positive messages and aspects of professional and personal potency that can be hidden beneath the experience of shame when we “cross the line”. We will learn from our mistakes at a deeper level. As James Joyce said “A man’s errors are his portals to learning”.

- Presentation of personal examples for discussion in large and small groups.
- Exploration of learning theories from Biesta and others
- Experiential exercises using symbol and metaphor to facilitate personal reflection.

Tatjana Gjurkovic
(Croatia)
02:00pm–05:30pm
Room 08 | Workshop No. 48
Psychotherapy/Advanced English

Integrating play therapy and transactional analysis: When Hippo is frightened, he bites

Play therapy is a great method for working with children and their parents. Play invites children to become spontaneously engaged and to show their beliefs about self, others and the world. Structure of play session offers children feeling of safety which then through therapeutic relationship, children can integrate in self-boundaries as well as create healthy boundaries in the relationships with others.

Since play is their natural medium of unconscious communications, oftentimes children will show their so far developed identity, image of self, repressed needs and emotions giving psychotherapist the opportunity to make interventions.

Parents also find play therapy acceptable way to become engaged in finding solutions to their family problems. In combination of understanding family dynamics using TA theory, psychotherapist can help family to gain insight in their patterns and learn new ways of being with each other in relationships.

In this workshop participants will get familiar with the basic theory and methods of play therapy and will have opportunity to learn how children express anger instead of fear through play. Participant will learn how they can therapeutically work children and their parents in these situations.

Lis Heath, John Heath
(UK)
02:00pm–05:30pm
Room 10 | Workshop No. 51
Psychotherapy/Beginner English

The Same But Different – The Paradox of Belonging

This is a workshop about security, freedom, intimate relationship and belonging. Many of us yearn for closeness with another person whilst at the same time cherishing our right to personal freedom. The tension between these sometimes opposing needs can lead to relationship being a complicated event. This is especially so in long term commitments. TA has much to say about autonomy and much to say about intimacy but is not so clear about how to achieve both at the same time.

We will propose a theoretical frame for understanding the inevitable and creative tension between identity (being myself) and making a place of meeting and connection where we can belong with the other. We welcome participation from anyone in any style of couple relationship or none. We believe that we all have something to teach and learn about belonging. Participants will share and get an appreciation of the importance of belonging and of autonomy and a way to think about some of the tensions in relationships.
Radical Relational Psychiatry

Our original premise from radical psychiatry is that all causes of social and psychological distress are expressions of alienation. Building on this I consider different “states” and expressions of alienation at individual, group and social levels. We will discuss how these are created consciously and unconsciously through political, social and relational dynamics. We will also explore how to work with alienated “states” and I offer my hypothesis of resolution through relational engagement and experience.

Participants new to radical psychiatry will learn about the history of this work and all participants will learn how to position this and work with these dynamics within a contemporary context. The workshop will speak to all fields in TA so I anticipate some cross functional learning will also be possible.

I will use a combination of short philosophical and theoretical inputs alongside large and small group discussions and practical exercises.

Relationship between Script and Time

From my point of view perception of time is forming our identity. All of us doing things with our own unique rhythm/speed. Our rhythm relates to our script decisions shaping our identity. We feel ourselves uncomfortable when we have to operate with wrong rhythm/speed. What is going on with our internal and external boundaries will be considered during workshop. Why we calculate the time? What kind of sensation/information we need to get from external world in this case? Which important personal decisions/beliefs relate with usage of the time in our life? All of us live in our culture, what kind of social boundaries we create according of our Cultural Script? How it influences on Hurry up or procrastinating decision. Participants will look at the relationship between Hurry up & procrastination behavior.

Through experiences in a small group participants will explore how to change attitude to Time, how to reduce procrastination, how to move from script to autonomy using a new decision/behavior in living life.

Systemic TA – approaches for co-creating reality and building up specific identities in different professional fields

The EBMA 2007 winning “role concept of TA” will be explained. It has implications and consequences on understanding personality, communication and co-creating reality and identity for professionals in different fields. Additional concepts with roots in TA and having been further developed beyond clinical and individual application will be explained.

These are culture of responsibility, encounter which lead to shared reality and culture in professional bodies and organizations, qualifying individuals and systems in an integrated way. TA-communities are spend roofs for different approaches rooted in different professional identities.

Saying good bye to the TA-community Dr. Bernd Schmid is presenting his major concepts which represent his legacy. All these developments of “systemic TA” have been successfully implemented in generations of professionals which for example form then isb-alumni-network of almost 5000 professionals.

What helped him to keep up his identity as TA-professional, although he is also representing other schools and other professions in various fields.

The concepts will be explained in way, that helps TA-colleagues to reflect their portfolio of identities, of their TA-approaches and stimulate further development for their specific professional fields. There will be explanations, guided imageries, illustrations through examples and discussions. The participants will be introduced to using free available videos and other publications of Bernd Schmids Institute.

Meetings – Boundaries – Learning – Teams

All types of teams at work are grappling with the complexities of implementing innovation that disrupts existing services and forces change. Team meetings often fail to collect and build on the learning and knowledge that takes place. This workshop will discuss epistemic objects, rich meeting summaries, group memory, and team reflexivity as influences on knowledge building and learning.

Mandy will draw on her PhD research that examines team learning and together with the audience draw on linkage and parallels with TA theory and practice.

To discuss the concepts introduced to draw upon participants experience and techniques of working, knowledge building and learning in teams.

As a group to make linkages and parallels to TA theory and practice that participants can apply to their own work and learning.
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Becoming ME – being ME. Identity (and identity work) in agitated times.
Who am I? Who do I want to be? Who do I need to be? All these questions must and can be actively answered in times of such rapid social change. Identity nowadays needs to be acquired; identity work thus becomes a core process in terms of achieving a lifestyle on both a personal level and within society.
This is where transactional analytical counselling and education provide more than possible solutions for individual problems and more than learning the binomial. They open up a space to recognize, identify and to shape – by balancing internal and external reality and in the context of both a familiar and new cultures.
The aim is to understand identity work as important and valuable dimension of the work of transactional analysis educators and counselors and learn to apply.

La soif de position et les positions d'engagement
La soif de position inhérente à chaque être humain s’actualise dans les interactions. Dès la période intra utérine, le fœtus à partir de ses compétences établit des interactions avec la mère où l’action et la réaction de chacun s’inscrivent dans un engagement réciproque. Je vous propose de décrire ce processus interactionnel, d’en montrer son développement et de voir ses applications dans les échanges de la vie quotidienne et professionnelle. De l’investissement à l’implication, du rapprochement au rejet, la soif de position se manifeste et se nourrit des interactions et de manière spécifique des transactions. Je ferai le parallèle entre les modes interactionnels et les concepts de l’Analyse Transactionnelle.
Connaître, comprendre et diagnostiquer les positions d’engagement. Leurs développements et leurs influences sur les transactions.

Positive TA – The Relationship System: A New Map for Living in Identity Building Relationships
In the perspective of Positive Transactional Analysis script is a creative and constructive life plan. It helps us to grow into social relationships from the beginning of our being. That is how we help ourselves to become the persons we are.
Positive TA means to rediscover what originally used to be constructive to make it useful in today’s challenging tasks. That means to use potentials and resources lying in our script.
We will introduce the ‘Relational System’ as a new map in TA. It provides the opportunity to use what we acquired early to establish social relationships in the Here and Now and shape them constructively.
Participants get in contact with the constructive elements of their script. Using the Relationship System they can use these elements to shape their social relations.

Opening Boundaries of consciousness – using the unconsciousness in the process of contracting: the ZRM© approach
Working on a contract is part of framing a constructive professional human encounter. It defines boundaries and helps to open boundaries at the same time. In this process clients often look for the right words to describe their goals – sometimes without success, as their needs and imaginations are partly unconscious. To discover and take advantage of these hidden imaginations and so deepening the process I use select pictures. In this workshop I will show how to use this projective method by theory inputs and self-experience. The outcome of the workshop will be the knowledge of the neurobiological approach of the ZRM© approach and to have a practical experience how to use it in the process of contracting.

Intervening contractually for developing n fostering Holistic Parenting Competencies
Parenting happens everywhere, all the time, from time immemorial.
We Transactional analysts believe in and engage with the Parent, Adult and Child ego states within and in others. Parenting consists of instincts and skill sets provided by nature and nurture, essential for the “survival of the human race”.

Wolfgang Kausler, Peter Rudolph
(Germany)
02:00pm–05:30pm
Room 11 | Workshop No. 57
Counselling/Advanced
German

Christian Devillers
(France)
02:00pm–05:30pm
Room 06 | Workshop No. 58
All/BEGINNER
French

Henning Schulze, Klaus Sejkora
(Germany)
02:00pm–05:30pm
Room 32 | Workshop No. 59
Organisation, Psychotherapy/All
English

Bettina Kessel, Hanne Raeck
(Germany)
02:00pm–05:30pm
Room 22 | Workshop No. 60
Counselling/Advanced
English

Sashi Chandran
(India)
02:00pm–05:30pm
Room 15 | Workshop No. 61
Counselling, Education/BEGINNER
English
NG Holistic Model and NG Competency levels, along with contracting and transactional analysis tools guide participants in an identification and honing of Holistic Parenting Competencies.

Conscious, mindful parenting of the Child within and without, accounting self-others – environment for balance and growth is the focus and expected outcome of this workshop.

1. Participants describe and conceptualize Holistic Parenting using the NG Holistic Model
2. Participants name and identify themselves in the NG Competency levels of parenting
3. Participants identify 2 Holistic Parenting skills they will incorporate along with action plans for practicing them.

Riding the Tiger – organizational and personal development in a boundary expanding world

The rising volatility, complexity and ambiguity of our working world evoke the call for “agile” behavior and collaboration strategies. We seem to face the boundary to a world where progress is made by actively engaging with uncertainty and unpredictability, requiring higher agility and resilience.

In the workshop we invite to tour this border and take a look on the other side. We will provide some project experience and theoretical ideas and talk about key questions like: (How) Is managerial identity and thus behavior to be redefined to create and maintain an agile environment? How can we support people in developing sustainable organizations?

In addition to TA concepts our thinking of organizational and personal development is based on approaches as Brian Robertson’s “Holacracy” or Otto Scharmer’s “Theory U”.

Our goal is to inspire and be inspired. We are looking forward to meet and connect to people and to experience the emergence of ideas. Everybody can contribute to the development of (new) purpose in work life.

Gender identity and symbiosis: the scripts transcultural and transgenerational culture of violence

The gender identity and social gender scripts is transmitted and convey prejudices and roles (G social) that feed narcissistic and codependency issues in complementary and competitive symbiotic relationships, the foundation of the culture of violence and oppression.

We suggest an analysis on cross-cutting themes in different cultures of aggressiveness and oppression based on competition of genres as narcissistic denial of affection and relationship needs. Incentives will be found in the workshop on prejudices of genre and on violence. These issues will then be compared to data of a research on violence of genre carried out among Italian teenagers.

Focal points:
- Prejudices and roles in gender identity: interdependent scripts of complementary and competitive symbiosis which are at the basis of an oppression and violence culture
- Violence is a passive behavior, a cross-cultural transmission of gender script adaptations to denied needs
- Social change of gender prejudices and violence

Using Transactional Analysis in family therapy. Integrative approach.

This workshop is based on a practical experience of the author’s work with couples, families in individual and group formats. Because of certain peculiarities of family therapy the author suggests using Clinical characterology, elements of Therapy by means of creative self-expression and Systemic family therapy, creatively refracting group process and following the Biopsychosocial-spiritual paradigm of psychotherapy in such work. Unchanged remain the most important elements of TA: contracting, personality structure, analysis of people’s interaction through the prism of the theory of transactions, games, scripts. The main goal is to help couples to find/learn healthier and constructive models of communication and become more autonomous, to be able to change their negative family script and obtain freedom and ability to save, develop and create healthy attachments, make healthy choices at the same time.

This workshop will allow participants not only to get acquainted with the main Transactional Analysis tools used in family therapy, but also to know how it can be combined with contemporary approaches in Russian psychotherapy: Clinical characterology, Therapy by means of creative self-expression and Systemic family therapy. Practical part includes an express group work with couples.

This workshop will allow participants to get acquainted with the main Transactional Analysis tools used in family therapy, to know how it can be combined with contemporary approaches of Russian psychotherapy.
Remembering and Celebrating Claude Steiner

Claude Steiner, who died at 9th January 2017 in the age of 82, made an enormous contribution to trans-actional analysis – with regard to script theory, radical psychiatry, power, and emotional literacy, to name a few. This meeting, which will also be attended by members of his family – his daughter Mimi Doohan (née Steiner), his son Eric Steiner, his son-in-law Jim Doohan, and his grandson Matthew Doohan – will offer participants an opportunity to hear about Claude’s work and life, and a space in which to tell about personal experiences with Claude and to remember him.

The dynamic of therapeutic alliance, meaning of identity and boundaries in the process of psychotherapy.

Once psychotherapy wasn’t understood as art only and became a treatment procedure – questions about treatment effectiveness were raised, and therefore treatment alliance, including other factors, became a center of attention.

Current Transactional Analysis is based on Bordin’s (1994) trans theoretical concept of treatment alliance consisting of: positive bond, goals and therapy tasks. During studies Luborsky (1994) extracted two types of treatment alliance. They allow for more precise analysis of changes in alliance. Study results allow to draw boundaries of contact and reacting styles, on respective stages of establishing specific types of alliance. Sense of cohesion and consistency of both patients’ and therapists’ identity are significant factors influencing strength of treatment alliance type I and II.

Lecture goal is to explain tenets of TA’s concept in: 1) the essence of therapeutic work and boundaries during constitution of therapeutic alliance; 2) stages of therapeutic process-decontamination and deconfusion, and the influence of therapeutic work as well as identity of a therapist and a client, on the strength of therapeutic alliance of a certain kind.

The goal of the workshop is a case analysis of alliance fluctuation, process and changes during psychotherapy.

Boundaries – a call to autonomy

The moment of experiencing one’s limits is often perceived as restrictive. Something crops up, gets in the way and prevents one from going in the intended direction at the desired pace. When they arise, limitations challenge us to face up to internal and external situations and realities. Rising to this challenge can be experienced as aggravating and energizing, as crippling and hopeless or as exciting and progressive.

