



SAATA Newsletter

Editorial Note

-Madhulika Rao

This year at SAATA has been phenomenal!

The P.K. Saru Memorial Lecture was a highlight, with an enlightening talk on “Focus in a Hyper-Connected, Yet Disconnected World,” celebrating P.K. Saru’s legacy with vigor and insight.

Diwali Edition 24‘



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Wishing you all a very happy and prosperous Diwali 2024 from the SAATA Newsletter Team.

We’re thrilled about our new leadership roles that promise to rejuvenate our research initiatives. Our community is flourishing, with new certified members whose dedication and hard work are truly commendable. Our EC has been bustling with activity, working seamlessly behind the scenes. Regular EC and BOT meetings have significantly bolstered our team spirit and strategic direction.

However, not all news is cheerful and it is with profound sorrow that I share the unexpected loss of our esteemed member, Seema Pradhan. Her contributions and presence were deeply cherished. We extend our heartfelt condolences to her family and loved ones during this difficult time.

Looking ahead, we are brimming with excitement and confidence in our trajectory. With a burgeoning, passionate community, innovative initiatives, and an unwavering commitment to our mission, SAATA is poised for even greater triumphs in the months and years ahead.

Mark your calendars for the 8th Biennial SAATA Conference in Chennai from 19-21 September 2025, themed ‘Kaleidoscope of Life.’ We eagerly anticipate your presence in large numbers, ready to celebrate and learn together! 🎉🌟

FROM PRESIDENT'S DESK

Aruna Gopakumar | President, SAATA

Dear SAATA Community,

What a vibrant and productive season it has been for us at SAATA! Our **Executive Committee** has been working quietly, efficiently and harmoniously behind the scenes. Regular, calendarized EC and BOT meetings have bolstered our collaborative spirit and strategic direction.



We had an **online SAATA Certified Members** meet where nearly 25 of us came together to talk about what connected us to SAATA. The participation encouraged us to plan an in-person meet for certified members in Coimbatore this year. Returning to Coimbatore for the first time since Saru's passing stirred profound memories, as we shared heartfelt stories and celebrated her enduring impact. The day also served as a wonderful opportunity to strengthen our bonds with one another, and the overwhelming feedback was **how deeply the SAATA community supports and uplifts each of its members.**



P. K. SARU MEMORIAL ENDOWMENT LECTURE

One of the key decisions made this year was to separate the **P. K. Saru Memorial Endowment Lecture** from the SAATA Conference allowing this event to stand on its own, in full glory. The first of these was a truly **vibrant gathering in Coimbatore** at an aesthetic school called Ananda that was the perfect backdrop for this special occasion. Kudos to the organizing team!

For the P.K. Saru Memorial Lecture, we had Aarti C. Rajaratnam deliver an engaging and thought-provoking talk on **"Focus in a Hyper-Connected, Yet Disconnected World"**. The event, full of energy and learning, was truly a celebration of P.K. Saru's legacy.

NEW LEADERSHIP ROLES

We are also excited to announce that **Piyush Dixit** has graciously taken over from **Suriya** as Vice President of Research. With his leadership, we are eager to revive and invigorate SAATA's research initiatives. In another step forward, we introduced a new and pivotal role within the organization - the **MLL Convener**. **Prathitha Gangadharan** will be our very first MLL Convener, overseeing the planning and execution of the **MLL 2025** in Bangalore this coming January.

AWARDS AND MORE

I am delighted to share that **Chitra Ravi** was the recipient of the ITAA Service award this year, in acknowledgement of her exceptional dedication and impactful service to ITAA over many years.

I am thrilled to announce the incredible growth we are seeing in our community of certified members. We now have three new TSTAs: Haseena Manipal TSTA (P), Raguraman TSTA (O), and Sudha Thimmaiah TSTA (C). Additionally, we welcome five new CTAs: Yashodhara Lal CTA (P), Piyush Dixit CTA (C), Josephine Devotta CTA (C), Eric James CTA (O), and Rajarajeshwari CTA (O). These new certifications are a testament to the dedication and hard work of our members, and we couldn't be prouder of their accomplishments!

