



SAATA



newsletter

EDITORIAL NOTE

Welcome to the November 2025 edition of the SAATA newsletter. It has been an eventful and meaningful half year in the run up to the conference and we have a lot to share with you.

The Kaleidoscope of Life—the SAATA conference theme continues to resonate even as the two days of learning, reflection and interaction has drawn to a close. The collection of experiences that each of us have carried back post the conference has in many ways enriched our life and work. I sense a renewed feeling of rejuvenation and motivation in our community and an openness to experiment and contribute in many ways to the development of TA. For those of you who have not been able to attend the conference, we are hoping this issue will give you an insight into the beautiful and memorable occasion it was.



Asha Raghavan

Dil Wali Diwali from SAATA



As I take the reins over as Chief Editor of SAATA Newsletter from Madhulika Rao, I reflect on my own journey with the newsletter over the last three years contributing in different roles, hesitant and reluctant and over enthusiastic at varying times but charged with a willingness to contribute to our growing community.

Truly communities offer a sense of belonging that enriches individual well-being. The mutual care, equality and interdependence that was evident in small actions during the conference reminded me that our social lives are enriched by creating spaces for reciprocity which foster the position of **I'm OK—You are OK.**

A shout out to our award winners **Ragini Rao** and **C.Suriyaprakash**. We acknowledge your hard work and passion towards the cause of TA.



Aruna, our current president in her address reflects on how SAATA has evolved into a robust and mature community over the years. She prepares to pass the baton on to Suriya.

The Professional Standards Division has made great headway in identifying NCAHP and DTAP guidelines and keeping us informed of registration processes. The other divisions continue to seamlessly work in refining their respective areas of management and as for the Development team, they have had their hands full with the conference preparations.

We continue to celebrate new diploma holders and share their journey with you.

Stay informed and register for the next MLL to be held this time in Mangalore!

SAJTA continues to work tirelessly after a decade in existence to showcase TA related writing from the subcontinent and have a host of new ideas and plans for you.

- Asha Raghavan



I am thrilled to share that I will be transitioning from my role as Chief Editor of SAATA Newsletter to serve as VP Publications.

Reflecting on my five years as Chief Editor, I am grateful for the opportunity to have contributed to our community's growth and knowledge exchange. It has been and continues to be a rewarding journey to serve SAATA's mission.

SAATA's vision — to foster a vibrant community dedicated to excellence and innovation, resonates deeply with me.

In my new capacity, I am excited to elevate our publication efforts, broadening our portfolio & encouraging more voices within our community to share their insights and experiences.

The foundation built through the newsletter has prepared me for this next chapter. I look forward to collaborating with all of you, fostering deeper engagement, and ensuring our publications remain vital resources for our professionals. I am grateful for the everyone's support and am eager to contribute to SAATA's continued success.

- Madhulika Rao

President's Note

Dear friends,

As my term as President draws to a close this December, I find myself filled with gratitude for what we've built together. Over these three years, I have witnessed SAATA grow in structure and spirit. We have celebrated two vibrant conferences that drew our community together in learning and laughter.



Aruna Gopakumar

We saw the release of MHTAP and DTAP, both milestones that consolidated our professional identity. The Executive Committee expanded to include new energy and perspectives, and our administrative backbone quietly strengthened—from updated membership systems to integrated work platforms that foster greater transparency and accountability.

This year's Chennai conference was a turning point—not only in scale but in spirit. The joy in the corridors was palpable, and the sense of shared ownership heartening. It was deeply moving to see Ragini and Suriya honoured for their enduring contributions. My heartfelt acknowledgement to the conference committee steered by Dr. Susan George and Rosemary Kurien, for the stellar organisation.

In July, our Certified Members' Meet offered something rare: honest reflection. Eighteen members gathered to talk about what it means to hold professional standards in a complex world—how we might create structures that ensure client safety and uphold ethical responsibility, while still nurturing the relational heart of our work. The discussions on regulation, supervision, and professional accountability were courageous and necessary. Ethics, after all, is not a checklist; it is a living dialogue—and I am proud that SAATA is leaning into that dialogue with humility and rigour both.



President's Note Contd...

Several new initiatives have been launched this year—the Organizational Reset project led by Eric and Raji, inviting members to help us reimagine our systems and culture; the Reflective Members' Group held by Vaaruni and Sushma, creating space for voices across hierarchies to be heard; the launch of **The Curious Case of Caselets** in SAJTA, bringing practitioner wisdom to print. Behind each of these efforts lies the same aspiration—to keep SAATA alive as both an organization and a community of conscience.

