

UKATA NATIONAL CONFERENCE



FRIDAY - SUNDAY, APRIL 21-23 2023

Mercure Cardiff Holland House Hotel
Cardiff, CF24 0DD

Welcome

About.

The Conference is our flagship event at which anyone with an interest in Transactional Analysis can join with other like-minded people to learn, network, and celebrate all things TA.

Expect.

A full range of UKATA Conference activity with a topical keynote presentation, a wide range of workshops, social activity, the UKATA Medals Ceremony and Gala Dinner, with ample chance for networking and catching up with TA colleagues.

Dear Delegates

A very warm welcome to the UKATA National Conference 2023!

Thank you so much for being part of the experience this year as without you, it simply couldn't happen.

The Conference and Events Committee have delivered a packed programme for you, with a variety of content and we are especially proud to have included a wide range of input from all four fields of TA.

We hope you enjoy the learning content but in addition, we are especially pleased to provide the opportunity for members of our community to see familiar faces, and to make new friends through the entertainment and socialising parts of the programme.

It is our hope that you enjoy yourselves in full, but in the event that you have any queries, concerns or problems during your stay in Cardiff, please do not hesitate to approach one of the UKATA admin team and we will endeavour to help you.

Susan Arslan - Chair of Conference and Events Committee

Sponsors

Thank you to our sponsors; your support and contribution to the conference is very much appreciated



TA East London Institute



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PROGRAMME OVERVIEW

FRIDAY 21 APRIL 2023

08.30 - 12.00 Calon Suite Lobby

Registration desk is open to welcome you for arrival, refreshments, and networking

09.00 - 11.00

Pre-Conference activity (please sign up at the registration desk)

Trainers Meeting **Caernafon** UK-TASTN Network Group
CCTA **Pembroke** Open house exploring CCTA

11.00 - 11.15 Calon Suite

Welcome and conference opening

11.15 - 12.30 Calon Suite

Group Session: 3 People In Your Head podcast recording "TA - One theory four fields - what does the future look like for TA across the four fields?"

12.30 - 14.00 Calon Suite

Lunch and networking

14.00 - 17.00 see individual workshop outlines below for location

Workshop 1 (including refreshment break)

18.00- 19.00 Calon Suite

UKATA Medals Ceremony, Celebration of Successes and Reception

19.00 - late Calon Suite

Buffet dinner and social time



PROGRAMME OVERVIEW

SATURDAY 22 APRIL 2023

08.00 - 12.00 *Calon Suite Lobby*

Registration desk is open to welcome you for arrival and refreshments

08.50 - 09.00 *Calon Suite*

Welcome to Day 2 and Conference Noticeboard

09.00 - 10.30 *Calon Suite*

Group Session Keynote: Doctor Tanya Banfield: "Working Confidently with Neurodivergent People"

10.30 - 11.00 *Calon Suite Lobby*

Refreshment Break

11.00 - 13.00 *see individual workshop outlines below for location*

Workshop 2

13.00 - 14.00. *Calon Suite Lobby*

Lunch and networking

14.00 - 17.00. *see individual workshop outlines below for location*

Workshop 3 (including refreshment break)

18.30 - 19.00. *Calon Suite Lobby*

Drinks Reception

19.30 - late *Calon Suite*

Gala Dinner and Entertainment



PROGRAMME OVERVIEW

SUNDAY 23 APRIL 2023

08.00 - 12.00 Calon Suite Lobby

Registration desk is open to welcome you for arrival and refreshments

09.00 - 11.50 see individual workshop outlines below for location

Workshop 4 (including Refreshment Break)

12.00 - 13.00. Calon Suite

Closing Session: Rosalind Sharples (English) and Rachel Knight (Welsh) ; Plenary group experience - Fields, Identity, Pembrokeshire hedges and unruly lambs!

13.00 - 14.00 Calon Suite

Lunch and networking

14.00 - 16.00 Calon Suite

Post-conference facilitated discussion forum (including refreshment break)
(This session is to be confirmed, and will run only if there is sufficient demand)

16.00 - Conference close and depart



GROUP SESSIONS

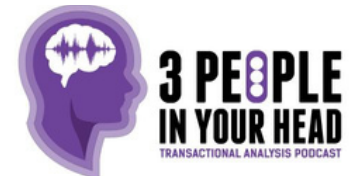
11.15 – 12.30, Friday, 21 April,

3 People In Your Head podcast recording

"TA – One theory four fields – what does the future look like for TA across the four fields?"

About the Podcast

"3 People In Your Head", is a not-for-profit, social enterprise podcast. The podcast was founded in 2019 by Matt Taylor and John Fleming. Since 2022 it is independently owned and produced by Matt Taylor and sponsored by ITAA and EATA as part of a joint venture.



The podcast mission is simple. We want to raise the profile of and promote Transactional Analysis globally while helping people gain a better understanding of their relationship with themselves and others at the same time. We focus on what TA has to say about personal development, mental health, education, communication, healthy relationships, organisational development, counselling, psychotherapy and life in general. As such this podcast is first and foremost for the general public (layperson), it is a podcast for anyone and everyone interested in psychology, communication and self-development. Secondly, it is a podcast for TA trainees and our TA colleagues.

Since the launch in 2020 we have created and released episodes on the following series:

- Introductory Series
- TA Counselling Series
- Organisational TA Series
- Educational TA Series
- TA Psychotherapy Series
- Special Themes Series

You can listen to the Podcast on all major podcast-streaming platforms or on www.3peopleinyourhead.com

UKATA Conference Live Podcast Recording

Live podcast recording is a new departure for 3PIYH and we are excited to be hosting our first one for you at this year's UKATA Conference. Matt & John are excited to host an exciting four field panel discussion centering around the conference theme. Panelists will be asked to discuss, ***'What does the future of TA look like across the four fields?'***

3PIYH 4 Field Panel Discussions are an opportunity for four TA practitioners from across all the fields of application to come together to discuss a special theme through the lens of TA and their field's frame of reference. These panel discussions are an emergent process of conversation hosted by Matt Taylor and John Fleming which get published in our special theme series. This panel discussion will be recorded live and later published online.

2023 UKATA NATIONAL CONFERENCE



GROUP SESSIONS

11.15 – 12.30, Friday, 21 April,

The Hosts

MATT TAYLOR

Matt is based in Cambridge with his wife and two adult children. Cambridge's inspirational and academic environment has, in part, influenced Matt's decision to study TA, and has provided a wonderful community of friends and neighbours to raise a family in. Matt has done some training in educational and organizational TA and is currently writing up his CTA in TA psychotherapy. His other roles include mindfulness coach, hypnotherapist and owner/manager, with his wife, of a physiotherapy business. His passion is facilitating growth through awareness of context and systems, a recognition of the malleability of the mind-body, and through the utilization of our remarkable resources.



