



19th Australasian Transactional Analysis Conference, Rydges Hotel, Rotorua 2008

Proposed Conference Programme

This programme is in the final draft, however it is subject to change. The timetable and choices from the various streams is yet to be completed. This paper offers you the presentations and workshops that are planned for the pre-conference institutes and each day of the conference. All events take place at the Rydges Hotel, Rotorua.

Tuesday & Wednesday 28th & 29th October 2008

TA 101 with Sean Manning

The TA 101 course is the official introduction to transactional analysis. Over a minimum of 12 hours you will begin to understand what transactional analysis is about. It can be a wonderful insight and experience even if you have no wish to continue TA training.

You can use this course: -

- For your own interest and growth -
- To go on to further training in TA -
- To improve your own professional approach ""
- Apart from work you might want to use it to improve your relationships, or how you communicate so that you have more opportunities in life.

You will learn:

- why you might think, feel and behave the way you do
- how improved communication improves your relationships at work and at home
- how to avoid those familiar patterns of behaviour that have the same negative outcomes
- how you can think better about yourself and about others
- the importance of contracting with others so that you, and they don't make assumptions
- how to have a more fun in life

Who would benefit from attending this course?

- Individuals, managers, team leaders, clinicians, project managers, HR, health professionals, counsellors, teachers, group facilitators, people in the helping profession, those interested

What learning outcomes will you achieve?

- The basic Transactional Analysis theory
- Communication pathways for increased fulfilment and satisfaction in your relationships with others.
- Consideration of individual and group dynamics, and the impact these have on work situations.

Seán Manning is a TSTA and psychotherapist from Dunedin. He has published several articles on antisocial behaviour and on the unconscious, has edited two books, including the second volume of selected articles from the TAJ, has served on the Board of the ITAA and is currently president-elect of NZAP. He plays stringed instruments badly and with great enthusiasm.



Tuesday & Wednesday 28th & 29th October 2008

Vital Rhythms - The Phenomenology of feeling alive – with Graeme Summers & Sue Eusden

We are offering participants an opportunity to inquire into and explore their own experience of vitality in relationship with others and/or themselves. We will share some ideas about vitality drawn from disciplines of neuroscience, positive psychology and Co-creative TA. This will specifically include reference to the emotional "seeking" system (Panksepp) which is thought to support our capacity for curiosity, arousal and desire. This leads us to consider the importance of attending to our own vital rhythms. The workshop format will be presented in a creative mix of teaching, experiential work and discussion.

Learning Outcomes Participants will:

- know Panksepp's four emotional systems.
- understand how the seeking system links to positive psychology and TA
- understand how this relates to their own rhythms of curiosity, arousal and desire
- know what enhances their own vital rhythms.

Graeme Summers is a Certified Transactional Analysis Psychotherapist who now works as an executive coach and trainer based in the UK. He has an honours degree in Psychology from Brunel University, London and a post graduate diploma in Transactional Analysis (TA) Psychotherapy from Metanoia Institute, London. He was a practicing UKCP registered psychotherapist in England from 1994-2006. He also worked as a lead trainer and then Director of Training for the Counselling and Psychotherapy Training Institute, Edinburgh (1997-2006). Since 2005, he has been an Executive coach within Executive Education at London Business School working with senior executives worldwide. He has published several psychology related articles and chapters including Co-creative Transactional Analysis (with Keith Tudor) and RECIPE4change.

Sue Eusden is a Provisional Teaching and Supervising Transactional Analyst (clinical) and runs a private psychotherapy and supervision practice in the South West of England and Edinburgh, Scotland. She teaches on the M.Sc. transactional analysis program at Metanoia Institute in London. She has been the Chair of Ethics for the ITA and is currently the Vice Chair of the ITA. Her passions are understanding and working with primitive processes and relational possibilities, transference and transformation. She works with both adults and young people on the autistic spectrum and is curious about how we develop a mind of our own that is vital, affective and connected to others. She is also interested in transformative learning and the challenges of teaching relational psychotherapy.

