

Kaleidoscope of Life
SAATA Conference 2025

KALEIDOSCOPE OF LIFE

SAATA CONFERENCE 2025

CHENNAI



AgileSattva

Essence of being agile

AgileSattva is an Organization Development (OD) consulting firm.

AgileSattva partners with ambitious teams, growing organizations, and thoughtful leaders to unlock collaboration, deepen ownership, and build systemic agility that lasts. We help teams & leaders to build self-organizing systems where agility isn't just practiced, it's embodied.



OUR APPROACH

We use systems psychodynamics lens that weaves systems thinking, group dynamics, and psychoanalytic theory. This combined with the idea of organisational scripts offers powerful insights into leadership, authority, roles and boundaries.

OFFERINGS

ORGANIZATION EFFECTIVENESS

Agile Transformation

- Agile Coaching
- Agile Training

Change Management

LEADERSHIP AGILITY

- Leadership Coaching
- Leadership Development
- Team Coaching

Founders



Deepak Dhananjaya



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Working in Collaboration

CLIENT OVERVIEW

Mid sized automotive manufacturing company

PROBLEM STATEMENT

Confusion, lack of ownership & collaboration in cross functional self managed teams, thus impacting project deliveries.

DISCOVERY

Non alignment with the idea and culture of working as self managed teams.

Old mental model of command and control and hierarchical ways of working.

High task orientation and not enough attention to human processes.

Lack of clarity of goals and roles within a team.

INTERVENTIONS

Workshops and group coaching for intact teams to bring clarity on goals and roles and address interpersonal aspects of working with each other.

Workshop for Program Managers to facilitate teams towards collaboration.

Recommendations to management team on structures, processes and policy aspects that required change.

OUTCOMES

Increased sense of cohesiveness and alignment within teams.

Willingness to listen to each other.

Less dependence on Program Managers and taking more individual initiative and ownership.

Better alignment & understanding of way of working as self managed teams.

Many changes in structure, processes & policies at organization level to enable this shift.

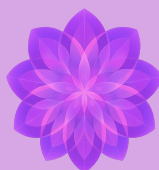


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FROM THE CONVENORS' DESK

It is with immense joy and heartfelt gratitude that we welcome you to the SAATA Conference 2025, themed “Kaleidoscope of Life.” This conference is more than a professional event – it is a convergence of curious, agile minds, evolving experiences and a shared purpose of navigating shifting patterns with awareness, responsibility, and compassion. Like a kaleidoscope, life is made up of many parts—each turn revealing new perspectives, relationships, and opportunities. Over the next few days, we will explore this richness through powerful conversations, experiential learning, and meaningful connections.



In curating this event, we have experienced the Kaleidoscope of Life in its several hues and patterns. This vibrant conference has been made possible by the collaboration and generosity of many hearts and hands. We extend our deepest thanks to:



- ❖ Our chief guest– **Dr. Radhakrishnan**, IAS and inaugural speaker– **Dr. N.C. Rajamani**, whose presence brings honour and distinction to our opening moments.
- ❖ Our **keynote speakers**, who bring profound insight, experience, and inspiration to our collective learning.
- ❖ The **7 resource persons of 4 Pre-Conference Institutes** and **40 presenters of 28 Conference Workshops**, who have generously shared their expertise, creativity, and passion. Your contributions are the heart of this conference, offering spaces for inquiry, growth, and transformation.
- ❖ Our **advertisers and sponsors**, whose support has added significant value and reach to this event.
- ❖ The **VPs and team members of all the SAATA Divisions** for their proactive and creative contribution to the smooth and efficient running of the conference.
- ❖ The **SAATA Board of Trustees**, for their steadfast guidance, trust, and encouragement throughout this journey.
- ❖ Our **partners** – Hotel Savera, Hotel Vestin Park, and our **entertainment collaborators** TheatreKaran (shadow play) and Master Sha (Drum Circle) (made the Inaugural memorable with warmth, smiles, and energy).
- ❖ Our **enthusiastic and dedicated volunteers**, whose tireless efforts behind the scenes have made every detail come together with grace and precision.

We also take this moment to offer our heartfelt congratulations to the recipients of the **SAATA Service Award** – **Ragini Rao** and the **Professional Excellence Award** – **Suriyaprakash C.** Your exemplary service and professional contributions are a shining reflection of the values we uphold and aspire toward in the TA community.

As convenors, it has been our privilege to shape this gathering and to witness the kaleidoscope of knowledge, experience, and human connection that is already unfolding. Whether you are joining as a learner, facilitator, practitioner, or curious explorer—we invite you to engage fully, reflect deeply, and discover new facets of yourself and others.

Thank you for being part of this journey. Let us turn the dial of the kaleidoscope together—embracing every shift, every colour, and every new possibility!

***With love and gratitude,
Susan George and Rosemary Kurian***

NOTE FROM PRESIDENT

Dear friends,

It is with a full heart that I welcome you to the 8th Biennial SAATA Conference in Chennai, from September 19th to 21st, 2025. To gather here—coming from different regions, countries, cultures, and professional fields—in a shared spirit of curiosity and growth feels deeply meaningful.

Our theme this year, The Kaleidoscope of Life, speaks to me in a very personal way. A kaleidoscope, with its mirrors and shifting light, endlessly rearranges itself into new patterns of beauty, and never offers the same pattern twice. In much the same way, life offers us fragments—joys, losses, contradictions, and transitions—that, when held with curiosity, form surprising and meaningful designs. This is what we as Transactional Analysts do: help ourselves and others find coherence and possibility in the ever-changing mosaic of human experience.

I am humbled by the richness of what awaits us: parallel workshops led by practitioners across fields, innovative and contemporary topics, creative formats that bring in art, music, and storytelling, as well as opportunities for dialogue and debate. And beyond the sessions, it is often the conversations over coffee, the laughter in hallways, and the late-night reflections with friends old and new that become the real highlights.

For me personally, what has always made TA special is not just its theory, but its community—the vibrance, generosity, and commitment to growth that shine through whenever we gather. This conference is a celebration of that spirit.

My heartfelt gratitude goes to the program committee, the volunteers, and each presenter who has poured in their time, creativity, and heart. And my warmest welcome to every participant—whether this is your very first SAATA conference or one of many, may these days be an invitation to expand your perspectives and to connect more deeply with yourself and others. Here's to a conference that will stay with us long after we return home.

With warmth and excitement,
Aruna Gopakumar
President, SAATA



ABOUT SAATA



WHERE GLOBAL VOICES MEET REGIONAL PRACTICE!

The South Asian Association of Transactional Analysts (SAATA) is an international, non-profit, professional organisation and the nodal body for South Asia dedicated to advancing Transactional Analysis (TA) practice, training, and certification. SAATA exists to uphold professional standards, build a vibrant practitioner community, and promote mental health and wellbeing for individuals, groups, and communities in our region.

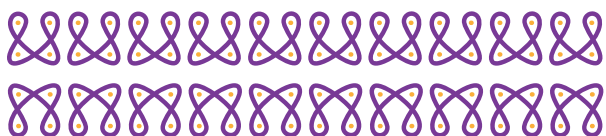


What we do

SAATA curates clear pathways for learning and professional growth in TA. The journey typically begins with TA 101, the official introduction recognized by the ITAA; continues with the SAATA Diploma in Transactional Analysis for deep personal and applied learning; and extends to practitioner development via regional certifications such as MH-TAP (Mental Health TA Practitioner) and D-TAP (Developmental TA Practitioner). Hours from regional pathways can also count toward the internationally recognized CTA credential (IBOC-ITAA). For experienced practitioners, SAATA outlines the route to PTSTA/TSTA and TA101 Instructor endorsement.

Knowledge & Publications

SAATA publishes SAJTA – the South Asian Journal of Transactional Analysis, a peer-reviewed e-journal inviting theory, application, and innovation from across psychotherapy, counselling, education, and organisations. Alongside SAJTA and the SAATA Newsletter, the association convenes learning spaces such as conferences, workshops, and Multilevel Learning (MLL)—creating forums where global voices meet regional practice.