JOHN FLEMING

John lives by the sea in the wonderful West Cork, on the southwest coast of Ireland. It's a rural community that offers an eclectic mix of people, all of whom have and continue, to shape John's core values and work. John is a Transactional Analysis Trainee, training in the psychotherapy, educational and organisational fields. John's background is in coaching, management consultancy, learning & development and organisational improvement. John's predominant professional role is as a Coach.

Panelists



PAUL ROBINSON PTSTA - E

Paul has been supporting people to learn and develop for 30 years as a manager, mentor, coach and trainer. He supports people to develop and change through TA-based personal development programs. He is based in Ipswich (UK) and delivers programs internationally. Paul uses co-creativity extensively as a base for his work and believes that everyone should have the opportunity and support to achieve their potential, and is passionate about supporting people to achieve this through a process of co-creative transformational learning and change.



NICOLE LENNER PTSTA - C

Nicole is a freelance counsellor and coach based in Hamburg/Germany working with individuals and groups, supporting them to develop constructive, positive ways of relating with self and others. As a PTSTA-C, Nicole runs a TA training group and supports supervisees internationally. Her passions are to spread TA and to create the conditions where development and deep learning of individuals and groups become reality. Her approach is informed by relational and co-creative TA, body psychology, neuroscience, and her spiritual practice.



DEBBIE ROBINSON TSTA - O

Debbie uses TA as a basis for individual growth and organisational change. She has extensive experience of developing leaders, supporting organisational change and coaching. Debbie has been running a TA training programme in Suffolk for the last 14 years, she works creatively & co-creatively to facilitate learning and promote autonomy and homonomy. Her passion is to develop the use of the positive aspects of TA theory in personal and organisational change.



KAREN MINIKIN TSTA - P

Karen Minikin (she/her) currently has a private practice in West Somerset. In her former life she taught geography in secondary schools and prior to qualifying as a psychotherapist, she was a counsellor and management development consultant. She is an independent trainer and supervisor and has previously served on council and UKATA committees. She is a member of the leadership team at BAATN, (Black and Asian Therapy Network), co-editor for the Transactional Analysis Journal and for Psychotherapy and Politics International.



GROUP SESSIONS

9.00 – 10.30, Saturday, 22 April,

KEYNOTE

Doctor Tanya Banfield: Chartered Psychologist

“Working Confidently with Neurodivergent People”

Tanya is a former secondary school teacher that trained to be first a psychotherapist and a coach and later a psychologist specialising in working with neurodivergent people from all walks of life including prison, clinical and workplace settings.

Working with neurodivergent people in any of the four fields can bring about several differences and challenges. Tanya will explore openly and frankly how neurodiversity presents itself in a transactional analysis session from both her own neurodivergent and professional perspective.

We will explore topics such as communication, trust building, sensory overload, labelling, and diagnoses. The aim of this session is to equip you with the knowledge, skills and understanding to work confidently with neurodivergent people.

Doctor Tanya Banfield is a Chartered Coaching Psychologist providing coaching, therapy and counselling. She has worked as a psychologist and psychotherapist in several social justice and educational settings. She specialises in working with people that identify as, or have a diagnosis of Autism. She also has a particular interest in working with people with combined diagnoses such as Autism and ADHD. Being neurodivergent herself, Tanya has a unique ‘insider-insider’ perspective.

She is experienced in working with neurodivergent adults to develop wellbeing, coping and resilience that alter their internal perspectives and view of the world on a long-term basis. Tanya designed and developed interventions that her clients were able to harness, develop and make their own. Her core values are centred around advocacy and inclusion.

Tanya has spent her entire career helping individuals address issues including anxiety, stress, self-esteem, perfectionism, career issues, anger management, conflict resolution, depression, stress management and managing neurodivergency in the workplace.





GROUP SESSIONS

12.00 – 13.00, Sunday, 23 April,

Fields, Identity, Pembrokeshire hedges and unruly lambs!

Rosalind Sharples (English) and Rachel Knight (Welsh)



A time to digest your experiences with colleagues.

Bring a precious moment, question or thought that has arisen over conference.

We have a group experience for you to participate in that will invite some reflection (with the lightest of touches) to send you dancing your way home like Pembrokeshire lambs.

Ymarfer grŵp sesiwn lawn – Meysydd, Hunaniaeth, Cloddiau Sir Benfro ac oen bach afreolus!

Amser i dreulio eich profiadau yn ystod y gynhadledd gyda'ch cyd weithwyr.

Dewch ac eiliad gwerthfawr, cwestiwn neu feddyliad sydd wedi codi dros y gynhadledd.

Mae gen i brofiad grŵp i chi cymryd rhan ynddo, sydd yn gwahodd myfyrdod gyda chyffyrddiadau ysgafn i yrru chi adref yn dawnsio fel oen bach Sir Benfro.



Passionate about equipping people to become the best practitioner that they can be. Our CPD courses in therapy, counselling, psychotherapy and more offer knowledge and skills development in a safe, welcoming environment. Train in a way that suits you - in person or online.

And with our partners
TATO

Re-Claiming Me
17 May 2023 5 - 7.15pm, online, £25

At times life gets in the way and we feel lost. This online workshop looks at how we can re-connect with ourselves and re-ground ourselves.

Aspects of Supervision

A series of five 2 hour workshops looking at different elements of the supervisory relationship. Each taking you on a deep dive into key aspects of supervision; covering identity, creativity, power, use of self and integration. You will take part in experiential learning, grounded in theory, as well as small and large group discussions. 10 May 2023, 7 June 2023, 12 July 2023, 6 September 2023, 4 October 2023 All workshops are online 6.00 - 8.00pm UK time

Getting Started with Couples Therapy

13 & 14 November 2023, Leeds
The Getting Started with Couples Therapy course is designed to get you started with working with couples. A 2-day training course you will learn the theory and clinical skills of Imago Relationship Therapy.

Diploma in Supervision

With Ronen Stilman TSTA(P) and Bev Gibbons TSTA(P). A dynamic supervision course for practitioners looking to develop, deepen and broaden their supervision practice. We only train a small group and our trainers co-training together ensures students get the very best theoretical and experiential training in supervision. A 10 day programme with a tried and tested blend of academic theory and practical, the course will give you the skills and knowledge you need to become a clinical supervisor.

**Advanced Clinical Training in TA
UKATA Diploma and CTA Exam
Preparation**

Advanced Training Group 2023/24 - online

Online group for those who have attended or are close to finishing off formal training and working towards exam preparation. We also support those wanting to take the UKATA Diploma exam. The group takes place on 8 days throughout the year.

Exam Preparation Group 2023/24 - online

Helping you get ready for CTA Exam

8 days during the academic year, our online Exam Preparation Group supports members in their preparation for CTA written and oral exams through individually tailored development activities. Days may include planning or writing sections of the case study, mock exams, understanding the exam process.