We are also absolutely thrilled to announce that the 8th Biennial SAATA Conference will be held in Chennai from 19-21 September 2025. This year's theme, 'Kaleidoscope of Life,' serves as a beautiful metaphor for the intricate and extraordinary ways in which our minds perceive, experience, and absorb the world around us. We encourage you to participate in large numbers.

However, it is with a heavy heart that I must also share the unexpected loss of one of our very valuable members, Seema Pradhan. Her passing has left a deep void in our community. Seema's contributions and presence were cherished by all, and she will be dearly missed. We extend our deepest sympathies to her family and loved ones during this difficult time.

As we look to the future, I am filled with excitement and confidence in the direction we are heading. With a growing, passionate community, new initiatives, and an unwavering commitment to our mission, SAATA is poised for even greater achievements in the months and years ahead.

With warm regards,
Aruna Gopakumar
President, SAATA

8TH BIENNIAL SAATA CONFERENCE

We are delighted to announce that the 8th Biennial SAATA Conference will be held in Chennai, from 19-21 September 2025. This year's conference theme is 'Kaleidoscope of Life', a rich metaphor that captures the complex and magnificent ways in which our mind perceives, experiences and absorbs the world around us. We invite you to explore the dynamic interplay of thoughts, feelings, behaviours and, dive into a colourful world of insights and connections!

The program committee for the 2025 SAATA Conference is thrilled to invite submissions of proposals for workshops. We are thrilled to share that this time, presenters will have fresh and innovative opportunities to showcase their work, spanning from photographs and original artwork to performances, art installations, and beyond.

We encourage you to submit your proposals at the earliest to help us curate a diverse and attractive lineup when registrations open.

For further details and for submissions, please refer to the registration link below. <https://forms.gle/cryi8scyLM5epgvj8>

If you have any questions or need clarification, feel free to reach out to us at callforproposals@saata.org.

Together, let's create a richly patterned kaleidoscope of engagement and exchange!

Thank you,
The Programme Committee
SAATA Conference 2025, Chennai

SARU' MEMORIAL LECTURE

22nd September 2024 dawned as a beautiful day. Around 100 individuals convened at Ananda, Coimbatore, marking the third year of commemorating the professional and institutional legacy of P.K. Saru. As participants gathered, the atmosphere was a blend of reverence, remembrance, and unity, as participants came together to not only celebrate a life fully lived, but also a testament to the strength of those left behind. The presence of Saru's family made the event even more heart-warming.

THE PREPARATION

The preparation for this memorial event was meticulous, reflecting the deep respect the organizers and community held for the occasion. The location was at Ananda, a space fostering supporting development through movement. The serene place, with the elements of nature combined, helped create an atmosphere that invited joyful connections, experiential learning & an "Attitude of Gratitude"

THE WORKSHOPS

A total of 6 workshops were organised. Every workshop's facilitator brought in their unique expertise, helping the group connect their inner child to the theme, while safely exploring therapy through the senses.

Karuna Guruprasad, the owner of the venue, and a Certified Bothmer Movement Practitioner, provided a refreshing and playful way for participants to release stress, tapping into the energy and spontaneity of childhood.

Aruna Gopakumar, TSTA, President-SAATA & Samhita Arni, a passionate storyteller facilitated the theatre session. It provided a compelling opportunity for participants to personally connect with the Ramayana, allowing them to bring their own perspectives to these iconic characters. By reimagining the story through their individual lenses, it nurtured a profound sense of connection and creativity.

Kasturi Rengan, a certified music therapist, drum circle facilitator and a music wellness coach facilitated the music therapy workshop. He brought in music and rhythm as a channel to connect with emotions, delve deep and understand what they mean.

Mangalam Senthilkumar, a Professional Performance Storyteller, had the group mesmerised with her stories. With feelings of nostalgia, and evocation of strong emotions, participants found themselves reflecting on their own lives through the lens of these narratives.

Sangeetha, a Clay facilitator and Anish, a theatre facilitator brought in their own deeply reflective work through a Clay workshop. As the group got their hands dirty with clay, their hearts and minds embarked on a journey of self-discovery and exploration.