The workshop focusses the human experience of limitation: its challenges, its risks and the options to handle it. By exploring the subject, we are looking for ways to follow the invitation to the here and now and, through the limitation, find new steps into freedom.

The Discount Compass: a key to open the border between TA and the world of psychology of health

I observe at hospital in my work of advisor two worlds: the world of TA and the world of medical psychology, which is inspired by the psychoanalysis.

These worlds seem to be separated by solids borders:
– Borders between professionals’ identities: of a transactional analyst, and of a psychologist or a doctor.
– Borders between concepts: for instance, between the “defence mecanisms” – in the medical psychology – and the “discounts” – in TA.

My aim is to show that these borders can be opened, in aid of the “patient” or customer and the caregiver or professional.

I will take as an example the reaction of “denial”, whose definition is very close to the “discount” one. However, beyond the definitions, the approaches are really different:
– In medical psychology, we know how to diagnose, but not how to step in. The reactions of defence “shield” the stress, and it induces an ambiguity: “do we have to treat them or to respect them?”
– With TA, discounts are an “unconscious omission of an useful information for solving a problem”...
Our function is to look for the problem. The board of Ken Mellor and Eric Schiff offers an accompaniment to identify and solve this problem.

In this workshop, in a first part, I will show the links between these two concepts and the relevance of this approach in TA. (The two worlds and their borders). The Ken Mellor’s and Eric Schiff’s approach may seem complex and it’s difficult to integrate it in practice. Michele Benoit brings another view with her “Eureka, table of realizations.” So, in a second part, I will propose a playful and educational tool that I call “the compass discount”, a guide to find our way and avoid passivity!

INTERNAL AND EXTERNAL PERSONAL BOUNDARIES: MEETING PLACES OR DIVIDING PLACES

The relationships are often based on fear and closure, due to perceived risk to lose both their own personal and social identity. In order to find an integrative way that keeps together instances and perspectives engaged in integration processes, we will try to find new versions about both individual and cultural script together with workshop participants, by using AT key theories.

Hosting countries integration problems will be underlined, particularly referring to intolerance and to the risk, on one hand, to demand foreigners to deny their own cultural roots, and, on the other hand, to the risk to “castle” on its own culture.

The aim of this workshop is to think to relationships between immigrants and hosting peoples, and to analyze what is happening in the internal and external boundaries. We will do it with practical exercise and group work.

How the power of feelings inspires sovereignty and vitality in a vuca-world

In my workshop I would like to introduce you to my coping strategies with feelings and their dynamics. I also use this concept in my work as a coach and a change consultant.

In a VUCA-world our feelings play a vital role – selfmonitoring of feelings as a core competence for identity becomes even more important.

In this workshop I want to introduce you in to my integrated “ecological” concept, which deals with coping strategies of feelings and their related dynamics

1. Based on the concepts of Fanita English and others I will extend the basic TA-Approach with relevant ideas of Luc Ciompi and some helpful facets oft the systemic approach. The outcome: my concept of an ecolocical consideration of feelings.

2. I will invite you to make some experiences (in this workshop) and link them to your own work and practice.

3. In a next step I would like to combine my concept with integrative Company-development-approaches like holacracy, “organisational mindfulness” and “reinventing organizations”

Far away but still pretty close – teamwork 4.0

In companies and cooperation-networks nowadays team members are often based in different locations across multiple cities and countries. Communication happens regularly via email, chat, phone and video-conferencing. How is this impacting the collaboration? How is the teaming amongst the colleagues? How is the performance and contribution of the individual as well as the team becoming visible and valued? How can a team identity be developed? How can different frames of references match on the background of cultural differences? In this workshop we want to share our experiences from working with international virtual teams and demonstrate the specific interrelation in a simulation to enable the participants to experience and discuss the subject. We share our experiences from working in virtual teams and provide tools and suggestions for successfully collaborating in virtual teams. The participants experience in a simulation the challenges and opportunities of collaboration across borders/boundaries. We are developing together the requirements for a successful virtual collaboration, organisation and leadership of virtual teams.

Daniela Allamandri, Mario-Augusto Procacci (Italy) 11:30 am–01:00 pm Room 22 | Workshop No. 27 Counselling, Education, Psychotherapy/All Italian, English Translation

Walter Herter (Germany) 11:30 am–01:00 pm Room 28 | Workshop No. 30 Organisation/All German

Lilian Grandpierre, Christoph Grandpierre (Germany) 11:30 am–01:00 pm Room 18 | Workshop No. 49 Organisation/All English
Pushing boundaries: Bull Eye Interventions For Agile Developments In Leadership and Teams

Eric Berne (1966) showed us with his concept of bull-eye-transactions how to perform sustainable developments and change. His concept is challenging any time and even more in the work with groups and leaders to achieve agile developments. What are the limits we experience with this concept and how to overcome the boundaries we find?

In these widened context I define a bull-eye intervention as effective intervention to address boundaries simultaneously in the Child-, Adult-, the Parent-Ego-State as well as the roles of the members and the group imago with a focus on boundaries, and/or the meaning of processes/structures and/or the organizational culture” (Steinert 2006).

This workshop delivers partly theory but is all about how to work with boundaries as “agile facilitator” in your practise!
And how to move forward to agile work.
Please bring cases.
– Achieve basic knowledge about the concepts of Organizational Transactional Analysis
– Knowledge about the model of bull-eye-transaction in group work and in leadership to esp. work with boundaries
– Knowledge and some practise about agile work
– Intervention competencies to work with boundaries
– Supervision and Feedback on own cases

Boundaries as chances: Effective and intense relationship work – TA and animal-assisted interventions

The effectiveness of TA is very much evident in relationships – with ourselves, our clients and systems. For several years individual TA practitioners worldwide have been making use of the typical relationship competence of animals, specifically horses and dogs. In encounters between different species, boundaries between them can be utilized to promote individual growth, the meeting of differences can become a chance for development, especially as to communication and relationship competence. In the workshop we will present our concept and its practical application. Using photos, film clips and practical work with dogs, we will show how we stimulate development in previous border areas and the integration of beneficial relationship experiences.

Hands-on experience with one or two dogs, analysis and transfer through questions as to learning experience, results and effects
Feedback given by group, conceptualization using TA maps

Strengthened Identities for Diversity in Business Life – Flexible Boundaries with Diversity and TA

How can diversity broaden the chance of interacting with different customers and help being more successful at the market? And how can persons in charge regulate the own boundaries?

Whom do we choose to get in contact to? Why? We seem to act irrational in personal contact and in choosing sparring partners. Culture and the own safety feeling (what we are used to) decide whom we trust. Moral (how it should be) and political attitude (what do I want to achieve) are also factors of decision.

In least cases we choose someone who adds the new, the unexpected to our system (what am I lacking) though it could broaden the acceptance of customers. Unluckily our reflexes and irrational feelings are still the bases for professional decision-making as recruiting employees especially in small-scale-entrepreneurs. That leads to a monocultural system.

How is it possible, individually as well as in our organizational role, to open up our boundaries for the unexpected?

You are invited to get to know your own frame of reference concerning the choice of other people, to find out which factors lead to the choice and think about new ways of functional, conscious, flexible boundaries for yourself and the organization. This is likely to strengthen your professional identity for contracting/bargaining flexible boundaries.

You know about the theoretical thinking about this phenomenon.
Getting To Know You, agreement on a save environment. In the workshop we combine TA-models e.g. the ethic code of EATA and Diversity models like layers of Diversity, to answer these questions and invite you to explore your own frame of reference concerning the own boundaries choosing staff.

**Working as Transactional Analysts – Aspects of professionalism**

In a knowledge society, professions hold a high level of meaning/significance. The terms profession – professionalism – professionalization gain new meaning. Counselling/consulting as an occupation is discussed as a profession: national and international social-professional organisations are defining quality standards and professionals are challenged to find personal approaches to their professionalization (Dick/Marotzki/Mieg Hrsg. 2016, Modaschl 2009, Krause et al. 2007).

This means that counsellors and consultants are challenged to develop their professional identity. The discussion of shared assumptions and mindsets is essential for differentiating the “counselling profession” and for enabling counsellors/consultants to develop their skills and competences.

How do we envision our professional identity as Transactional Analysts and/or transactional analyst counsellors/consultants? And how do we as Transactional Analysts develop a professional identity in our working fields?

Through discussion, the participants (as workshop leaders) gain a more comprehensive understanding of their professional identity. Furthermore, we discuss how developing a professional identity can be supported in TA training groups. This will lead to a deeper understanding of professionalism and foster a more confident performance as a Transactional Analyst in a variety of working fields.

**From princess Isabella, from the serious side of life and from the shoes that were danced to pieces**

Since the time of Eric Berne there is a long history of working with fairytales in TA. Our stories are metaphors of our basic life patterns. We use them to create our ongoing story of life, either as a persistence of script or as a development of autonomy.

I was fascinated by Berne’s ideas, integrated them into my work and developed my own style of working with fairytales and other stories in personal work.

In this workshop I’ll show you my “4-way-approach” to fairytales to give you an insight of work on script by fairytales. The aspects by working in this way are behavioral, relational, systemic and trans-generational.

Participants should get an impression:
– of working with fantasies, intuition and marsian thinking
– how to create stories and fairytales
– how to work with fairytale can change the point of view of describing the own story of life and to widen one’s thinking of solutions about life’s challenges

**The Drama Triangle and Compassion Triangle: entry, reinforcements, Kahler drivers, and escapes**

Steve Karpman, author of the book “A Game Free Life” will introduce the ideas of his book, with the Redecision Triangle, three Script Reinforcement Formulas, and the Compassion Triangle with origins in the Darwinian Triangle. Rainer Musselmann, co-presenter and publisher of the German translation of Karpman’s book, will present how we enter and reinforce games according to the Kahler drivers.

Meet one of the pioneers of TA, discuss with him and learn from his broad experience in establishing constructive and healthy game free relationships with people.

The participants will get an awareness of how they can observe the entry into the Drama Triangle second by second in the communication (drivers) and how to react to these. They will get to know useful and smart keys, tools, and moves for relationships that are oriented to openness, intimacy and happiness. They can use these tools for themselves or in their sessions working with clients and participants.
My Space, Your Space: The Dance of Interdependence

American Zen teacher Cheri Huber says, “How you do anything is how you do everything.” We maintain our sense of identity through script patterns and stroke economies as we navigate boundaries in everyday relationships. To live to our potential is to increase our awareness and choice about how we manage these boundaries, and hence what identity we choose to express. Our behavior is the means by which we engage with others and can be the key to maintaining ok-ok relationships. In this session we surface our inner rules and permissions, update our beliefs, and practice specific methods for asking, receiving, offering, declining, and renegotiating so that we can maintain a dynamic balance among you, me, and us. Especially valuable for people who grew up in or who treat people from co-dependent families, or family businesses.

We will recognize how we discount ourselves or others by distorting boundaries, we will shift our stance to support balance and interdependence, and we’ll practice indispensable OK-OK transactions that we and our clients can use daily to put a new show on the road.

We will experience how we have kept our boundaries in the past, and express healthy interdependence that maintains our sense of identity.

1. Through guided visualization and journaling, we surface imbalances in our own or clients’ relationships, uncover beliefs holding them in place, and work in trios to identify the impact on our well-being.
2. Using body – mind awareness, we experiment with Permissions and new beliefs that allow us to set boundaries from an OK-OK position.
3. After a short introduction/demonstration of essentials of requests and agreements, we practice all the moves, then invite contracts for change.

What can public schools learn from transactional analysis?

Are public schools places to develop and strengthen human beings? Questions and answers based on five main areas:

1. ethics
2. selection, stigmatization (external differentiation) – integration, inclusion (internal differentiation)
4. elements which can lead to permanent, irreversible effects on learners (Illiterism) – v.s. what makes children willing for lifelong learning,
5. Who is in the focus, teachers or learners?

After critical analyzes of the public school situation, transactional analysis shows answers and ideas for another possible school model.

Cooperating or not? Inner and outer boundaries in social relationships

Is it true that “the most desirable and beneficial form of interaction is a cooperative, non-violent, nurturing relationship” (Steiner)? We will explore which Ego States hinder or promote cooperative relations and how to sustain healthy existential life positions and a life free from power plays. The role of our western cultural competitive script will be considered.

Since education plays a significant role in the creation of attitudes, we will focus on the Cooperative learning method of instruction as a powerful instrument to promote healthier interactions, both with adults and with young people. Its value will be analyzed in TA terms.

Objectives:
- Favor reflection on personal beliefs and attitudes toward cooperation
- Experience cooperative learning methodology as a means to promote cooperation in groups
- Learn about cooperative learning principles
- Learn about TA theory on cooperation and competition
Freedom within boundaries – Supportive communication skills

Freedom within boundaries means to value the child (or teenager) in every single situation, to demand it and set boundaries to him and support his autonomy.

Freedom within boundaries is enabled by supportive communication. The workshop presents supportive communication skills based on TA, Attachment Theory (safe haven and secure base) and Marte Meo. Marte Meo (Latin “by own power”) is a video based method of educational counselling. It supports emotional and social development in everyday interaction moments. In the presented concept the Marte Meo elements of supportive communication will be combined with Eric Berne’s idea of Human Hungers and the Functional Fluency Model (Susannah Temple).

Participants will learn how to improve the quality of a relationship by improving the daily interaction moments. They will learn to know Marte Meo adult supportive communication elements in combination with TA supportive communication modes (fabulous five) and positions (nurture and structure highway founded by Jean Illsley Clarke).

The workshop is a presentation with video based analysis of supportive communication moments.

Play of Gods

The Play of Gods playfully discovers own hidden resources often eclipsed by script decisions and parental injunctions. The participants of the workshop will replay/reinterpret some scripts including those with religious-spiritual connotations. Together they try to improve within an active role takeover of divine roles (Gods, Goddesses, Devine Beings, Power of Mankind) a common human issue identified by and within the group beforehand. Ideas of almightiness or needs for divine solutions get new interpretations. The meeting and possibly communication of different types of gods – some of them self-believing in their own exclusiveness – may overcome borders.

Creativity and Spontaneity will get strengthened in the common role-play. The participants as persons and group will rediscover own scripts with religious-spiritual background, reflect and partly reframe them. The used methodology can be included in own training/teaching even beyond any religious context.

Group Work and practical exercises with reflection.

What happens when somebody crosses my personal boundary?

“Is aggression and are aggressive feelings an integrative part of your identity? Or are they outside of your boundaries? Come and find out!”

