THE Script

VOL. 54 NO. 03 | MARCH 2024

IN THIS ISSUE

New *TAJ* Book Review Editor 3

SEC Webinar With Diane Salters 4

Three People In Your Head Podcasts 5

New ITAA Treasurer 6

In Memoriam: Curtis Steele and Nancy-Porter Steele 7

Training and Certification News 9

Guatemala TA Conference 11

Mulit-Level Learning 12

Chitra Ravi Honored With 2023 Service Award

by Thorsten Geck



We are delighted to announce that Chitra Ravi is the recipient of this year's ITAA Foundation 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.

itaa
INTERNATIONAL TRANSACTIONAL ANALYSIS ASSOCIATION

In addition to these responsibilities, Chitra's exemplary service during the Covid-19 pandemic extended to:

- Steering the restructuring project of the ITAA C6
- Facilitating the onboarding of the new lawyer for C6, Barbara Rhomberg
- Maintaining a sustained and fruitful collaboration with EATA in various areas
- Effectively managing the on-boarding of a new administrator (HAM) when the ITAA administrator left

Chitra's dedication, ethical decision making, and effective leadership have significantly contributed to the growth and success of the ITAA (now the ITAA Foundation). Please join us in thanking Chitra for her contributions and in congratulating her on this well-deserved award. (She can be reached at chitra.seed@gmail.com .)



Becoming the *TAJ* Book Review Editor

by Jr-Earn Lam

We are delighted to announce that Jr-Earn Lam has agreed to become the new TAJ *book review editor following the departure of Ed Novak from that position. Jr-Earn is a Provisional Teaching and Supervising Transactional Analyst in the education field. She leads the design and delivery of leadership programs for corporate executives in a leadership consultancy based in Singapore. Jr-Earn also pioneers educational TA learning in her region. Her writing and research interests include adult learning, learning scripts, high ability learners, teams, and leadership. The following are some of her reflections about her new role. Welcome Jr-Earn!*

I took on the role of the book review editor for the *Transactional Analysis Journal* (*TAJ*) at the start of 2024. This role is highly significant for me for a few reasons. The first is that I have always viewed the *TAJ* as the default canon for TA. As a TA trainee, articles from the *TAJ* were the authority for TA ideas and concepts. The search function in the online *TAJ* was where I sometimes went to hunt for the actual titles of TA books that I heard mentioned in passing by others within the TA community (e.g., "it's in that book on ego states by Sills and Hargaden"). The second is that it allows me to connect with the larger international TA community and plug into the discussion and development of existing and new TA concepts. Finally, the role fulfills a desire to be involved with books and the world of publishing that dates back to when I read my undergraduate degree in English language and literature.

Jr-Earn can be contacted at karen@seraphcorp.net .

> ***"The role fulfills a desire to be involved with books and the world of publishing that dates back to when I read my undergraduate degree in English language and literature."***

Standing in my new role, I am grateful to inherit and continue the invaluable work of my predecessor, Ed Novak. In his 10 years as the book review editor, Ed put in place guidelines and processes that have shaped the quality of book reviews that appear in the *TAJ*. His willingness to mentor me, his warm personality, and his wicked sense of humor were a major reason why accepting the role was less daunting than it initially appeared to be.



Looking forward, my wish is that book reviews in the *TAJ* will continue to be where the community can learn about the new ideas and concepts in TA beyond the *TAJ* articles. I also hope to have more reviews of new TA books written in other languages. Part of my challenge is knowing about these books, so I would love it if members in the community would contact me if you know of any new books being published in your local language.

"Avoidance & Engagement in a Disturbed World": The Private Self

by Luca Fonari

The ITAA Social Engagement Committee (SEC) is excited to share a summary of the first of a three-part series of webinars on the theme of "Avoidance & Engagement in a Disturbed World."

On 23 January, **the series commenced with a webinar on the "Private Self" featuring Diane Salters**, a TSTA-P based in South Africa and founder of the SEC. She shared her responses to disturbances, particularly in the context of the recent Israel–Hamas conflict.

The workshop fostered **an open dialogue among 95 participants from various countries** who shared



Participants from 23 January SEC webinar

their reactions, coping strategies, and personal experiences related to global challenges. The importance of respect, active listening, and suspending judgments was highlighted as participants engaged in small group discussions. Various coping strategies were discussed, including grounding exercises, meditation, and writing. Participants also explored the impact of external messages from governments, the need for resilience, and the role of witnessing in understanding and addressing global challenges and acknowledged the unique challenges faced by those directly impacted by wars.