In January, at the Multi-Level Learning event in Mangalore—our largest yet with almost all our trainers participating (with the addition of three international trainers)—I will have the privilege of handing over the baton to Suriya. It feels fitting that this transition happens in a space devoted to learning, collaboration, and growth. Leadership, I've learned, is less about direction and more about holding space—for questions, for differences, & for emergence. As I step back, I do so with immense trust that SAATA will continue to evolve in that spirit: rooted in TA philosophy, responsive to the times, and reflective of our collective humanity.

Thank you for the privilege of serving this community—for the warmth, candour, and grace you have brought to every conversation. May SAATA continue to be a space where thinking is rigorous, hearts are open, and all voices find a home.

- Aruna Gopakumar, President - SAATA



SAATA Service Award

Ragini Rao's Acceptance speech



Dear members of SAATA, esteemed guests, colleagues, and friends, I stand before you today truly humbled with immense gratitude as the recipient of the SAATA Service Award.

I wish to express my sincere thanks to the SAATA BOT for considering me worthy of this recognition. This recognition is not just a reflection of my efforts but a testament to the incredible team work by the executive committees of SAATA over the years.

I have been part of SAATA since its inception and have been fortunate to work alongside passionate colleagues who are an inspiration. I am proud to be part of such a community, where all of us work towards a shared purpose. A group entirely run by volunteers embodies the spirit of community and selflessness. Commitment, collaboration and connection is at the heart of this work.

While volunteering may be seen as giving, I think we receive far more than we give. The sense of belonging, support and connection we receive are aspects beyond measure. It also gives people an opportunity to learn new and different tasks in a safe and supportive environment. Right from my first role as VP Research and Development, on launching Sajta (the SAATA Journal) to becoming the President, the support and guidance I received from my colleagues was invaluable, which in turn helped to deliver my task efficiently.

In the last 5 years the SAATA executive committee has expanded and grown significantly. We have 17 members across all functions. It is wonderful to see newer and younger people joining the teams, bringing new perspectives, ideas and freshness in their tasks. Overall it's a robust team and I feel proud to be part of it. I would like to take the opportunity to invite many more SAATA members to come forward as volunteers and contribute in whatever way you can and experience this sense of belonging and connection with the community to achieve a larger goal. I would like to acknowledge and thank my parents for role modelling service. As a child I saw my parents work hard and always going that one step further to attend to others. I rarely remember our home with just my parents and siblings. We always had an uncle, aunt or a cousin staying with us whom my parents were supporting.

I would like to express my gratitude to Saru, my teacher for believing in me; my friends and colleagues at SAATA for their unconditional support. Last and not the least to my husband and children for supporting me in every way.

SAATA Professional Excellence 2024

C. Suriyaprakash's Acceptance Speech



Standing on that stage, holding the SAATA Professional Excellence Award in my hands, I could not help but be transported back to the boy I once was — a shy, timid child from a small town who never imagined he would stand before a professional community like this. My journey in Transactional Analysis (TA) has been nothing short of transformational, not only in shaping my career but also in shaping who I have become as a person. This award, therefore, feels far larger than a personal milestone. It is a mirror reflecting the gifts, generosity, and wisdom of so many teachers, mentors, colleagues, trainees, and friends who have walked alongside me.

Gratitude to My Teachers and Mentors

Every journey has a beginning, and mine was lit by the gentle yet firm guidance of my early TA teachers. Fr. George Kandathil, P. K. Saru, Elana Leigh, Charlotte Daellenbach, and Julie Hay were more than educators. Their teaching was never confined to the language of ego states, games, or scripts. It was, in truth, a teaching about life itself. They taught me about courage and hope when fear seemed easier, about integrity when compromise seemed tempting, and about resilience when challenges felt overwhelming. As I look back, I realise that their gift was not simply TA knowledge but an embodiment of the values that TA at its best represents—clarity, honesty, compassion, and above all, OKness—faith in human potential.

Companionship on the Journey

No one travels alone, and I have been blessed with the companionship of many generous souls along the way. My teachers Marijke Wusten, Adrienne Lee, Carlos and Saroj Welch, Tehemtan Dhabhar, P. Kunhunni; my friends and colleagues Sailaja Manacha, Chitra Ravi, Ragini Rao, Annie Cariapa, and Aruna Gopakumar—each of you, in your own way, has touched my learning and my being. Two people in particular, Mohanraj I A and Susan George, deserve special mention. From my earliest steps in TA learning, they have walked beside me, offering encouragement, clarity, and friendship. Their presence has been an anchor—a reminder that true learning is best nurtured in companionship, not in isolation.