This workshop invites you to reflect on how you are dealing with irritations at your personal boundaries. On the basis of personal and somatic experience you work on what you think of aggression, aggressive feelings and boundary defence. The boundary is the place we meet and learn. Are you curious of what you can learn from this? Join this workshop... You will be working on your permission to authentic feelings and dealing with them constructively. It is all about integrating so called “negative” feelings.

The focus lies on personal reflection and experiential learning.

Professional boundaries and professional stance: difference and proximity

Professional boundaries and professional stance are usually defined as a means to enhance effective and appropriate interaction between professionals and the public they relate to and to protect both the professional and the client. This workshop aims at exploring how practitioners are creative in finding a way to, at the same time be close and respect the professional boundaries. We will build on S. Nasielski’s model, to reflect on this issue and we will connect it with various TA concepts.

The participants will discover a new model or will rediscover it, by adding TA theory and linking it with their own practice and reality. They will experience if this model can support them making sense of current situations in their own field of application. This could be a tool to look at their professional relationship, for example as supervisors with their supervisee.
Mirroring transactions. From Self boundaries to Self identity

From object relations perspective it is well known that during the period of separation-individuation the infant sets the boundaries between Self and not Self. From self-psychology point of view the beginning of this process allows him to satisfy so called selfobject needs, including the need for mirroring. This satisfaction for its part provides the development of a sense of identity, value and meaning. These processes are repeated in therapeutic relationships. In TA terms the need for mirroring can be satisfied by the transaction that I call the “mirroring transaction” (from therapist’s Pt to client’s C1).

So via the concept of mirroring transaction I will present the connection between object relations theory of boundaries, self-psychology theory of Self-identity and TA. There are many variants of mirroring transaction which I plan to present and to discuss. For instance there might be very simple transactions such as starting phrase to the client with his name or just “unconditional” smile.

I think the outcomes of my workshop will be following:

1. The participants will realize that the usage of mirroring transactions in therapeutic relationship will result in increasing clients’ sense of identity (the cohesive Self in terms of self-psychology or the part of C1 in TA terms).
2. The participants will learn about the importance of using different kinds of mirroring transactions in their daily practice.
3. They will integrate knowledge on object relations, self-psychology with TA ideas.

Identity, boundaries and anxiety

Personal identity can be defined in many ways. It is connected to personal boundaries which help us to feel safe. In this workshop, we will define different types of fear and we will learn how anxiety may become a dominant feeling when life circumstances get tough. This happens in the event of war, illness or whenever our frame of reference is threatened. Participants will learn about typical strategies that people use to manage or reduce their anxieties. Many of these strategies (e.g. relaxation exercises, distraction techniques, positive affirmations, reassurance seeking, etc.) actually increase, rather than reduce anxiety in the long run. A general model of anxiety, which integrates TA and CBT concepts, will be presented in the workshop. The model provides answers to two questions: a) Why a person has become anxious, and b) How their anxiety is maintained.

Participants will learn:
– how coping with anxiety can result in increased instead of decreased anxiety
– about the importance of addressing anxiety problems at the symptom level
– about a model, which represents a solid basis for a treatment plan in anxiety disorders

Use of EMDR in Transactional Analysis Therapy.

Various studies that have demonstrated that EMDR in patients with post-traumatic stress disorders (PTSD) shows the best treatment-outcome we currently have. Patients are motivated to undergo treatment, to not drop out, and tell to overcome difficulties in regulating their emotions.

Patients experienced EMDR as a useful and motivating method. Furthermore, they felt encouraged to deal with their emotions through additional psychological treatments. Transactional Analysis markedly reduced PTSD symptoms.

In this workshop, EMDR is presented as an additional method in the TA-Treatment of PTSD. Also it will be discussed, what differences and similarities exist between TA and EMDR. They lead us to our necessary identity but also to the boundaries we have.

Relational impasse within couples: a block or an opportunity?

A couple is the smallest society, in which we can experiment the simplest border, the one between “you” and I. Isn’t staying in a couple the simplest and hardest way to be pushed beyond our individual borders and limits? Does the interaction between our borders enrich or threaten our identities? What happens when we fall in love? What comes after that? We think that when we fall in love the Child in us recognise in the other a partner who can play a complementary role in our script; on the other hand the Little Professor foresees also a co-actor who can create with us a new story, giving voice to silenced needs and
aspiration. There are phases in couple’s life in which the scripted repetitive relational schemas entangle in a block. It is in this crisis, that we can discover the authentic emotions and silenced needs and develop new Permissions for both partner. In this workshop I will present a graphical representation of relational impasse as a tool in this discovery. We will experiment how depicting impasse can be useful in helping couple to evolve in this still “unknown” direction and integrate new way of being together, working with images, fantasies and stories. The participants can get new ideas about how to work with couple impasse, and relational impasse in wider terms.

Boundaries of safety – place for encounter with borderline clients

Participants will get small lecture about borderline personality structure (M. Divac-Jovanovic, S. Radojkovic, 1987; S. J. Karakashian, 1988; R. Price, 1990 Min; V. Joines, I. Stewart, 2002). Participants will discuss emotional reaction to the film demonstration and explore options to satisfy in psychotherapy unmet needs of borderline clients. After discussion it will be shown how to use understanding of countertransference response (C. Moiso, 1985; P. Clarkson, 1991; H. Hargaden, C. Sills, 2001) to enhance boundaries in psychotherapy as a way to work with needs of borderline clients.

Participants will learn: how to recognize their countertransference reactions while working with borderline clients, about different ways of understanding unsatisfied needs of Child ego-state, how to use boundaries to build safe space for therapeutic encounter with borderline client.

Breaking down the walls: exploring links between personal script and professional identity

How do you articulate your identity as a transactional analyst? To what extent has this identity, including values and methods, been shaped by your personal script?

This workshop will explore the deeper processes involved in script change over time with a focus on how this relates to professional identity. Significant shifts in identity often involve breaking down the stories we hold about ourselves and dissolving internal splits. When we see walls arising between different approaches within our community do we need to take another look at the walls within ourselves? The workshop aims to provide a meeting space in which to question the conscious and unconscious assumptions which shape professional identity, through sharing some of our own experiences, teaching, exercises and discussion.

1. Increased self-awareness about links between personal and professional identity.
2. A new perspective on script change.
3. A basic understanding of Klein’s paranoid-schizoid and depressive positions and links with transactional analysis theory.

Dreams as a place for boundaries between interrupted itineraries and constructions: a voyage through places of the unconscious in personality disturbances with the contribution of TA

In this workshop, we will describe briefly the work with dreams in TA, the calibrated interpretation of dreams with respect to the therapeutic phases, and the meaning of “construction” or “interruption” of a dream according to the disorder the person presents.

The participants will learn about and then experience the working methodology on dreams in TA within the therapeutic phase: when and what to interpret. They will learn to assess dreams as a specific dynamic life moment with respect to the “construction” or eventual “interruption” in the process of life.

We want to offer the participants the opportunity to acquire and/or strengthen familiarity with analytical work on dreams.

We will introduce the contents through a practical methodology. We will offer exercises on dreams in work groups, and propose clinical cases to be used as a guide in the understanding of the content.

A relational Transactional Analysis approach in counselling: professional and personal development for students

Today’s students contribute to the world of tomorrow. So, their experience of expanding from a cognitive, informational and behavioral consciousness to a realisation of the impact of the unconscious and the value of the relationship could improve the quality of the world for us all.

The relationship between the student and the counsellor cocreate a intersubjectivity space where is possible for the counsellor to feel what is the real student difficult issue to work during the session. This
WORKSHOPS AND LECTURES

Friday, 28th July 2017

The workshop is about relational transactional analysis approach at students counselling sessions. This workshop wants to invite the participants to reflect and analyze how TA relational approach can give a support to students at one-to-one counselling session. Based in my experience in Brazil, I want to inspire the participants to think about the unconscious process as a visible information benefitting the client.

The humanistic learning method, in which the life experience of the participants is taken into account, will be used in the workshop. The humanistic approach believes that it is necessary to study the person as a whole.

Crossing Borders between Thinking and Feeling

When we are feeling stressed, drivers lead to a decreased level of functioning of autonomous thinking, feeling and behavior. To overcome these limits we need powerful permission. Rationally developed, permission can be integrated into emotional experience and linked with our behavior. In this process we often realize conflict between rational and emotional insight. Hence, the question is how to connect the new gained rational insight with the relevant emotional feeling as well as the relevant behavior.

The subject matter of this workshop will be finding a way to work out powerful permission for ourselves and connect it with our emotions. As a result we can develop a convincing and integrated representation of this positive attitude.

Foster care and education: boundaries, identity-development and possibilities

Answering, elaborating and discussing of the following questions, based on my study (interviews and literature studies) and the book (which I edit and which was written with 13 authors from three German speaking countries, several of them are Transactional Analysts): What is foster care? Reasons for implementation? Which are resources and advantages, as also difficulties in identity-development (as e.g. with attachment, relationships and identity itself)? What is education? Are there special resources or problems for foster children and youth in education? If so, which ones? And some resource oriented ideas for coping...

– Create an understanding of the situation of foster children and youth in life and specific educational situations
– Create a knowledge about issues that are specific to the situation of children and youth in foster care and education
– Create awareness of the future direction of necessary changes for better acceptance and support in education

Boundaries between “Be strong!” and “Try hard!”: Life threatening combination or a big chance at modern work places?

My team and I analyse the concept of drivers in order to develop a valid, reliable and objective psychological test for measuring individual characteristics of these five lifelong companions. In this workshop we will focus on the two drivers “Be strong!” and “Try hard!” both separately and in combination.

How do they affect my everyday life? Is it possible to benefit from them at work? Or are they a constant threat for my physical and mental health?

It is important to see strong driver influences and react adequately to them. Where is the line between pain and gain in achieving my personal goals with the internal power of drivers in the individual life script? And how can someone, driven by hazards for his or her feeling of self-worth, find a way out of a working style that forces them into extraordinary exertion and condemns weaknesses?

We will present some details of our research and discuss the concept of the five drivers; especially “Try hard!” and “Be strong!”.
Values Integrative Work With Contract as a way through the life and decision-making jungle.

The modern man is a field of tensions. It is a challenge of constantly making decisions making life more challenging than before. One is often the screenwriter of one’s life, at the same time director and actor. Just a few decades ago (when Eric Berne developed TA concepts) one was involved in the scripts that others had written for one. How do we the “modern man”, face the agony of choice in the jungle of constantly deciding? In the workshop we use the concept of contract work and ask the question: What role do my inner values play in contract, goal, and decision making? What happens if we are guided not only by goals but also by incorporating our values into the process of contract design and giving them meaning?

Consultants, trainers, coaches and all who have an interest in the value-oriented work with contracts in their professional life.

Paradoxical Alliances: the power of the Bernian eidetic vision

I will begin my workshop by a slideshow presenting the qualitative and the quantitative parts of the research I have made with the Middlesex University (London) & the Berne Institute (Nottingham) on the effectiveness of the Bernian eidetic vision. Because it is an unusual way of thinking our way of curing clients who experience anxiety and phobias, this slideshow usually stimulates many questions from the audience... and it is the goal of this workshop: thinking Martian while speaking about our treatment plan of anxieties and phobias. The goal of this workshop is also to clear the boundaries between TA approach & Mental Research Institute (Palo Alto) approach. This research on the power of the eidetic vision of the symptoms was published this year in the Transactional Analysis Journal in a co-authored article written by the presenter of this workshop and Mark Widdowson (PhD, TSTA-P).

By the end of this workshop, participants will be able to reconsider their way of thinking and practicing the so powerful eidetic vision that Berne describes as the first part of the autonomy (“Physiologically, awareness is the eidetic vision” (Games people play). They will be able to include this Bernian eidetic vision of their clients’ symptoms in their treatment plan.

Whose fields are they anyway?

Participants of this workshop are offered an opportunity to explore, experiment, understand and upend ideas about the fields of application in Transactional Analysis. Are TA fields of application arbitrary notions or do they describe and provide necessary boundaries and limits? Why do practitioners choose the field they do? How might these choices reveal individual talents and/or reflect aspects of script-rooted inclinations? Might each field have its own script? If so, how do script elements limit or encourage what happens within or between fields? How might the distinctions among the fields allow for growth of professional identity or restrict it?

Knowledge of the history of the fields and insight in possible field scripts. Understanding of one’s motivation to chose one field over another. Ideas about how fields boundaries can/need to evolve and what are the possible resources to do so.

Invitation to explore. The workshop team comes with individual experiences of each of the four fields and something unsettled about what we continue to co-create.

Mission impossible – to be between the devil and the deep blue see

How to survive boundary issues in the No man's/no woman's

Like in the “no man’s/no woman’s land” we often feel trapped and all options have negative results or we would have “to pay” a high price. We feel lost between options or fixed to one and isolated in the area between boundaries.

Starting with a discussion about what an ethical dilemma is – and which situations appear like a dilemma but they are not – we will invite you to discuss cases from psychotherapy, counselling, educational, and organisational practice in order to reflect options and possible consequences. We will challenge you and support you in your reflection process.

Participants will have
- expanded their frame of reference about dilemmata
- raised their awareness of the differences between difficult situation and dilemma
- reflected and discussed options to manage dilemmata based on practical examples
- learned about ways to get out of the dilemma
**Grenzen zwischen Leben und Tod**


**Quo Vadis TA?**

As any other theory or method TA is a child of its day and was born out of thinking, attitude and behavior of the American Protestant Ethic. We will have a look if our identity that roots in the American society of the middle of the last century still fits to our being in our changed society and culture and to the challenges we have to face. We will also discuss which relevance our “Menschenbild”, that is the base of our identity, has in times of Digital Transformation, Globalisation, wars and refugees. Last not least we will invite our participants to a journey through time for personal approaches to the topic.

We invite the participants to have a look to what they understand as the and their identity as Transactional Analysts and if they see necessities for adaptation, for themselves individually, theory and application and for the TA-societies, that build the background for our work.

**Evidence-Based, Manualised Transactional Analysis for Depression**

The workshop will cover the essential aspects of the presenter’s treatment manual for depression. The treatment manual is the first research-based and empirically-supported TA treatment manual. We will examine the features of depression and its effective treatment and how these can be conceptualised using contemporary and traditional TA theory.