Priya.V, an internationally certified Zentangle trainer and art therapist, guided the group through a meditative session using just paper and a pen. It was a revelation to discover the therapeutic power hidden within simple lines, curves, and dots.

THE LECTURE

As the crowd assembled, the ceremony commenced with a warm welcome from Aruna Gopakumar, President of SAATA, who shared inspiring tales of Saru's resilience and fortitude. A video montage featuring Saru infused her indomitable spirit into the gathering.

Aarti C. Rajarathinam delivered an inspiring Endowment Lecture on the theme of "Focus in Today's Hyper-Connected, Yet Disconnected World." Aarti's years of dedicated research, coupled with her quick wit, immediately set the tone, engaging the audience from the start. Her lecture delved into the stages of a child's learning processes, offering insights into how children's natural curiosity and intelligence are often limited by modern education systems, which place undue emphasis on academic knowledge alone.

What stood out was Aarti's interactive approach. Her approach went beyond traditional lecturing, as she skillfully led the audience through purposeful activities aimed at deepening their comprehension and internalization of the concept of focus. Through active engagement, the group explored various facets of human attention and concentration and learned how focus can be cultivated, even in a world overwhelmed by distractions. Aarti's engaging style not only made complex ideas accessible but also left the audience reflecting on the importance of nurturing a child's full intellectual potential beyond academics.

Rosemary Kurian presented the Vote of Thanks, appreciating all those who came together as a team to make this event a success. She expressed her gratitude to the organizing team, the venue owner for generously offering the space, the accommodating venue staff, the workshop facilitators, the SAATA development team, and all the participants for their involvement and support.

REFLECTION AND UNITY

Throughout the day, reflective interludes were interspersed within the event. Attendees were deeply engaged in workshops, punctuated by moments of quiet reflection that allowed everyone to individually and collectively honour the memory of Saru. The gentle rustle of the wind, the birdsong, and the earthy scent of wet grass added a natural serenity to the day. The unity of the community was palpable. People who might not have known each other before the event found themselves standing side by side, bound by a shared sense of remembrance, learning & celebration. It was a day to celebrate the resilience of the human spirit, showing that while loss may leave a void, the memory of our loved ones will forever live on in our hearts.

ABOUT THE AUTHOR

Padma Gayetri V is a practicing Psychotherapist and a Trainer. She is a Transactional Analyst, under supervision. She is currently serving with the Indian Air Force at Coimbatore as their Psychological Counsellor, and Faculty. Through her initiative – "Mira-Our Healing Space", she provides psychotherapy sessions to clients, and conducts training sessions for corporates and educational institutions on psychological wellness.

She holds an Masters degree in Applied Clinical Psychology, a Post Graduate Diploma in Guidance and Counselling and a Diploma in Community Mental Health. She is a Certified NLP Practitioner, a PoSH trainer and a QPR Certified Suicide Gatekeeper. She is trained in Gestalt, ACT, Trauma-Informed therapy, CBT & REBT.

She lives in Coimbatore with her husband and son. She believes in the healing power of human connections, and strives to make the world better, one baby step at a time.

Aligned with SAATA's commitment to establishing a professional identity for Transactional Analysts in the South Asian region, the PSD team, along with dedicated volunteers, has been investing extensive time to identify optimal strategies for addressing the mental health needs within the local demographic.

In June 2024, PSD organised the SAATA Diploma Markers Workshop, led by facilitators, C. Suriyaprakash, TSTA (O), and Prathitha Gangadharan, PTSTA (P). The workshop brought together a group of five participants, comprising both seasoned markers and newcomers to the process. Designed as a highly collaborative session, the workshop encouraged active participation and knowledge-sharing among all attendees. The group worked together to refine their marking skills and deepen their understanding of the SAATA diploma process, ensuring a thorough and cohesive approach to their roles as markers. The handbook is now updated on the website.