And then there are my trainees, supervisees, and countless volunteer supporters. Your questions, your curiosity, your trust, and your commitment to the work have constantly sharpened my practice and enriched my understanding. I also extend my heartfelt thanks to the SAATA Board of Trustees, Executive Committee and all volunteers whose tireless work has created the structures within which professionals like me could thrive. **This award belongs as much to all of you as it does to me.**

SAATA Professional Excellence 2024

C. Suriyaprakash's Acceptance Speech

What Sustained Me: The Three CRs

As I reflect on what has kept me going through the years, what has allowed me to stand here today, I return to three guiding principles that I call the three CRs. They have not been written in manuals or taught in classrooms, but they have quietly shaped the choices I have made and the professional I have become.

1. Conscious Reciprocity

TA has always emphasised the exchange of strokes—the recognition of each other's worth. I have learnt that what we give is, often, what we get back in return. Conscious Reciprocity for me has meant choosing generosity, being deliberate about offering strokes, sharing knowledge freely, and giving of myself to others in the community. This has never been a transactional giving, but rather a stance of abundance. Each time I gave—whether it was time, teaching, supervision, or even a word of encouragement—I found the community giving back to me in ways I could never have planned. I stand here today, honoured, because of the cycle of reciprocity that has kept me connected, grounded, and enriched.

2. Continued Reinvention

One of the risks of professional life is complacency—the temptation to rest on past achievements. My mother taught me to stay curious, to keep asking new questions, and to venture into uncharted territory. Continued Reinvention has been my way of honouring this lesson. Reinvention has meant refusing to be confined by labels or by what I already know. It has meant exploring new ideas, taking risks, failing sometimes, and learning always. As a professional, I have sought not only to deepen my TA practice but also to connect it with philosophy, leadership, organisational development, and coaching. As a person, reinvention has meant growing beyond my own scripts, recognising patterns that no longer serve me, and daring to live more freely. If there is one thing TA has taught me, it is that change is not a one-time event. It is a way of life.

3. Collaborative and Caring Relationships

TA is often studied as a body of knowledge, but at its heart, it is a relational discipline. It is about how we connect, how we listen, how we honour the dignity of each person we meet. Collaborative and Caring Relationships have been my lifeline. The friendships, collegial bonds, and supervisory alliances I have enjoyed in this community have kept me steady through turbulence and joyful through accomplishment. Collaboration has meant recognising that none of us carries the whole picture; each of us holds a piece. When those pieces are shared with care, the collective picture becomes richer and more whole. Care, for me, has been the soul of our TA community. Without it, collaboration becomes a mere contract. With it, collaboration becomes a bond.

SAATA Professional Excellence 2024

C. Suriyaprakash's Acceptance Speech

A Shared Recognition

This award, then, is not just about me. It is about all of us. It is about the teachers who taught, the friends who encouraged, the colleagues who collaborated, the trainees who challenged, and the community that held me. I accept it with deep gratitude and with humility. To me, it symbolises not only the work I have done but the relationships and values that have made that work possible.

Looking Ahead

If receiving this award is a moment of looking back, it is equally a moment of looking ahead. The journey of TA is far from complete. The world we live in is complex, often fragmented, and deeply in need of the healing, clarity, and human connection that TA can bring.

My hope is to continue nurturing spaces where TA thrives — not only as a professional practice but also as a way of being. Spaces where people can rehumanise work, revitalise life, and reclaim their dignity. Spaces where conscious reciprocity flows, where reinvention is celebrated, and where collaborative and caring relationships become the norm.

For me, the real legacy of TA is not in theories or techniques but in how it changes lives. That is the work I remain committed to.

Closing

As I step down from that stage, holding this award, I am reminded of a simple truth: I did not walk here alone. And I will not walk forward alone. This community is my companion, my inspiration, and my home.

Thank you — to each of you who has been part of this journey. May we continue to learn, to grow, and to serve together.



SAATA and I

When Sailaja Manacha spoke in her keynote during the SAATA Conference 2025 about self-care and invited us to think of our inner circle, it stirred something in me. She went on to ask what being part of SAATA has meant to us, a question that feels especially meaningful at this time, as I prepare to step down from my roles in January 2026.