On completion of the workshop, participants will be able to:
1. conceptualise depression using a range of TA concepts
2. plan, deliver and evaluate effective TA psychotherapy for depression
3. design and deliver therapy which is tailored to each client’s individual needs

**Reparenting and the treatment of Schizophrenia**

In this workshop I will present the therapeutic concepts of the Cathexis Institute in California. I will present how we treated Schizophrenia without the use of medication in both the inpatient and the outpatient community. I will go over the theory and practice of Reparenting as taught in the Institute that created and defined this term.

There has been a lot of controversy about the Cathexis Institute and also about Jacqui Schiff, its founder. I hope to bring the discussion back to the practice of Reparenting. I myself was on the Staff of Cathexis Institute from 1977–1985 and am recognized as a Trainer for all areas related to the Cathexis Institute.

**Sexuality, Gender Identities and Boundaries**

Our work with clients whose sexual or gender identities do not correspond with social norms requires knowledge, care, and sensitivity. Usually their track of personal development has been painful and private. They come to us for our support as transactional analysts. Must the building of these identities be made through a “coming out” in this 21st century where anxiety, judgement and misunderstanding often flourish. When do we, as transactional analysts, accept social and cultural boundaries or push against them? How can we help our sexual and gender variant clients live in the light and acceptance of our communities?
Our intention is to provide a forum in which clients, human service professionals and those involved in TA training and supervision can speak honestly about their experiences, biases, and wishes. This is an opportunity to exchange information on our best practices in this complex area of human life and sexuality.

**Your World is Not Mine: Boundaries in Relationships**

Individuals do not live in the same World. This is especially important to know in relationships. It allows one to discover how the other is different. The discovery of difference enables growth. This workshop will explore the importance of boundaries in relationships in order to grow rather than remain locked in symbiotic circular conflicts. We will look at this in both couple’s relationships and therapeutic relationships. Participants will learn the importance of boundaries and how to create them in order to individuate and to attach. They will also learn the importance of boundaries both intrapsychically and interpersonally in resolving conflict.

**The truth and courage about the boundaries between health and pathology**

Drama Triangle: 3 positions
Winners Triangle: 3 positions
Ego States
Functional Fluency
Resilience Cycle
Participants will be able to:
- Identify three points of Drama Triangle
- Identify three points of Winners Triangle
- Name ego states
- Play with Functional Fluency
- Brainstorm concepts in Resilience Cycle
- Explore the courage it takes to be vulnerable
- Examine how these concepts are useful for TA trainers

**Creating communities of cooperation**

In this time of accelerating change we see the struggle to embrace uncertainty, and not fall back on strong leaders to direct us. If we want to move forward practicing shared leadership is essential. One person can not deal with the complexity of today’s environment. However we routinely find it hard to cooperate across countries, disciplines and backgrounds. In this workshop we will share the five guidelines and three competencies necessary to create communities of cooperation, to heal what divides us, and move towards global communities of cooperation.

**Becoming older and the Child Ego state**

What do I lose, what do I win by becoming older. Looking forward also to death, forgetfulness and other negative experiences and back as a retrospective of one’s life, with its positive and negative sides. The Child Ego State is important for imaginations, fun and early remembrances

I want the participants to make experiences that they may not dare to have when they are alone with the theme or which they have never thought of. I want them to get away from the fear of becoming old and let them think about: is there anything after death? The other side I want them to experience is the importance of being in the Now.

In the beginning I give an introduction and then I ask questions to different aspects about which the participants should think and write something down for themselves. Then I offer exercises and exchange in small groups and the big circle. Also meditative imagination phases. Yes, there is group work and practical exercises.
The use of the game in a A.T trainee group: to promote the growth of the individual and of the group

The game is the first and most powerful tool of learning that we know, it allows active participation and highlights fundamental psychologic dynamics such as emotions management, listening, communication, conflicts management, negotiation.

At first the workshop provide an experiential part – game –, then it’s going to stimulate a reflection on the processes activated, using TA as theoretical frame; we will reflect on how to insert the game into the development of a groups of trainees in TA, in order to promote the growth of the individual and of the group itself.

At the end of the workshop participants will have an alternative tool to work in a group of trainee, to facilitate the growth of the group and, at the same time, to allow each person in the group to develop their own identity.

The methodology provides a first moment with a game suitable for a just formed group.

Then, through a de-structured debriefing, the group will have time to think about the experience, reflect on the numerous group and individual processes activated by the game.

At last, going through the phases of the work and using TA and TA Sociocognitive theories, we will contextualize the experience done to the groups of trainee in TA.

Exceeding limits to successful changing processes with wailing and gnashing of teeth

Fear and grief are often the border posts on the threshold of real change. As soon as they get in their way, individuals, organizations or society remain on the side of routine, the familiar. We want to explore how we can use fear and grief to cross the border to individual and organizational change processes. Once we have done this step, we can look both as helpful companions on the other side.

The “unpleasant feelings” of avoiding fear and grief arise from a cultural agreement. In order to counter this powerfully we must decisively build a creative, changeful attitude.

The participants learn how they can perceive fear and grief in a way that makes it easier for them to deal with these two emotions. They will experience that behind both feelings good and important ideas are hidden, which help to start a change process appropriately and with their own resources.

We work in workshops and lead through a special process, to explore the own borders, the resources hidden in it and the transitions into the new.

Boundaries in Couples Work, how to use them and not loose them.

Practitioners are often challenged and even put off by couples work, this can be due to the couple challenging the therapists own boundaries. Healthy boundaries not only aid the working alliance but also provide a therapeutic frame to work within. In this workshop we explore what dissuades us from holding our boundaries and thereby the potential for loss of our own Adult identity, how to address this and then meet the couple in a boundaried, therapeutic place. I believe that boundaries are the key to being a potent couples therapist. Participants will be facilitated in considering their own views on boundaries and when these feel challenged by a couple. We will explore how to strengthen boundaries in couples work and the many challenges of doing so, my aim is to aid the participants to feel more confident with this work.

Paths of light: a Transactional Analytic methodology for couples in crisis

In this workshop we will describe the Transactional Analytic methodology of intervention on couples in crisis developed by the authors and tested for years in some European Countries. Our attention is on the relationship between the partners.

We believe that for the partners is fundamental to find the meaning of their history and to give a name to their wound to be able to cure it. For this purpose we use some Transactional Analysis concepts that we believe to be particularly useful to promote in both partners a greater awareness: ok-ness, symbiosis, transactions, games, intimacy, script, transference and countertransference dynamics, etc... The participants will experience some exercises used in workshops with couples.

The outcome of this workshop is to show the validity and potential of Transactional Analysis integrated
with moments of spiritual reflection in the approach to couples in crisis in a group residential setting.

Through exercises followed by theoretical reflections the participants can experiment and they can learn the fundamental concepts of methodology and of intervention strategies on couple used by the authors.

**Expanding boundaries – Developing freedom and autonomy**

To come to rest, to take time, to trust the body are things that people have to learn again in our day to deal with the complex tasks in life healthy. We have the ability to be mindful with ourselves, but also with other people and with our world. We lack training with it. We want to invite you to explore those of your resources and abilities, which make it possible to live with care in the present and to meet the different challenges.

In this path the process of farewell, a caring inner dialogue and a worthwhile goal is necessary.

We want to show you practically how we support people in the change of attitude. They learn how relaxation, resource-oriented methods and TA concepts interlock and “play” together.

We work in self-service units with mindfulness and relaxation exercises, the Zurich resource model and the TA concept of autonomy.

**Life script and the inner genius**

In this workshop the participants get to know the theory of the inner genius by Dick Richards. A powerful way to encourage people to follow their enthusiasm and their desire to contribute something meaningful to life. From ancient times this myth is focusing on the idea, that the Genius or Daimon is like a soul mate, coming with us into life. Living your life according to your Genius will make life more fulfilling and meaningful – somehow the genius is your gift to the world and to you.

Sometimes people dont feel free to listen to the voice of their genius, because their life script does not allow them to live this potential – then the concept of script work can help them to free their inner genius from old restrictions ...

The participants can understand how the theory of the inner Genius concept and the theory of life-script can provide a base to help people to get a deep understanding about inner processes on the way of finding their identity.

This knowledge can be useful for Professionals with clients who miss a feeling of sense and meaning in their life and want orientation how to give their life more depth.

Participants can also use the chance to discover the own inner genius ...

**Games Need Frames – TA and the Therapeutic Frame**

In exploring how contracting for a “frame” might help or hinder the therapeutic relationship, we will look at how different clients might “transact with the contracted frame”, often sharing hidden aspects of their identity – and how this might stir the therapist’s sense of who they are themselves, both personally and professionally. We will refer to intrapsychic and interpersonal perspectives on the “TA frame” throughout.

In this workshop we will draw on the thoughts of TA writers including Novak (2016) and Novellino (2011) as well as psychoanalytic ideas which would have been familiar to Berne, to explore together how we might think about the significance of “the frame” in TA psychotherapy.

Heightening awareness of how the frame impacts the client’s ability to convey their experience, needs and transference. Understanding of the detailed variety of factors that influence the frame and thus our therapeutic, transferential and working relationships in our work.

Experiential learning throughout, using the group teaching session as parallel process to exemplify the impact of the frame onto how we think, feeling behave. Referencing core TA theory, more recent articles in TA

**From protective strategies to boundaries**

In this workshop we start from the idea that modulated boundaries facilitate an interpersonal contact able to induce the process of Self development and identity definition.

According to Scilligo, who links the Socio-cognitive Transactional Analysis model (SCTA) with the Attachment Theory (2009), we believe that the persons with diseases haven’t got a “secure base”, so they activate protective strategies. These strategies could represent a problem in the regulation of the boundaries self/other.

The psychotherapist challenge is to convert these defensive strategies to modulated boundaries which permit an interpersonal contact and activate the Self development process in a well-being dimension.
We intend to demonstrate how the Socio-cognitive Transactional Analysis could be an important instrument to read the conditions of well-being/disease in terms of identity and intrapsychic/interpersonal boundaries, and an useful model to identify the ways of intervention.

In this workshop we’ll use an experiential and interactive methodology, utilizing practical exercises.

### Making personal boundaries visible encourages identity – Sexual counseling with couples: chance and challenge

A fulfilled sexual life seems to be an important element of many relationships. Reaching this aim presupposes that the own boundaries are defined. According to the frame of reference, boundaries can be defined based on cultural, religious, financial or physiological (etc.) issues.

Main topics are:
- How do I manage not to lose myself?
- How far within my identity do I have to be loyal and do I want to be loyal?
- How far within my identity do I want to be loyal to the other person?
- Crossing boundaries hurts.
- Freedom and responsibility are the sustaining values.
- Consciousness based on the relationship contract, about the process to define boundaries, to communicate them in relation to the own identity, and to respect them in the field of sexuality
- How it makes boundaries visible and encourages identity,
- Communication and body language exercises

### Me and you – borders as sources of strength

In this workshop we use the concept of defense mechanisms to show how to use it as an indicator for attachment patterns. With them we can discover ourselves. Recognizing and transforming them is helping us to shape our relationships more clearly and autonomously.

Goal of this workshop is to give some suggestions how to make peace with yourself and others as much as possible.

The workshop wants to contribute to the aspiration of every human to "make peace with oneself and others".

### Weit vom Stamm – Far from the trunk

What does it mean for families when children are completely different? If they can not or do not want to fit into the frame of reference of the family, go their own ways? How does family and society deal with special people?

This workshop will focus on what defines us and our identity when we are unable to identify ourselves with the family group or society. It is about experiences of “being different” and the opportunities and also limits in family and society.

### The art of “not knowing”

When you cross the boundary CTA/PTSTA you enter the area of the TA trainer. Coming from a society where “knowledge is power” and “doctor knows best” you need to develop your new identity. We have all been schooled (Giles Barrow): Students of course, but teachers too. Script beliefs – including cultural ones – often interfere with engaging in real learning. Real learning requires us (trainer and students) to be open to the moment, and risk feeling the anxiety that comes up. We never know for sure what is going to happen. In this uncertainty we are attracted to the familiarity of the script. The aim of this workshop is to explore the art of “not knowing” (Naomi Raab). How can a trainer contain the emotions – in themselves and in their trainees – that come with “not knowing” to both facilitate and model learning for their students?
Participants will:
– learn about their own script beliefs on being a trainer;
– have worked with different layers of “not knowing”;
– have an idea of how they can change their pursuit of certainty for the pursuit of learning from an autonomous place;
– have reflected on “knowing” as a defense against learning;
– reflection on learning experiences and mental pictures of teachers that has informed their beliefs today.

Me, Myself and I: The boundaries between ego and self that define identity.

I work as a psychotherapist in both private practice and in a therapeutic community on an organic farm. This workshop will draw on these experiences to examine Self and Ego. We will use models of plant growth in nature to introduce and illustrate Mary Cox’s model of Self and Ego (the “fried egg” model) to help us explore and differentiate the boundaries between those characteristics that are innate and those that are adaptations to our relationships and environment. We will consider different uses of the words “ego”, “self”, “character”, “identity” and “personality” from within TA and more broadly within psychology. We will then use this understanding to help us clearly conceptualise personality disorders from a TA perspective; demonstrating the value of clarifying TA’s sometimes different usage of the term “Self”. This will enable us to understand and consider the treatment of personality disorders as disorders of the third order of ego structure; P0, A0, and C0.

Demonstrate how precise usage of Cox’s model of Self and Ego alongside Berne’s Structural Ego State model clarifies treatment of personality disorders for TA practitioners and improves clients’ understanding of their diagnosis and recovery.

This will be a taught presentation with practical, whole group exercises to demonstrate the material.

Body Boundaries: The Place Where We Meet the World

Our bodies mark our place in the world; their size and shape can define how we move through this world. It can also reflect how we experience ourselves internally – do we push ourselves out to become visible, big or to disappear behind our largeness? Do we draw ourselves in to stay small, unimposing or benign?

These body boundaries contain us as separate from others and tell deep profound stories about who we are and what we need. Demographically, one third of the world’s population is overweight or obese and the focus often is on the physiological, physical and nutritional aspects of the issue. The intra and interpersonal psychological dynamics that impact the size of our bodies get overlooked.

If the body boundary is where we meet the world, this workshop looks to uncover how we meet the world, or have been met by it. The focus of the workshop is not on how to achieve “optimal” body size, it is on developing the capacity to hear the stories our bodies tell and act from a place of awareness and congruence in this ongoing journey to reclaim psychological ownership of our bodies.