Themes of resilience, personal responsibility, and positive energy emerged throughout the discussions. Participants highlighted the concept of multipartiality and recognizing the difficulty of fully understanding complex situations like wars. The importance of local and global actions was underscored, with an emphasis on each member's role in contributing to positive change.

Diane concluded the workshop by sharing a poignant poem inspired by a Palestinian poet's account of fleeing Gaza. She expressed her commitment to amplifying voices, raising awareness, and contributing to peace efforts. The session ended with a heart-centered meditation led by Diane that encouraged participants to connect with love and compassion, transcend boundaries, and contribute positive energy to the world.

This workshop exemplified a thoughtful exploration of personal and professional responses to global disturbances, fostering a sense of community and shared responsibility among participants. **Stay tuned for announcements about upcoming SEC webinars**, including discussions on the professional and community aspects of engaging with global challenges.

Luca Fornari is a PTSTA-O based in Italy. He has been a member of the SEC since 2022. Luca can be reached at L4nari@gmail.com .

the SCRIPT

Newsletter of the International Transactional Analysis Association
ITAA, 2700 E. Foothill Blvd., Suite 209, Pasadena, CA 91107 USA
email: info@itaaworld.org
website: www.itaaworld.com
Editor: Laurie Hawkes
Managing Editor: Robin Fryer
Desktop Publishing: lockwood design

Send all copy to: robinfryer@aol.com

Deadlines—15th of the month prior to the month of publication (e.g., 15 March for the April issue)

Advertising: Twelfth page: $50; sixth page: $100; third page: $200; half page: $300; full page: $400.

Publication of articles and advertising in *The Script* does not imply endorsement by the newsletter, the editors, or the ITAA.

The Script (ISSN 0164-7393) is published monthly by the International Transactional Analysis Association. For information on membership, visit www.itaaworld.com or contact the ITAA at the above address. © 2024 International Transactional Analysis Association, Inc.

Conferences & Events Calendar

19–21 April 2024
UKATA National Conference, Bradford, United Kingdom

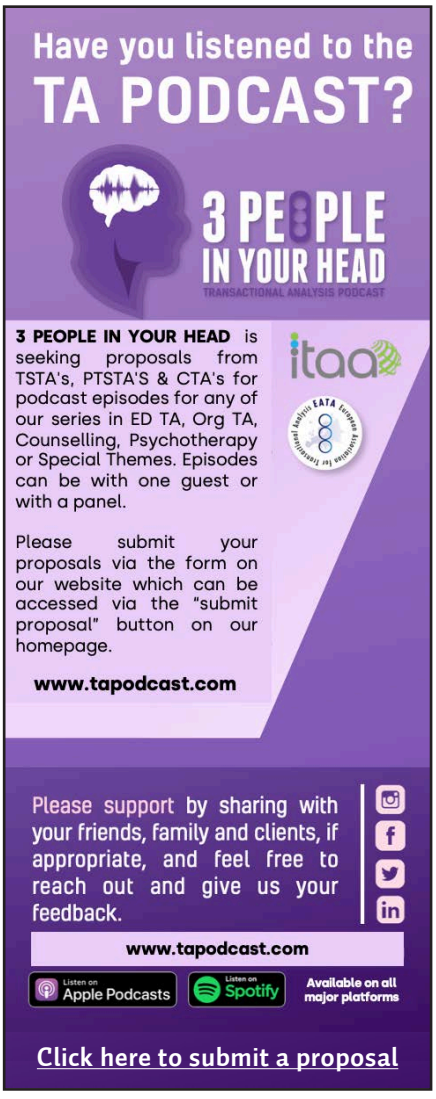
22-26 April 2024
TA-O Festival Applied TA in Organization (online)

10 June 2024
ITAA-EATA Webinar with Nicole Lenner (2-3:30 PM UTC)

27 July 2024
ITAA Annual General Membership (AGM) Meeting (12 pm UTC, online)

6 November 2024
ITAA-EATA Webinar with Aruna Gopakumar (10-11:30 AM UTC)

8–10 August 2025
World TA Conference, Montpellier, France





Welcome to the New ITAA Treasurer

Mark Carrington will become the new ITAA Treasurer**, joining the ITAA Board of Directors following the 2024 Annual General Membership (AGM) meeting next July. Mark has held many positions of trust in organizations, including in a business specializing in safeguarding.* ***He offered the following comments in accepting the nomination.