Rosemary Kurian

I have been a member of SAATA since 2016. To put into words what SAATA has been to me is not easy, but I can say this - it has held me. Over the years, I have volunteered for several SAATA initiatives and now serve as the Secretary and Trustee of SAATA, and as Co-Managing Editor of SAJTA. I also had the privilege of co-convening the SAATA conference—an experience that remains one of the most enriching and heart-expanding parts of my journey here. I took on these roles with a fair bit of reluctance, not because I didn't want them, but because I often wondered if I could do justice to them. And yet, looking back, it feels as though the roles held me. Through these roles, I learnt so much, about myself, about my values, and about what truly matters to me. There were moments of doubt, moments of deep learning, and numerous moments of connection. In being part of SAATA, I have had the privilege of witnessing at close quarters the people who make this community what it is—people who embody the essence of TA in the way they think, relate, and show up.

Held by rules

When I stepped into these roles, I thought I was taking on responsibility. What I didn't expect was how these roles would shape me. They became spaces that stretched and steadied me, that allowed me to find my voice and stand in my values. I discovered capacities I didn't know I had - patience, resilience, and a deep sense of purpose. Somewhere along the way, I stopped asking can I do this? and began to trust that I am doing it.

Witnessed and Seen

SAATA has been a place of witnessing, where I have been seen and have seen others in their journeys. Through countless meetings, discussions, collaborations and conversations, I have come to know people who are now dear friends. I have seen how each person brings their uniqueness and care to the space, and how that, in turn, creates a community that lives the philosophy of Okness. It reminds me, time and again, that we are all learning, and growing, and that is enough.

Saying Yes to the Journey

As I look back, I realise how often I have said yes, sometimes with hesitation, often with doubt and how each of those 'yesses' became an opening. I believe now that this has been the universe's clever way of bringing me the very experiences I needed to learn, to grow, to be held, and to contribute.

With Gratitude

To the SAJTA team - thank you for your creativity, commitment, and the joy of co-creating together. To the SAATA Executive Committee and the Board of Trustees - thank you for your trust, your warmth, and for the many thoughtful conversations that shaped my learning. Each of you has, in your own way, been part of the holding that SAATA has offered me. As I prepare to step down from my roles, I do so with a full heart, grateful for the skills I have built, the friendships I have formed, and the memories I will carry forward. SAATA will always remain in my inner circle not because of the titles I held, but because of the people, the learning, and the deep sense of belonging I found here. SAATA has held me deeply, and even as I step back, I know the circle stays with me, steady and alive. I realise now that it has always been a dance, SAATA and I, growing and learning together, supporting each other, giving and receiving in turn, and still whole in our own ways.

SAATA Function Updates



The **Research Team** comprising Aanchal, Sudha, and Ragu had few meetings and working on the following initiatives;

1. **Research Policy Development:**

- Define the scope and purpose of research
- Establish guidelines for research ethics, data protection, and intellectual property.
- Outline roles and responsibilities for researchers and stakeholders.

2. **Research Proposal Guidelines:**

- Develop a template for research proposals.
- Specify requirements for proposal submission, review, and approval.
- Provide guidance on research design, methodology, and expected outcomes.

3. **Webinars/Workshops:**

a. Demystifying Research

- Topics: Research design, data analysis, dissemination, and knowledge translation
- Activities: Case studies, group discussions, and hands-on exercises
- Goals: Increase research literacy, build confidence, and encourage research engagement

b. Applied Research

- Focus: Practical problem-solving, real-world applications, and impact
- Examples: Quality improvement projects, program evaluations, and needs assessments
- Goals: Address pressing issues, inform decision-making, and drive positive change

c. Research-Informed Practice

- Methods: Surveys, interviews, observations, and mixed-methods approaches
- Activities: Group discussions, case studies, and practical exercises
- Goals: Integrate research into practice, enhance critical thinking, and improve outcomes

d. Research Culture Development

- Strategies: Mentorship, peer support, and collaborative research initiatives
- Activities: Networking events, research showcases, and journal clubs
- Goals: Foster a research-friendly environment, promote collaboration, and recognize research contributions.

Publication Updates

As we draw to the close of 2025, the SAJTA team is excited to share some updates and plans for the year to come. This has been a time of transition for the team as Rosemary Kurian closes her term as the Managing Editor of SAJTA with the January 2026 issue. In her time at SAJTA's helm, she helped streamline the editorial process, introduced creative ventures to engage the community and led a growing editorial team with grace and vision. We are deeply grateful to her for her stellar service and dedication to SAJTA.



Looking ahead, the editorial team — Gunjan Zutshi, Asha Raghavan, Abhijeet Punde, Laxmi Sivaram, Radhika Iyer, and Mohini Singh — is hard at work preparing the January 2026 issue. We're excited to bring you the thought-provoking and rich contributions from the community. Here are some important updates from the SAJTA team.