Membership & Community

SAATA welcomes trainees and seasoned professionals through categories such as Associate, Trainee, Certified, and Life membership. Benefits include access to publications, member rates for SAATA events, and AGM participation—strengthening a culture of ethics, excellence, and mutual support.

Our Roots

SAATA's emergence builds on a rich Indian and South Asian TA lineage—from early ITAA-connected training in the 1970s to the formation of a regional professional body in 2006 that networks practitioners and upholds shared standards across South Asia.



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KALEIDOSCOPE OF LIFE

Kaleidoscope - this familiar toy, a memory from a craft class.

I wonder what it evokes for you. Many of us remember holding one in childhood, marveling at the shifting patterns, and then never encountering it again. We miss it. We think of it with childlike wonder, yet rarely pause to reflect on it. Does it belong only to the past or is it still relevant today? Can we look at this metaphor : one that lives and breathes, both inside and around us.

The Kaleidoscope Inside Us

Within us live many parts: the dark and the light, the confident and the shy, the Parent and the Child. They mirror one another, shaping the complex human beings we are. This intricate self moves through transition, day to day, role to role, always shifting, always evolving. We are, each of us, a living kaleidoscope.

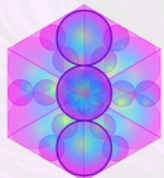
The Kaleidoscope Outside Us

Everyone you meet is a mirror of who you are. In others, we discover parts of ourselves we love, despise, resist, or long for. Each relationship refracts us into new patterns, shaping communities, cultures, revolutions, and eras. The world itself is a kaleidoscope.

The SAATA Conference

This year, we invite you to step into the kaleidoscope with us. Across three days, you'll have the chance to choose workshops that explore both the inner patterns of the individual and the outer patterns of relationships and organizations. Either way, you are in for a magical experience.

Thank you for joining us to be one of the many colors in this vibrant kaleidoscope. By the end of these three days, we trust you will know your own kaleidoscope a little more deeply.



PRE-CONFERENCE INSTITUTES

EVENT SCHEDULE - VESTIN PARK

19th September, 2025
FRIDAY

09:00-09:30	●	REGISTRATION
09:30-11:00	●	INSTITUTES COMMENCE
11:00-11:15	●	BREAK
11:15-13:00	●	INSTITUTES CONTINUE
13:00-14:00	●	LUNCH BREAK
14:00-15:30	●	INSTITUTES CONTINUE
15:30-15:45	●	BREAK
15:45- 17:00	●	INSTITUTES CONTINUE
18:00- 21:00	●	CONFERENCE INAUGURATION

HALL

INSTITUTE

Pavillion	The Mythic Journey: Myths and Psychotherapy as Paths to Self Aruna Gopakumar & Samhita Arni
Blue Moon	Physis at the Core: An Integrative Approach to Developmental Practice Suriyaprakash C
Merge	Transitions, Transformation and Everything in-between Rosemary Kurian & Radhika Iyer
Moonlight	PAL - Power, Authority and Leadership in Organizations Gunjan Zutshi & Deepak Dhananjaya

THE MYTHIC JOURNEY: MYTHS AND PSYCHOTHERAPY AS PATHS TO SELF

Myths and psychotherapy both illuminate the narratives that shape human experience, offering pathways to self-discovery, transformation, and meaning-making.

The link between myth and psychotherapy is powerful, as both delve into the themes that shape human experience such as purpose, meaning, loss or responsibility; and influence an individual's sense of self and relationships. Both offer a way to understand self and help address profound questions that lie at the core of human existence: Who am I? Why am I here? How should I make sense of my pain? What should guide my actions? What does it mean to live and die?

This workshop explores how the timeless wisdom of myths can deepen our understanding of personal and collective struggles, providing a lens for change.

Session Format:

Through experiential exercises, storytelling, drama and discussions, this workshop integrates the transformative power of myths into therapeutic practice. It offers a rich, symbolic framework to help individuals and communities connect with universal stories of growth, resilience, and purpose, enabling them to reimagine their lives as part of a greater human narrative.

Join us for a journey into the mythic dimensions of psychotherapy, where the ancient and the personal converge to create meaningful paths to self-discovery.

Learning Outcomes:

Participants will:

- Examine archetypes as life scripts, uncovering their impact on personal narratives.
- Explore how myths address existential issues such as death, responsibility, and meaning.
- Engage in mythmaking to reframe personal stories and reshape life scripts.
- Use myths as a tool for memoir writing, fostering deeper self-reflection.
- Discover the role of myths in collective healing, amplifying marginalized voices and inspiring activism.

Who can attend: Open to all, not just psychotherapists or TA Trainees

ARUNA GOPAKUMAR

Aruna Gopakumar is a psychotherapist and Teaching and Supervising Transactional Analyst. And the current President of the SAATA. As the founder of The School of You (theschoolofyou.in) and Navgati (navgati.in) Aruna holds an engineering degree from Anna University and an MBA from IIM-Bangalore. She is the co-author of Penguin Published "And How Do You Feel About That".



SAMHITA ARNI

Samhita Arni has been retelling mythology in contemporary contexts since childhood. At 1, she wrote The Mahabharata — A Child's View, published in seven languages with over 60,000 copies sold. Her Sita's Ramayana, created with Moyna Chitrakar, was a New York Times Bestseller. She went on to write The Missing Queen, a speculative mythological thriller, and The Prince, a historical novel set in the Sangam era that won the 2020 Neev Book Award. In 2024, she received the New Indian Express Devi Award for excellence in writing. Based in Bangalore, Samhita works as a writer, consultant, and educator, and has taught at the Srishti Institute of Art, Design and Technology. She has also been training in Transactional Analysis, exploring how retelling myths can shape identity and cultural psyche.



TRANSITIONS, TRANSFORMATIONS AND EVERYTHING IN-BETWEEN

"Just when I think I have learned the way to live, life changes."— Hugh Prather

Life is a tapestry of transitions—some we eagerly anticipate, others catch us by surprise. From career shifts and evolving relationships to personal milestones and unexpected challenges, change is inevitable. Each transition shapes our identity, brings new choices, and invites us to grow. But it can also feel difficult or overwhelming as we leave the familiar behind.

In this workshop, we will explore our individual experiences and responses to significant life changes, and how we transform through them. Through reflection, embodied activities, and hands-on mending inspired by the art of patchwork, we will discover how our strengths and resilience come together to support us through life's transitions.

Session Format:

The workshop will be a reflective and interactive space inviting you to make meaning of your life's transitions. Through guided and experiential activities, we will explore personal transitions and connect with the unconscious aspects of our life stories. By engaging in the transformative act of telling and re-telling your narratives, you will gain a deeper understanding of your journey and discover new ways to navigate transitions. You will carry with you not just insights and reflections, but also a unique art-piece that you create during the workshop— a symbolic representation of your imaginal cells which will guide you through future transitions.

Learning Outcomes:

Participants will:

- Develop self-awareness about transitions and liminal spaces in one's life through the lens of Transactional Analysis
- Recognizing personal coping strategies, family narratives, and cultural influences that affect one's experience of transitions.
- Integrate fragmented life experiences into a symbolic artwork representing resilience and transformation in the tapestry of one's life.

Who can attend: This workshop is open to anyone navigating life changes, including professionals, students, caregivers, and individuals seeking personal growth.

ROSEMARY KURIAN

Rosemary Kurian is an educator and psychotherapist, and the Founder-Director of Lyminality Pvt Ltd, a human growth and expansion initiative. Her work fosters healing spaces that inspire Living with Integrity, Freedom, and Empathy (L.I.F.E). She holds a Master's degree in Psychology and Business Administration and is a Certified Transactional Analyst in Education. Rosemary also serves as the Secretary of SAATA and Managing Editor of SAJTA, a SAATA journal. She is an avid reader, spontaneous doodler, impromptu baker, and stitching and knitting enthusiast.