As a student of TA and a practicing counselor, it is clear to me that the health and growth of a vibrant professional body is something I need access to in my work, as we all do. For all organizations, funding is an instrument that both facilitates and constrains. Prudent management is one side of the coin, and imaginative use of money to build and extend is the other. The role of treasurer, as I see it, is to balance both in the context of the aims of its leadership and its members.

From my perspective, any finance function is there to serve the organization in two main ways:

1. Helping the organization to operate smoothly (income balanced with costs, budgeting, cash management, etc.)
2. Facilitate the aims of its executive boards and trustees

This means meeting the ambitions of the enterprise, on the one hand, and keeping the organization safe, legal, and ethical, on the other.

I strongly hold the view that if an organization's aims and values are clear, then the role of treasurer is to help keep the show on the road by reporting accurately how things are turning out, where any dangers might lie, and the opportunities for making new ground that might be possible.

It is a big picture view rather than a highly detailed one. Both will be needed, of course, and achieving balance between the two is essential. I look forward to the opportunity to contribute to the ongoing health and growth of a vibrant ITAA.

Mark can be reached via email at mc@jmarkcarrington.co.uk .

Welcome to New Members

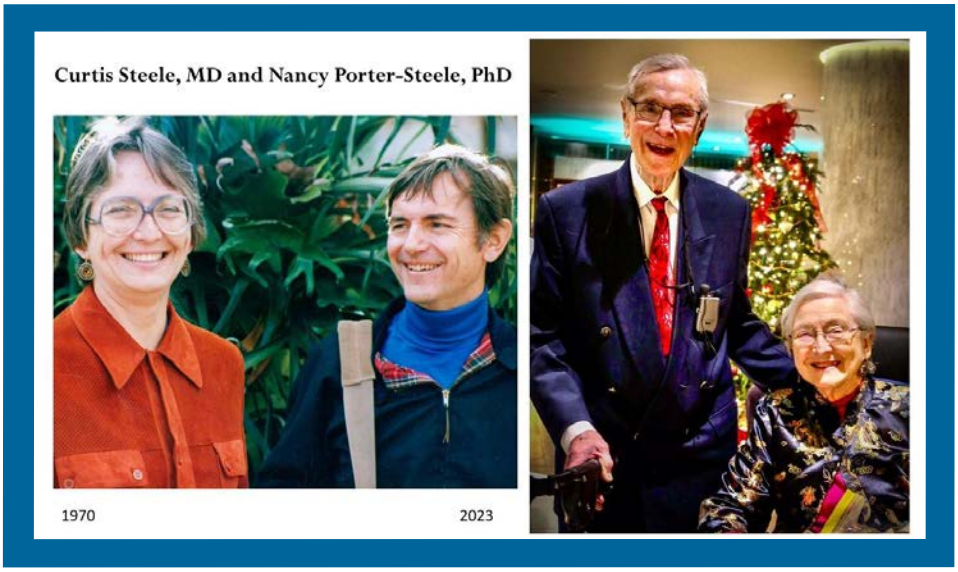
JANUARY 2024

Paul Adams, United Kingdom
Susanne Alt, Austria
Zhanat Amanbayeva, Kazakhstan
Anna Arefyeva, Russian Federation
Brunella Bartalini, Italy
Clara Battisti, Italy
George Callaghan, United Kingdom
Clinton Callahan, Spain
Gabriela Ciucurovschi, Romania
Daniela Fiket, Slovenia
Judith Hoyles, Switzerland
Christine Huillier, France
Alix Jagger, United Kingdom
Natalie James, United Kingdom
Mona Johnson, United Kingdom
Graham Keating, United Kingdom
Katie Keighley, United Kingdom
Kamilla Kyshtobaeva, Kazakhstan
John Leo, India
Cheryl Leong, United States
Haley Lewis, United Kingdom
Laura Lucanu, Romania
Manuela Maiorana, United Kingdom
Nigel Mcfarland, Indonesia
Rajashekar Metri, India
Carmen Muresan, United Kingdom
Yongmin Park, Korea
Ivana Velickovic, Serbia
Bill Pereira Wood, United Kingdom

Curtis Steele and Nancy Porter-Steele

Long-time ITAA members and transactional analysts Curtis Steele and Nancy Porter-Steele died on 25 January 2024 in each other's arms. They had been partners in life, healing work, and adventure for 53 years. Curtis was 90 and Nancy was 92.