Celebrating 10 Years of SAJTA:

The conference provided a fitting backdrop to celebrate 10 years of SAJTA (South Asian Journal of Transactional Analysis). To mark the occasion, the team created a standee with all the authors' names, designed badges identifying authors, and made space to honour every author who has contributed to SAJTA. In a symbolic moment, founding Managing Editor Deepak Dhananjaya and incoming Managing Editor Nikita Bandale jointly unveiled SAJTA's new logo to the community.



Team Dinner

To round off the celebrations, the publications team gathered for dinner—their first time meeting in person. It was an evening of connection, laughter, and shared stories, as colleagues who had long collaborated virtually enjoyed the warmth of each other's company face to face.

New Ventures

We are excited to announce **two new initiatives** to further enrich SAJTA:

1. The Curious Case of Caselets will showcase bite-sized practice-based case studies. This new section will highlight creative applications of theory, showcase innovative therapeutic tools, and share best practices from across clinical, educational, and organizational settings. It aims to open a window into the diverse ways practitioners are integrating TA with other approaches, offering readers both inspiration and practical insights.
2. Alongside this, we are introducing the SAJTA Expert Panel — a group of certified members who will contribute their expertise to each issue, guiding authors and deepening the journal's quality as we move towards ISSN registration. We warmly invite you to read, share, and contribute to these ventures as we continue building a vibrant space for learning and collaboration.

Operations

It has been a busy and exciting few months for the Operations team, and I'm delighted to share some highlights. At the start of the year, we welcomed **Arpita Roy** as a volunteer to our team. **Welcome, Arpita to Operations!** She has already been actively involved in our work this year.

As you all know we had an amazing Conference this year in Chennai and much of our focus was on handling registrations and advertisements for it. We were glad to play our part in ensuring that the event went smoothly. Congratulations to everyone who came together to make the conference such a success!

We are also working on some exciting updates to the Member Directory and Certifications page on our website, which you will see rolled out soon.



Professional Standards Update

NCAHP Update

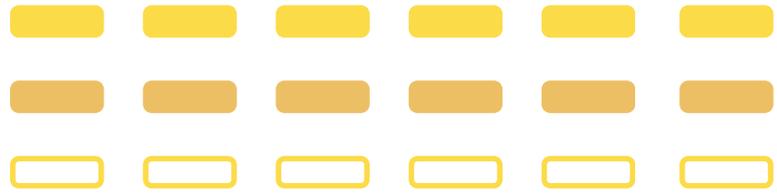
As per the **NCAHP Act**, central and several state councils have been established. The registration portal has been collecting data on all potential mental health professionals. This information will subsequently be reviewed and approved by the respective state council for entry into the **Central Registry**.

A new directive by the UGC (dated 12th August 2025), in conjunction with the NCAHP Act and the councils, mandates the withdrawal of all online and distance programs related to allied health subjects, including psychology. The official notice can be accessed [here](#).

This information is particularly important for members planning to pursue a Master's in Psychology with the intention of registering on the NCAHP portal. Degrees already awarded through online or distance learning modes remain valid; however, their eligibility for registration under the NCAHP is currently unclear.



Professional Standards Update



We continue to engage with the state council to explore the recognition of **Transactional Analysis (TA)** certifications under the council and will keep members informed as more information becomes available. For now, we encourage certified members to register on the **NCAHP portal** by following these steps:

1. Visit <https://ahpr.abdm.gov.in/users/login> and select **"For New User."**
2. You will need the following:
 1. Aadhaar Card Number
 2. Aadhaar-registered mobile number for OTP verification
 3. Matriculation Certificate (10th standard or equivalent)
 4. Senior Secondary Certificate (12th standard or equivalent)
 5. Basic Qualification (Degree/Diploma) – Master's degree and/or **CTA certificate or SAATA Advanced Diploma**. Please note that the SAATA Diploma alone is not valid for this application.
 6. Internship certificate, if applicable
3. After logging in with your Aadhaar number, follow the on-screen instructions to fill in your basic details.
 - In the **Allied and Healthcare Professionals** section:
 - If you hold a Master's degree (along with CTA and Advanced Diploma), select **"Psychologist except Clinical Psychologists."**
 - If you hold only a CTA or Advanced Diploma, select **"Behavioral Analyst."**
 - In the Allied and Healthcare Professionals Category, please select "Community Care Behavioral Health Sciences and Other Professionals" (this is the only available option).
 - In the **Education Details** section, upload your marksheets and certificates in the appropriate fields.