RADHIKA IYER

Radhika is an independently practicing psychotherapist, trainer, and supervisor based in Bengaluru. She holds an M.A. in Applied Psychology (specialization in Clinical Psychology) from Tata Institute of Social Sciences - BALM, Chennai. She is a certified Queer Affirmative Practitioner and a Diploma holder in Transactional Analysis. She is currently associated as an External Supervisor for Selves & Spaces team based in Chennai. In addition to her therapeutic work, Radhika is passionate about art and creating handmade products.



PHYSIS AT THE CORE: AN INTEGRATIVE APPROACH TO DEVELOPMENTAL PRACTICE

In this experiential institute, participants will explore the foundational values at the core of their being and how these values manifest physis—the innate force for growth and integration within us. As practitioners in the developmental fields like education, organisations, coaching and counselling, we are the primary instrument of change; therefore, transformation begins with deep self-awareness and the alignment of our inner and outer worlds. Grounded in Developmental Transactional Analysis (TA), this session integrates Eric Berne's concept of physis with Monica Sharma's work on consciousness-based Radical Transformational Leadership. Participants will engage in an interactive process to:

- Identify and articulate the values that shape their personal and professional identity.
- Examine how these values integrate different aspects of their being (thoughts, emotions, actions).
- Explore physis as the integrative force that harmonizes these elements to create authentic, value-driven practice.

TA-Based Approach to Coaching:

Transactional Analysis provides a powerful framework for self-reflection and transformation. In this session, we will apply key TA principles and concepts to help participants deepen their self-awareness and develop an integrative presence. This approach enables practitioners to recognize patterns, shift limiting narratives, and cultivate a values-based, systemic approach to developmental work.

Learning Outcomes:

Participants will:

- Gain a deeper understanding of physis as a unifying force in personal and professional growth.
- Reflect on their core values and how these inform their professional presence and impact.
- Apply TA principles to explore the integration of being and doing in their practice.
- Develop actionable insights for applying a value-based, integrative approach that fosters sustainable transformation.

Who can attend: coaches, counsellors, educators, facilitators, leaders, and change agents seeking a deeper, values-driven approach to work that fosters sustainable transformation—from the inside out.

Session Format:

- Guided self-reflection exercises to uncover core values.
- Group dialogues and experiential activities using TA concepts.
- Application exercises integrating key insights into real-world scenarios.

SURIYAPRAKASH C.

Suriyaprakash C., PhD, TSTA-O, C is an integrative life coach and a transactional analysis counsellor, facilitator, trainer and supervisor with a professional mission to “rehumanise work; revitalise life”. He can be reached at suriya@relationshwork.in.



PAL - POWER, AUTHORITY AND LEADERSHIP IN ORGANIZATIONS

Power, authority and leadership are all ideas that have long been part of the study of organizations. How one takes up power and exercises authority, both formal and personal, has implications for one's leadership which in turn impacts the primary task of the group or organization. This experiential cum conceptual workshop is to explore and make meaning of what is the nature of each of these, the dynamic interplay of the three and the conscious and unconscious dynamics that it generates. Transactional Analysis and Group Relations are two frameworks that inform the enquiry and exploration into PAL.

Session Format:

It's an experiential cum conceptual workshop format which will have spaces to experience and use that experience to make meaning through one's own conceptualization and presentation of some conceptual frameworks on the themes of power, authority and leadership.

Who can attend - It will be of interest to anyone who works in groups or organizations and is curious to explore dynamic interplay of power, authority and leadership and its impact on collaboration and achievement of goals of the organization. Managers, team members, HR and L&OD professionals, executive coaches may find it of particular interest.

Learning Outcomes:

The participants can look forward to exploring -

- one's beliefs about power, authority and leadership
- patterns of behavior that aid or impede one's exercise of PAL
- nature of unconscious dynamics and their impact on exercise of PAL

Who can attend: Anyone who works in groups or organizations especially Managers, team members, HR and L&OD professionals, executive coaches

GUNJAN ZTUSHI

Gunjan Zutshi, PTSTA-P is a psychotherapist, supervisor and trainer and deeply involved in working with individuals for personal transformation. She is also a certified organization development and change practitioner with over 29 years of experience. Her work, in both individual and group settings, is informed by psychodynamic and systems theories.



DEEPAK DHANANJAYA

Deepak Dhananjaya, is a psychotherapist, trainer, supervisor and Agile- Leadership- Organisation Coach. He is the co- founder of AgileSattva Consulting, an organisation development and transformation organisation in Bangalore. With a private clinical, teaching and supervision practice in psychotherapy, he is also the founder of Prabhava Institute of Inclusive Mental health that focuses on inclusivity in mental health education and services negotiating the boundaries of privileges and oppression of intersections of society (patriarchy, sexuality, class, caste, religion). He is an engineer and has a Masters in Sexuality and Sexual counselling.



CONFERENCE DAY - 1

EVENT SCHEDULE - HOTEL SAVERA

08:00-09:00	●	REGISTRATION
09:00-10:30	●	KEYNOTE SPEECH
10:30-11:00	●	BREAK
11:00-13:00	●	WORKSHOP 1
13:00-13:45	●	LUNCH BREAK
13:45-15:15	●	WORKSHOP 2
15:15-15:35	●	BREAK
15:35-17:05	●	WORKSHOP 3

20th September, 2025
SATURDAY

WORKSHOP 1

HALL	WORKSHOP
Sandesh	Awakening & Harnessing the Body's Wisdom Susan George & Vidya Dinakaran
Pine	The Courage to Feel: Stepping Into the Depths of Emotions in You & in Your Clients Aruna Gopakumar
Hampi	Physis in the Playroom: Case Studies in Working with the Somatic Child Emily Keller
Harappa	Updating my Script on Exams, Credentials & Performance Ragini Rao & Sailaja Manacha
Fondue	Self-Coaching Statement & 21-Day Challenge: A Pathway to Script Change & New Possibilities Raewyn Knowles

WORKSHOP 2

HALL	WORKSHOP
Sandesh	My therapist is on a break: Exploring the impact of therapist planned breaks on client experiences, therapeutic relationship, and supportive measures Gunjan Zutshi & Aanchal Munoth
Pine	Deeper Body Work of Cells (Workshop 2&3) Arul Dev
Hampi	My Inside Image of the Client Maya Lutay
Harappa	Embracing Kaleidoscopic Life: The Impact of Change and Emotional Resilience Raguraman K & Dr. Renuka Devaraj
Fondue	The 'I' in 'We'- Restoring a healthy 'I' by conscious relationship management (Workshop 2&3) Parimal Pandit & Suchitra Inamdar

WORKSHOP 3

HALL	WORKSHOP
Sandesh	Working With Couples: The Magic of Standing in the Fire Yashodhara Lal
Pine	Deeper Body Work of Cells (Workshop 2 continued) Arul Dev
Hampi	The Art of Kolams: A Creative Pathway to Emotional and Mental Well-being C. Mangalam Senthil
Harappa	Humour and Transactional Analysis: Goldmine and Minefield John Evans
Fondue	The 'I' in 'We'- Restoring a healthy 'I' by conscious relationship management (Workshop 2 continued) Parimal Pandit & Suchitra Inamdar

WORKSHOP 1

AWAKENING AND HARNESSING THE BODY'S WISDOM

SUSAN GEORGE Ph.D., TSTA (P) & Vidya Dinakaran

We invite you to an experiential workshop where we will explore the kaleidoscope of our sensations, feelings and thoughts using expressions, postures and movements, coupled with structured introspection, theoretical inputs and discussion. The objective is increased awareness of self, others and the situation and recognition of the possibility of change leading to identification and use of resources and movement beyond limitations. To facilitate this exploration, we will be using tools from NatyaSastra and Transactional Analysis

To create awareness of body-mind connect and invite the use of body's wisdom

THE COURAGE TO FEEL: STEPPING INTO THE DEPTHS OF EMOTIONS IN YOU AND IN YOUR CLIENTS

Aruna Gopakumar

Emotional transformation is at the core of healing. In this session we conceptualise emotions and examine how they are transformed in therapy. Integrating insights from outside TA literature, including works by Leslie Greenberg, Diana Fosha, and Lisa Feldman Barrett, the workshop offers practitioners effective techniques for working with emotions. Participants will learn how to skilfully evoke emotions, support clients in bearing intense feelings, uncovering underlying needs, and making meaning of emotional experiences. Additionally, the workshop introduces various action methods proven effective in psychotherapy for facilitating emotional engagement and transformation.