PSD is also actively engaged in the development and review of a comprehensive D-TAP (Developmental Transactional Analysis Practitioner) Standards Document, designed specifically for the application of Transactional Analysis in non-therapy settings. PSD is committed to ensuring that the document is thorough, relevant, and aligned with current professional standards, offering a valuable framework for practitioners while utilizing TA in developmental and non-clinical contexts.

PROFESSIONAL STANDARDS DIVISION UPDATE

We would like to acknowledge Ria.D 's instrumental support in PSD's efforts to standardise the various exam handbooks in accordance with professional standards. As she transitions this responsibility to Swetha Tawker, we extend our heartfelt thanks to Ria for her exceptional contributions and dedication. We warmly welcome Swetha to her new role and look forward to her engagement.'

Calling for Content Writers/Developers!

SAATA is seeking a Content Writer/Developer to develop, standardize, and format content for all SAATA documents. The role includes providing content support to various divisions. Candidates must have proven experience in content writing, editing, and development, with strong attention to detail and formatting skills. Compensation is commensurate with experience, requiring a commitment of 2 working days per week. **If you're interested, please email PSD@saata.org**

Jennifer Mercy Moses
On behalf of the Professional Standards Division

SAJTA Update



Celebrating Our Journey and Updates for 2025

As we draw closer to 2025, SAJTA is thrilled to share exciting updates and plans for the upcoming year. Over the past months, our Editorial team comprising of Abhijeet Punde, Asha Raghavan, Gunjan Zutshi, Laxmi Sivaram, Nikita Bandale and Vaaruni Sundar have been hard at work. We are now entering an important phase with a vision to elevate both the quality and accessibility of our journal. I want to highlight some of our key initiatives and invite the community to get involved in shaping the future of SAJTA.

1. JULY 2024 EDITION – A MILESTONE RELEASE

We are proud of the hard work that went into the release of our July 2024 edition. This edition saw a remarkable variety of exciting and informative articles. In this issue, <https://bit.ly/sajta-volume-10-July-2024>, we featured the following articles:

1. Mental Health of Caregivers of Physical Ailments through the Lens of Transactional Analysis and Socio-Political Psychotherapy | Authors: Aanchal Munoth, Maryann Manasseh, and Nandhini Thangavelu
 2. The Role Economy Corral: Gaining Effectiveness and Resilience | Author: Raguraman K
 3. A Transactional Analysis Model of Motivation: The Dynamic Motivation Pyramid | Author: Till Schulz-Robinson
- Congratulations, dear Authors!

2. "MEET YOUR WRITER SELF" WORKSHOP – CONTINUING SUCCESS

One of our flagship initiatives, the "Meet Your Writer Self" workshop, received widespread appreciation for its depth and impact. Designed as a reflective space for writers to explore their limiting beliefs that stand in the way of their writing, while discovering permissions to write and create the beautiful written word; the workshop offered participants an opportunity to unlock their creative potential. Based on the overwhelmingly positive feedback, we are continuing with this workshop in 2025, ensuring more writers can benefit from the rich, reflective environment that it fosters.

3. SAJTA WORKSHOP COMMITTEE

We are excited to introduce our dynamic new committee, comprising the enthusiastic and dedicated Abhijeet Punde, Laxmi Sivaram, Nikita Bandale, and Rosemary Kurian. This team is committed to creating enriching learning and reflective spaces aimed at fostering both academic and creative writing. Their focus on nurturing writers and promoting growth in these areas will be invaluable to our community.

4. SAJTA ON YOUR FINGERTIPS

In today's digital age, accessibility is key. Recognizing this, SAJTA is launching the "SAJTA on Your Fingertips" drive, an initiative aimed at making our content more easily accessible to readers and authors. This will enhance engagement, allowing more people to discover and interact with SAJTA - articles and our authors.

This drive is one of our cornerstone projects as we move into 2025, ensuring that no reader or author feels disconnected. Thank you Nikita Bandale for making this happen!

Click here to access SAJTA on your Fingertips
[SAJTA Master.xlsx](#)

With this momentum, we look forward to the January 2025 edition, which promises to be another milestone, featuring diverse perspectives on TA, its applications and ideas from allied fields.