Curtis and Nancy contributed to the transactional analysis community in a myriad of ways over many years. In 1971 they trained with Bob and Mary Goulding. Nancy served as ITAA vice president and twice as *TAJ* editor (1999 and 2003–2005). Curtis served as the book review editor for the *Transactional Analysis Journal* from 2004–2010. Individually and together they wrote numerous articles and presented at many TA conferences. Curtis was a Certified Transactional Analyst and Nancy was an ITAA Teaching and Supervising Transactional Analyst.



Curtis was born in Keats, Kansas, grew up in Springfield, Ohio, and graduated from Ohio State University and then Tulane Medical School in 1958. He went on to establish a private psychiatric practice in Baton Rouge, Louisiana. **Nancy was born** in Denver, Colorado, and graduated from Virginia Polytechnic Institute. She went on to graduate with distinction and at the top of her class from the Syracuse School of Architecture in 1959. Nancy then practiced as an architect in Baton Rouge.

Curtis and Nancy met in 1970 and found their soul mates in each other. Each previously married and divorced, they married each other in 1973. Nancy embraced Curtis's dream to explore, offer, and teach innovative human potential and mental health practices, and in 1982 she obtained her PhD in psychology from International College.

Curtis and Nancy practiced individually and together in Baton Rouge, Louisiana, from 1970 to 1981. They founded the TAO Center, where they lived, practiced, and hosted workshops, teachers, and gatherings. They also became lifelong students of Shambhala. In 1981 they moved to San Diego, California, where they continued to explore, practice, and expand their toolbox for helping and healing. In 1988 they moved to Halifax, Nova

Scotia, where they were among the founders of EastWind Institute for advanced training in psychotherapy and counseling.

Curtis and Nancy traveled extensively for work and pleasure. They studied with and trained counselors and therapists in many countries around the world. Curtis was also a lifelong photographer, and in Halifax, he began showing and selling his photographs. For a time, one of his photographs was on display in the National Gallery of Canada. For her part, Nancy wrote *Glimpses of an Ever-changing Life That's Led to What I Want You to Know, for Increasing Health & Happiness*. Published in paperback in 2022, it will soon be published as an e-book by lulu.com.

There will be a tree planting ceremony in the spring in their honor, and they requested that any donations be made in their names to your favorite charity devoted to helping people.



2025 World TA Conference Site Chosen

Exciting news! Montpellier, France, has been chosen as the site of the next World TA Conference. Hosted by Institut Français d'Analyse Transactionnelle (IFAT), the gathering will take place from 8–10 August 2025 at Le Corum .



January *TAJ* Free-Access Article on Brain Functioning and Neurodiversity in the Adult Ego State

For the January 2024 *TAJ* theme issue on "Neurodiversity and Neurodivergence," the free-access article is "Brain Hemisphere Specialization and Neurodiversity as Influencing Factors on the Phenomenology of the Adult Ego State" by Neil Keenan. He reviews the development of Adult ego state theories and their applicability to people of different neurotypes. Neil examines progress in the field of brain hemisphere research and highlights perceptual differences between the right and left brain hemispheres, which actuate the Adult ego state. Applying this research to how the Adult ego state has been modeled in TA, he questions whether a single model can capture the full functional capacity of the Adult and challenges a valorization of the Adult ego state. Ways in which current Adult ego state models might be adapted are suggested to accommodate the breadth of neurological variance in practitioners and clients. Neil then reconceptualizes Adult ego state functioning to inform readers about how the Adult operates differently across neurotypes.

We encourage all *TAJ* readers to read this article and to use this important opportunity to encourage your colleagues and friends to learn more about contemporary transactional analysis. You will find the free-access article from the January issue available on the Taylor & Francis *TAJ* website (accessible via the ITAA website). Look for the green checkmark in the lower right corner.