The workshop will focus on:
– Understanding underlying patterns that result in weight gain and obesity
– Using a TA framework to work through these issues
– Developing a mindful connection between misusing food and needs that have gone unattended

The “narrative trace”: the boundaries in me and with the other.

The workshop illustrates some intervention modes Art herapy that can be used in psychotherapy to elicit the “boundary” between parts of the self, to facilitate the expression and to stimulate the process of knowledge of identity. Participants will be involved in graphic and pictorial works in pairs and in group. They will be able to make contact and express their dynamics and discover the possible interactions with each other. They will be illustrated some pictorial graphic works on the “boundaries”, done in psychotherapy sessions and will be discussed an single case. Will be cited: Berne E., Hargaden H.; Stern D.; Trevarthen C.; Frasca N.

Participants will learn about and experience some tools to urge “contact points” between different parts of the self and between the self and the other. It will be shown a simple “tool box” of the psychotherapist who intends to use graphic techniques to facilitate the exploration of the personal boundaries.
Social Dreaming – A space beyond boundaries

Social Dreaming is a group process that allows us to share our personal unconscious associations in a way that reveals the collective unconscious. As we move beyond the individual boundary into the collective, beyond the known into the unknown, we have the opportunity to become aware, on a profound level, how all experience is shared and therefore unites us as human beings. Individual identity dissolves, as the source of what inherently connects us all is experienced.

To provide a forum for the sharing of a creative, collective unconscious, in which personal identities and individual boundaries are less in the foreground. The process shifts our identification with our individual concerns to the world we share and enables participants to experience a sense of belonging and equality rarely felt in a highly individualistic, hierarchical and competitive culture.

TA and structural disorders

The development of Identity and “the Self” is of transactional nature. It is closely related to the relationship with early caregivers. A structural disorder is characterized by a state of multiple alienation, which often is caused by ruptures experienced in the development of the Self and Identity. They lead to the dissociation or separation of ego states. The result is a state of confusion and alienation regarding personal boundaries, one’s own body, emotions, creative powers and responsibility in relationship experiences.

The aim of TA is the restoration of lost self-efficacy, support in affective regulation and the (re)establishment or maintenance of relationship capacity.

Given the importance regarding developmental psychological researches, the specific needs of relationships are an essential focus in the therapeutic process. The goal of the workshop is to sensitize the participants about the complexities of managing therapeutic relationships.

Relational Supervision

The “relational turn” in TA affects the therapeutic relationship as well as supervision. The transference/countertransference matrix needs to be attended to in both the supervised client-therapist encounter as well as between supervisor and supervisee. This is enhanced in group supervision where several minds meet and unconscious processes can collide. In addition, we bring our own socio-cultural background to the encounter, which is also affected by current political events.

In this workshop, we will explore the implications and encourage participants to share their experience in either role.

Participants will become familiar with the principles of Relational TA, and what it means for the supervisory relationship. They will be encouraged to investigate their own past and present experiences of relationships in supervision and how this has affected their practice and their choices of supervision. The aim is to encourage supervisors as well as supervisees to pay attention to this dynamic.

Contracting with non compliance patients

Boundaries between the freedom of choice and the right for health of a patient are not easy to determine in the treatment of psychotic patients. The decision of the caregivers on whether to choose respectful abstention or “protective enforcement” is not easy either. At the same time attention to the freedom of choice of the patient while being mindful of contract is both a key issue of TA philosophy as well as, from my point of view, part of the identity of a TA practitioner.

When a patient with psychotic disorders or severe personality disorders enact behaviors endangering his own safety the therapist must decide whether and how to intervene outside of contracting. Sometimes it is the therapeutic relationship itself which is at stake, and it is important to understand whether this is done as part of an expression of “free choice” or driven by psychopathological processes. What is the boundary between, enforcement and abandonment of the patient from the therapist. In each situations the therapist must be extremely careful in keeping himself within the boundaries of respect for the person when imposing an intervention, with a protective aim.

The risk that caregivers may run into can be to leave the patient exposed to negative consequences.
related to physical safety or to social adjustment. Another risk in imposing choices or behaviors is to reinforce the passivity of the client rather than promoting autonomy. Therapists must therefore constantly monitor their own position, attitude and relating in order to be able to maintain a clear stand in their attention to boundaries between cure, power abuse and abandonment.

In my workshop I want to show the criteria I use to monitor my approach and behaviors, based on the most important and meaningful needs of the patient at the moment. My goal is to propose to participants a model for analysis of boundaries in therapeutic relationship in relation to the patient’s needs. Discounting, Contract, Frame of Reference and Communication as Cultural Encounter are the most meaningful TA concepts in this workshop. EATA Code of Ethics will be used as reference and will be in the background of the whole training experience.

### Dream: the royal road to relationship. Relational impasse and analysis of dreams in psychotherapy.

The workshop I am presenting will focus on the analysis of the psychotherapist’s dreams. This choice is based on the assumption that particular dreams had by the psychotherapist can be useful in therapy – we will proceed to identify typologies and features of such dreams – and they can offer a way out of relational impasses (Little, 2011) with “difficult” patients.

Thanks to supervision, I had the chance to notice that analysing one or more dreams can help practitioners to become aware of emotional experiences connected to a particular therapeutic relationship. As Bromberg (2006) put it: “the road to the patient’s unconscious is always created nonlinearly by the analyst’s own unconscious participation in its construction”. Thus, what better way is there to peek into the psychotherapist’s unconscious, than analysing his/her dreams?

The workshop aims to exchange views with colleagues on the idea that, just like patients, therapists have the task to continuously track their unconscious emotional processes, and therefore their Life Script, in order to be able to build a therapeutic relationship which is actually “transformative”, and leading to reach the mutually agreed goals.

### envy and Therapeutical process: from recognition of the envious attack to the integration work with narcissistic patients.

The workshop will focus on envy treatment in therapeutic work with narcissistic patients. We will talk about the phenomenon “envy” and then we will show how the therapist can work with envy, building clear boundaries in the therapeutic relationship. In particular we think that envy can be analyzed as projective identification. The therapist can reclaim it and help the patient to recognize his/her envy. With this therapeutic work envy becomes the connection between the integration of the splitting and the feeling of gratitude. Participants can have a supervision of their clinical cases about the feeling of envy and then we will formulate working hypothesis. A supervision contract will be agreed and protection will be provided to everybody.

### Evolution and Percept-genesis: What is Script for Homo Psychicus?

Eric Berne described the human ontogenetic scripting process as a decisional process. Half a century later we are in a position to place TA script in a vastly expanded psychological field of knowledge. Psychology professor Alf Nilsson has identified six sub-systems that make up the psyche of Homo Psychicus, the latest evolution of Homo Sapiens Sapiens.

I will describe this psyche and its two connected developmental lines: cognitive (digital) and affect (analogue), and I will show how they manifest in macro-development (evolution) and micro-development (percept genesis). The result may be seen as a new grand theory of human psychological development. The participants will be invited to discuss TAs script theory in the greater context of Homo Psychicus.

1. To introduce the concept of Homo Psychicus as a new and contemporary psychology
2. To identify the borders between TA’s script concept and the Homo Psychicus theory
3. To develop TA’s script theory together with the participants
“You, what’s your field?” Boundaries between the fields: an updated reflection on diagnosis and intervention.

In TA literature we find articles of Campos, Clarke, Gregoire, Vercellino, De Micheli, Mazzetti, until the last chapters published in TA into. In our experience of training and supervision of professionals working in the social fields we have developed criteria for interpretation of the peculiarities and differences that help them to highlight themselves and to became effective as transactional analysts in their work. The clarity of the border allows to be powerful and to act ethically with people, groups and organizations we are dealing with or in which we are engaged.

We know that many advanced TA practitioners act in different fields at different levels. In the workshop we want to develop a reflection on the boundaries in the four TA fields in order to focus points of contact and differences between the various fields and to facilitate the clarification of objectives and interventions at different levels in each field. Participants are invited to bring cases of their experience to facilitate the work in the workshop.

TA-supervision in alternative dispute resolution procedures (ADR) helps to create a better place to meet and to define individual interests

Globally ADR are increasingly promoted to avoid legal disputes and find a better solution to handle conflicts e.g. by examine critically subjective boundaries. Mediative techniques are used e.g. in public, political and social areas, companies and organizations as well as in family disputes, asset analysis and personal care. These techniques, e.g. mediation in Germany, are subject to legal frameworks. They require a responsible structural management by professional people, who have field competence, professional maps, role clarity and personal experience. In my workshop I shall present in detail what I regard as the identity of TA-professionality in supervision and, using examples, I will show the effectiveness of TA-concepts in the context of conflict regulation.

The participants are made aware of the growing professional importance of ADR as an interesting activity for transactional analysts. They come into contact with the special requirements needed in the supervision process in the context of ADR. I shall particularly take into account the question of the identity of the transactional analyst supervisor in this area.

Theoretical input comes through interaction with the participants. Practical examples are provided for explanation and discussion.
**Saturday, 29th July 2017**

**WORKSHOPS AND LECTURES**

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**“We are all educators now”: identity and boundaries in adult learning**

The session draws on research into TSTA formation and is designed to explore the shift from being an effective practitioner, towards adding a new identity as an adult educator, leading the learning of others and creating your individual teaching philosophy and style. Through the Learning Imagos model, we will explore how TA informs our practice as trainers and how we can use a range of approaches in designing training programmes, and shows how to establish and enhance positive and effective experiences in training, both for the trainees and the trainers. There will be time and space for exercises, and reviewing of practical situations proposed both by the presenters and participants. The workshop is open to all interested in training, trainees and trainers, of any TA field, with the aim to give alternative models for training and an understanding of the learning process. There will be time and space for exercises, and reviewing of practical situations proposed both by the presenters and participants. The workshop is open to all interested in training, trainees and trainers, of any TA field, with the aim to give alternative models for training and an understanding of the learning process.

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**Meeting Myself Coming Back – Balancing Duality**

The title for this workshop comes from what we see as different and equally important aspects of our continuing development of our sense of identity. Firstly the influence of our past, our present and our future aspirations and expectations. Secondly the balance between relational and contextual influences. Thirdly the role boundaries play: i.e the balance between containment and control which results in either creative development or destruction of a coherent sense of self. Building on Hargaden and Sills’ (2000) model of the development of self we have developed a model of change and transition in our sense of identity which we will explore and illustrate.

Participants can expect to deepen their understanding of the different influences on our ever changing sense of identity.

Participants can expect to learn how to be more in touch with their sense of self.

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**Attachment and affectivity: the Stalker’s Game**

Will be explored the issue of the stalking as a Persecutor and intrusive process game, acted between the members of the couple through physical and psychological behaviors. In the last period, the stalking is growing at high level of intensity and ending in dramatic relationships as the femicide. Jealous, anger, fear, shame feelings, intertwine among these with different tints in the couple relationships. The theory will be used will be on 2 kinds of approach in TA: 1 a relational perspective, 2 the perspective focused on the affection and the body. The stalking’s behavior is tackled on the basis of attachment theory and intersubjectivity affectivity. Clinical cases will be proposed to discuss with the participants.

The participants will be able to recognize the 5 different kinds of stalkers and to make hypothesis on the clinical psychotherapy.

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**Boundaries in co-conduction of group-therapy as an opportunity for growth**

The workshop is an opportunity to deepen the seldom explored theme in TA of co-conduction in group psychotherapy. We will present a theoretical lens with a TA focus to contextualise co-conduction within the more general therapy group area of interest. The presenters will describe their experience of co-therapy and the reflections they were able to pinpoint about boundaries as an opportunity for co-therapists to assert themselves in their differences and to grow together stimulating growth in the group at the same time. Time will be given to the impact of co-conduction on the group imago. Through an experiential phase, participants will experience, observe and reflect on the impact of co-conduction on the boundaries modulation in the group experience. The workshop goal is to promote a more in-depth knowledge of co-conduction in group – therapy, through theoretical observations and concrete
experience. Our purpose is to propose reflections and guidelines regarding how co-therapists can stimulate growth in the group through asserting their identities while respecting clear boundaries in which feeling comfortable.

**L'Analyse transactionnelle, un catalyseur d’intégration dans les groupes humains.**

L’AT est un magnifique catalyseur (accélérateur) d’intégration. Pour cela, nous revisiterons quelques-uns des principes fondateurs de l’AT et ferons ensemble plusieurs expérimentations de concepts clés issus du champ des organisations (les frontières, la dynamique aux frontières, le leadership, le scénario d’organisation, l’ajustement d’imago, les 3 énergies en AT: liée, déliée et énergie active)

Vous découvrirez
– comment les valeurs clés de l’AT et les principes qui en découlent favorisent l’accueil de la différence
– comment les éléments scénaristiques favorisent ou freinent l’intégration
– comment l’utilisation du concept d’ajustement d’imago contribue à l’intégration des personnes et sur quels critères se construit le sentiment d’appartenance
– comment les caractéristiques des frontières influencent la vie d’un groupe
– quel rôle joue le leader dans les processus d’intégration

**Boundaries in TA training: similarities and differences between the TEvW and the TSTA exam**

This workshop is for people becoming trainers in TA, and wondering whether they want to become TSTAs or whether the new path to CTA-trainer might suit them better. Participants will have a better idea of the consequences of becoming a CTA-trainer versus a TSTA. How their professional identity is impacted by this choice. Presentations by several CTA-trainers of their experience taking this path, and their reflections about this choice, what has been good in it, what may have been disappointing or frustrating. We will talk about both the exam processes, and the aftermath, the identity of being a TSTA vs. a CTA-trainer.

**The Three Unconscious Motivators: a grid to understand and maintain our “vital impetus”**

Throughout her career, Fanita ENGLISH has always been interested in the origin of our “psychic energy”. Based on the research of Freud, Jung, Adler, Berne, and Frankl and her own experience, she developed her Existentials Pattern Theory, which she later called the Unconscious Motivators.

During this workshop, I will present in a concrete and living way the theory of the three Motivators: the Survival Motivator, the Expressive Motivator, the Quiescence Motivator. I will share my experience with the participants and demonstrate how this concept is a grid to diagnose and intervene in order to help our clients to recover their emotional balance, overcome tensions, promote hope.

Bib.