Deepen participants conceptual understanding of emotional pain, and equip them with greater skills

PHYSIS IN THE PLAYROOM: CASE STUDIES IN WORKING WITH THE SOMATIC CHILD

Emily Keller, PhD, LPCC, RPT-S

Explore the power of play and expressive arts therapy to help young clients—even when they don't say a word. In this workshop, we will explore progress and regression in the context of the psychological hungers for stimulus, recognition, and structure.

Dr. Keller will share case studies to explore how play therapy and expressive arts help clients process feelings and make significant changes to their developing life scripts. We will explore manifestations of the life script as presented verbally, emotionally, and behaviorally. We will also discuss how to assess for these changes in clients as well as in the family system.

My goal is for participants to trust the healing power of play and to understand how to implement play therapy through a TA lens without feeling it necessary to employ traditional talk therapy, which is developmentally inappropriate for young children.

UPDATING MY SCRIPT ON EXAMS, CREDENTIALS AND PERFORMANCE

Ragini Rao and Sailaja Manacha

Many of us have unhelpful messages and experiences in our personal narratives around exams. It impacts how we prepare, perform and show up for ourselves in exam related situations. To show up well and be effective in various evaluative situations like exams, credentialing conversations or appraisals we need to update our ideas and beliefs. This workshop will help us explore, express and update our beliefs. It will involve small group sharing, personal reflections, movement and expression of various kind. There will be very little theory and will be 90% activity and experience based.



SELF-COACHING STATEMENT AND 21-DAY CHALLENGE: A PATHWAY TO SCRIPT CHANGE AND NEW POSSIBILITIES

Raewyn Knowles

In this 120-minute session, we will explore the transformative power of the Self-Coaching Statement and the 21-Day Challenge to initiate script change and unlock new possibilities. These tools help disrupt limiting beliefs, form new behaviors, and align actions with personal aspirations. The Self-Coaching Statement encourages shifting internal narratives and overcoming self-imposed limitations, while the 21-Day Challenge fosters habit formation and consistency. Participants will learn how to integrate both strategies to create lasting change, overcome obstacles, and manifest their potential.

By the end, you will have practical tools to embark on a 21-day journey of personal growth and transformation.

WORKSHOP 2

MY THERAPIST IS ON A BREAK: EXPLORING THE IMPACT OF THERAPIST PLANNED BREAKS ON CLIENT EXPERIENCES, THERAPEUTIC RELATIONSHIP, AND SUPPORTIVE MEASURES

Gunjan Zutshi & Aanchal Munoth

This workshop is based on a research paper published in SAJTA which explored effects of planned therapist breaks on client experiences and the therapeutic relationship, focusing on clients' emotional and psychological responses before, during, and after the break. Emphasis was placed on uncovering the unconscious dynamics that surfaced during these breaks. Additionally, the study sought to identify proactive approaches therapists could take to manage planned breaks in ways that preserved, and potentially deepened, the therapeutic process, allowing these pauses to serve as valuable opportunities for clients' personal growth and self-exploration.

Participants will make further meaning through sharing of lived experiences of therapist breaks, which can further deepen our understanding of impact of such breaks.

DEEPER BODY WORK OF CELLS

Arul Dev

When people do counselling, therapy or coaching, often they miss to support the client to work at the deeper body layers. Our body has the nature of sponging and it absorbs energies, emotions, thoughts, memories from self and others. Deeper body work has been culled from Integral Yoga and are being offered as inner practices in a universal way. With our awareness and breath, we learn to drop deep within our body cells.

We support the body to choose wellness. We connect the body to Higher Consciousness qualities like Vastness, Joy, Silence and Light to heal and transform.

Help people to experience the power of deeper body work for integral healing and transformation

MY INSIDE IMAGE OF THE CLIENT

Maya Lutay

The master class represents the practical approach for situation of the lack of empathy with the clients that we experience from time to time. How to work in the situation of empathic disrapture. Explanation how to used concept of Richard Erskine (2008) "Developmental Image" of the client in such situations for recover the psychotherapetic contact. We will discuss how to use our imagination and intuition in work with difficult clients. We will talk about importance of our internal Developmental Image of the Client on the sessions with Fixed Child Ego states of the clients. We will consider the practical examples about that approach and will share our experience.

To give students the practical tool for work with the situation of Empathic disrapture.

EMBRACING KALEIDOSCOPIC LIFE: THE IMPACT OF CHANGE AND EMOTIONAL RESILIENCE

Raguraman K & Dr. Renuka Devaraj

In an ever-shifting kaleidoscopic life, where patterns emerge and dissolve, it becomes important to be resilient to the changing demands of stressful experiences. Being courageous helps individuals and systems create unique and ground breaking changes that can lead to the desired outcome.

The emotional resilience of an individual plays a vital role in decontamination and physis to pass through the ego states. Using the 'Feeling loop of Carlo Moiso', we will explore ways to identify the healthy responses that are needed for each authentic emotion to thrive at the emotional level.

Methodology: Questionnaires, Activities, Lectures and interactive learning methods

THE I IN WE : RESTORING A HEALTHY 'I' BY CONSCIOUS RELATIONSHIP MANAGEMENT

Parimal Pandit & Suchitra Inamdar

Relationships are foundations of human biographies and relationship patterns are seen throughout them. 'The I & We' workshop is built around learning about the universality of these patterns and acquiring the tool to look at one's own relationships on the backdrop of these universality.

The workshop employs a lucid, interactive and group learning format that brings home a nuanced insight into this important psychological construct called 'Relationships'. The workshop is based on 7 step process of forming relationships.

The objectives are-

1. A psycho-socio-spiritual framework of relationships.
2. Insights into the underlying of process of agency and building boundaries in relationships along with love and belongingness.
3. Creative exploration of 'thinking-out-of-the-box' concepts.

Through this workshop we hope to provide a tool for the professionals to understand the complexities of relationships and how to work with stuck patterns along with self knowledge.

WORKSHOP 3

WORKING WITH COUPLES: THE MAGIC OF STANDING IN THE FIRE

Yashodhara Lal

You may think working with an individual in therapy can be easily extended to couples; on the other hand, you may be afraid of couples work because of its intensity. This workshop explores the similarities & differences between TA and the Developmental Model of Couples therapy: As an infant goes through stages of growth, so does an intimate relationship – our work is to help couples move from the stuckness of Symbiosis to healthy Differentiation.

You will be engaged in discussing real-life clinical cases and gain a sense of the challenges– and rewards of couples therapy; and what it takes to change not one person, but a system co-created over years.

I hope for participants to gain an appreciation of the intricacies involved in Couples therapy, and the skills and techniques applicable for couples work that distinguish it from individual work

THE ART OF KOLAMS: A CREATIVE PATHWAY TO EMOTIONAL AND MENTAL WELL-BEING

C. Mangalam Senthil

A 90-minute workshop designed on using Kolams (the traditional South Indian art of creating geometric patterns) for emotional and mental well-being and how it can be a transformative experience. Incorporating kolams can add a new layer of creative mindfulness, self-expression, and emotional regulation.

The process of making Kolams is not only a form of cultural expression but also an act of mindfulness and meditation.