Thursday 30th October 2008

2pm CTA exams

2-5pm FREE Writers Workshop with Seán Manning
This three hour workshop is for conference delegates who would like to explore and enhance their writing abilities, skills and scope. Email: mandy@starpotential.co.nz to enrol.



Thursday 30th October 5:00pm Conference Registration

Thursday 30th October 6:00pm Powhiri, Welcome, Conference Opening, Guest Speakers: Charlotte Daellenbach & Eru George

Friday 31st October 2008

8:00am – 8:50am

Dream matrix

The social dreaming matrix is a place out of which something grows, a womb, a place to question and to associate to dreams, which gives us the chance to move beyond the known and play together with the unknown. The social dreaming matrix at this conference offers an opportunity to be part of the exploration of our collective unconscious in the context of transactional analysis and our part of the world.

9:00am – 9:15am

Morning welcome and notices

9:15am – 10:30am

Keynote Speaker: Graeme Summers

Graeme Summers is a Certified Transactional Analysis Psychotherapist who now works as an executive coach and trainer based in the UK. He has an honours degree in Psychology from Brunel University, London and a post graduate diploma in Transactional Analysis (TA) Psychotherapy from Metanoia Institute, London. He was a practicing UKCP registered psychotherapist in England from 1994-2006. He also worked as a lead trainer and then Director of Training for the Counselling and Psychotherapy Training Institute, Edinburgh (1997-2006). Since 2005, he has been an Executive coach within Executive Education at London Business School working with senior executives worldwide. He has published several psychology related articles and chapters including Co-creative Transactional Analysis (with Keith Tudor) and RECIPE4change.

10:30am

Morning Tea

11:00am – 4:30pm Three streams with the following presentations timetabled to choose from.

Title: How your past has created your present, and how you can use the law of attraction to create your future.

Presenter: Linda Gregory

This workshop will be looking at our early scripts, beliefs systems, and experiences, and how these have shaped and manifested what is in our life at present. Most people want to create abundance and happiness in their lives, but don't realize that early negative beliefs about self, others, and life may well be blocking their positive intention. Unconscious beliefs carry strong energy vibrations that may well sabotage what we are choosing to manifest on a conscious level.

The law of attraction (The Secret) is being talked about in wide circles, and science and particularly quantum physics is discovering that our world is created by consciousness.

In this workshop we will look at how to firstly clear old beliefs from the past that may have been blocking efforts to manifest in the present, and then we will do some experiential exercises into how to use the law of attraction to create desires in the future.

“You must clean up your past before you can create your future.” (C. Tipping, Radical Manifestation).



This workshop is an introduction to a book that I am writing and hope to have ready for the conference.

Dr Linda Gregory Ph.D Murdoch University, Western Australia, BA Social Science, Curtin University, Western Australia. Graduate Diploma, Counseling, Edith Cowan University, Western Australia. Teaching and Supervising Transactional Analyst Clinical, ITAA & WPATA. Certified Imago Therapist. Linda has had 25 years experience in private practice and teaching and supervising. Her passion is integration of Transactional Analysis and Spirituality.

The Decontamination and Expansion of the Therapists Adult Ego State.

Presenter: Maurice Vaughan

This paper is delivered under a conference theme of honouring our past, our people, the present and the future. While it is important to honour our past and our people this can be a very subjective and selective process affirming that which closely reflects our own construct of meaning. Our people and our past hold and embody a collective narrative that supports the business of psychotherapy. To hold the present with confidence and to project ourselves as a credible profession into the future it is useful to examine our history, the ground we stand on, not from our vested perspective but from the alternative narrative of those who critique us. The paper will introduce a range of critiques of the counselling psychotherapy industry providing you with a platform for self supervision and reflection.

Maurice E Vaughan CTA. Dip Tchng. BEd. MEd. Dip AOD Works. Cert IV Workplace Assessment & Training. Health Economist.