The participants will get familiar with the material. They will discover the different characteristics and manifestations of the Motivators, how they operate and affect us in a right or a wrong way. They will get inputs about:
– the Expressive Motivator which promotes hope, resilience
– how Motivators influence our relationships.
Martin Thiele
(Germany)
10:00am–01:15pm
Room 20
Workshop No. 165
Organisation/Advanced
English

Developing Organizational Identity – A Relational Approach to Organizational Development

From our understanding and experience the success and effectiveness of an organization is primarily driven by the way people cooperate, solve issues, reflect, be creative etc. – or in other words live and express their relations. We will introduce our relational understanding and approach of organizational development. Based on that we share an actual real case example of an identity and organizational development process within a well-known family-owned company. We invite the participants to commonly reflect the case, bring in own experience and wrap-up the workshop in a dialogue about relevance of relations for the development of organizations in the upcoming years.

The participants will be offered a relational model of organizational development applying this to an actual case. This shall invite the participants to get into dialogue about the relevance of relational thinking in general, its application for the work with and in organisations and concerning their future needs.

Olivier Montadat
(France)
10:00am–01:15pm
Room 14
Workshop No. 166
Organisation/All
English

From country citizenship to social networks belonging – an history of how boundaries have been used from the 19th century to the present times to define and contribute to our Identities.

This workshop consist of two sub-parts:

The first is about how the various “Great Powers” (Leadership zone) like governments, firms, religions ... have exerted their control on masses by playing on some internal and external boundaries therefore defining components of their “Identity”: consumers, citizens, disciples, ...

The second presents how recent globalisation and development of Web communities have apparently reversed the above top-down process, leaving individual members apparently free to make their own choices of Identity, making the control even subtler.

It will start by a presentation of an Identity theory, based on neurosciences and combining the Ego state model with the boundaries of the Fox structural diagrams.

The participants will be sensitized on how “Great Powers” by playing overtly or now in a concealed way (Web Communities) on boundaries may subtly control and manipulate our Identities by creating “groups” we can identify with or that conversely we may ignore or despise. They will be invited to think about strategies and tactics to withstand these manipulations.

I will make a slide presentation (30 minutes of theory) intertwined with times when participants are invited to think, find and share in small groups. They will first be invited to think about how they could be manipulated and by whom whether as Europeans, Consumers, world’s citizens, professionals, and even as TA practitioners ... The different Identities to work on will be defined by the group. And from those findings, participants will be asked to think about ways to regain some Autonomy in these instances.

Harry Gerth,
Janni Macfarlane
(Netherlands, UK)
10:00am–01:15pm
Room 32
Workshop No. 167
All/Beginner
English

Tango, a way to explore boundaries

This workshop is about using the Tango as a metaphor to explore the themes that influence boundaries. The permeability of boundaries determines the way we live and work together. This workshop is about determining and exploring relevant themes that help us creating healthy boundaries and be able to connect and stay connected in an effective way. The themes will be made physical by using the ballroom Tango as a metaphor. The Tango, two people connected in their uniqueness, moving close together, thinking, feeling, experiencing.

Participants will learn how to dance the basic Tango. Being able to dance the basic steps, they will use their knowledge and feelings as a metaphor. In doing this they will experience the themes that influence the boundary between them as a couple. As a result of interaction and discussion the participants will be able to connect these themes to TA-theory.

Claudia Fountain,
Mike Michels
(Germany)
10:00am–01:15pm
Room 15
Workshop No. 168
Organisation/All
English

Boundaries of Autonomy – How people are able to live autonomy at different stages of Ego Development

Not much has been written by Berne about autonomy, in fact he himself admitted once that he never got to experience real intimacy. In this workshop we want to discuss and reflect Berne’s definition of autonomy and broaden this perspective by looking through the lense of Ego Development theory (Keagan, Loevinger, Binder). We want to share and discuss the different stages of development in this model and see how trainers, therapists and coaches can benefit from this approach and how we might change our perspective and definition of autonomy. Reflect and broaden the definition of autonomy; enrich our thinking by learning about the Ego Development Theory; widen our frame of reference on autonomy.
**Saturday, 29th July 2017**

**WORKSHOPS AND LECTURES**

### TALKING: Transactional Analysis Learning for Keeling over the Inter-cultural Gap

“Today in Europe and in the world, considering the permeability of BORDERS because of the serious migrant processes, we meet the challenge of giving value to the difference of cultural identities, even in the adult learning field.

The workshop offers methodological input based on Transactional Analysis theory, using Social Cognitive TA (Scilligo, 2009), for teachers engaged in training of adults in class-groups with migrants.

The workshop presents methodological and practical input arising from the work of building a path for teachers set on the principles and the model of transactional analysis, with reference to the AT social cognitive (Saeed, 2009).

The workshop is based on the experience of participation (partnership) of IFREP to a European project (Erasmus Plus) called “TALKING”, which focuses on transactional analysis in supporting the professional development of teachers, to promote the integration of disadvantaged learners, adults and young immigrants, and in stimulating the active participation of all stakeholders in the field of adult education. Participants will have the opportunity to reflect on possible problems in the educational relationship and learning with young adults, immigrants, to develop awareness of their own resources. You will also be able to focus on the major obstacle in interpersonal communication and non-verbal messages decoding in relations with people of different cultures using the tools of Social Cognitive Transactional Analysis.

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### Making Sense of the Ethical – understanding what matters to Transactional Analysts

A co-presented experiential workshop in which three primary ethical systems for making sense of what matters to us will be considered. The first one will be the wish to do what is the best for the most, the second system involves the wish to follow the rules that a community thinks are best to follow and the third will be the understanding that being ethical is a process through which a Transactional Analyst continually develops their ethics. The workshop will present these systems in a variety of ways that will include discussion, small group experiments and actual examples from Transactional Analysts at work.

The workshop will consider the implications of these ethical thought systems for the practice, training, supervision and examining of Transactional Analysts.

Participants will develop a greater understanding of the complexity involved in understanding ethics. They will derive various ways to apply ethical systems of thought to make sense of ethical action. Finally they will have a number of ways to think to guide us in the stressful (demanding) processes in deciding what is the ethical thing to do.

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### Rewriting the cultural script of diversity in working with non-heterosexual people dealing with their coming out

In the workshop we will show how to deal with being different in a “straight” world. We will talk about typical issues in working with people defining themselves as non-heterosexual, and we will show how concepts of TA and Script-Drama-Therapy can be used helpfully.

We will give short inputs about the cultural script, the frame of reference and basic needs (Script-Drama-Therapy) concerning the issue of diversity and the permission to be oneself. In the workshop participants will have the opportunity to do experiential exercises and to discuss further options for their professional work.

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### Psychological Needs – base to develop identity, energize leadership and manage (vanishing) boundaries

Digitalisation, speeding up of processes, dissolving boundaries … the working environment is changing, how does it affect our psychological needs? The discussion about the digital transformation is focused on technology and processes. But we need to consider the human aspects as well, starting with our hunger on strokes, stimuli and structure.

These “3 S” give us an excellent navigation tool to reflect our identity, energize ourselves and our
relations. The “3 S” model in combination with the aspect of changing boundaries will be connected with the proven concept of salutogenesis as well as current topics as self-exhaustion/burnout and digital leadership.

Within the interactive workshop I would like to present my clear and holistic picture and understanding of personal identity within an organizational landscape: the »Kutschensystem« (carriage system), including several TA models and up-to-date topics considering changing boundaries. We will understand the importance of our needs as the interface between a person and the environment.

Afterwards we will discuss and develop possibilities to fulfill our needs in daily life: What kind of boundaries do we need to stay happy and healthy? How can we handle dissolving boundaries? How can we improve our (working) relationships with the "3 S"?

A workshop for coaches and consultants as well as executives in organizations.

**The maintenance of clinical boundaries in the management of erotic counter-transference feelings**

In this presentation we will review the nature of erotic feelings, how they can both enhance therapeutic work, as well as the manner in which they may pose difficulties for the therapist.

The boundary between self and other is a place to meet, to develop, and establish our erotic/sexual identity. One of the reasons for thinking about the erotic/sexual sensations and feelings is to enable the therapist to work with these feelings without grossly acting them out. The danger with these feelings is the potential for sexual boundary violations.

Participants will have the opportunity to learn about and review the nature of the erotic, in both its healthy and defensive modes, as well as some of the therapeutic implications. We will explore some of the difficulties involved in working with these feelings and processes.

We will also examine what may be required to establish a therapeutic frame to contain and hold the therapeutic work.

We will consider some of the relevant theoretical writings.

**Nomadic Lifescritps: a search for identity**

Outlining different experiences of nomads, what concepts such as Global nomads or Domestic nomads and Third Culture Kids mean:

- To explore attachment styles;
- To co create a model and decide what to have in our survival kit;
- To understand the attachment style of the global or domestic nomad;
- To create a model or theory that accounts for their experiences, and for how they create a sense of personal and group identity;
- To appreciate the application in all fields of Transactional Analysis.

**The Ultimate advantage of Games: The dissolving of boundaries**

“When the wall between two dissolves, that which sources both is revealed” – Wu Hsin

In the midst of conflict we understandably become focussed on difference and our individual identities. A defensive wall or boundary is created. Look more deeply and the shared source is revealed. This does not mean we should ignore difference but celebrate it and welcome it as a pointer to the one essence of both.

The workshop will be a reminder of this fundamental union by means of a blend of clarification and contemplation.

An ancient form of practice and self enquiry that is the essence of mindfulness.

The direct application of this practice to TA and Game resolution.

**Links across the boundary and the creation of a whole identity**

Each person is a complete organism typically analyzed into a set of conceptual parts. The simplest division is between body and mind. A healthy self is an integration of body and mind. This can be difficult to achieve and to maintain. We have been developing a practical approach to working with this most difficult of separations. The integrated whole comes about through working across the boundaries and linking the parts. We will present a model of healthy functioning of Body and a model of healthy functioning of Mind. When conceived of separately, each is limited by its structure and form. Overcoming these limitations is at the heart of our method which we term Psychophysical therapy. It is aimed at unifying the
Body-Mind. Once the individual is able to establish reliable body-mind integration, the individual’s identity becomes clearer, his presence more assured and therefore the boundaries between “me” and “not me” more distinct and recognisable. This enables the links across boundaries which are the activity of social interaction.

Participants will be familiarised with a model of healthy physical and psychological organisation. We will explore examples of body-mind linkage and demonstrate some therapeutic ways of bringing these into awareness and encouraging integration. Participants will practice body awareness and skills of observation and interpretation. We will demonstrate some possible therapeutic interventions.

Quantenphysik u. a. – geht das mit TA zusammen?


We’ll use perspectives drawn from quantum physics to develop scientific explanations of Transactional Analysis concepts and other socio-psychological phenomena. Topics to be explored include ego-state diagnosis, transactions, games, scripts, transference and counter-transference, empathy, awareness in the context of families or organizations, and remote viewing (awareness over a long distance without physical contact). QP references will be explained in layman’s terms to distinguish similarities and differences between such phenomena as wave function, coherence, quantum-teleportation, entanglement, quantum-zeno-effect and others. The main topic of the TA World Conference – “Boundaries” – will be explored in the workshop in ways that will be both enriching and surprising, including hands-on, experience-oriented exercises. At the end of the workshop we will offer suggestions on how counselors, coaches, consultants and psychotherapists can best employ their new understanding of TA.

I will not let you go unless you bless me

How do our clients find peace when they remain deeply engaged in a struggle to be acknowledged by their parents? I find that my clients’ yearning for justice or apology from a traumatised parent creates a particular kind of impasse that can only be resolved by the client letting go of the struggle with their parent introject. Where there is intergenerational trauma in the family system, splitting within the child ego state often complicate the intrapsychic boundaries.

In the workshop we will explore the boundary between TA and Family Systems approaches in understanding and working with this clinical challenge. Participants will travel between TA and Family Systems to conceptualise these boundary issues. They will experiment with tools from each approach and be able to select what will most help their client. They will expand their view of their clients to include previous generations and gain confidence in time traveling!
Identity, Boundaries and Limits in Relational TA

Relational Transactional Analysis is a term that has evolved in recent years to describe an approach to our work that attracts TA practitioners from many different parts of the world, and from across all four fields of TA; psychotherapy, counselling, organisations, and education.

This symposium, run by members of the IARTA Steering Group, will explore Identity, Boundaries and Limits through a lens of Relational TA.

We will do this by presenting the principles of Relational Transactional Analysis, and how they came into being. We will present our different personal/professional histories, engagement and development of that process on the way to having a relational sensibility in our work.

We will then invite members of the colloquia to study their own engagement with the principles by working in experiential groups, before joining together again as a whole group.

– Discuss the boundaries of relational work
– Explore the limits of certainty
– Engage in exploring the subcultural identity of relational TA within the wider community

A panel will present a range of views about relational TA

I KNOW I LOVE YOU, BUT DO I KNOW YOU LOVE ME?

In this presentation we will review the nature of erotic feelings, how they can both enhance therapeutic work, as well as the manner in which they may pose difficulties for the therapist.

The boundary between self and other is a place to meet, to develop, and establish our erotic/sexual identity. One of the reasons for thinking about the erotic/sexual sensations and feelings is to enable the therapist to work with these feelings without grossly acting them out. The danger with these feelings is the potential for sexual boundary violations.

Participants will have the opportunity to learn about and review the nature of the erotic, in both its healthy and defensive modes, as well as some of the therapeutic implications. We will explore some of the difficulties involved in working with these feelings and processes.

We will also examine what may be required to establish a therapeutic frame to contain and hold the therapeutic work.

We will consider some of the relevant theoretical writings.

Even though I wasn’t there, it does concern me

“It is essential to keep the memory alive” – Richard von Weizäcker

The Second World War and the terror of the Nazi dictatorship caused suffering and had lasting effects on subsequent generations. Transgenerational research is proving that following generations are affected by the consequences of that time to this day. We will share experiences our own and/or our clients’ how this part of history has influenced lives and the cultures of countries. We will connect these experiences with the theories of ego-states, transgenerational script and cultural script. To memories this part of history is personal as well political essential. A fostering mutual understanding and an open dialog across personal and national boundaries supports peaceful relations. TA theories of ego-states, transgenerational script and cultural script

Script: boundaries, meeting, identity. LIFE SCRIPT and my favorite fairy tale.

Our method is the study of the script as a part of identity for recognizing and strengthening of this part.

In particular the method of working with a BODY SCRIPT is working with 3-rd degree impasses that allows to conduct the ecological and safe study of the preverbal level of life script.