Kolams can be a powerful tool for improving emotional and mental well-being, as they encourage focus, creativity, and connection to the present moment. The act of designing and creating Kolams can be a grounding, meditative experience that promotes peace of mind, emotional clarity, and mental relaxation.

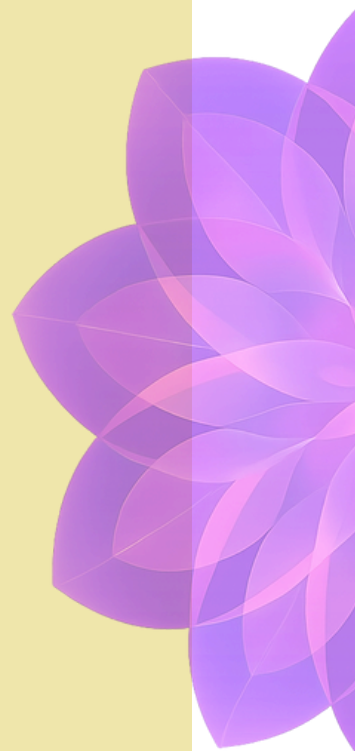
HUMOUR AND TRANSACTIONAL ANALYSIS: GOLDMINE AND MINEFIELD

John Evans

“The transactional analyst is well aware of the biological and existential function of humor, and does not hesitate to exploit it.”
(Eric Berne – Principles of Group Treatment 1966, p.288)

In this workshop John Evans offers an introduction to how humour and laughter can add vivid colour in TA practice, with potent possibilities for healing, and also the potential for destructive effects. The workshop will cover how humour and laughter are understood and dealt with by Eric Berne and other transactional analysis authors. We will consider humour and laughter in TA terms including through ego states, transactions, life positions, time structuring, games, script and relational concepts.

To bring forward the great positive and negative potential further into the awareness of TA practitioners, and those operating in related fields, and to share a colourful discussion in this space. There may be laughter...



CONFERENCE DAY - 2

EVENT SCHEDULE - HOTEL SAVERA

09:00-10:30	●	KEYNOTE SPEECH
10:30-11:00	●	BREAK
11:00-13:00	●	WORKSHOP 1
13:00-13:45	●	LUNCH BREAK
13:45-15:15	●	WORKSHOP 2
15:15-15:35	●	BREAK
15:35-16:35	●	WORKSHOP 3
16:35-17:30	●	THANK YOU & GOODBYES

21st September, 2025
SUNDAY

WORKSHOP 1

HALL	WORKSHOP
Sandesh	Make learning your superpower Dr. Sunita Nathan & Rajeshwari Bharath
Pine	Ace the Space Haider Jasdan & Deepa Kumar
Hampi	Prisms of emotions: exploring through art Sangeetha Dilipkumar
Harappa	Kaleidoscope of Identities Nikita Bandale & Dr Smita Fernandez
Fondue	Redefining Redecision Therapy: A Body-Based Approach to Sustainable Change Navinder Kaur & Jennifer Moses

WORKSHOP 2

HALL

WORKSHOP

Sandesh	Access your Inner Strengths Dr. Uma Narayanan
Pine	Relational Positions Sushma Ramachandran
Hampi	Demystifying Developmental TA Piyush Dixit & Eric Lee James
Harappa	"The Emotional Landscape: Navigating Preemptive Envy, Shame, and Vulnerability" Prathitha Gangadharan
Fondue	Scripted? Lights, Camera, Express! Sandhya Soundararajan & Srinidhi V

WORKSHOP 3

HALL

WORKSHOP

Sandesh	Perception is Deception Dr. Sumathi Narayanan
Pine	Star Model on Supervision Geethan A
Hampi	Vedantic Approach to an Alternate View on Ethics Suriyaprakash C
Harappa	Re-visiting Drama Triangle – from Adult Attachment perspective Abhijeet Punde
Fondue	Games Indians Play - Paper by Asha Raghavan The impact of the socio-economical conditions on the mental well-being of a new mother - Paper by N Hema Sreedharan

WORKSHOP 1

MAKE LEARNING YOUR SUPERPOWER

Dr. Sunita Nathan & Rajeshwari Bharath

The richness of one's life is truly determined by their commitment to learn, adapt and transform themselves every step of the way. 'How do I become more receptive to learn?' – this is the question we engage in. Through interactive discussions and hands-on activities, participants explore tools to determine their openness to learn, as a TA trainee or a student of life. This workshop aims to equip individuals to cultivate a growth mindset as they relook at their permissions and beliefs in their learning script. It helps harness everyday experiences for professional growth as well as personal fulfillment.

We hope to create an awareness around the permissions and limiting beliefs that manifest in the participants' learning journey. This, we believe, can equip them to continuously evolve, adapt, and thrive in a world of constant change.

ACE THE SPACE

Haider Jasdan & Deepa Kumar

This experiential workshop aims to foster deeper awareness of how we navigate and shape 'spaces'—be it personal, relational, or collective. Participants will explore their narratives around inclusion, exclusion, power dynamics, and boundaries. By delving into these themes, the workshop seeks to inspire greater authenticity, self-awareness, and the ability to create meaningful, safe spaces in various contexts. The ultimate goal is to encourage participants to reflect on their roles and behaviors in shaping spaces, empowering them to align their actions with values of equity, respect, and connection.



PRISMS OF EMOTIONS: EXPLORING THROUGH ART

Sangeetha Dilipkumar

The "Prisms of Emotions" concept offers a profound framework for exploring the intricacies of human emotions, encouraging participants to embrace the multifaceted nature of their inner worlds. By connecting emotions to a kaleidoscope, we draw attention to the dynamic, shifting, and interconnected aspects of feelings, illustrating that no single emotion exists in isolation. Through the use of expressive art therapy, this approach allows individuals to engage with their emotions in a tangible and creative way.

The session could provide valuable insights into how individuals perceive and express their emotions, while fostering a sense of shared humanity and connection using the modalities of expressive art therapy.

KALEIDOSCOPE OF IDENTITIES

Nikita Bandale & Dr Smita Fernandez

Intersectionality helps us understand how social identities—such as gender, caste, class, sexuality, disability and more—intersect to shape unique experiences of privilege and marginalization.

In this interactive session, we will use the conference theme 'kaleidoscope of life' to guide participants through reflective exercises to explore the 'kaleidoscope of their diverse identities' that shape their experiences. Together, we will examine how these identities intersect to influence personal privilege, marginalization, and the ways we engage with the world. During our presentation, we hope to create a space for participants to reflect on their intersecting identities and how these influence their experiences of privilege and marginalization. By guiding participants through introspective exercises, we aim to foster a greater understanding of how these dynamics shape their engagement with others and the broader world.

Ultimately, our goal is to inspire participants to embrace the beauty and complexity of their identities while encouraging critical reflection on systemic inequalities. We hope participants leave with insights that increase authenticity, spark personal growth and contribute to meaningful societal change.

REDEFINING REDECISION THERAPY: A BODY-BASED APPROACH TO SUSTAINABLE CHANGE

Navinder Kaur & Jennifer Moses

This workshop emphasizes viewing the redecision process as an ongoing journey rather than a one-time intervention. Building on McNeel's concept of injunctive messages, it integrates body-based approaches to address despairing script decisions often hidden beneath defiant ones. Participants will explore survival responses—freeze, flight, or fight—that keep clients trapped in despairing decisions (McNeel, 2010) and learn how to incorporate interventions into their practice to address these script decisions, fostering more sustainable redecisions.

We hope to help therapists view the redecision process as an ongoing journey, integrating body-based strategies to address despairing script decisions. While the cathartic expression of emotions is valuable, the workshop emphasizes how integrating body-based strategies can help clients move beyond survival states. This approach enhances the redecision process, enabling deeper and more lasting therapeutic change for clients.