Our trainers are experienced therapists and have successfully supervised candidates through the exam process. They have examined at CTA level regularly in the UK and overseas.



TA Training Organisation
www.tatrain.org
0113 2583399
contact@tatrain.org



For the full CPD programme, see our website.

NORTHSIDE TRAINING
www.northsidetraining.co.uk
info@northsidetraining.co.uk

2023 UKATA NATIONAL CONFERENCE



DAY 1

Friday, 21 April,

REGISTRATION DESK IS OPEN TO WELCOME YOU FOR ARRIVAL, REFRESHMENTS, AND NETWORKING

08.30 - 12.00

PRE-CONFERENCE ACTIVITY

09.00 - 11.00

WELCOME AND CONFERENCE OPENING

11.00 - 11.15

GROUP SESSION - 3 PEOPLE IN YOUR HEAD

11.15 - 12.30

LUNCH AND NETWORKING

12.30 - 14.00

WORKSHOP 1 (INCLUDING REFRESHMENT BREAK)

14.00 - 17.00

UKATA MEDALS CEREMONY, CELEBRATION OF SUCCESS AND RECEPTION

18.00 - 19.00

DINNER AND SOCIAL TIME

19.00 - late



WORKSHOP 1

14.00 – 17.00, Friday, 21 April,

PAIN, GRIEF AND RENEWAL IN THIS DISTURBING WORLD

Adrienne Lee: TSTA / TTA/ STA - **Caernafon**

We will create a shared space to reflect on the experience of being in a liminal, global, cultural and personal space as we experience the changes in our world. We will consider the grief processes and the processes for renewal and transformation. We will apply and create TA theory to facilitate our understanding and how this impacts us and our clients in all fields of work and experience. The focus will be on embracing our interconnectedness and homonomy.

EMBODYING OK – THE ESSENCE OF TA – IN ALL FOUR FIELDS

Michael Gavin: Other Professional Status - **Pembroke**

Interactive workshop

- *Examining the structural, interpersonal, and intrapsychic forces that support or threaten the felt sense of I am OK, You are OK, the aim of TA practitioners in every field*
- *Applying*
 - *“the wisdom in the body” (Denton L Roberts) and his anatomy of OKness*
 - *Berne’s insights (“Principles of Group Treatment” and “Structure and Function of Organizations and Groups”)*
- *Introducing*
 - *mindful and embodied practices from Qigong and Body Psychotherapy that help sustain or regain the felt sense of OK.*
 - *the “Psychic Acrowprop”*

TA AS A LEVELLER

Jenny Labbett: TA Trainee - **Tintern**

This workshop will explore our potential as TA practitioners in all fields to support our clients and trainees to learn, develop and change in Adult and OK:OK ways. We will look at different learning imagoes; which ego states and transactions are prevalent in each; and how each imago impacts on the outcomes both for the learner and for the practitioner. Which are levelling, which are not, and does it matter? What do we do in our own TA practice which invites levelling?

FUNCTIONAL FLUENCY IN A CO-CREATIVE TA FRAME

Paul Robinson: & James Sweeney PTSC(P) - **Tredegar**

The Functional Fluency model was developed from within a TA frame of reference and supports the development of emotional intelligence. The positive modes of functionally fluent behaviour originate in the Adult ego states and promote present centred processing to generate positive behaviours that invite Adult to Adult complementary transactions, reducing the risk of miscommunication and/or conflict arising. In this workshop we will explore the connections between Co-creative TA (CCTA) and the Functional Fluency model in order to support improved relationships and more open communications.

HUH? WHAT DID YOU SAY?

Hasan Volkan Kurtarici: TA Trainee - **Portmeirion**

This workshop is a brief exploration of D/deaf people and those around them. Firstly understanding D/deafness and how it can develop, then exploring communication methods and looking at potential clients that may end up in your room. This workshop offers an overview on D/deaf people, culture, language and barriers.



WORKSHOP 1

14.00 – 17.00, Friday, 21 April,

RADICAL RELATIONAL PERSPECTIVES: DECEPTION AND DEPENDENCY

Karen Minikin: TSTA / TTA/ STA - **Calon Suite**

TA is a social psychology that has been interested in both macro and micro perspectives. We have ideas that can help analyse single transactions as well as those that help deconstruct social, economic and political dynamics. Taking a radical perspective, we consider the role of deception and dependency in maintaining systemic, institutional and personal dynamics of oppression. The workshop will target those interested in exploring political, psychological and social dynamics and all levels and approaches in TA are welcome.

DEMYSTIFYING THE SEXUAL OFFENDER

Deborah Blagden: PTSTA - **Caerphilly**

Sexual Violence is a serious public health and human rights abuse problem. Those that commit such crimes are often demonised and have difficulty accessing therapy - partly as a result of their own shame as well as therapist's reluctance to work with this client group. Therapy with those who have committed sexual offences can be both highly challenging and anxiety provoking. Working with those who have sexually offended can be a prime site for unhelpful transference and projection and maintaining an Ok - Ok position difficult. There is a scarcity of literature written and published on working with this client group in a counselling/psychotherapeutic setting. Likewise, there has been remarkably little in formal theory or training within transactional analysis communities that addresses either the meanings of 'deviant sexual behaviour' or possible approaches to working with it.

UNPACKING THE INTERNAL SUPERVISOR

Bev Gibbons: TSTA-P & Ronen Stilman TSTA-P - **Kidwelly**

Patrick Casement created the term 'internal supervisor' to describe the way in which aspects of the supervisory process and relationship are internalised and then integrated by the supervisee as a means of self-support and self-review' (Bell et al, 2016). This workshop will invite you, as a supervisee, to explore the influences, experiences and relationships that have contributed to your internal supervisor and how it shows up in your practice. We will offer an alternative model of practitioner development that accounts for the potential for blind spots at any stage of practice and experience.



DAY 2

Saturday, 22 April,

REGISTRATION DESK IS OPEN TO WELCOME YOU FOR ARRIVAL AND REFRESHMENTS

08.00 - 12.00

WELCOME TO DAY 2 AND CONFERENCE NOTICEBOARD

08.50 - 09.00

GROUP SESSION KEYNOTE: DOCTOR TANYA BANFIELD- "WORKING CONFIDENTLY WITH NEURODIVERGENT PEOPLE"

09.00 - 10.30

REFRESHMENT BREAK

10.30 - 11.00

WORKSHOP 2

11.00 - 13.00

LUNCH AND NETWORKING

13.00 - 14.00

WORKSHOP 3 (INCLUDING REFRESHMENT BREAK)

14.00 - 17.00

DRINKS RECEPTION

18.30 - 19.00

GALA DINNER AND ENTERTAINMENT

19.00 - late



WORKSHOP 2

11.00 – 13.00, Saturday, 22 April,

BEYOND FIELDS - A UNIFYING THEORY AND PHILOSOPHY

Martin Wells: TSTA / TTA/ STA - **Calon Suite**

Our minds and our language are great separators. As the Tao says into a world of 'ten thousand things'. We tend to be focused on difference, on subjects and objects. Perhaps only in Nature, in meditation, in music, art and poetry do we glimpse the unity and interbeing of all things. In this workshop we will explore what this perspective means for us as Transactional Analysts.