2025 Plans – Workshops and Calendar of Events

1. As we prepare for 2025, we are putting together a rich calendar of events and workshops. Our workshops will offer interactive, reflective, and skill-building sessions, aimed at enhancing engagement with SAJTA and encouraging writing. The calendar of events by SAJTA will be published on the SAATA website.
2. One of the key highlights of 2025 will be our efforts to upgrade SAJTA in alignment with specific quality standards necessary for ISSN and DOI registration. This upgrade will be a significant stride towards increasing the visibility of TA in both academic and professional spheres, making SAJTA a more prominent platform in the field of psychology and beyond. We need your support in making this happen. Please write, write fearlessly, write more!
3. Call for Volunteer Facilitators – Join us on this journey!

SAJTA's growth depends on the collective expertise of its community. If you are a published author, or someone with experience and knowledge to share, we invite you to volunteer and help new ideas flow. This is your opportunity to make a difference by mentoring, offering workshops, or simply sharing tips that empower individuals in their writing journey. We are open to any topics you feel would support and encourage writers.

If you are interested in offering a workshop, please get in touch with the following details:

- Topic of your contribution
- Duration of the workshop
- Preferred date

WWW.SAATA.ORG

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TRANSACTIONAL ANALYSTS

SAJTA

ON YOUR FINGER TIPS



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SCAN ME



OFFICIAL E-JOURNAL OF THE SOUTH ASIAN
ASSOCIATION OF TRANSACTIONAL ANALYSTS

SAJTA - Now at your fingertips

As we move towards 2025, we're excited about what's in store. With initiatives like the "Meet Your Writer Self" workshop, "Academic Writing" workshop, "Mark Widdowson Research Methodology" workshop, the "SAJTA on Your Fingertips" drive, SAJTA is on the path to becoming more accessible, impactful, and aligned with the highest standards of quality.

We look forward to your continued support and involvement in making these plans a reality.

Warm Regards,
Rosemary Kurian
Managing Editor, SAJTA

OPERATIONS TEAM UPDATE

We are elated to share that we continue to grow as a community and SAATA membership as on date stands at over 350 members. We also continue to collaborate with other TA organizations around the world to bring benefits to our members. Furthermore, SAATA and IARTA entered into a collaboration, where IARTA is offering its membership at a 50% discounted fee for SAATA members. In addition, the Operations team remains focused on ensuring the effective execution of SAATA's work. For any issues regarding membership or any enquiries, members can write at contact@saata.org

That's all for now from the Operations team. Stay tuned for more.

Gunjan Zutshi
VP - Operations

DEVELOPMENT TEAM UPDATE

The 11th session of TA Thursday session was held in Aug'24. Yashodhara Lal Sharma, CTA presented her SAJTA article 'A New Spin on Permission Wheel'. More than 40 participants attended the 90 min session.

In a highly engaging session, Yashodhara presented the Permission Wheel that was introduced by Laurie Hawkes. After making participants familiar with the concept, she introduced her additions to the Permission Wheel and their relevance.

In an engaging manner, Yashodhara encouraged participants to draw their personal Permission Wheel and brainstorm on additional facets of the Permission Wheel.

Yashodhara took the session ahead by introducing the practical applications of the permission wheel in the therapy room – right from diagnosis to treatment planning.

Through the discussions of experiences and engaging discussions, participants gained insights into the concept, development and applications of the Permission Wheel

Participants highly appreciated the session as being engaging, thought provoking and pragmatic

TREASURY TEAM UPDATE

SAATA has obtained a GST registration as per the requirement of the GST law. Therefore, 18% GST would be applicable on all charges / fees collected by SAATA from its members as well as non-members.

Chitra Ravi is the recipient of the ITAA Service Award, in acknowledgment of her exceptional dedication and impactful service to the association over many years. Chitra's unwavering commitment is evident through her diverse involvement, demonstrating her leadership skills and ethical responsibility. Here are key highlights of her significant contributions:

1. IBOC COCHAIR:

In 2012, Chitra assumed the role of IBOC Cochair, overseeing the examination process with a focus on administration, organization, and, crucially, providing guidance to exam candidates. She demonstrated thoughtfulness and ethical responsibility, especially in challenging situations such as handling complaints.