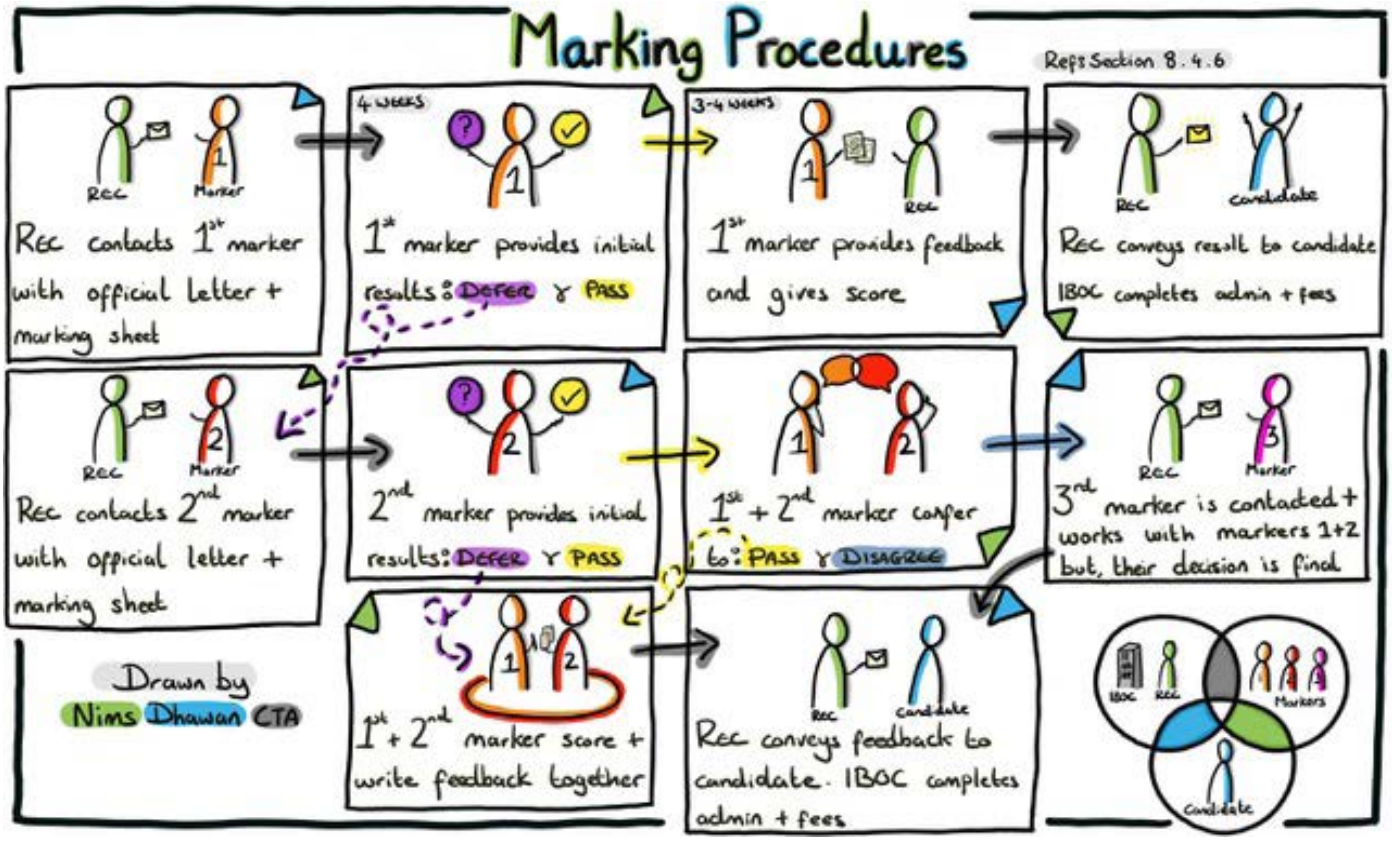
IBOC News

This month we share the outcome of some work on the written exam process and give you a summary of the TAWCS meeting held in December 2023.

The IBOC and the Regional Exam Coordinators (RECs) have been collaborating with Nims Dhawan (CTA). We are seeking to find alternative ways to present information to make it as clear and accessible as possible. Nims has created a drawing to represent, in pictorial form, the process of marking the written exam. We are delighted and appreciative of Nims's creativity in offering a visual guide to these procedures outlined in Section 8.4.6 of the *IBOC Handbook*. We hope it clarifies the written process and send a big thank you to Nims for her creative work and generosity.

Our other news is **to inform you of a successful collaboration between EATA and ITAA at the TAWCS (TA World Council of Standards) meeting.** Representatives from EATA and ITAA met on 18 December 2023 online to discuss cooperation and furthering the dialogue across our two associations regarding certification. Present were Sylvia Schachner (EATA President), Cathy McQuaid (EATA PTSC Chair), Christoph Seidenfus (EATA COC Chair), Thorsten Geck (ITAA President), Giles Barrow (PSC Cochair), and Sue Eusden (IBOC Cochair).