Maurice is a counsellor/psychotherapist with a background in education, economics and counselling. He has worked in both Australia and New Zealand in a variety of institutional settings including universities and prisons. Maurice Currently works as counsellor/psychotherapist at the Otago Polytechnic in Dunedin New Zealand. Maurice has an interest in the efficient and ethical delivery of social services and clinical expertise in domestic and workplace violence, and developing, delivering and evaluating programs in prisons and therapeutic rehabilitation communities.

Title: Facing the Fear of Death

Presenter: Margaret Bowater, MA, TSTA

Everyone alive must die, sooner or later. *What ripples are you creating for the future?*, asks Irvin Yalom, in his latest book, *Staring at the Sun*. “*What will they put on your tombstone?*” asks Eric Berne, sardonically observing the elderly stuck in script. And *How can dreams help?* asks Margaret, reflecting on two remarkable sequences of dreams, one from a 94-year-old man (see her article in the *TAJ*, April 2008); the other from a young woman when her mother died. Participants will be invited to share thoughts and dreams from their own or others’ experience.

Margaret Bowater is a senior psychotherapist and tutor with a special interest in dreamwork. Since 1986 she has led hundreds of dream workshops, written dozens of articles for professional journals, published the book *Dreams and Visions – Language of the Spirit* (Tandem Press), and continues to value the role of dreams in her own and her clients’ lives.

Sex therapy is relational : Keep the baby- change the bathwater.

Presenter: Fran Parkin

Sex therapy has often been characterized as a set of specialized skills, revolving around an understanding of dysfunction and specific techniques that hold the key to change. Whilst not discounting the importance of specific knowledge and understanding, this paper contends it needs to be integrated with new understandings of relational patterns and unconscious processes.

The author highlights the usefulness of an integrative approach that utilizes appropriate permissions and information but posits these approaches in a wider relational context. A relational paradigm is used to explain the development of sexual patterns, their maintenance within a couple or relational setting and implications for the therapeutic relationship.



Fran Parkin M. Couns. PTSTA

Fran is a psychotherapist and counsellor who works in a group practice in Wellington. She specialises in working with couples and sexual issues and has written and taught on this topic over the years. Her interest in this field began in her days as an educator for the Family Planning Association in Wellington and Australia.

Title: Ego States and States of Mind

Presenter: Seán Manning

The concept of 'states of the ego' or 'ego states', survives reasonably well in the twenty-first century, especially in the light of Daniel Siegel's (1999) discussion of states of mind. However, some modifications in the theory are useful, to bring us up to date. Specifically:

Not all introjects become ego states

Internal voices are not necessarily ego states

We have fewer ego states than previous theory has suggested.

Clinical vignettes are presented and a discussion of clinical work is hoped for.

Seán Manning is a TSTA and psychotherapist from Dunedin. He has published several articles on antisocial behaviour and on the unconscious, has edited two books, including the second volume of selected articles from the TAJ, has served on the Board of the ITAA and is currently president-elect of NZAP. He plays stringed instruments badly and with great enthusiasm.

Title: Brain Enhancing

Presenter: Odette Reader

Statistics reflect an epidemic of chronic disease including chronic pain, depression, anxiety and mood disorders. New research seeking the best practices of orthodox and non-orthodox (alternative) medicines has brought together Eastern and Western cultures to investigate the efficacy of specific nutrients which enhance the functioning of neurotransmitters in the brain.

This workshop will introduce participants to published peer-reviewed, evidence-based nutritional protocols that have been shown to be affective in the management of many mental health conditions. Contra-indications, drug reactions and interactions will also be discussed.

Dr. Odette T. Reader DC, CTA, PTSTA brings to her work an understanding of the 'mind-body' connection. She has had an interest in nutrition for many years and incorporates its principles in her work as a chiropractor and psychotherapist. She practices with the basic philosophy of 'drugless' mind-body health care by improving nutrition.