2. ITAA BOARD OF TRUSTEES REPRESENTATIVE FOR THE SOUTHEAST ASIA REGION:

Chitra actively represented the interests of members from the Southeast Asia region on the ITAA Board of Trustees, ensuring their voices were heard and their concerns addressed.

3. ITAA VICE PRESIDENT OPERATIONS:

In the role of ITAA Vice President Operations, Chitra managed various responsibilities with prudence and energy, including liaising with committees, budget planning, and serving as the primary link between the board and standing committees. She was also involved in planning the 2020 World TA Conference.

4. ITAA PRESIDENT:

Accepting the challenging role of ITAA President in 2020, Chitra steered the organization through unprecedented challenges posed by the COVID-19 pandemic. She continued to be actively involved in planning the 2020 World Conference as president-elect and helped manage the challenging aftermath that resulted from the pandemic.

Chitra Ravi



Chitra's acknowledgement in her own words

By the time I officially got to know about this award, I had already lost the most important relationship in my life, my dear husband, Ravi! When it was announced at the ITAA Board meeting, I recall thanking everyone and smiling yet feeling a deep sense of disconnection with it.

Years of having worked in different roles for the ITAA, as a IBOC co-chair, regional representative of India-Asia, VP-Operations and finally the President seemed almost like an era of service, resembling an 'employment' of sorts. Especially, the final role of the ITAA President, with the early mornings and late nights, often filled my years with almost impossible deadlines, collaborating and pushing all of us to think outside the box. My term as the ITAA President was tough, yet an incredible chapter in my life.

I believe when you give something, you receive much more, often a mountain more! Not just the award, that's a culmination perhaps. You receive all the learning, experience in working with significant challenges, different time zones, various kinds of people from their unique cultures, differences, titles, egos, etc. from every corner of our mother earth!

Receiving the ITAA 2024 Service Award has not been just a personal achievement, but it has certainly been a collective effort of everyone who were a part of each meeting, each activity, each initiative and all those who lent their support while I held these various roles!

Even before the ITAA, my work was on the SAATA board! This regional body is almost like a soft-gloved hand that holds each of us in our various roles, in meetings, every event, conferences, MLLs, etc. The SAATA Community has much more to offer than just training for our certifications. This is a group of people who have formed a collective, offering learning opportunities and positions as metaphorical 'changing rooms' for us to try on various roles, to find our fit, while continuing to make alternations and being readied for higher challenges, within SAATA and on the global landscape!

I convey my gratitude to the ITAA Board and Committees, and my friends and colleagues in SAATA, especially mentors like P.K. Saru and those who actively offered support, like Suriya, Susan, Annie, Sai and Ragini. I honour my dear husband, Ravi, who's support was invaluable, although he's no longer here with me. I deeply acknowledge my dearest daughter, Mansi Ravi, who is my team and support in all that we do! I thank my family and friends, without whose unwavering support especially this past year, things would have been rough for me.

While I felt disenchanted initially with it, at the ITAA AGM award presentation, I felt a renewed sense of pride of having been a part of this global body for so many years. A celebration, organized by Deepak, Sapna, Prathitha, Ragini, and Sai, honoured the award and was attended by friends, trainees, and SAATA colleagues. This event helped me feel truly recognized and allowed me to celebrate the award alongside everyone.

As I conclude my role with ITAA, I reflect on this era with fondness and look forward to many new paths and adventures that can become possibilities!

- Chitra Ravi

SAATA mourns the loss of our beloved member: Dr. Seema Pradhan



It is with a heavy heart that we share that our beloved colleague, Dr. Seema Pradhan, PTSTA (P), passed away on August 3rd, 2024, Saturday, following a massive heart attack. We are still coming to terms with this unexpected loss.

Seema was a Transactional Analysis trainer, supervisor and a practising psychotherapist in Bangalore, India. In the last few months, she was actively preparing for her TSTA exam. In the previous edition of the Transactional Analysis Journal, there is an article authored by her, titled "Satisfaction with Life and Psychological Well-Being in TA Trainees." In this article, she analysed data collected from 200 TA students demonstrating a positive correlation between TA training and life satisfaction and psychological well-being.