WORKSHOP 2

ACCESS YOUR INNER STRENGTHS

Dr. Uma Narayanan

Being self-aware is important. Being integrally self-aware is rich and deeply fulfilling. We have eight different parts of our being, culled out from deep traditions of Integral Yoga. These are Physical, Senses, Dynamic Energy, Emotions, Objective Mind, Creative Mind, Integrative Mind and Deeper Self, each having their limitations and strengths. We explore experiential ways of how we can directly become aware of our parts of being, purify their limitations and strengthen their strengths. We bring light into our Inner Strengths patterns which offer a holistic view of our inner self and its dynamic interplay across our life, work and interactions.

Support inner development of our Being. Enable an integral view of our Being - Linking it to outer actions and interplay at life and work. Bring in more conscious awareness and inner practices to nourish our inner self.



RELATIONAL POSITIONS

Sushma Ramachandran

A simple yet profound tool to understand the relational position we choose in an Interpersonal relationship. When two individuals come together, we hold three positions- I you and us. Three positions are interlinked and ever-changing according life's demands, thus there is no ideal position. Like kaleidoscope we need to keep moving, to frame different positions, colours, perspectives, forming hues (merging – to adapt). But based on our scripty decisions, we move to a stuckness that disrupt the flow of the three position's interplay. This can lead to predictable ad repeated outcomes, staying in the same frame of reference and missing the possible hues.

DEMYSTIFYING DEVELOPMENTAL TA

Piyush Dixit & Eric Lee James

Julie Hay has described Developmental TA (DTA) in the book “Growth and Change in Organizations: Transactional Analysis; New developments 1995–2006”, edited by Gunther Mohr and published by Kulturpolitische Ges. in 2006. It describes how DTA can be distinguished from Psychotherapy TA (PTA) in its focus on health versus pathology and working in the here-and-now using Adult-Adult transactions. This workshop highlights the similarities and differences between DTA and PTA, with a special focus on illustrating DTA theories and frameworks that combine essential non-TA elements with TA theories to provide a roadmap for health and growth.

An understanding of Developmental TA and its focus, as different from Psychotherapy TA

"THE EMOTIONAL LANDSCAPE: NAVIGATING PREEMPTIVE ENVY, SHAME, AND VULNERABILITY"

Prathitha Gangadharan

The kaleidoscope of life reveals a spectrum of emotions, some familiar, others more uncommon and unsettling.

Pre-emptive envy categorises strategies or manoeuvres aimed at negating or reducing envious attack. It includes devaluation of self, appeasement and placatory activities, such as self-damage. Understanding the distinction between envy, jealousy, and healthy admiration helps recognize the unique qualities of each emotion.

Similarly, shame often creeps in uninvited, not necessarily due to wrongdoings but from a deep-rooted sense of not measuring up, of being inherently flawed.

These emotions are complex, entwining with self-doubt and societal comparisons, creating a discordant harmony in life's vibrant, shifting patterns. Yet, acknowledging them is the first step toward understanding.

The objective is to explore some of these and have an experiential session to talk about what comes up.

SCRIPTED? LIGHTS, CAMERA, EXPRESS!

Sandhya Soundararajan & Srinidhi V

As humans, we have a desire for intimate relationships and connections. Needs that play out in interpersonal spaces that are different from the need for survival and safety. These relational needs play out differently, in each relationship and context. The scripts we come up with as children, when our needs go unresolved are based on our limited cognition back then, and the environment around us. As adults, we unconsciously seek to replay these experiences- seeking out people that offer it. Are replaying scripts inevitable? Through relational needs, we bring an invitation to break free from it..

- 1. Identifying the interplay between Interlocking script system and Relational needs.**
- 2. Using Relational needs to break free from the script system playing out in the interpersonal context.**



WORKSHOP 3

PERCEPTION IS DECEPTION

Dr. Sumathi Narayanan

You are deceived by your perception of reality. Reality as one perceives may be not the actual reality. Perception is influenced by memories and conditioning. Also, your reality exists only in your mind. There are as many realities as there are individuals. So then you are deceived in to thinking your perception is real.

Experiments in the field of Quantum physics have proven that reality does not exist. Attend this session to use this consciousness to make better choices in life to realize your potential. Like Kaleidoscope, your life changes when your perception changes.

Enable participants to become aware of how their own perception can be changed for their own benefit.

STAR MODEL ON SUPERVISION

Geethan A

Star Model of supervision is my model. It is the result of my understanding various inter subjective models to make sense of my professional engagement with my supervisors and my supervisees. My curiosity about what happens in supervision, and what kind of supervision benefited me, and my supervisees led me to devising this model. It has been my go-to model to understand about how supervision helps the counsellor in their professional journey.

The star model is a combination of two triangles

1. Containing triangle BDF represents the ability to hold the experience of the client through the counsellor &
2. Connecting triangle ACE represents the ability to engage and make sense of multiple fields that impact the client sessions, during the supervision.

The combination of the two triangles forms the Star. A kaleidoscope of possibilities arises during supervision when using the STAR model.

VEDANTIC APPROACH TO AN ALTERNATE VIEW ON ETHICS

C. Suriyaprakash

In their 2011 issue of the Transactional Analysis Journal article in the theme issue on ethics, Anne deGraaf and Joost Levy argued for the need for an alternate approach to ethics in complex organisations, other than the current bilateral transactional thinking. they proposed six questions to be considered in such contexts. I presented a discussant paper in the same issue outlining the Vedantic perspective on those questions. In this session I would be sharing those questions and my Vedantic view of ethics from that lens and would invite participants to discuss the same from their own experiences.

RE-VISITING DRAMA TRIANGLE – FROM ADULT ATTACHMENT PERSPECTIVE

Abhijeet Punde

Karpman's drama triangle depicts three roles people take in their relationships viz. Victim, Rescuer & Persecutor. Looking at these roles from Adult Attachment perspective, each role seems to be well-practiced, albeit unconscious, attachment strategy aimed at maintaining connect with significant others.

This paper will present Drama Triangle from perspective of Dynamic Maturational Model of Adult Attachment & address following key issues -

- Why and when a person takes up one of these roles?
- What happens when people fail to take up these roles?
- As a therapist, transference issues one may encounter
- How to incorporate this in diagnosis and treatment plan?



GAMES INDIANS PLAY

Asha Raghavan

Through this paper as a TA practitioner in the field of psychotherapy I propose to examine Berne's concept of Games in the context of Indian culture and familial and social relationships. I intend to explore and analyze how our family structures, cultural beliefs and social hierarchy reflect in the games that we play which are peculiar to our country.

Through examining and linking the historical, cultural and personal significance of games I seek to redefine games that are unique and local to the Indian society and its value systems.

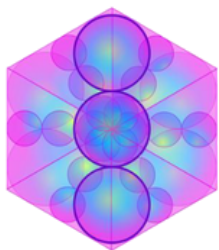
I hope to bring attention and reflection on the differences in the games played by people in the sub continent. in contrast with the western world

THE IMPACT OF SOCIO-ECONOMIC CONDITIONS ON MATERNAL ATTITUDES DURING PREGNANCY AND THEIR INFLUENCE ON CHILD DEVELOPMENT

N Hema Sreedharan

This paper explores the relationship between socio-economic conditions and maternal attitudes during pregnancy, focusing on how these attitudes influence child development. Socio-economic factors such as income, education, employment, access to healthcare, and social support are examined to understand their impact on maternal emotional states and psychological well-being during pregnancy. The study investigates how these conditions shape maternal attitudes toward the pregnancy, including feelings of stress, anxiety, and emotional turmoil and how these attitudes, in turn, affect foetal and long-term child development. The paper uses TA to highlight the importance of prenatal emotional environments and proposes targeted interventions to improve maternal mental health, particularly in socio-economically disadvantaged populations.

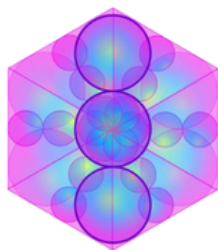
Raise awareness about the importance of the prenatal emotional environment and how socio-economic disparities can have lasting consequences on both maternal and child health.