It is also an opportunity to take a redception on body level that we will demonstrate.

The part connected with a CULTURAL SCRIPT helps you to understand the influence of culture on the aspect of survival and adaptation strategies that we apply in our mentality and their effect on us.

Getting to know the scripts of other people and countries allows us to understand more clearly who we are, our boundaries and build communication on a conscious level, reaching cooperation.

Our workshop is a place where you can meet with yourself and with others, be developed and determine your identity better.

The World Conference is the best place to understand how you imagine your belonging to the various social, economic, national, professional, linguistic, political, religious, racial and other groups.

It is the place to meet with yourself and strengthen your identity.

If a person genuinely wants to explore his or her script, its moving forces and influence of hidden
motivations and script ideas on his or her life, our workshop will be interesting and useful for such people!
Our workshop will also be interesting and useful for specialists working with the topic of life script in TA
who want to see new techniques and methods to help their clients.
1. Exploration of A SCRIPT AS A LIFE PLAN – script questionnaire with decoding, key moments of script
exploration in a favorite fairy tale. Practical recommendations through group work.
2. BODY SCRIPT – a piece of work with a body script – demonstration, questionnaire and recommenda-
tions for work.
3. Additional part – EXPLORATION OF A CULTURAL SCRIPT – some aspects of influence of the
culture in which you grew up. At the workshop we will present: methods – group methods of work.

Simonetta Caldarone, Sara Filanti
(Italy)
10:00am–01:15pm
Room 13
Workshop No. 192
Psychotherapy/Beginner
English

Physis in action: reawakening your senses
By means of a multisensorial experience (visual, auditive and tactile) the attendees will get in contact with
the four elements of nature and stimulate their own physis.

Borderline Countertransference
In Borderline countertransference we react particularly from the central mechanisms of defenses of the
patient: the primitive idealized image and the projective identification.

The challenge of co-creative learning
Learning in a co-created relational space is both challenging and rewarding. It challenges our script beliefs
and our archaic frame of reference around learning. Engaging in it within a group learning process
requires us to be in relationship with the other members of the learning group. It generates disconcerting
(or disorienting) dilemmas that we need to confront and negotiate, if we are to work and learn co-creatively.

Using the group process to explore our dilemmas can lead to transformational learning and change;
allowing us to identify and overcome previously impermeable intra-psychic and interpersonal boundaries.
It challenges our script beliefs about our own identity and enables us to expand our Adult and to choose
alternative, present centered behaviors, breaking our archaic boundaries and enabling us to move towards
becoming our true selves. Objectives:

To understand and experience the challenge of co-creative learning.

To generate a shift in our frame of reference through exploring our own script beliefs and engaging in
the group learning process, which can open the door to further transformational change.
The workshop will be co-created, inviting we-ness, shared responsibility and present centered thinking,
feeling and behavior. Participants will be invited to explore their own, and the group, process to generate
the learning.
Paint a picture of yourself

Micha Rittmeier, in cooperation with British artist Emma Carter-Bromfield, created a personal development training based on TA in combination with painting for a global player in the automotive industry. This workshop will give you an impression of the three-day event. The central element of the training is the structural model of TA. The participants of this workshop will experience the life positions and paint one of the three ego states. In the three-day seminar, the participants create a triptych of all three ego states.

The TA concepts are presented in a lighthearted and humorous manner, and the participants learn how to create expressive paintings with simple yet effective techniques. Through painting, you will gain rewarding long-lasting insights. No prior experience of painting is necessary.

- Overview of the past trainings
- Psycho-cabaret of the life positions
- Hypnosis dream travel
- Practical painting of an ego state

Standing within the boundaries’ and “moving self”: a way of exploring the intersubjective supervision process

In this workshop, we are going to explore the supervision process, integrating transactional analytic approach with psychodynamic field theory. We will focus on how “standing within the boundaries” of the self is equivalent to relating in an intersubjective way.

Within Bernian theoretic model, we want to underline the importance of the meaning of the self which the supervisee develops in the self-awareness process at the intrapsychic, relational and intersubjective levels. In this frame we will refer to the difference between Ego States and Ego Stages (Romanini M.T.). The supervision relationship thus becomes the space where I am able to reflect on the subjective experience that the other has of me within the framework of the experience that I make of myself.

Bibliography


Participants will be able to:
1. identify bidirectional communication and bipersonal communication in the supervision process
2. gain experience using Ego States and Ego Stages
3. describe projective identification processes in bipersonal communication
4. discuss analogies and differences between field theory and analytic transactional model
5. share feedback on the intersubjective supervision approach

Poised between two worlds: The autistic script.

The authors explain their hypothesis of a personality structure specific to people with autism. The analysis of this type of structure leads to the proposal of using the therapist’s mirror neurons to cross the communicative and relational boundaries of autism. Real cases will be discussed and the different therapeutic relationships will be analyzed.

The participants will learn new interpretations on autism and how transactional analysis can intervene with these clients to improve their quality of life

T. A. is group therapy, fundamental for treating today’s latest pathologies

Psychotherapists and trainers, the authors describe how group therapy takes a place in the history of TA as such and how it represents the future of TA being able to weave together three fundamental levels building up an effective psychotherapy. The psychodynamic level of the deep and intrapsychic analysis, the pedagogical level of social skills learning and the cognitive-behavioral level of understanding and increase of self-awareness as well as the experimentation of the change. They also analyse the effectiveness of transactional analysis group therapy with the new disorders emerging from the current social context: the narcissistic and the borderline personality disorders.

The participants will be able to understand the effectiveness of transactional analysis group therapy at affective, emotional and cognitive level. They will also learn the criteria of selecting patients to include in the group and gain the knowledge concerning those disorders for which the group establishes an elective treatment.
Emotional Literacy (EmLit) – the internal and external protection of your boundaries.

Exclusion and exceeding limits are Power Plays, which undermine the aspect of security and voluntary confiding in the interchange with another human being.

Using Claude Steiner’s concept will enable a cooperative, humane and a fond relationship in a very touching way.

We will introduce EmLit to you in a workshop related to practice.

You will learn how to create relationships with a better understanding of emotional processes without Power Plays and a sufficient stroke economy.

Emotion focused work with different ego states within therapy and counseling.

The ego-state model is the core of transactional analysis and an indispensable part of counseling and therapy. In this workshop, I will introduce the concept of decontamination, readoption and reparenting using the structural model II and demonstrate their application with concrete examples.

In this workshop I will show you my way of using emotion focused methods, in different ways and how it can encourage intrapsychic changes. Emotion focused work helps the client in a systematic but flexible way to become aware of their emotions and to use them productively. It helps to provide a dissolving access to inner experience, enabling authentic vitality and develop their emotional intelligence.

The Participants will learn how to help clients become consciously aware of their feelings and help them to use and integrate their emotions, so that changes can take place cognitively and emotionally. The protection of the client is at all times the highest priority. The different concepts of script work will be integrated in the treatment plan and the delimitation between counseling and therapy will be discussed.

TA psychotherapy and nutrition: boundaries of collaboration on treatment of patients with eating disorders

Changing of eating behavior is a type of pathological adaptation, socially acceptable kind of addictive behavior. Training refers to the boundaries of collaboration for the treatment of patients with eating disorders of the two medical disciplines: Nutritional Counseling and TA psychotherapy.

The workshop recites techniques used by both a nutritionist and a therapist for diagnostic and treatment at the Eating Disorders Clinic. An integrated approach to the eating disorders treatment, which includes involvement of a TA therapist and a nutritionist. Psychological reasons of the “extra” weight gain, which allow to provide effective assistance by acting on “targets”, forming the basis of the algorithm for psychotherapy and nutritional treatment of patients with eating disorders are also taken into account.

Participants will get the picture of a combined approach in treating patients with eating disorders involving a therapist and a nutritionist. Become familiar with methods, developed and embedded in the process of diagnosis and treatment of such patients. Learn a practical tool, successfully used in medical practice as a dietitian and a psychotherapist.

Boundaries – The Pathology of the Adult ego state

A new way of looking upon more severe psychiatric diseases like psychosis and schizophrenia, using the ego state model. Cases and examples from the Clinical reality will be presented.

The idea was recently published in the TA Times 2016 August issue (pp. 30–34).

The WS will give the participants a new way of thinking about the Adult ego state in particular, and more complex psychiatric conditions of clients in general, explained by using a TA model. The WS will provide a better understanding of the importance of the Adult ego state in psychotherapy.
The relationship with adolescents as an opportunity to fulfill social responsibility and to create a safer and better world

In this uncertain world teenagers are really in trouble in defining their identity. One of the few instruments we have to help them in their search is the relationship. Transactional Analysis represents a useful ethical and concrete instrument to model and act in the educational and therapeutic relationship.

As psychotherapists we have the opportunity and the duty to educate young generations to ok-ok relationship with themselves, others and the world around. If we teach young people mutual respect and make them experiment ok-ness we can contribute to create a safer world.

The focus of the workshop is the therapeutic/educational relationship seen as a way to understand adolescents and to help them building their identity and their healthy boundaries. In a more general way working on young generation’s identities give us also the possibility to modify negative Cultural Parents (Drego).

The audience will have the opportunity to learn how to use the instrument of V-Tango to investigate adolescents’ relational needs. Starting from Richard Erskine theory, relational needs of adolescents will be explored. These learning could be used to improve the efficiency of the therapy with adolescents in the respect of reciprocal boundaries.

Working in couples, simple steps of V-Tango and music will be used to make the audience experience the complexity of the relationship with adolescents. The experience will be used in order to understand relational needs and think about how to use healthy psychological and physical boundaries in the therapeutic process. The workshop will consist of four stages: Theory-Experimentation-Sharing-Thinking over problems.

Systemic TA Field work in Northern Pakistan

Application of TA and systemic Interventions in field work with patients and their families in the Northern Area of Pakistan in 1994 in cooperation with staff members of the MALC (Marie Adelaide Leprosy Centre) Karachi will be described.

Teaching of Game Theory and cultural scripts of the Pakistani families can be experienced by role playing family members within the specific systemic settings. Intercultural communication with the stuff members related to common concerns and the systemic approach will be illustrated. The process of finding effective interventions related to the family systems as well as the changing process and results of the procedure will be discussed.

Steps of intercultural communication leading from prejudices to cooperative application of TA and systemic methods with local professionals leading to positive changes through common involvement will be described. Reflecting this process the participants may perceive encouraging possibilities for solving Problems in cooperation with foreign cultures.

The participants will be involved in finding hypotheses and effective interventions to Family defined Problems.

They may experience the emotional process of the family members within their Systems by role play and learn to find effective interventions.

Safe Boundaries for Safe Identity

This workshop will consider the importance of interpersonal boundaries in building personal identity. The psychopathology in children often is the outcome of rigid boundaries or of the lack of interpersonal ones. The James boundaries’ classical theory can be useful still now to describe dis-functional interpersonal behaviors between children and their caretakers. In fact, relational and inner processes are co-constructed by a mutual regulation and influence. During the workshop clinical cases will be analyzed to describe boundaries’ theory and the practical work with this frame of reference. With this workshop I want to underline the children development delicacy and the importance of a prevention work. The participants will receive inputs to think on how the identity is built during childhood, to consider the importance of the parents/child and Analyst/child relationships, and tools to work with children, parents and educators. There will be a theoretical presentation, then practical exercises and small groups work.

Keep the Boundaries and listen carefully to what the Client wants

The client is the expert for her or his life. The counselor or the therapist is the expert for useful questions. The workshop will offer intervention strategies based on the theory of solution focused therapy of Steve de Shazer and Insoo Kim Berg and of Transactional Analysis. After a short theoretical input it is planned that you can actively participate and make some concrete experiences.
## The beauty of aging – between experiencing one’s limits and developing self-acceptance

The popular song: bey mir bist du sheyn promised me, you are so beautiful.

We all become aware of the process of aging when we look in the mirror. Most of the times, when looking at ourselves, we perceive ourselves rather negatively: We tend to put us down instead of embracing ourselves. One might ask; how important is this critical evaluation of ourselves when looking in the mirror? Does the reflection we see accurately tell the truth about us, about who we really are? How do we determine the criteria we have to fulfill in order to feel beautiful? Shouldn’t the affirmation of our own identity in every moment of our lives be of much greater importance than a feeling of beauty? Affirming my life and myself just as I see it in the mirror at any given point in time. What kind of support and orientation does transaction analysis provide for women and men when it comes to accepting oneself, and being at peace with one’s limits?

In this workshop, participants will learn to accept themselves throughout the process of aging.

## Modern times – modern families

Does the apparently increasing diversity of family structures pose a problem for the successful development of children? Consider e.g., that in the European countries we see a growing number of families without or with one or two children only and impairing the relationship between children and parents. That may be caused by inadequate parental expectations concerning their own performance and those of the children. We will discuss solutions for parents and children. Their areas will be: boundaries, a place to meet each other and the possibility to develop identity.

The presentation and the discussion with the participants should give the opportunity to become aware of the situation of the generation of children, to find ideas for solutions in the counselling of parents and in the work with children. e.g. Discussion about special expectations.

I will do short theoretical presentations, work in small group, to special themes and have a discussion in the whole group.

## The dissociative self – or: the dissolution of boundaries in complex trauma

The established Ego-States-Model in Transactional Analysis is about Ego-State boundaries, contaminations and exclusions, about introjects and domination of psychic energy. But what happens with Ego-States and boundaries under extremely traumatizing influences, especially early child abuse, attachment-trauma or organised-ritual violence? What happens, if psychic survival mechanisms cause the dissolution of Ego-State boundaries and create fragmented Ego-States which occur especially in Complextrauma and Dissoziative Disorders (acc. to DSM V)? An explanatory model of the dissolution of Ego-State boundaries and dissoziative Ego-States is presented by the creator (Psychotraumatologist MSc, CTA-P).

## The development of Mentalizing capacity in Adolescence. A Transactional Analysis perspective.

The workshop is subdivided in two parts. At first I’ll propose to the participants two exercises: “To see oneself from the outside and others from inside” “To walk in someone else’s shoes”

In a second moment I shall present a lecture in which I’ll expose an overview of the development of mentalization and the relevance of it in create boundaries between self and others; an understanding of the specific complexities about working with adolescents.