Seema was working as a counselling psychologist at Fortis hospital. She had 40 years of experience in counselling and psychotherapy, specializing in depression, grief and interpersonal relationships. That she was a committed scholar is evident by the string of degrees to her credit including PhD, MSc (Psychology), M.Phil (Psychology) and MA (Psychology). She was also an active researcher and worked as a research counsel at Vipassana Research Institute (VRI), India.

Seema was a gentle person, always smiling and radiating warmth. She is remembered for her ability to offer kind words to everyone she encountered. She was an important member of this community, and her absence will be keenly felt. We are forever grateful for the positive impact she had on the lives of those around her. Seema is survived by her husband Vijay, her daughter Radnyee and her son Sarvesh.



CONGRATULATIONS

TSTA

Sudha Thimaiah

Raguraman K

Haseena Manipal

PTSTA

Gunjan
Zutshi

CTA

Yashodhara Lal

Eric James

Rajarajeshwari

Subramaniam

Piyush Dixit

Josephine Devotta

Diploma Awardees

Monali Deshpande

Prekshya Saraf

Ruchi Bhave

Swati Ramgopal

Sabina vinod

V Priya

Mohini Singh

Nishtha Sinha

Neha rungta

Ashwini P A

Aanchal Munoth

Rajkamal Baddepudi

Shiwani Gurwara

EXAM EXPERIENCES

CTA Experience

Writing my CTA exam was not at all a linear journey, some days I had so much of enthusiasm and on some other days I would sit there and question myself about what I was doing and where was I heading to.

Whenever I was on the latter road, I reminded myself of what my supervisor Suriya always said - "trust the process". Some other things that helped me stay on course were, I had wonderful friends in two of my peer trainees. We met every week online until we submitted our written exams. We held each other accountable for continuing to write. I broke down the writing to tiny bits and blocked my calendar to work through it. It was not easy to juggle between a full-time job, managing a eight year old as a single parent and writing 24,000 words for CTA. It did seem daunting at times!

I kept going back to my supervisor for supervision. Every supervision sharpened my answers. While I did all of this, I was deferred in my written exam. I was initially very frustrated, but later I took the word 'deferred' in its literal sense and went back to resubmit my exams after multiple supervisions. This time I passed with 91% and that was an amazing feeling. With that rigor I went on to prepare for my orals. With just 3 months left, my trainee friend and I kept meeting to discuss about TAJ articles and our own questions about our recordings. Multiple supervisions at this stage helped to look at the recordings at the transaction level and helped bring different perspectives. Feedback from the mock exam helped sharpen my preparation further. And in the oral exam, the entire experience was very OK-OK. Most importantly, the examiners held that space very well for me yet challenging me with their questions. Overall, when I reflect, I moved from **OK-NOT OK to NOT OK-OK to OK-OK**. What a fulfilling experience this has been!



Rajarajeshwari Subramaniam

**Shiwani Gurwara**

My exam writing experience was one full of moments where I discovered myself. In addition to that, all the concepts of TA that I had learned in the training became crystal clear. I took up some concepts to write about purely from a perspective of wanting to get clearer about them.

I do not think I really set myself a deadline per se by which I wanted to finish the 4 questions. I picked the question that spoke to me and then stayed with the questions for many days. I would then think up of the concepts I wanted to use to write about the question and then again, this would stay with me for a few days. The next step was generally putting down a format and pointers. Once this was done, I pretty much wrote the actual article in a flow, drew the diagrams, and edited it once before taking it for review with my supervisor.

Discovering my rescuer tendency and uncovering the second order structuring along with the work that I did in therapy were some of the highlights of the exam writing process. I found a lot more of myself in this process!