Title: The power of written conversation and re-decision

Presenter: Izumi Kadomoto

At Kawagoe Youth Prison, where the presenter has been working, juvenile offenders write their diary every day under contract. The staff in charge of them read it and write back some feedback every day. This intensive written conversation is not only an internal dialogue of them but also a dialogue with "other". As they reflect themselves through writing in a safe way that only written materials are dealt with, they change and re-decide. The therapeutic and educational significance of the diary will be discussed in the perspective of transactional analysis.

Izumi M. Kadomoto is PTSTA, and a clinical psychologist working within judicial system in Japan. Now Izumi is working with young offenders in a national prison, after 15 years in the detention/assessment centre for juvenile delinquents. Furthermore, she teaches and supervises people in and out of her workplace.



Title: Leadership & EQ connections to past, present, future.

Presenter: Mandy Lacy

More workplaces and organisations are realising that emotional intelligence (EQ) is what is making the difference. Evidence tells us organisations that focus on emotional intelligence outperform those that discount the 'soft skills' and only focus on 'facts and dollars'. So what are the 'soft skills'? And what is EQ? How are leadership and EQ related to past, present, future thinking and practice? How does EQ impact on a leader's performance and how we experience leadership? This workshop will explore these questions and more.

"Emotional literacy is a source of personal power indispensable for success in today's world." Steiner (2003) Using Eric Berne, Daniel Goleman and Claude Steiner's work there are fascinating and enlightening connections that can be made between transactional analysis, emotional intelligence and leadership.

Mandy Lacy PTSTA Organisational. Mandy works with leaders, individuals, teams and organisations. She has a unique understanding of organisational, group, team and individual dynamics that is the cornerstone and interface with increasing potential, competency and capability. Her philosophy is that professional and personal development goes hand in hand and is the essence to clients achieving their goals and dreams.

Title: Time Perspective Concept in Transactional Analysis

Presenter: Marina Tomasevic

The first half of the XX century was virtually psychoanalysis province – "the age of Freud", with the second half of century witnessing flowering of other approaches, some of them as its relatively strong antithesis. Psychotherapies' approaches have had a common theme that they assist the clients to find pathways to their constructive future, having the following factors – helping clients develop positive feedback for their negative past, keeping affection, acceptance and approval for their negative present and assisting combined use of positive feedforward and feedback systems to overcome their negative view of the future.

What happens if time dimensions (past, present, future) were restricted to here and now without feedback and feedforward systems in place? How is TA responding to it?

Marina Tomasevic has completed a Master's Degree in Medical Science (Social Psychiatry), Bachelor's Degree in Social Pedagogy and certification and accreditation in Transactional Analysis. I hold position of the Head of Faculty of Community Services at King's International College and run a small psychotherapy practice at Gold Coast, Australia.

5:00pm

NZTAA AGM

Free Evening



Saturday 1st November 2008

8:00am – 8:50am Dream Matrix

9:00am – 9:15am Morning Welcome & Notices

Three streams with the following presentations timetabled to choose from.

Title: Straws and Potatoes

Presenters: Jan Grant and Rhae Hooper

Surfacing values through experiential learning. What we do models what we teach. Experience and understand your values around adult learning and the culture created by that.

This is a 3 hr experiential workshop for all people who run workshops, training courses or seminars for other adults. It's also highly appropriate for those who may be planning to do so. The trainers will model the teaching and use research from Yalom, Leiberman and Miles as well as Nathaniel Gage. It will be a forum for all participants to experience, reflect and share as well as to set goals for future groups they may be conducting. It will be suitable for all levels and fields of participants.

Presenters: [Jan Grant](#) TSTA (Ed, Couns) and [Rhae Hooper](#) PTSTA (Ed)

Embodiment of Transactional Analysis – past discoveries, present understandings and possible futures

Presenter: Gordon Hewitt

The workshop looks at how past discoveries in human biology have informed transactional analysis theory, where we are up to at the moment and explores how future discoveries may impact on our models.

I will draw on work from neurobiology, physiology and evolutionary biology to examine transactional analysis theories including ego states, scripts, drives and others. This continues the tradition of Berne to be concerned that our theoretical framework is not in conflict with other findings about human nature. We will also see that recent discoveries help inform both our theories and our practice. I will also consider how future discoveries in genomics and neurobiology may effect both theory and treatment.