The remaining sections are self-explanatory. Once completed, submit the application. **Please note:** Submission of the application is for data collection purposes. The state council will subsequently review and approve the applications, after which the entries will be added to the Central Registry.

DTAP

We're excited to share that the D-TAP Handbook is nearly ready for launch! The handbook outlines the competencies required to be certified as a Developmental Transactional Analysis Practitioner (D-TAP). It is especially relevant for professionals applying TA in non-therapy contexts, including:

- Coaches and mentors
- Organisational consultants
- Educators, trainers, facilitators, teachers
- Social workers, mediators, and youth workers
- Human Resources (HR), Learning & Development (L&D), Organisation Development (OD), and employee wellness professionals
- Leaders and managers of teams

The document is in its final stage and will go live soon. We'll send you an intimation once it is published.

Exam Report

We are thrilled to celebrate milestones, and passing a SAATA Diploma is an important one! Events such as MLL and SAATA conference serve as avenues to recognise all candidate who have passed since the last event. We were excited to cheer on the following candidates who recently passed their Diploma exams at the last conference :

- Srinidhi C V
- Shruti Dodia
- Dhivya Sundar Rajan
- Judia Dorin
- Sanghamitra Dixit
- Mitushi Jain
- Shannon K Bell
- Ekta Baxi

Congratulations to all on this milestone achievement!

MLL

Save the date

The upcoming MLL will take place on January 10 & 11, 2026, at Mangalore. Registration will commence on November 15, 2025 and close on November 30, 2025. Further details and the registration link will be communicated to you via email shortly.

What do you do after CTA - become a certified member?

Firstly, congratulations and welcome to the global Transactional Analysis certified member community. You have so far been a Trainee member and you are eligible to be part of the Certified member of SAATA community. Please write to contact@saata.org to change your membership from Trainee to Certified Membership. In doing so, you will be added to an email list, whatsapp group to be connected to the SAATA Certified community. Check <https://saata.org/page/membership-details> to know more details about the membership details.

Deepak Dhananjaya, VP - PSD

Jennifer Moses, EC - PSD

Nisha George, Exams coordinator



Development Department Updates

The last quarter has been an exciting and fulfilling period for the Development Team. With the much-awaited SAATA 2025 Conference taking place in September, our team's efforts were focused on bringing the energy, color, and essence of the event to life.

Building Visibility and Engagement

In the months leading up to the conference, the team worked extensively on promoting and documenting the event across multiple platforms. We coordinated the collection of video messages from pre-conference presenters and various members of the SAATA community including trainers, practitioners, and participants who shared their heartfelt invitations to HR leaders, researchers, educators, and mental health professionals.

Our goal was simple- make SAATA visible to the world, not just as an organization but as a living, breathing community of professionals and learners.

Documenting the Conference Journey

During the conference, the Development Team took on the exciting challenge of covering the event in real time creating what we fondly called a chapter-wise diary of the conference. Each chapter highlighted different facets of the three-day experience: the keynote speeches, the diverse workshops, the cultural performances, and the deeply human connections that make SAATA what it is.

Working closely with the Event Documentation Committee and the official photographers, our team ensured that every important moment was recorded and beautifully presented. From candid interactions in the corridors to the joy of collective learning in workshops, every frame reflected the kaleidoscope of experiences that defined the conference.

Designing and Creating the Conference Collaterals

Alongside our documentation efforts, the Development Team also contributed significantly to the visual and design identity of the conference. We created a range of materials — from the conference booklet and banners to posters, and digital flyers for all presenters. This process required ongoing collaboration with multiple committees, presenters, and designers. The result was a cohesive visual language that was both professional and full of heart.

Growing Our Online Presence

Our social media presence reflected the success of these combined efforts. This quarter saw a **168% increase in profile visitors on LinkedIn** and a **132% increase in engagement on Instagram**. As our online visibility grows, so does our responsibility to continue sharing meaningful, well-crafted content that reflects SAATA's purpose — to advance Transactional Analysis and build bridges across professional communities.



Know Your SAATA Team

- C. Suriyaprakash

A peep into the life and views of our President Elect!