FUNCTIONAL FLUENCY IN ACTION

Kate Shaw (E), Sarah Lowes (E, O), Sue Ashby: CTA-P, Cathie Long (C, P), Chdel Cooke (C, P) - **Caerphilly**

This workshop will help you to have a better understanding of the FF model and its application across the Four Fields of TA, and to consider its potential use in your field of Transactional Analysis.

It is an opportunity to explore the FF model as a tool to assist clients from a wide range of backgrounds - both neurotypical and neurodiverse - to:-

- *communicate more effectively and find relationships more satisfying and successful*
- *learn how to choose responses that help things turn out well, instead of repeating old automatic reactions*
- *save a lot of time, energy, and stress*

SELF-DISCLOSURE AS A NECESSARY RELATIONAL CONDITION

Michael Meleady: PTSTA, Samia Nelson: PTSTA - **Pembroke**

We will consider the implications of therapist self-disclosure within the paradigms of therapeutic relationships, while reviewing when self-disclosure is decided as therapeutically necessary and deepens ways of knowing within the dyad. We will question the process of consideration, and what we reveal regarding 'self' to our clients, be that deliberate, unavoidable, or accidental.

Exploration into the impact of self-disclosure on personal wellbeing, as well as that of our clients, will help 'knowing' how we might 'offer' ourselves differently and think beyond our conventional therapeutic frame when working with clients/ working as professionals who hold different cultural contexts and intersectional identities.

COVID-19 RECOVERY PROCESS GROUP

Sue Parker Hall CTA - **Portmeirion**

During Covid-19, I have hosted online workshops and weekly groups, for psychological practitioners to support each other emotionally. However well-meaning our government in their efforts to protect us, their policies have had a significant psychological impact on practitioners and clients, still ongoing, the extent of which is yet to be fully understood. I will present slides that capture support group themes and invite workshop attendees to share their experiences. This is an opportunity for practitioners to supplement their Covid-19 self-care, to continue to address their individual trauma, and share what Deborah Dana would say, 'the words that mend the tear'.

EXPLORING THE RESOURCES & CHALLENGES OF FRIENDSHIP AND IT'S INFLUENCE IN OUR WORK: A WORKSHOP FOR ALL 4 FIELDS OF TA

Bev Gibbons: TSTA-P, Nicole Lenner: PTSTA -C - **Kidwelly**

*Inspired by our own friendship, and by the book *The Heart of Friendship* (James and Savary, 1978) we invite you to an exploration of friendship drawing on theory and ideas applicable across all 4 fields of TA application. We will draw on theory from TA and the wider field to explore, reflect, debate and make meaning together with you. Practitioners from all fields very much welcomed. We are interested in your questions and hope to leave the workshop with a greater understanding of where our TA fields meet and diverge in thinking about and meeting the very important, human push, pull and need for friendship, and it's place in our work.*



WORKSHOP 2

11.00 – 13.00, Saturday, 22 April,

OUTSTANDING IN OUR FIELDS!

Sarah Devine: PTSTA – **Tredegar**

ECOTA is a lens, or frame of reference through which we can approach our lives and our work in all of the TA fields of application. In this workshop I will introduce my frame of reference (as a pagan ECOTA practitioner). I will use existing TA theories to show how we can expand our practices to consider Earth and our relationships with other creatures, to consider how we might apply this approach personally and professionally, to become outstanding in our fields!

GOING BEHIND THE CURTAIN OF SUPERVISION

Andy Williams: TSTA –P & Michelle Hyams–Ssekasi: PTSTA–P – **Caernarfon**

This workshop will offer you a fun and creative space to consider several aspects of supervision – relevant to all the fields of TA! Together we will explore a couple of models of supervision (a process and a developmental model). We will support you in your own self-inquiry – "Am I getting the best out of my supervision?" We will also look at some outcomes from a phenomenological research study, exploring the supervisee's journey in supervision. By the end of the workshop, you will have a greater understanding of the supervisory process and how to make the best use of it, to your professional advantage.



WORKSHOP 3

14.00 – 17.00, Saturday, 22 April,

MANAGING GRIEF AND BEREAVEMENT

Cathy McQuaid: TSTA-P – **Calon**

Have you ever wondered why people respond in the way they do after a loss or bereavement? Why are some forever changed whilst others appear stuck? How do you manage or respond to grief – does that help or hinder your relationship with your friend/colleague/client? In this workshop Cathy will introduce her ABC of Grief and Transformational Loss models (McQuaid 2021) that have arisen from her research. These provide a framework for the participants to consider how the impact of grief and loss can be managed in any setting. Participants will be invited to explore and share their own experiences.

EXPLORING AUTONOMY

Jayakara Beverley Ellis: TSTA – **Tintern**

In this workshop I will be inviting you to explore what you understand by Berne's term autonomy and compare this with what he may have meant. Then we will look at the various components of autonomy and how we can embody, convey and model this in our work with clients, students, organisations and for ourselves. I will be inviting you to participate in mindfulness exercises, other exercises, and in small and large discussion groups.

A TRANSCULTURAL AND INTERSECTIONAL EGO STATE MODEL OF THE SELF

Victoria Baskerville: TSTA -P – **Caerphilly**

This workshop will present a transcultural and intersectional Ego State model considering the influence of transculture and intersectional identity on self and other. The model considers the intersect and interplay between race, gender, and other cultural selves, accounting for the complexity of cultural experience and narrative. Through enquiry of cultural selves and through mapping on an Ego State Model, we can develop more insight into intersectional identity, including how privilege and oppression is manifested in self and enacted in the world, how we may reflect on and locate cultural impasse, unconscious bias, generational oppression, white privilege, othering, and power dynamics.

CCTA WORLD CAFÉ

Nicole Lenner: PTSTA-C, Berit Fahlén: PTSTA-P, Bev Gibbons: TSTA-P, James Sweeney: PTSTA-P, Paul Robinson: PTSTA-E & Traian Bossenmayer: PTSTA-O – **Tredegar**

In this event we will invite colleagues to explore and experience Cocreative Transactional Analysis – as described by Keith Tudor and Graeme Summers. Following the principles of present centeredness, we-ness, shared responsibility and unconditional positive regard, we'll meet in a world café where you choose the table at which the subject of conversation interests you most. You will be invited to change tables as often as you like, listen, ask, contribute in whatever way you feel comfortable. Each table will be hosted by one of the presenters. The result will be a variety of inspiring thoughts, questions, answers. And most likely a nourishing relational experience. We're looking forward to meeting you there!