The theme of cooperating across our differences led to a strengthening of our dialogue and our shared values. **One outcome was that IBOC agreed to recognize the EATA/COC certification of the CTA Trainer.** IBOC and ITAA have no intention



IBOC Written Exam Process

of replicating this certification but will recognize those who have been certified through the EATA system. This means IBOC will accept CTA candidates for IBOC exams who have been in an EATA CTA contract with CTA Trainers as well as PTSTAs and TSTAs. We also requested that EATA consider accepting IBOC's certification of the teaching section of the TSTA as equivalent to COC's certification of the same.

Sue Eusden and Haseena Abdulla, Cochairs IBOC

IBOC Exam Calendar

Type	Exam Date	Location	Application Deadline
CTA	21-23 Mar 2024	ONLINE	closed
TSTA	21-23 Mar 2024	ONLINE	closed
CTA	3-5 Oct 2024	ONLINE	3 Jul 2024
TSTA	3-5 Oct 2024	ONLINE	3 Apr 2024
CTA	19-20 Nov 2024	Wellington, NZ	19 Aug 2024
TSTA	19-20 Nov 2024	Wellington, NZ	19 May 2024
CTA	27 Feb-1 Mar 2025	Online	27 Nov 2024
TSTA	27 Feb-1 Mar 2025	Online	27 Aug 2024
CTA	9-11 Oct 2025	Online	9 Jul 2025
TSTA	9-11 Oct 2025	Online	9 Apr 2025

IBOC TEW Calendar

Type	TEW Date	Location	Application Deadline	TPO Deadline
TEW	12-14 Apr 2024	ONLINE	closed	closed
TEW	24-25 Nov 2024	Wellington, NZ	24 Mar 2024	24 May 2024
TEW	25-27 Apr 2025	ONLINE	25 Aug 2024	25 Oct 2024

Note: Written exams can be submitted anytime throughout the year.

Please send applications for exams and TEW to the IBOC administrator: iboc@itaaworld.org

For the EATA exam calendar, please refer to: https://eatanews.org/exams/#coc-calendar and for the EATA TEW calendar, go to: https://eatanews.org/ta-training-2/#tew-calendar

Webinar Recordings Online

Ethics Committee webinar:
"From the Intrapsychic to the Systemic: Evolving Ethical Thinking"
27 October 2022

Social Engagement Committee webinar:
"Hope & Despair: How Do We Conceptualize and Experience Them as Transactional Analysts?"
4 April 2023

Social Engagement Committee webinar:
"What Is Your TA Work or Your Idea of Social Engagement?"
30 October 2023

Social Engagement Committee webinar:
"Avoidance & Engagement in a Disturbed World"
23 January 2024

ITAA Contact Info

ITAA
2700 E. Foothill Blvd., Suite 209
Pasadena, California 91107, USA
626-689-4810

Email: info@itaaworld.org .

TAJ Theme Issue

"Relationships in Love, Play, and Work"
Coeditors: Brad McLean and Helen Rowland
Deadline: 1 August 2024

Please follow the submission requirements posted here.

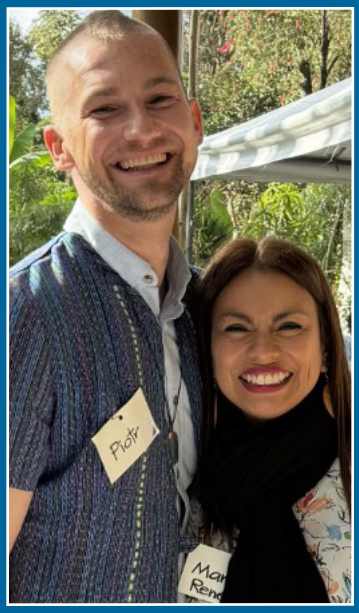
Submit manuscripts through the *TAJ* Submission Portal by going to "Submit" here.

First TA Guatemala Conference a Big Success

by Piotr Jusik

Recent developments within the ITAA emphasize the growing importance of educational inclusion, cultural diversity, and ecological awareness. Recognizing this trend, my dear colleague María Renée Gándara and I **launched an initiative to organize the first international TA conference in Guatemala on 3 February 2024.** Guided by the aforementioned principles, we chose the theme "Renewing Our Psyche: A Transformative Approach with TA" in order to tap into the notion of physis individually and collectively. We were mindful of the fact that TA has prior history in Guatemala, marked by many years of work carried out by Dr. Rolando Paredes as well as of the ongoing contributions of ALAT (Asociación Latinoamerica de Análisis Transaccional). Thus, we liaised with the current ALAT president, Karol Cavero, whose video message was broadcast from Lima, Perú, straight into the coffee plantation La Azotea, just outside of Antigua, Guatemala, where we gathered outdoors to learn in the vein of eco-TA.