1. Tell us a little about yourself and your professional roles over the years

I am a Teaching and Supervising Transactional Analyst (TSTA) in both Organisations and Counselling fields, Master practitioner in NLP, Psychodrama and Gestalt Practitioner, and a Professional Certified Coach of the International Coaching Federation. Over the last three decades, my professional journey has moved across academia, counselling, coaching, facilitation, training, supervision, and organisational consulting. Currently I'm mainly engaged in Integrative Coaching for individuals and teams. Alongside my practice, I have served the TA community in several roles—editorial board of the Transactional Analysis Journal, various ITAA and SAATA Board roles including Vice President, Professional Standards, and President. Today, my work centres on rehumanising work and revitalising life through Human OS Learning & Consultancy LLP.

2. What drew you to volunteering for SAATA and I see you continue to do it with passion every single time?

From the start, SAATA has been a community built on relationships and collective growth. Volunteering has always felt like a natural way to give back to a community that has given me so much. Conscious reciprocity is a core principle I strongly believe in. Every role I have taken has been an opportunity to co-create, to hold space for others, and to nurture the next generation of TA professionals. The passion is fuelled by the deep friendships and collegial spirit I have experienced within SAATA. I found my Ikigai in my engagement with TA and SAATA.

3. As a TA professional, a mental health practitioner, and a seasoned SAATA member, what is your vision for SAATA in your term as president in the coming year?

My vision is for SAATA to embody integrity, dignity, and full potential—values I hold dear. I would like to see us deepen our roots in India and South Asia, expand access to TA learning, and foster a vibrant, ethical, and inclusive community. Equally, I see SAATA playing a global role: bringing our voices, our cultural perspectives, and our professional contributions into the wider TA world. My hope is for SAATA to be a home where professionals feel nourished, challenged, and supported to do meaningful work in society.

Two thrust areas I would like to focus on are ethics and research. Ethics is central to any professional community—not only when we are confronted with obvious ethical dilemmas, but also as the foundation of our daily thinking and decision-making. It is about cultivating an ethical lens in the way we teach, supervise, and practice. Similarly, research is not restricted to academic publishing. I see it as a foundational principle to guide our practice: engaging consciously and systematically in documenting, reflecting, conceptualising, writing, and sharing. This everyday orientation to research ensures that our work is rigorous, transparent, and meaningful, and that SAATA continues to be seen as a professional body of credibility and depth.

Know Your SAATA Team

4. What has been your most fascinating read in the realm of psychology?

The Bhagavad Gita has been a psycho-philosophical anchor for me, shaping my basic approach to life. Its exploration of dharma and selfless action continues to inspire my professional and personal choices. Writings on physics and dharma have deeply influenced me, resonating with my belief in the innate force for growth and integration within us. Among psychological works, Eric Berne's writings on intuition remain seminal, and Viktor Frankl's *Man's Search for Meaning* is a timeless reminder of human resilience and the quest for purpose. Monica Sharma's *Radical Transformational Leadership* has deeply influenced me, offering frameworks that integrate psychology, values, and social change.



C. Suriyaprakash

5. As an individual, what are some of your treasured hobbies and interests?

Running has been my anchor for over a decade now—marathons and long-distance trails keep me in rhythm with myself. Travel and photography are other passions; I love exploring new places, cultures, frames and stories, often weaving them into my professional reflections. Writing—whether it is books, blogs, or LinkedIn posts—as a creative outlet and a way to connect with others is my new-found interest with a weird love-hate relationship.

6. Tell us about the Suriya the world does not see...

The world often sees me as a professional, a facilitator, and an intellect. What is less visible is the quiet side of me that loves solitude, long walks, and losing myself in music, philosophy or in the company of friends. I am deeply reflective, sometimes playful, sometimes childlike. I hold close my vulnerabilities and learn from them, and I treasure the small, ordinary moments of life as much as the larger milestones. 'I learn something significant from all life experiences.'

Diploma Journeys

The Diploma writing experience, in short, was rife with nerves and curiosity. Wanting to know myself has been a lifelong goal— who am I, and what I can grow to be have been my driving forces. The TA Diploma came at the junction between these two questions. I entered as a ball of yarn, and leave as a rich tapestry. My biggest challenge wasn't facing myself but rather how to bring out my depth in 6000 words. And my, what a wonderful challenge it was. Grateful to have taken this opportunity. All my thanks to the TA community.



Sanghamitra Dixit



Dhivya Sundar Rajan

Completing my Diploma has been one of the most deeply transforming journeys of my life. Writing for the exam was never just about theory; it became a mirror of my own growth—moments of awareness, reframing, and deep listening. At first, I struggled. My first redraft felt like failure, and I stopped writing for nearly two years. Coming back took courage. Slowly, I realized rewriting is not failing—it is refining, rethinking, and growing. This journey was held by many. Susan, my trainer, her guidance, inputs and insights opened doors within me. Sessions with my therapist helped me heal as a person and as a writer. My friends Nishtha and Subashini, their listening and writing together kept me going. And my family—Sundar, Riya, and Rinith—each of them gave me love, courage, and new beginnings.