Diploma Experiences

In the journey of writing my Diploma exams, several times I found myself ranting to my friends – “Not only can’t I use my work to ignore my messy life, but I am also supposed to make diagrams about the mess I am in and add a reference to it”. It was so unfamiliar to be writing an exam that is not only useful in my real life but is about my real life. And one would think that makes it even more motivating to write the exam – but it also comes with very real resistance as well. Looking back, as frustrating and overwhelming it got at some points to make the never-ending corrections, or conceptualize my miseries using Life Positions, I am eternally grateful to the process. It helped me see the incredible progress I had made in my TA journey and my personal life. It made me feel excited about the ‘Adult’ I have become. It gave me an avenue to document my growth – not only as a TA trainee, but as an individual. Having tasted, the high-inducing experience of writing the foundation diploma, I am ready to walk on the path of working towards the CTA and grow in this community.

**Nishtha Sinha**

TRIBUTE TO IAN STEWART AND MARK WIDDOWSON

BY ASHA RAGHAVAN



**Dr. Ian Stewart
(1940-2024)**

In this Issue we offer tribute to two of the stalwarts of the International Transactional Analysis community who have tirelessly engaged in TA Training and through their books promoted and popularized TA throughout the world.



**Dr. Mark Widdowson
(1973-2024)**

Originally an Economics lecturer at the University of Nottingham, Dr Ian Stewart's foray into the TA world brought the rigor of academic excellence into the TA community as he tirelessly contributed through trainings, academic writing and workshops.

His primary contribution -TA Today, co-authored with Vann Joines is the bible for all of us in the field of TA and a ready reckoner for a simple and effective understanding of its concepts and application. His brilliant mind and rigor has enriched the TA community.

His other books include TA Counselling in Action, Developing TA Counselling, and Key figures in Counselling and Psychotherapy. A true legend, his work will continue to live through his books and the large fraternity of people he influenced with his work and presence.

A few of us have had the honor of engaging with Mark in a Depression-focused research program in India or benefited from his supervision. His premature passing at such a young age creates a profound void within the TA community.

Mark Widdowson was a psychotherapist whose range of work covered trauma, depression, anxiety, sex, and sexual problems. He worked at the University of Salford in addition to the numerous trainings, client work, research and Ted talks that he engaged in to impact the learning journey, professionalism and effectiveness of TA.

His book Transactional Analysis-100 key points and techniques has made TA accessible and offered practical guidance to beginners and practitioners of TA. The book is divided into seven parts and covers philosophy, theory and methods, new developments and approaches to TA, perspectives on the therapeutic relationship, client assessment, contracting and treatment planning, common pitfalls and refining therapeutic skills.

His other works include Transactional Analysis for Depression and a forthcoming book- Transactional Analysis: the basics. Mark's contribution is immeasurable, and his presence will be sorely missed.

A Contribution from the "MEET YOUR WRITER SELF" Workshop

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I am in wonder...
I am in an all-inclusive space
I feel alive and vulnerable
I am in the space where there is permission to be!

I am in an all-inclusive space
Where everything happens!
I am in the space where there is permission to be!
I feel exhilarated and alive!

Where everything happens!
This is the place I want to be!
I feel exhilarated and alive!
I am feeling on top of the world!

This is the place I want to be!
I am where I want to be!
I am feeling on top of the world!
Yes, I want to be here, nowhere else!

I am where I want to be!
I feel alive and vulnerable.
Yes, I want to be here, nowhere else!
I am in wonder yes, sure I am in wonder!!

-By
Sundar
Rajan

The SAATA workshop was a wonderful event that helped me a great deal in honing my skills on writing.

I enrolled for this workshop with an objective to pick up valuable tips and guidelines to improve my writing skills in general and as a content writer in particular. Actually, my requirement was to improve my writing style specifically and imbibe the tips in my writing right away, and I wasn't disappointed! The team of SAATA got to work in right earnest by giving hands on assignment to be done then and there.

They gave a few sentences which were very generic and told us to pick one and write a few lines. I found that a bit difficult because I had to construct the entire story relevant to that line in a few minutes!

The highlight was the 'poem' that we were asked to construct bit by bit! It was amazing to find that I could write a poem after all! **I certainly enjoyed the whole experience, which was energizing and informative.**

CREATIVE CORNER

Cartoon Quip