[Dr Gordon Hewitt](#), M.Sc. (hons), Ph.D., CTA, TSTA, MNZAP, MNZAC

I originally trained as a biologist and taught genetics as a Senior Lecturer at Victoria University of Wellington for 25 years. I trained as a marriage guidance counsellor in the 1970's and went on to train as a psychotherapist, completing my Certified Transactional Analysis qualification in 1978 and my Membership of the N.Z. Association of Psychotherapists in 1981. I passed my Training and Supervising Transactional Analyst=s examination in 1989 in Brussels.

From 1988 to 1993 I was Head of the School of Health Professions at the Central Institute of Technology where I established courses in Counselling, Psychotherapy and Clinical Supervision. I also taught for a time at Metanoia Psychotherapy Training Institute in London. I am now in private practice and run a private psychotherapy training course based on Transactional Analysis. I have recently completed a three year term as President of the International Transactional Analysis Association. I am currently Deputy Chair of the Psychotherapists Board of Aotearoa New Zealand. I am married with two grown up children.



Title: Toward gender autonomy. Understanding transgender journeys through a Transactional Analysis frame
Presenters: Suzanne Johnson and Geraldine Lakeland

Using Transactional Analysis concepts and theory, we will describe the transgender journeys of two clients as they change biological sex and develop new, more authentic gender expression.

We will discuss gender as both a personal and social identity and how gender variant people struggle to achieve an authentic identity when they cannot adapt to limited, culturally imposed gender categories. Rather than viewing gender transgression as pathology, gender dysphoria is seen as emergent parts of the self.

We will describe how therapeutic relating can empower these clients to re-author their lives and to develop an authentic and stable sense of self.

Geraldine Lakeland TSTA, MSc (TA Psychotherapy) is a clinical Transactional Analyst, and works as a supervisor and trainer in private practice in Wellington. She is a co-director of the Wellington Transactional Training Institute. She works with a range of clients and specializes in sexuality and gender.

Suzanne Johnson PTSTA, MSc (TA psychotherapy), is a clinical transactional analyst, supervisor and trainer. She works in private practice with a diverse client group. Suzanne has a particular interest in postmodern and social constructionist views of identity development. Gender identity continues to be an area of clinical and cultural interest as she views gender as diverse and variant and as a fundamental expression of one's (potentially) authentic self.

Title: The Art of Wanting
Presenter: Sandie Forsythe

What happens inside us when we are asked what we want? Who answers and why?

Wanting is one of our earliest experiences and remains a window into our unconscious internal dynamics. Asking our clients what they want is central to contracting for change in Transactional Analysis therapy. This presentation revisits contracting by exploring some responses to these three questions and takes a closer look at the relationship between 'I' and 'wanting'.

Some of our ideas about wanting, its worthiness and its place in the human life, are embedded in our various forms of culture. When is wanting ok? Are some kinds of wanting ok and not others? And what does love have to do with it? Poets have been writing for centuries about these concerns, and so their words are interwoven with experiences from the therapy room.

Therapy changes our experience of our selves, our relationships with others and the experience of wanting in a variety of ways and some of these are explored. Asking our clients what they want may be one of the most illuminating and potent steps in the therapeutic journey.

Sandie Forsyth MNZAC

Sandie works as a therapist for a social services agency in Dunedin, doing mainly individual therapy with adults and some group work. She has been training in Transactional Analysis in the field of Psychotherapy for about eight years. Presenting is a chance for her to share her thinking with others and to read her favourite poems out loud.



Title: Minding the Gap**Presenter: Sue Eusden**

Contemporary TA psychotherapeutic literature is now focussed on intersubjectivity and the vitality and challenge of two person relating. I am interested in what happens between people, how the past, present and future are held in therapeutic encounters and are transferential and/or transformative. How that brings us to enactments and the vitality of paying attention to the "gap".