Kaleidoscope of Life
SAATA Conference 2025

**Dear SAATA Conference
Presenters**

**Thank you for bringing your time,
wisdom, and energy to the SAATA
Conference 2025. Your workshop
added depth and richness to the
conversations, leaving participants
with insights that will stay long
after the event.**



Kaleidoscope of Life
SAATA Conference 2025

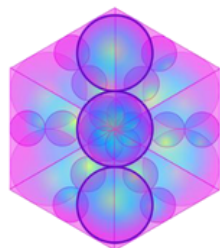
KEYNOTE SPEAKERS

Sailaja Manacha (TSTA) has been facilitating TA groups for 12 years in Bengaluru. She is passionate about living life and leading yourself at work with agency, conviction and focus. She has a special passion in Women leadership and has authored a book Step Up which was an Amazon bestseller in 2020. She is a Leadership Master Certified Coach from the International Coaching Federation.



Shiv Kumar is an HR and business leader with over 20 years of experience. Shiv specializes in organizational transformation and inclusive leadership. He currently leads HR at Merck India and has worked with Lowe's, Wells Fargo, and Wipro. A Wharton-certified Talent Strategy expert, PCC coach, and champion of Responsible Diversity, Shiv also mentors future HR leaders as guest faculty and board member, shaping the next generation with insight and practice.





Kaleidoscope of Life
SAATA Conference 2025

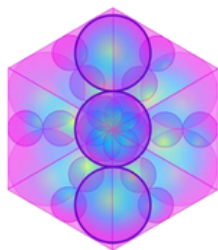
AWARD WINNERS

SAATA Service Award 2024: Awarded to **Ragini Rao** for her steadfast commitment and extraordinary contributions in service of SAATA and its growth. Over many years, she has taken on varying roles within the organization, demonstrating leadership, mentorship, and tireless operational work. She consistently fosters inclusivity and embodies the spirit of OK-ness. Her tenure as President was marked by resilience and grace, particularly during the challenges of COVID-19, where she spearheaded initiatives that kept our community, especially the volunteers, connected. Her quiet, yet effective ways of mobilising the organisation have been exemplary.



SAATA Professional Excellence Award 2024: Awarded to **Suriyaprakash C** in recognition of his lasting contributions to elevating the professional standards in the region. He played a significant role in conceptualising and bringing to life the DTAP program. Over the years he has run several workshops on diverse topics for the community. As a supervisor and trainer for several years, he has inspired others to set new benchmarks for professional excellence. In the last year, five of his students became Certified Transactional Analysts (CTAs). As a TSTA in both Counselling and Organisational fields, he has shown his dedication to continuous learning. Suriya's work has not only enhanced our professional community but has also significantly influenced the way we think about and practice our craft.





Kaleidoscope of Life
SAATA Conference 2025

INAUGURAL CEREMONY

Inaugural Address: Dr. N.C Rajamani, CEO of New Generation Media Corporation (Puthiya Thalaimurai TV), is a seasoned media leader with over 20 years in broadcast. Formerly with Astro Malaysia, he pioneered culturally resonant channels like Astro Vinmeen HD. At Puthiya Thalaimurai, he has driven digital transformation, crossing 10 million YouTube subscribers and introducing AR/VR studios. Known for his vision, innovation, and commitment to credible journalism, he is a respected voice in media and cultural storytelling.

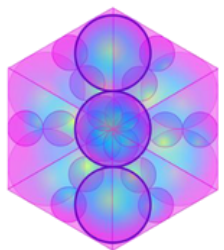
Chief Guest: Dr. J. Radhakrishnan, IAS (1992 Batch, Tamil Nadu Cadre), a distinguished IAS officer, Dr. Radhakrishnan is celebrated for compassionate, action-oriented leadership during crises—from tsunami relief in 2004 to Tamil Nadu's COVID-19 response. With global recognition, UNDP experience, and pivotal roles in health and governance, he is known as Tamil Nadu's crisis stalwart. Beyond duty, his lifelong guardianship of tsunami survivors reflects deep humanitarian values, making him an inspiring voice on resilience, public service, and empathy.

Inaugural Felicitators:

Dr. Saras Baskar, Founder CCF

Dr. Janani. S, Consultant Psychiatrist, Shraddha Psychiatric Clinic

Dr.R. Suryakumar, President TASC



Kaleidoscope of Life

SAATA Conference 2025

The SAATA Conference 2025, with its theme “The Kaleidoscope of Life,” is more than a professional gathering—it is a celebration of people, stories, and possibilities.

This booklet is offered as your companion, guiding you through sessions and introducing you to the voices that make this community vibrant. Our hope is that as you turn these pages, you feel part of something larger: a shared journey of healing, learning, and connection.

May this booklet remind you not just of schedules and names, but of the colours and conversations that stay with you long after the conference ends.



*With Warm Compliments
from:*



Colleen D'Souza

Coach · Mentor · Poet

*Founder of Letta Satori: Joy Awakened — a
sanctuary for rhythm, reflection, and revelation
lettasatori.substack.com*

Cedric D'Souza

Clinical Psychologist

*Founder, Therapy by Cedric
therapybycedricsouza.co.in*



Carla D'Souza

Vocalist · Music Educator

*Founder, Singing Clouds — Western Vocals &
Keyboard Training singingclouds.co.in*



The Burden of Identity

This article explores how identity shifts and reforms through loss, relation, and lived experience.

By Anil Kurian Thomas

NLP Trainer and Gestalt Practitioner

When a man enters a room, he uses a pen to write. When he leaves, a dog wanders in, picks up the same pen, and chews on it. The monk asks simply, “After the man leaves and the dog leaves, what remains in the room?” The object is the same, yet its function, meaning and identity change with whoever engages with it. A considerable part of self-knowledge arises through the relationships in which we participate, whether in an actual, physical space or augmented reality. The idea is close to what is called the “looking-glass self”, where we come to know ourselves through the imagined gaze of others, and to the relational self, which develops in continuous transaction with context (Cooley, 1902; Markus & Kitayama, 1991). Identity grows out of repeated environments, events and education, which leave behind permission, prohibition, promise and belonging. Through ongoing social feedback, these patterns settle into identity standards that guide how we live our roles and place ourselves in the world (Burke, 2007). The Ship of Theseus asks whether a vessel remains the same, even when all of its planks are replaced. I am curious whether this carries over into the definition of identity, too. If we change our beliefs, shift our values or alter the rules we once lived by, **are we still the same person?** Identity often develops through exploration and commitment (Erikson, 1968; Marcia, 1966) and when lived experience collides with inner standards, it leads to the painful discrepancies and inner conflicts between who we are and who we feel we should be (Higgins, 1987). Like the ship, what the world sees above the waterline are behaviours, posture and expression. Underneath are the values, beliefs and the idea of what feels possible or forbidden. A single change may pass unnoticed, but as contexts shift and roles dissolve; familiarity falters. Here, I remember what Judith DeLozier once said, “When life happens and familiar roles no longer seem relevant, the question remains, who am I now, and what am I becoming in this context?”

The chair often receives its clients at this very crossroads of life, when the anchors of identity give way. The change could be a role that no longer fits, a painful breakup, a job that is lost overnight or betrayal. These are the unfortunate hits of life, I think of Babylon, a city gleaming with gold, yet hollow at its core. Each time truth is abandoned just to keep the peace, each time belonging costs authenticity, a coin is paid in soul currency. The splendour of the city endures, but **only because citizens trade fragments of their truth**, small betrayals that accumulate like taxes, until vitality itself becomes the price. Long exposure to this kind of falseness leaves the body vulnerable and the immune system stands compromised. Research shows that prolonged suppression of self-expression is linked to elevated physiological stress and compromised immunity, a reminder that identity is both psychological and somatic (Slavich & Cole, 2013). Few experiences test identity as much as grief. One client, after the loss of her partner, shared lying awake through long nights, the bed feeling too wide. Another client, newly retired, spoke of rising early but lingering at the kitchen table, unsure what to do with the hours that once carried purpose and recognition. A mother whose children had moved out came with an ache, carried from days once busy that now seemed empty. Each of these experiences represent how life alters their belongingness, safety, contribution, engagement or identity, until familiarity itself is lost, like the Ship of Theseus dismantled plank by plank. The work is to attend to what occurs in their inner world, their body, and to hold space for ‘that’ with empathy and compassion, so that they could explore life and find new meaning in being and belonging.