When my name was called at the celebration, my heart swelled. This was not just an achievement but recognition of every step, every tear, and every courageous conversation. Standing with peers and mentors, I felt a circle of belonging. This Diploma is more than a certificate—it is a promise to live with awareness, authenticity, and compassion, carrying TA into every space I touch.

BOOK REVIEW

The Anxious Generation

John Haidt

The Anxious Generation is an urgent and essential read, and it ought to become a foundational text for the growing movement to keep smartphones out of schools, and young children off social media. John Haidt, the author is a professor at New York University and frequently collaborates with the American psychologist Jean Twenge, who was one of the first to attribute rising rates of mental illness among Gen Z smartphone users.

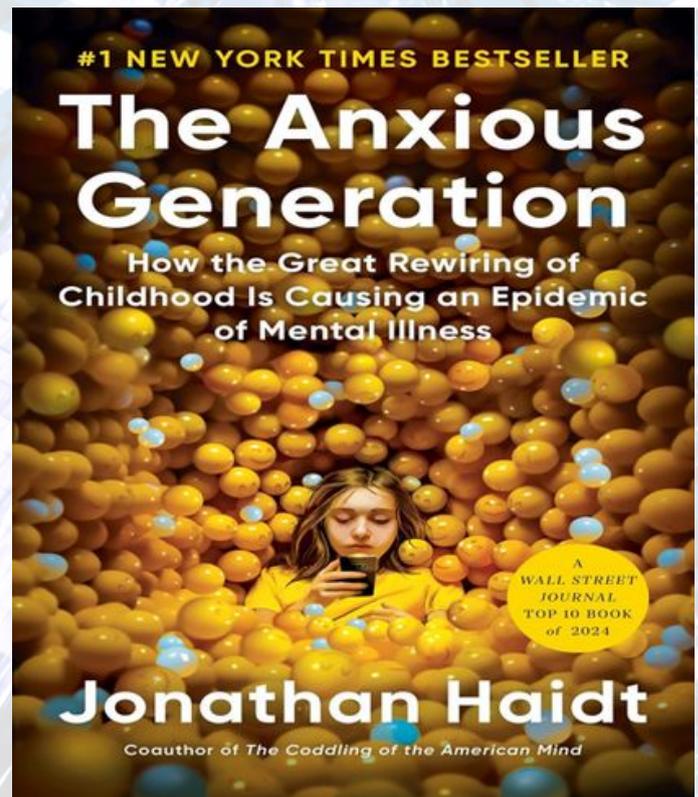
There has been a exponential increase in teenage mental illness , with increasing rates of depression, anxiety, suicide rates in the last two decades. John Haidt, the author of this book, believes this mental health crisis has been driven by the mass adoption of smartphones, along with the advent of social media and addictive online gaming. He calls it “the Great Rewiring of Childhood”.

Childhood is no longer play based, it is phone-based and children are spending ever less time socialising in person and ever more time glued to their screens. Girls are most likely to be sucked into the self-esteem crushing black hole of social media, and boys are more likely to become hooked on gaming and porn. Social media encourages constant social comparison, and it can be unforgiving and cruel.

Haidt claims that parents have allowed the young too much freedom to roam the internet, where they are at risk of being bullied and harassed or encountering harmful content, from graphic violence to sites that glorify suicide and self-harm.

Calling for school phone bans, Haidt argues that governments must legally assert that tech companies have a duty of care to young people, the age of internet adulthood should be raised to 16, and companies forced to institute proper age verification, all eminently sensible and long overdue interventions.

A must read for therapists who handle children and adolescents and young parents too.



Poddessey



This issue we bring to you the famed therapist, Esther Perel's podcast "Where should we begin?"

In this series which spans seasons Esther, the famous psychotherapist and relationship expert, holds real-life therapy sessions with couples and individuals navigating relationship and life challenges, covering topics like breakups, open relationships, and family issues.

The podcast, available on platforms like [Apple Podcasts](#) and [Spotify - Web Player: Music for everyone](#), features vulnerable stories to help listeners find reflections of their own experiences.

This is indeed a great resource for beginner therapists hoping to analyze their work or understand the flow of a therapy session.

Creative Corner

Can you think of the TA concepts these visuals represent?

TA Concepts - Take a guess.



Answers -
Drivers
Rackets
Script
Games
Strokes