Minding the gap is about attending to client – therapist dialogue, explicit and implicit, staying exquisitely curious about what emerges and available to explore the dynamic disturbance that may unfold.

This workshop will draw on theories of intersubjectivity and mentalisation to explore the challenge of minding the gap and consider how this can take us to our edges of risk and uncertainty in the service of transformation.

[Sue Eusden](#) is a Provisional Teaching and Supervising Transactional Analyst (clinical) and runs a private psychotherapy and supervision practice in the South West of England and Edinburgh, Scotland. She teaches on the M.Sc. transactional analysis program at Metanoia Institute in London. She has been the Chair of Ethics for the ITA and is currently the Vice Chair of the ITA. Her passions are understanding and working with primitive processes and relational possibilities, transference and transformation. She works with both adults and young people on the autistic spectrum and is curious about how we develop a mind of our own that is vital, affective and connected to others. She is also interested in transformative learning and the challenges of teaching relational psychotherapy.

Integrating Transactional Analysis in work with children with sexualised behaviours**Paula Howe: Certified Transactional Analyst (psychotherapy), MSc Psychology and Counselling, BA(Hons) Psychology**

This presentation concerns the work undertaken at the Stop Children's Programme, Christchurch with children demonstrating sexualized behaviour. I will present a brief overview of the programme, and focus on how the programme works within many cultures, predominantly the child's family system, school culture, and the effects of the wider culture on these systems, as well as on the language used to describe children with sexualized behaviours. I will then describe how transactional analysis is an exciting and useful modality to use in this work, as on a professional and personal journey the culture of STOP and transactional analysis become integrated in my work. This will be demonstrated using case examples.

Paula Howe: Before moving to New Zealand in 2005 I worked in private practice in the United Kingdom. Prior to private practice I worked in the English National Health Service in the psychological services, and I completed my CTA exams in 2002 in Edinburgh.

I returned to work after a break with my children in New Zealand and currently enjoy working part time on the Adolescent and Children's Programme in Christchurch, as well as being mum.

An experiential workshop in transactional analytic psychotherapy**Charlotte Daellenbach and Jo Stuthridge**

This workshop offers an opportunity both to explore personal issues and develop practical skills in transactional analytic psychotherapy. We will use a relational approach to transactional analysis working with the past as it unfolds in the present, through the analysis of transference, script and ego states, in order to create a new future. Please come prepared to participate. Limited to 12 participants.

[Charlotte Daellenbach](#), TSTA, MNZAP works as a psychotherapist, supervisor and trainer in a private group practice in Christchurch. She has been an active and passionate trainer of transactional analysts since 1986. Charlotte has held many different offices with the ITAA and T&CC over the past two decades. She is currently editor for the Training and Examination Handbook of T&CC and a board member of WPATA.

[Jo Stuthridge](#) MSc, TSTA, MNZAP is a psychotherapist and supervisor with a private practice in Dunedin. She is co-director of the Physis Institute, which provides training in transactional analysis psychotherapy. She is currently serving on the editorial board of the Transactional Analysis Journal.



Lakes DHB Maori Health**Eru George, Arama Pikirau and Dr Candy Cookson-Cox**

This workshop will start at the beginning and explore the connections, inter-connections with the past, present and future for Maori, for Maori receiving health and social services and for those providing Maori with health and social services.

Saturday Conference Dinner**Sunday 2nd November 2008**

8:00am – 8:50 am

Dream Matrix

9:00am – 9:15am

Morning Welcome & Notices

9:15am – 12:30pm

RECIPE4change by Graeme Summers

RECIPE4change is a memorable coaching psychology guide designed to stimulate and support people making lasting and rewarding changes. It prompts the use of a range of thinking styles, emotional management and sustained activity in service of chosen goals. It is informed and inspired by current coaching psychology research and could be used as a meta model in conjunction with other psychological approaches. In this workshop you are invited to test drive this model in relation your own personal or professional development. We will make links to relevant TA concepts as we work.

12:30pm – 1:00pm**Closing & Poroporoaki**

1:00pm

Lunch