HOMESICKNESS

Jane Tillier: PTSTA-P & Geoff Hopping: TSTA -P – **Kidwelly**

Whilst we both work in Psychotherapy, we are drawn to question some of the limitations of what can become an overly individualistic frame. We offer this workshop to TA practitioners from all fields and look forward to rich, expansive engagement with intrapsychic, interpersonal and transpersonal processes.



WORKSHOP 3

14.00 – 17.00, Saturday, 22 April,

IT'S ONLY MONEY

John Renwick: TSTA -P, Karen Cesarano - **Portmeirion**

Recently a supervisee said "The only time we talked of money in training, was when we talked of fees". On reflection I don't recall money being part of my training or talking of it as a client, tutor or supervisor. Money, really does seem to be the last area to be discussed now that sex is clearly on our agendas, and yet it something that is crucial in our life. In this workshop we will explore how come it is almost a 'taboo' subject? What was your personal Scripting on money? Are those decisions still in place? How much do you talk of money in your practice? What is your attitude towards this major resource in your life? In this workshop I will be inviting you to explore your attitude, contaminations, and confusion around this area of your life and how your attitudes may impact on you as a practitioner.

"HOW ARE YOUR EYES TODAY?" – "MY HEART IS OPEN."

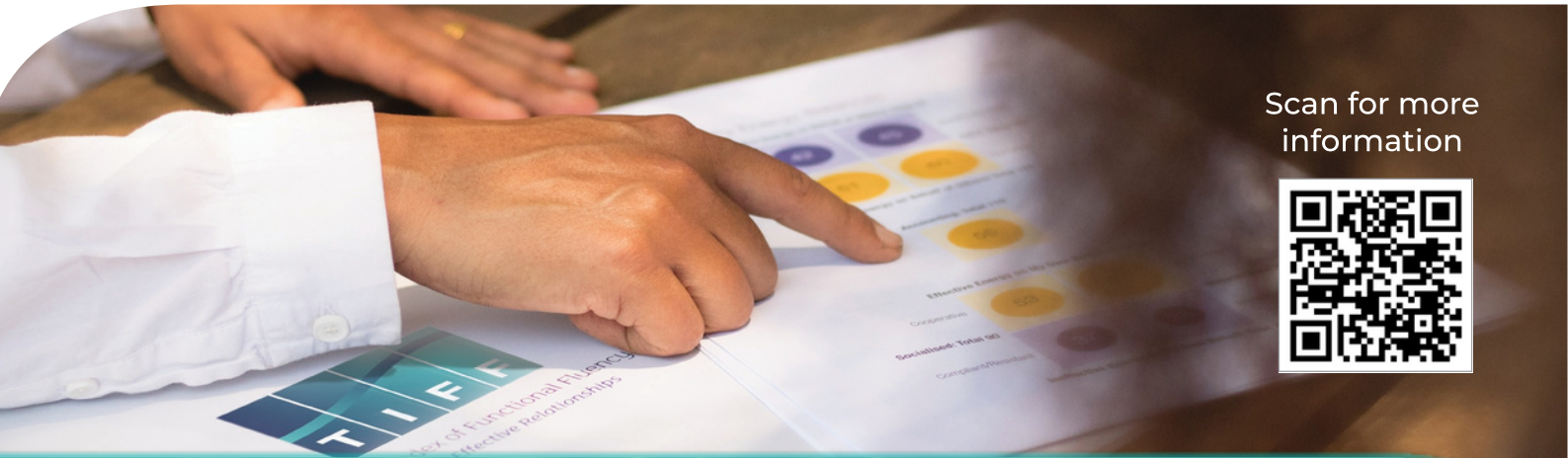
Rosalind Sharples: PTSTA -P, Jo Grace UKATA Diploma: & Piotr Jusik PTSTA-C - **Caernafon**

We will bring findings from a journey in January 2023 to the heart of multicultural Guatemala. We will explore relationships between TA as a Western philosophy with indigenous teaching from local spiritual guides, community counsellors and body therapists. We are curious about how reductionist cultural frames of reference discount native practices as exotic or unsophisticated. We wish to deepen our understanding of the mind-body-spirit connection in the context of current human relationships to a planet objectified as a resource. We will share images of our journey and experiences acquired from Guatemalan teachers to enliven new developments in TA thinking. We invite reflection and involvement in mind and body from participants.

WORKING WITH THE MALE PSYCHE

John Paradise: PTSTA - **Pembroke**

We will begin by looking at the scale of the hidden crisis in men's mental health before moving onto explore just what we mean by the term 'psyche'. This will lead us into discussion around how we each think about the male psyche and what we typically think of as forming parts of the male psyche. We will examine the male psyche through a model of culture, adapted from Pearl Drego's concept of the Cultural Parent.. Working in a mix of plenary and triad groups the workshop will be very much experientially based. We will examine just what is it like working with a man. Is there a difference in the transference domain? Participants are encouraged to bring their own experiences of working with men, as we examine this through the lens of the male psyche cultural model.



Scan for more
information



**Functional Fluency International's
purpose is to support people
worldwide to develop the art and
skill of interpersonal effectiveness.**

We do this through our
accredited training programmes.
We help professionals around
the world to use Functional
Fluency and the TIFF® personal
development tool, so they
can pass on the benefits to
their clients, one meaningful
encounter at a time.



TA EAST LONDON INSTITUTE

TA East is a counselling and psychotherapy training institute established in 2019. It has grown out of a counselling, psychotherapy, supervision and consultancy practice established in East London for over twenty years. TA East aims to offer an in-depth training in Transactional Analysis, leading to recognised qualification in counselling and/or psychotherapy. The training will be delivered in the spirit of TA philosophy, that all people are OK, everyone has the capacity to reach their full potential and all people can change.

TA East is committed to making training accessible to all, representing transcultural East London. Our challenge at TA East is to integrate an intersectional lens across the curriculum, considering social, political, cultural and historical contexts across the theory, process and practice.

THE Berne INSTITUTE

We offer accredited training in all fields of Transactional Analysis at Masters level and Accreditation of Prior Learning for those who have already qualified who wish to have a Post Grad Diploma or MSc. Our Postgraduate Diploma in Psychotherapeutic Counselling enables immediate registration with UKCP.