The meeting was planned from the genuine desire to share how transactional analysis has transformed and continues to transform our lives. Each speaker contributed with their own expertise and unique lived experience, which permeated into the heartfelt impact received by the attendees. The audience was mainly Guatemalan, although there were also some people from Nicaragua and Mexico. Our spectacular speakers represented a tapestry of countries: Alex Vellido (Spain), Alva Ramírez (Mexico), Alex Piotrowska



Guatemala TA conference organizers Piotr Jusik and María Renée Gándara



Guatemala TA conference participants with their diplomas

(UK/Poland), Piotr Jusik (Poland/Guatemala), and María Gándara (Guatemala). They covered a wide range of topics, such as contact in relationship, the stages of development of the Adult ego state, societal trauma, physis and transformation, as well as developmental permissions required for an integrated notion of health.

The Mayan cosmology highlights how the universe is always expanding, adding another layer to the force of life itself, known as physis. As the conference drew to a close, participants experienced various levels of expansion. On a personal level, there was an expansion of consciousness, awareness, and the ability to connect with all ego states internally. On an interpersonal level, participants developed the ability to connect meaningfully and joyfully with others. Professionally, they expanded their repertoire of interventions with clients, gaining a better understanding of the role of physis in script change while taking account of contact and relational needs, integration of Adult development, personal power, and the permissions needed for regeneration.

The TA community in Guatemala had the opportunity to integrate and connect, fostering hope for future trainings in Central America. Guatemala is grateful and eager to continue learning, so we hope it will be the first of several events where together we can grow and learn. **We look forward to seeing you next year in Guatemala in January!**

This article was cowritten with María Renée Gándara and Alex Piotrowska. Piotr Jusik can be reached at piotr_jusik@hotmail.co.uk .



Peter Rudolph (TSTA), Sarmishta Mani (CTA), Piyush Dixit (CTA), Sushma Ramachandran (CTA), Maya Lutay (PTSTA) and Vaaruni Sundar (CTA); (Bottom row from left): Deepak Dhananjaya (PTSTA), Joy Roshan (PTSTA), Rosemary Kurian (CTA), John Heath (TSTA), Raguraman K. (PTSTA), Kala Balasubranium (CTA), Prathitha Gangadharan (PTSTA), Susan George (TSTA), Ragini Rao (TSTA)

Multi-Level Learning 2024 in India

by Nishtha Sinha

There is something about January that asks us to reinvent ourselves and set ourselves toward growth. The South Asian Association of Transactional Analysts (SAATA) seized this energy in its annual multi-level learning (MLL) event to invite TA learners and practitioners together for a shared, one-of-a-kind learning experience.

The 23rd MLL was held on 6–7 January 2024 with 100 participants, including 15 faculty members, coming together in Chennai. The faculty members were from four countries: India, Russia, Germany, and the United Kingdom. The participants were grouped into four subgroups. This year, the theme was "Exploring Resilience Through a Transactional Analysis Lens." Both days included an opening plenary, two small group processes on subthemes, and a closing plenary. The second day also included the TSTA reflection and exam celebrations.

The event was kicked off with Rosemary Kurian bringing participants together and experiencing the context we come from. Participants found out they come from different parts of Chennai, the country, and the world. There were first-timers at MLL, and there were TA practitioners who had been to MLLs



TSTA Peer Group Supervision (from left): John Heath (TSTA), Peter Rudolph (TSTA), Ragini Rao (TSTA), and Susan George (TSTA)

for a decade and more. Moreover, participants witnessed that each of them had gone through life-changing events and survived those to be in the present moment.

Peter Rudolph, TSTA in counseling from Germany, **gave the keynote speech** to commence the MLL. I could summarize the insightful conceptual models that he shared about resilience in his words: "Resilience is not about limitlessness—it is a balance." It set an empowering open-ended tone for the following 2 days of learning, which was divided into four subthemes:

What is resilience? Faculty enabled participants to explore their own conceptualizations of resilience from within and outside the lens of transactional analysis.