Furthermore how the acquisition of Mentalizing is an interpersonal process and how it emerges through the contract, the relationship, the self-organization and affect regulation, a way to stimulate the Adult Ego State in teenagers. The aim is to strengthen the ability of adolescents to connect feelings, thoughts and intentions through highlighting and Stroke.

The participants will be able to get new skills about the therapeutic function of Mentalization. Participants shall experience the above mentioned theoretical connections both on a practical level and in the relational process.
INTUITION – the boundaries between cognitive knowledge and unconscious perception

Intuition is knowledge based on experience and acquired through sensory contact with the subject, without the “intuiter” being able to formulate to himself or to others exactly how he came to his conclusion. (Berne, 1949)

Berne focused on this topic and wrote various articles about intuition. As a result of this, he developed the ego-states. In my thinking, we use mainly the curious and unashamed perceiving child-ego on intuition, thereby, we assume that the intuition is referred as an idea rather than a cognitive knowledge.

Intuition can be trained with a conscious practice and by a preoccupation with intuitive thoughts. The intuitive skills improve and become more precise, if we get a feedback for our thoughts. In this workshop, we want to offer the participants the opportunity to find out more about their own intuition.

The participating will exercise their intuition in groups of two or three with previously unknown people. The feedback should be given only in a percentage estimate regarding the correctness of the intuition.

Playful interpersonal connectivity instead of working hard on boundaries

Having grown up or studied in the divided city of Berlin the wall had been a border all around in both our personal lives. The wall was visible and its impact obvious. Boundaries in our mind are neither visible nor is their impact obvious. The TA concept “frame of reference” looks at these boundaries. The original approach for personal growth in this concept was to extend the own frame of reference. This often needs high effort. Is there a way to let inner boundaries become less meaningful especially in challenging situations in life? We would like to invite you to test the approach of connectivity of people’s frames of reference. It can be a playful alternative to the traditional extension of the own frame of reference.

The participants experience the impact of the own frame of reference, get a taste of the 2 different approaches of extending the own frame of reference and of connectivity. They can feel the different amounts of energy needed in both approaches for personal growth and in finding new options in challenging situations in life.

Fading boundaries. Online and offline learning through Blended learning

Our team wants to learn TA, but I cannot close my business for two days! How can we learn in a more effective way? We have developed an e-learning which cover most of the in the TA 101 course taught TA concepts. In the workshop, we show internet learning as a new form of learning. Think of the power of Youtube. The young generation that has been growing up with internet no longer read books to gain knowledge, but they first look on the internet. In line with this trend, we have developed a TA training in blended form. The participants can follow this online training at home on their own chosen moments. This training can be combined (blended) with offline meetings with a live TA teacher. In these offline meetings the participants can exercise the learned theory and viewed examples in the e-learning. In the workshop we show pieces of the online training and discuss the power and results of blended learning based on responses from CEO’s of school organizations in the Netherlands. We also discuss the boundaries in blended learning and the effect on TA trainer identity.

– You will learn about online, offline learning and blended learning
– Insight in the advantages and disadvantages of blended learning
– Insight in experiences with blended learning

We have developed an e-learning which cover most of the in the TA 101 course taught TA concepts.

Playful learning and teaching with games and acting

Learn and teach playfully with games and acting. TA offers many practical and theoretical models dealing with the understanding and comprehension of relationships. Whether you get your contents across and whether sustainable knowledge is created depends largely on how contents are conveyed. Playful elements and methods of acting can lead to sustainable learning and change, not the least, because they offer new perspectives on identities and boundaries between the participants. Playfully we want do move ourselves and our boundaries. We want to test and check on TA-models and reflect on our experiences and discoveries to get a very personal approach to concepts and theories of TA. We hope to create lively but solid knowledge that can be put to a test. A workshop for playful people, who want to experience communication by means of motion and joy. On the schedule of this workshop you will find agile and playful acting as well as theory, that comes to live rather than staying abstract. You will experience, how simple
and functional ideas from games and acting will make TA-concepts come to life. You will witness new and surprising insights into theory and practice. You will gather new methods and stimuli for your groups. Whatever is experienced with all senses can be acquired more easily and sustainable. On the schedule of this workshop you will find exercises in motion by yourself as well as in smaller or larger groups.

### The threshold – a place to develop identity

A threshold is an ancient symbol for a boundary. Crossing a threshold is a challenge. The critical moment is “on the threshold” where we are “no more” in our old identity and “not yet” in our new one. On the threshold itself we live often a “counter-identity”, which is an important phase to develop and attain a new range of autonomy. This workshop is based on the ideas of the classical ethnologists Arnold van Gennep (the rites of passage) and Victor Turner (between and betwixt) which I will join up with the ideas of developing autonomy of Vincent Lenhardt.

Using the symbol of the threshold the participants will discuss concrete examples of transitions in their professional or personal field. The aim is to develop something like “Schwellenkompetenz” (competence of the threshold) to become sure and stay capable in the challenging moments of transitions.

I will present and share my ideas about the symbol of the threshold. It is one of my strengths as a teacher to invite the participants to contribute with their own ideas and experiences to establish a ambience of a creative workshop.

### TA im Lichte der Grundpositionen

Das Konzept der Grundpositionen wird in seiner Bedeutung leicht unterschätzt und oft als nur oberflächlich verkannt, obwohl sowohl für unsere Identität als auch für unsere Grenzen wesentlich ist, in welcher Grundposition wir uns erleben. Bei genauerer Analyse stellen sich die Grundpositionen außerdem als Verbindungsglied zwischen und Zugang zu vielen Basiskonzepten der TA (z. B. Ich-Zustände, Dramadreieck, Discounting) dar.

Im Workshop wollen wir diese Verbindung zwischen den o.k.-Positionen und wichtigen anderen TA-Konzepten aufzeigen. Hierbei verstehen wir die Grundpositionen sowohl im Sinne einer Lebenshaltung als auch als Instrument zur Analyse im Hier und Jetzt.

Wirer wollen wir erfahrbar machen, wie bewusstes Arbeiten mit den Grundpositionen kommunikative Räume schafft, die qualitätvolles Leben und Arbeiten ermöglichen.

### Origin of the Critical Parent

I will share an exciting historical discovery I have made that explains how our species diverted from the natural laws of nurturing & caring to replacing them with legitimized (and encouraged) abusive behaviors. I will unveil a singular mistake that was made in the realm of science – at a specific point in the history of human development – and will show how this scientific error introduced a “bug” into our human organizations (a “bug” that Eric Berne identified 50 years ago as the “Critical Parent” and that we, as TA followers, spend most of our personal and professional lives chasing away).

1. Learning the origins of the CP – and recognizing the mistake that conceived it – allows us to correct our trajectory and avoid the violence that it engenders.
2. The mistake – a misconception in the human understanding of genetics and the laws of reproduction (as I will disclose in my presentation) – can today be scientifically proven incorrect. The “bug”, born from that misconception, will not withstand this scientific correction and will subsequently disappear with it.

### 100 years Lions Clubs International from a TA view

In 1917 the first Lions Club was founded in the USA. From July 2015 till June 2017 I am for two years, the president of the oldest Lions Club in Vienna, which was founded in 1954. The president is primus inter pares. You can only motivate with strokes. You have to be careful with criticism and liberal with praise! “We serve” is our aim. To Aid others by giving my sympathy to those in distress, my aid to the weak, and my substance to the needy. Liberty Intelligence Our Nation Safety stands for LIONS.
How works leadership in an old organisation? What kind of structure to you need? How can you motivate a successful person? In building up my business it is not necessary to tear down another’s; to be loyal to my clients or customers and true to myself. Seek success and to demand all fair remuneration or profit as my just due, but to accept no profit or success at the price of my own self-respect lost because of unfair advantage taken or because of questionable acts on my part.

I will present Information about and situations respectively examples in Lions Clubs.

**Changing organizational script by systemic dynamics work**

Organizational script contains essential topics that guide an organization from a deeper level. The new model of dynamic organizational analysis supports us to reveal the current status of the encountered script in organization. The observed system dynamics provide the opportunity to change script patterns.

The presentation will show the model in a case study of an international company.

**Functional Fluency and Leadership 4.0**

Work 4.0 has a lot of challenges
– complexity and faster changes coming together
– new expectations towards leadership culture in international companies across borders

This calls for a new leadership 4.0 to help leaders closing the gap between challenge and reality and to find a new identity both as a person and as a leader. Of great help is the model “Functional Fluency” (FF). It sets the focus on relationships, communication and personal identity and gives leaders the opportunity to meet people effectively. In helping to reflect ones own and the teams strengths and weaknesses and strongly building on resources, it helps to create a safe foundation for meeting the needs of our increasingly connected but fractious world.

In this workshop we discuss the use of FF in up-to-date leadership development programs and its contribution to give identity and orientation in a more agile and healthier leadership culture.
– participants get to know the model Fluency and the psychometric instrument TIFF
– they experience the use of FF/TIFF for leadership programs 4.0
– they take away some ideas to build their own identity as a leader, that of their clients and how to connect in a world with ambiguous expectations

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„Was wirkt wie“, wenn sich in der therapeutischen Begegnung die Beziehungsgestalt entfaltet? Was ermöglicht Entwicklung und Heilung, was behindert eher? Diesen Fragen wollen wir auf einer sozial-ethischen Haltung und Einstellung nachgehen und die unterschiedliche Wirkweise skriptungebundener und skriptbezogener (therapeutischer) Begegnung erlebbar machen.

**Liminality & Learning: from uncertainty to connection in the educational encounter**

This workshop will drawn on some of the themes in the recent publication, Educational TA: an international guide to theory and practice, edited by the workshop presenters. The workshop will begin with a consideration of liminality as a critical feature in transformational learning process. we will explore its function, challenges and implications for educators. In developing the workshop further, we will consider three regions of connection that complement, or lead out of, the liminal experience. These include the connection to one’s sense of self as an educator, connection to the educational landscape, and thirdly, connection to community. This combination of holding the “in-between-space” and seeking connection at the levels of soil, soul and society, is offered as a unifying framework for educational TA. Come along, engage in the making, and decide for yourself.
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**Auswirkungen von und Umgang mit Trennung, Verlust, Veränderung:**

**Trauer - Mourning**

5. Dezember 2017, 15-19 Uhr

Veranstaltungsraum/event location Burgerbibliothek, Münstergasse 63, CH-3011 Bern

Mit: **Prof. emeritus Dr. Pauline Boss**, USA

Denise Weyermann, Körpertherapeutin Integrative Körperarbeit, Erzählerin

Angelo Lottaz, Psychotherapeut FSP, Theologe, Autor

Ursula Schneider, Psychotherapeutin FSP

Elisabeth Zahnd Legnazzi, Künstlerin / artist

Tahmina Tagizade, Journalistin aus Aserbaidschan

Bea Schild, eidg. anerkannte Psychotherapeutin, Beraterin, Coach

Kurzvorträge / short lectures

Podiumsdiskussion, Publikumsfragen / round table, questions from audience, moderiert von **Gerlind Martin**

(Deutsch - English, simultaneous translation available on request)

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**Betroffene/-n behandeln - Täter/-in erkennen**

**Wirksames Arbeiten mit Störungen durch Stress und Trauma**

- für Coaching, Beratung und Psychotherapie

23. und 24. Oktober 2018

Kulturhof Schloss Königz, CH-3098 Königz bei Bern, www.kulturhof.ch

Es sprechen:

**Thomas Weil**, TSTA, Psychotherapeut ECP, Theologe: Wieviel Beziehung braucht der Mensch? Der beziehungsorientierte Ansatz des ROMPC®

**Dr. Willem Lammers**, TSTA, Psychotherapeut: Den Fluss gefrorener Energie wieder herstellen: Logosynthese® und die Resolution von Trauma und Angst

**Ulrich Dehner**, TSTA, Psychologe, Coach: Skript auflösen mit IntrovisionCoaching

**Suzanne Grieger Langer**, CTA, Wirtschafts-Profilerin: Profiling

**Workshops** der Hauptredner/-in, und **Dr. Hans Joss** (TSTA) zur Frage 'Kann die Volksschule traumatisierende Wirkung auf Lernende haben?', **Adelheid Kühn** (PTSTA) zu "Die Lauten und die Leisen - 'Trauma' auf den dritten Blick" und **Bea Schild** (TSTA) zu "TA, Körper und Zugänge zu Trauma-Arbeit", u.a.

Podiumsdiskussion mit den Hauptvortragenden

Detailprogramm folgt.

Für beide Veranstaltungen ist Info und Anmeldung: Bea Schild, MSc, TSTA, www.ta-seminare.ch

Email: psychologischeberatung@hush.com, Telefon: 0041 (0)79 962 64 61

Bern ist erreichbar per Zug direkt ab Flughafen Zürich oder Genf und via Bus und Zug von Basel-Mulhouse, oder Flughafen Belp-Bern
"NG breathes, talks and lives Transactional Analysis - TA is a way of life in Nitya Gurukula - TA is indigenized to cater to the Eastern ethos and pathos"
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MASTERCLASS
Integrative Transactional Analysis
14 February 2018
Fee: € 295

THREE DAY WORKSHOP
Integrative Transactional Analysis
15-17 February 2018
Fee: € 995

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Venue: Kloosterhotel ZIN, Vught, The Netherlands
(Location easily accessible from Belgium and Germany)

Richard Erskine is the well known founder of ‘Integrative Transactional Analysis’. At the core of his work are contact, attunement and presence in the working relationship to attain transformation and healing. Richard is an inspirational speaker, writer, researcher and a master therapist. The beauty of his work lies in the simplicity of his concepts and its thoroughness and transformative power. His approach is applicable to psychotherapy, coaching and counselling.

To secure your seat, please visit
www.masterclasscoaching.nl or
www.autonoom.com/erskine
Institut für Integrative Pädagogik und Erwachsenenbildung

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Ausbildung  ■  Training  ■  Beratung  ■  Supervision  ■  Mediation  ■  Coaching
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Coaching auf Basis systemischer TA

System-kompetentes Handeln auf Basis systemischer TA

Führung auf Basis systemischer TA

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www.systalo.de

www.neues-lernen.info
Upcoming Conferences

11.–13.05.2018  
**DGTA-Conference**  
Vienna

05.–07.07.2018  
**EATA Theory development and Research Conference**  
London

17.–19.08.2018  
**ITAA Conference**  
Kochi, Kerala, India

10.–12.05.2019  
**DGTA-Conference**  
Lindau/Bodensee