Please contact us to discuss your pathway.
office@theberne.com
www.theberne.com
01509 673 649



In partnership with
Middlesex University London

TA East is open for Autumn 2023 applications

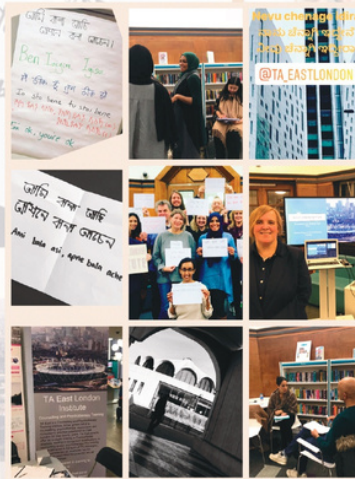
TA East offers a range of CPD courses in intersectionality, including introductory courses, courses for trainers, practitioners, Supervision Diploma and Certificate courses.

For further information contact:
taeastlondon@gmail.com

Social Media

Follow us for regular training updates, workshops and taster sessions, as well as psychotherapy insights and theoretical ideas.

Facebook Page: @tapsychotherapy
Twitter: @taeast1
Instagram: ta_eastlondon



www.taeast.co.uk



SAVE THE DATE

UKATA NATIONAL CONFERENCE

19 - 21 April 2024

11 - 13 April 2025



DAY 3

Sunday, 23 April,

REGISTRATION DESK IS OPEN TO WELCOME YOU FOR ARRIVAL AND REFRESHMENTS

08.00 - 12.00

WORKSHOP 4 (INCLUDING REFRESHMENT BREAK)

09.00 - 11.50

CLOSING SESSION: ROSALIND SHARPLES (ENGLISH) - AND RACHEL KNIGHT (WELSH)

12.00 - 13.00

LUNCH AND NETWORKING

13.00 - 14.00

POST-CONFERENCE FACILITATED DISCUSSION FORUM (INCLUDING REFRESHMENT BREAK)

14.00 - 16.00

CONFERENCE CLOSE AND DEPART

16.00



WORKSHOP 4

09.00 – 11.50, Sunday, 23 April,

BEYOND THE PALE

Bob Hunter: TA Trainee – **Caerphilly**

*This workshop is in response to the reportedly "staggeringly high" numbers of people with ASD/ADHD/ND diagnoses who are referred to the governments PREVENT anti-extremism process.**

The co-creative workshop will explore the ethical and practical issues practitioners may face when a client discloses extreme beliefs. The discussion is likely to cover such topics as radicalisation, Incel, conspiracy processes/cults and the far right from angles such as theory, ethics, supervision, client risk assessment and therapist safety.

ARE YOU READY TO TAKE THE L PLATES OFF?

Nikki Millard: PTSTA-P & Wilf Hashimi: TSTA-P – **Kidwelly**

A commonality across TA fields is the training journey from TA101 to CTA. We will explore the ups and downs, and the importance of preparation for the transition to CTA, using TA concepts to consider the following:

- *The joy and frustrations of the training journey*
- *When we may need to pause, rest and refuel*
- *What may be script inducing*
- *The possibility of loss in the transition from trainee to CTA*
- *The importance of celebration*

THE DISINTEGRATED ADULT

Neil Keenan: PTSTA-P – **Calon**

In this workshop, you will experience the profoundly divided and, sometimes, irreconcilable nature or natures of consciousness. Each hemisphere of your brain can sustain consciousness independently of the other, and each maintains a very different view of the world and self. In light of our brief study of the competing realities we all hold, we will consider how this split in perceptions challenges the concept of a singular, integrated Adult ego state. This workshop is designed to be accessible to transactional analysts at all stages of their professional development and across all the Fields of TA.

EGO ET NOBIS

Stephen Morgan: TA Trainee – **Portmeirion**

The moment you realise in your second weekend of training that something was missing. Then you suffer from Imposter syndrome, but you just can't let it go. It contaminates every training weekend until you just have to embrace it. Now I am fully aware Tribal Influencers are here to welcome Equality, Diversity and Inclusion into all fields of TA. My Workshop would be introducing a new developing theory from the perspective of a now second-year advanced student. I think TA 101 now needs to be TA 101.2023. The new Nobis State will change the way PAC works.

USING TA CONCEPTS TO MARKET YOUR BUSINESS/PRACTICE

Alan Jones: PTSTA

Helping all TA practitioners to understand what marketing is and what it is not. Practitioners script response to marketing. Using an Autonomous, Aware and Integrated approach to marketing based on Berne's concept of health. Market research in terms of empathising with people you haven't met yet. Understanding marketing communications using attachment circle and discount matrix. Basics of marketing using the classic 4 Ps marketing model Product, Place, Price and Promotion from a TA perspective. Understanding the marketing communications funnel and routes to market. Looking at the relevance of communications material to differing personality styles.



WORKSHOP 4

09.00 – 11.50, Sunday, 23 April,

POWER WITHIN AND POWER OUTSIDE IN RELATION TO THE LIFE SCRIPT OWNERS MANUAL

Alex Piotrowska: TSTA – **Caernafon**

The nature of power does not just depend on what we do and how we do it, but on how it is experienced in our frame of reference. Power is always in relation to something of someone. Potentially asymmetrical experiences of power show what a challenge it can be to make sense of those experiences. We try to fit these experiences into narratives that don't match them. What we perceive power to be depends on the story we tell about it. What seems to be most pronounced in our experience of power is not the power we have, but the power we lack. The workshop will be an exploration of the issues learnt Power and Powerlessness in our Script. In Transactional Analysis, we can look at power in different ways. The search for power can be seen as manipulation, an attempt to gain position and enter the game through hidden transactions, which can occur at different levels.

BELONGING

Paul Robinson: PTSTA-E & Traian Bossenmayer: PTSTA-O – **Pembroke**

Belong or don't belong? Your choice! Or is it? How do we decide who (or what or where) to belong to? Do we ever consciously decide? Or does it "just happen"? Or not? How does our ability to belong impact on the CCTA principle of "we-ness"? This workshop will focus on, and explore, the unconscious processes at work, out of our awareness, that regulate our ability (and/or need) to.

PHYSIS SCOTLAND

**Stretching
Promoting
Transformation** **Boundaries,
Growth
and**



Located in the heart of the beautiful West End of Edinburgh, Physis Scotland is proud to be the only registered Transactional Analysis (TA) training establishment in Scotland.

Our vision is to train and develop counselling and psychotherapy practitioners of the future who are highly skilled, compassionate and robust to support the increasingly complex needs of clients.

We offer a wide choice of courses from brief Taster sessions to the Diploma in Counselling using TA (COSCA validated) and the CTA (Certified Transactional Analyst) qualification and membership of the UK Council for Psychotherapy (UKCP).

Visit physis.scotland.co.uk to explore our courses, stimulating CPD workshops and advanced training opportunities.