Resilience and culture: Participants looked at the connections between resilience and culture. Discussions sparked around whether our culture shapes our resilience or do we find ourselves being resilient toward our culture itself?

Resilience in the face of threat: Participants discussed whether the threat is internal or external. Is resilience a trait or a choice? Faculty held space for participants to explore their stories in the face of threat, how and when resilience shows up, and where we find safety and security.

Resilience and autonomy: Groups articulated the role of autonomy in practicing resilience, touching on their own resilience as group participants or TA practitioners.

During the MLL, a 50-minute session on a subtheme was led by a faculty member, either a CTA or PTSTA, with the group. Subsequently, the facilitator received a 15-minute supervision from another CTA or PTSTA in the presence of the trainees. The supervisor of the facilitator was then supervised by a TSTA. In the end, for 20 minutes, everyone shifted to being a learner and concretized the process as multi-level.

After the conclusion of the two levels of supervision, the floor was once again opened to participants for reflection and questions. People had an opportunity to encapsulate their newfound knowledge and pose follow-up questions regarding the supervisory process to both supervisors and facilitators. This segment was warmly received and embraced by all, as it provided a collective moment for the acquired insights to settle in, fostering a shared experience of appreciation and enjoyment.

The highlight of the event was witnessing Susan George, Ragini Rao, Peter Rudolph, and John Heath take the stage as a process group. They spoke about their nuanced role of being a Teaching and Supervising Transactional Analyst (TSTA) and contemplated when to step in and step back, shedding light on the unique presence a TSTA brings to any given space. Despite not always actively participating in group dynamics or offering more than the contracts, the act of stepping back is not an indication of their absence. Instead, it manifests as an empowering presence, allowing the space to organically evolve.

John Heath encapsulated his journey in saying, "You spend the first half of your life trying to be somebody and the other half of your life trying to be nobody." The room buzzed with inquiries as hands shot up seeking glimpses into the TSTA experience. Questions ranged from probing into self-doubt to unraveling the intricacies of their personal learning experiences across the cross-cultural boundaries of the wide TA community.

As the allotted time for TSTA reflection concluded, a palpable sense of fulfillment permeated the room, as if the relational needs of the participants had found a meaningful resonance.

During the closing plenary, there was applause, cheers, poetry, laughter, and goosebumps among the participants. To put that into words, participants took back with them a sense of resilient responsibility, permission, and the process itself. One shared, "If the theme was not resilience, if it was popcorn or samosa,



Closing Plenary at MLL 2024

there would still be a lot of learning because of how this process works." The groups and faculty exhibited the autonomy and spontaneity of TA practitioners to bring out the wisdom that resides within each of us. MLL is a space of unintentional learning. This trust in the process that people coming together will bring up the exact learning that each one of us needs is unique to the MLL and something that most education systems lack.

Participants also take back permission to make mistakes, to shiver and cry during supervision, to grow on the TA journey, and to be vulnerable. The process of witnessing the two levels of supervision grounds this sense that all of us are learning and making mistakes on the way. There is scope of development even for the trainers that trainees often put on a high pedestal.

Nishtha Sinha can be reached at therapy.with.nishtha@gmail.com . Our thanks to Jennifer Moses for the photos.

John Heath, in the closing plenary, shared an excerpt from an article about radical resilience: "Let us all be thermostats instead of thermometers to the happenings of the world and welcome ourselves to the year of radical resilience." Following two days of discussions exploring resilience within ourselves and its crucial role in the current global landscape, each participant left with a renewed sense of resilience, ready to embark on both individual and collective journeys.

Grants and Scholarships Available

If you or your organization are in need of funding, the ITAA offers a variety of opportunities.

The Eric Berne Fund for the Future (EBFF) was established to provide financial support for projects that promote transactional analysis, build unity in the TA community, support professional standards, and for research in transactional analysis. EBFF grants are available to individuals and organizations.

The Scholarship Grant Fund (SGF) provides need-based funding for students pursuing certification in transactional analysis. SGF grants are made to individuals for training, dues, contract filing fees, exam fees, conference registration, and workshop attendance. Grants from the SGF are available to members of the ITAA and to students seeking dues assistance to join the ITAA for the first time.

EBFF and SGF grants **are available as fund resources permit.** If you think you or your organization could benefit from either the EBFF or the SGF, you are encouraged to apply. To do so, or if you have questions concerning the process or applications, please email Michael Harsh, Chair of the ITAA EBFF/SGF, at imokayurokay@me.com .