Identity is a sum total of several aspects, from values and beliefs to capabilities and possibilities (Dilts, 1990). It is only through presence that we might be able to elicit and communicate with the part our client has brought to the chair today. The ego may speak with certainty about who it is, but as Judy shared with us, the self reaches further, carrying all that the mind cannot fully name. In the film *Split*, the protagonist checks with his multiple personalities who is “in the light”, as a way to elicit who is present. Arjuna on the battlefield refused to fight not because he lacked skill, but because the self in the light was not the warrior. It might have been the brother or the student. Sometimes, it is the self bound to an old promise, carrying out a task long past its relevance, like Sisyphus condemned to push his stone. At other times, it is a part of the self that revolves around a decision made in fear or obligation, unable to see that the present holds new choices. The task is to identify which self has stepped forward and to explore whether it can shift, creating room for **agency, flexibility and re-decision** (Erskine, 2015; Goulding & Goulding, 1979). Life’s own reflective spaces, and at times therapy, make room to notice where identity has been severed. By attending to breath, posture, narrative, we regain self-regulation and access to choice. This access restores agency and resilience, even in the face of change (Ryan & Deci, 2017). Sovereignty is the capacity to stay aligned when the ground shifts, to self regulate, like the captain of a ship whose planks are being replaced, the work is still to keep navigating the uncharted territory.

The Men's Circle

6-month online + in-person hybrid program

Facilitators



Sailaja Manacha
TSTA(P), MCC (ICF)



C. Suriyaprakash
PhD, TSTA (OC), PCC (ICF)

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Integrating Balance & Harmony

Family Constellations / Systemic Constellations

Bert Hellinger, the founder of Family Constellations, has provided insights into the influence of individual, family and spiritual conscience and how it works, and the question of what entangles or ties up a person in the fate of another, within the family and beyond.

Every human being is born into a family and shares a bond with everyone who belongs to that family. The 'family conscience' oversees the balance and survival of the family group and the fate of all individuals are held with this unconscious authority.

The family conscience attends to bonds within the system, the balance of giving and taking, the fate of the family members, and the 'orders' of the family system.

Constellations facilitate the healing of mind, body, spirit and the system or group within which one lives.



I believe that balance and centredness within our being can only be achieved by bringing harmony to the indivisible body, mind, and soul. Holistic wellness and healing takes place when we bring back the balance, transcending our entanglements, and moving beyond blame to an agreement with life as it is.

Annie Cariapa



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In-depth groups for personal growth and a pathway toward a career in psychotherapy.

About Chitra Ravi | Founder Seed TLC



An internationally accredited Teaching and Supervising Transactional Analyst (TSTA-Psychotherapy), Chitra Ravi holds a Master's in Psychology and has practised psychotherapy for over three decades. Drawing on 30+ years in corporate leadership—including Head of HR & Training roles—her work spans individual and group development, organisational consulting, leadership training, and executive coaching.

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A Space for Growth

A two-year journey into TA supervision and training

Rosalind Sharples TSTA(P)
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**International online program, 8 modules, 2 years,
starting January 13th, 2026**

Who is this for?

This two-year Transactional Analysis (TA) Supervision and Training program is designed for practitioners stepping into the roles of supervisor and trainer, offering a structured yet reflective path toward professional qualification.

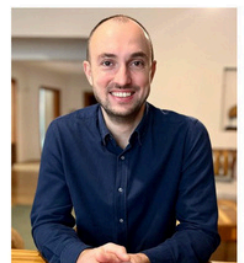
High-level Overview

Year 1 develops foundational identity, focusing on TA philosophy, ethics, and the transition from practitioner to trainer/supervisor. Key areas include transformational learning, contracting, and supervision models, all explored through cultural and systemic lenses.

Year 2 deepens this foundation with a focus on complexity, integration, and leadership. Topics include ethical ambiguity, exam preparation, and designing original models. Experiential learning and reflection build confidence needed to train and supervise effectively within the TA community.

Professional Contract

Each module is centred around a dedicated theme and includes theoretical concepts. However, the primary aim is to create space for co-creation and intersectionality, encouraging participants to bring their own curiosities, questions, and practice needs into the session. All 8 modules will be co-facilitated by both trainers.



Year 1 - 2026

Module 1 – January 13th Module 3 - May 12th
Module 2 – March 31st Module 4 - June 30th

Dates for **Year 2** - TBC

Fees

700 pounds or 800 euros/year/participant for four modules.

* NUMBEO system applies

* Option to pay each module in advance with a commitment to pay for the whole year



Karen Pratt

TSTA (Education) | ICF Professional Certified Coach (PCC)
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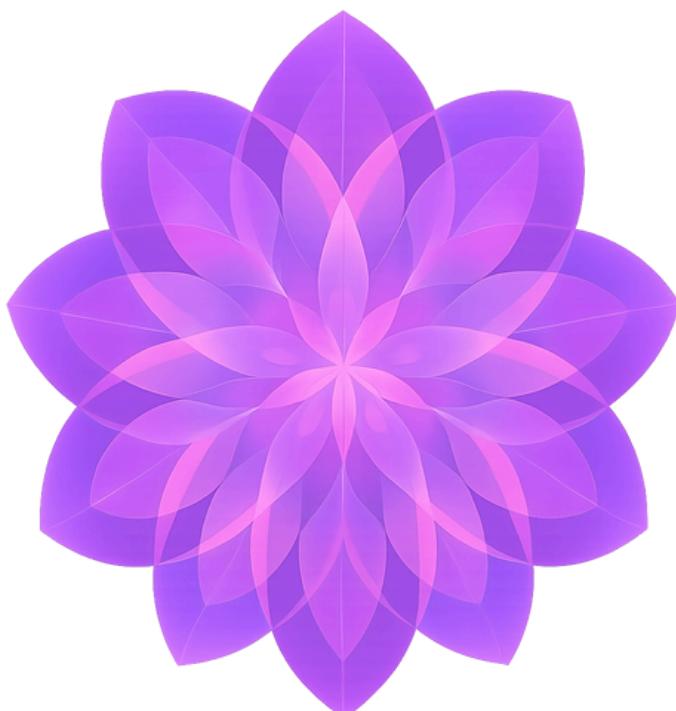
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BEST WISHES

I wish the SAATA community, and all those who join, a meaningful conference where we celebrate and live the values of love, peace, and humane, non-violent ways.

ELANA LEIGH





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Barbara Repinc Zupančič

Psychotherapist with 15+ years' experience; specialises in trauma, child & adolescent psychotherapy, creative supervision; she is an Integrative TA Supervisor – STA (P)

Marjan Zupančič

Certified Integrative Psychotherapist; works extensively with couples; background in leadership and management; passionate about relationships, photography, and the outdoors.



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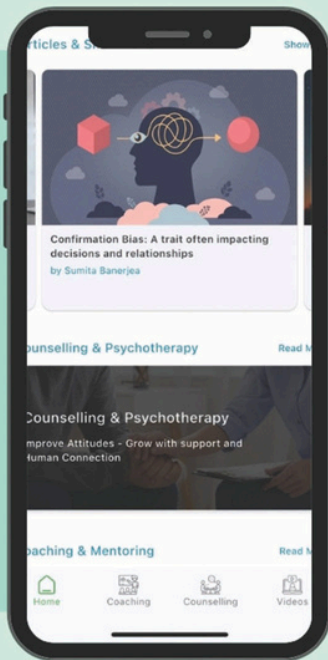


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