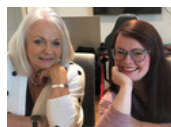
Training Courses

- TA101 27th/28th May
- Introduction to Counselling Skills 27th/28th/29th April
- Certificate in Couples Work commencing 28th April
- Open Morning 8th July
- Extended Training Group commencing August
- Exam Preparation Group commencing September
- Foundation Certificate in Transactional Analysis (2 cohorts) commencing September
- Advanced Years 1 & 2: Diploma in Counselling using TA
- Advanced Year 3 and beyond
- Diploma in Counselling Supervision commencing September

CPD Opportunities

- Catching the Emotional Bullet 26th April
- Case Consultations 8th September

The Team



Physis Scotland was established in 2017 by Fiona Firman, PTSTA and Fiona Cook, PTSTA. We deliver our busy programme with the support of highly skilled core tutors, visiting trainers and specialist professionals, whom we are so proud and grateful to work with.



To find out about any of the courses, visit physis.scotland.co.uk or contact Olivia Burroughs at enquiries@physis.scotland.co.uk 07927 557217



PRESENTER BIOGRAPHIES



SUE ASHBY

Functional Fluency in Action (Workshop 2)

A neurotypical woman who works as a TA psychotherapist in Dorset. She was an early Functional Fluency licensee training in 2006 and uses the model with clients and supervisees and education and health care practitioners. She is passionate about the arts and has 24 plays produced and performed in the north west, Dorset, and Northern Ireland.



VICTORIA BASKERVILLE

A Transcultural and Intersectional Ego State Model of the Self (Workshop 3), Inclusivity and exclusivity in counselling and psychotherapy training and the experience of trainees, in particular with regard to difference (Workshop 6)

Victoria Baskerville (she/her) founded TA East London Institute in 2019. Integral to its being is Intersectionality, considering the dynamics of difference, cultural selves and power dynamics across all aspects of theory, process and practice, aiming to contribute to the evolving of Contemporary Transactional Analysis. Victoria is the Chair of a UKCP funded Research project on Inclusivity and Exclusivity in training. She is on the editorial board of the Transactional Analyst and writes a column 'Amplified Voices', interviewing an Intersection of marginalised voices each edition. Victoria published her Transcultural and Intersectional Ego State model in July 2022.



DEBORAH BLAGDEN

Demystifying the sexual offender (Workshop 1)

Deborah Blagden (PTSTA) is Programme Lead and tutor on at the MSc Integrative Psychotherapy course at the Sherwood Institute Nottingham. She has worked in both private practice and for the children's charity the NSPCC and the Criminal Justice System for 28 years delivering the Home Office's community sex offender group treatment programme for men and women convicted of sexual offences. This has involved working therapeutically with both perpetrators and non-abusing partners individually and in group settings. Alongside this her role has involved multi agency work in preparing risk assessment reports for the parole board, criminal and family courts. Deborah is interested in developing theory and practice using Transactional Analysis to work with this client group.



TRAIAN BOSSENMAYER: PTSTA (O)

CCTA World Café (Workshop 3), and Belonging (Workshop 4)

Traian is an organizational development professional, with experience in training and leadership development initiatives. He is currently working for a multinational gaming company as HR Director and as a freelance consultant and TA supervisor and trainer. He is passionate about facilitating change within teams, by encouraging an authentic contact through meaningful conversations. Traian invites and supports growth in a thoughtful, caring and enthusiastic way.



PRESENTER BIOGRAPHIES



CHDEL COOKE (C, P)

Functional Fluency in Action (Workshop 2)

Neurodiverse woman, storyteller, and fiction writer, a psychotherapist in advanced clinical training in private practice, has completed her Diploma and is now working towards her CTA, loves working co-creatively in both indoor and outdoor therapy.



SARAH DEVINE: PTSTA

Outstanding in Our Fields! (Workshop 2)

Sarah Devine has a PTSTA and a private practice in Burton upon Trent. She is passionate about ECOTA and spending time outdoors. She offers workshops and supervision for people who are interested in developing an ecological practice.



JAYAKARA BEVERLEY ELLIS: TSTA

Exploring autonomy (Workshop 3)

Beverley Ellis is interested in helping people find their true self and enabling them to let go of the ways they are psychologically oppressed. Beverley is an ordained Buddhist and prefers to be called by her Buddhist name Jayakara (Ji ark ka ra). Jayakara integrates aspects of mindfulness and compassion into her practice. She is also part of the leadership team of the Black African and Asian Therapist Network (BAATN). Jayakara has a private practice in East London, having trained at Metanoia. She currently teaches at TA East and has supervisee from several Registered Training Establishments.



BERIT FAHLÉN: PTSTA-P

CCTA World Café (Workshop 3)

I'm a partner in The Scandinavian Institute for Transactional analysis, SITA, providing TA supervision and training. In my private practise I meet divers clients with a broad variety problems. Until recently I have been an owner of a therapeutic community that works with children and teenagers with severe psychiatric problems. I'm a board member of STAF and former president. Living CCTA theory has become more and more important over the years. Every day, every meeting carries opportunities for learning. My grandchildren help me to stay curious.



PRESENTER BIOGRAPHIES



MICHAEL GAVIN

Embodying OK - the Essence of TA - in all Four Fields (Workshop 1)

I see the progress of humanity as dependent on the growth of each human being. In an existential sense I have an 'I am ok- You are ok' stance and I believe real freedom and autonomy come through empowerment of individuals of all ages and abilities. Having worked in both Education and Business for over 30 years, I am interested in the intersection between Management, Education, personal growth and wellbeing. For the last six years, I have been leading a team who develops training programmes for organisations, schools, teachers and students. These programmes encourage individuals to step out of social games, rules and roles through self-awareness and tap into their authentic self and spontaneous energy. Throughout my Education TA course at the Berne Institute it is becoming more clear to me who I am as an educator. I have completed my TPLT (TIFF Provider Licencing Training) trainer course and am on my way to becoming a fully qualified trainer. I am a TIFF provider in the UK and Turkey, as well as the Country Connector for Functional Fluency International in Turkey. I live between Turkey (Istanbul) and the UK (Winchester). I am open to any kind of co-creation and co-operation



BEV GIBBONS: PTSTA(P)

Unpacking the Internal Supervisor (Workshop 1), Exploring the Resources & Challenges of FRIENDSHIP and it's Influence in our Work: A workshop for All 4 Fields of TA (Workshop 2), CCTA World Café (Workshop 3)

Bev is a TSTA (Teaching and Supervising Transactional Analyst) in the field of psychotherapy. Who has an MA In TA psychotherapy and BA Hons in integrative counselling. She works in North Yorkshire, in the UK, as a trainer, supervisor and psychotherapist in private practice, and as a core trainer at TA Training Organisation based in Leeds, UK. She works with individuals, groups and organisations, drawing on her experience of leading teams as well as from her many years of work in counselling and psychotherapy practice and supervision. The Co Creative TA principles lie at the heart of my work and way of being, working intersubjectively in the 'space between' is a passion. I am also passionate about working across all fields of application in TA.



JO GRACE: UKATA DIPLOMA

"How are your eyes today?" - "My heart is open." (Workshop 3)

Jo Grace is trauma focused therapist, qualified at UKATA Diploma and as a Play Therapist. She offers a "body up", nature based approach with a focus on Nervous System Health and Relational Neurobiology. 25 years ago, inspired by the work of Joanna Macy and Deep Ecology she developed a special passion for linking people creatively to the natural environment. Through this process, she became more interested in the "People Care" aspect of permaculture and the connection between individual and collective dis-ease and planetary health, leading to her work now. She is interested in the synergy between indigenous intuitive wisdom, TA theory and the latest offerings of neuroscience.



PRESENTER BIOGRAPHIES



WILF HASHIMI: TSTA-P

Are you ready to take the L plates off? (Workshop 4)

Joanna is a Certified Transactional Analyst (P) and an Imago Relationship Therapy workshop co-presenter. She is the founder of Relationful, an online conversation about the highs & lows of being in a relationship during mid-life. Joanna has a private therapy practice in Manchester. She delivers psycho-ed workshops for couples and individuals with her life & business partner.



GEOFF HOPPING: TSTA (P)

Homesickness (Workshop 3)

Geoff Hopping is a Psychotherapist (with TA and psychoanalytic training and qualifications), Supervisor and Trainer with decades of experience working in mental health and psychotherapy settings. Latterly he worked in a high security prison as a Consultant Psychotherapist specialising in Group Work. He has a passionate interest in spirituality and was recently ordained as an Interfaith Minister after two years of training with the One Spirit Foundation. Geoff held the role of a primary tutor at the Metanoia Institute from 1996 until 2019. He moved from London to Brighton and is a partner at The Link Centre.



BOB HUNTER: TA TRAINEE

Beyond the Pale (Workshop 4)

Bob Hunter is a diagnosed ND practitioner working online in Private Practice. He specialises in Neurodiverse and ex-Boarding School clients.



MICHELLE HYAMS-SSEKASI: PTSTA (P)

Going Behind The Curtain of Supervision (Workshop 2)

Michelle Hyams-Ssekasi (MSc TA, PTSTA(P), CTA (P), DipSW,) is a Psychotherapist, Supervisor, Trainer, Social Worker & Certified Parent Workshop Facilitator. She has a wide range of experience working with Children, Young People, Adults, and Families in Greater Manchester and Lancashire. She is a core member of the TATO Training Team in Leeds. Her interest in Parenting led her to train in Educational TA in Minneapolis and deliver Parenting workshops in Washington State, USA, and the UK. She is a Safeguarding Officer for UKATA and a Member of the UKCP Child College Training & Assessment Board.



PRESENTER BIOGRAPHIES



ALAN JONES: PTSTA

Using TA concepts to market your business/practice (Workshop 4)

I retired in 2005 from 35 years in the motor industry in International Marketing and Sales, culminating as Regional Manager Eastern Europe for Jaguar Land Rover, managing a marketing budget of around £250K per annum with a strong emphasis on staff training and sales of £25M per annum. I trained at the Chartered Institute of Marketing in marketing practice. I now work as a business consultant with international companies. I am a CTA and PTSTA (P) I have been running a successful private practice since 2008 and a supervision practice since 2015. I also teach at TA establishments in Europe.



PIOTR JUSIK: PTSTA (C)

"How are your eyes today?" - "My heart is open." (Workshop 3)

Piotr Jusik PTSTA(C) Born in Poland and now in Guatemala, he has lived in several countries and held various roles in education, including pupil referral units, international secondary schools and universities. Piotr works internationally as an intercultural coach, counsellor and group facilitator providing services in English, Polish, French and Spanish. Recently, he has been involved in cross-cultural research concerning passivity in education as well as developing methodologies for enhancing resources of multicultural groups. Piotr is part of the ITAA social engagement committee and loves working collaboratively with other TA colleagues from around the world.



NEIL KEENAN: PTSTA-P

The Disintegrated Adult (Workshop 4)

Neil is a psychotherapist specialising in working with neurodivergent clients and is a member of a Bristol-based organisation - The Different Engine - that is developing new approaches to working with autistic clients. In addition to his role as Training Director and teaching at The Wyvern Institute RTE in Bristol, for a number of years Neil ran Help! Counselling, a charity providing low-cost psychotherapy to children and young people. Neil has lived most of his life just north of Bristol and works in private practice in the area where he lives.



HASAN VOLKAN KURTARICI: TA TRAINEE

Huh? What Did You Say? (Workshop 1)

I am a Trainee at The Link Centre, and have been enjoying my learnings of Transactional Analysis, and taking part in the TA community. I have also been involved with the D/deaf community for the last 22 years, and trained as an Interpreter in British Sign Language (BSL). Since 2013 I have been working as a BSL interpreter and Trainer in BSL and Deaf Awareness. My passion is to marry these two worlds, as I have met many D/deaf people who struggle with their own mental health and resources are not easily accessible. Not only do I want to bring awareness of D/deafness to hearing peers, but I want to bring awareness to my D/deaf peers.



PRESENTER BIOGRAPHIES



JENNY LABBETT: TA TRAINEE

TA as a leveller (Workshop 1)

Hello, I'm Jenny. I am a trainer, facilitator and coach with management and training experience in the public, private and voluntary sectors in the UK. I ran my own IT consultancy for over 20 years. After training as a coach, I set up Renaissance Training, offering training and development workshops, based on TA, which deliver transformative and sustainable change. My particular interests are women returning to work, men and women going into leadership roles for the first time, and people facing redundancy. I am passionate about both the quick wins and the long term changes that TA enables us all to achieve. I love singing and swimming and being a grandma. I'm a contractual trainee (E) and I live in Suffolk.



ADRIENNE LEE: TSTA / TTA/ STA

Pain, Grief and Renewal in This Disturbing World (Workshop 1)

Adrienne Lee, BA (Hons), TSTA(P), past president of EATA, is Director of The Berne Institute, UK. She has received the Gold EATA Medal, and the Muriel James Living Principles Award. Adrienne enjoys inspiring the development of TA, focusing on homonomy and spirituality, and is dedicated to co-creating learning and transformation with passion, authenticity, and excellence.



NICOLE LENNER: PTSTA (C)

Exploring the Resources & Challenges of FRIENDSHIP and it's Influence in our Work: A workshop for All 4 Fields of TA (Workshop 2)

I am a PTSTA in the field of Counselling, living in the north of Germany. My passion is working within the framework of co-creative TA in international settings. My key activities as a counsellor are coaching of individuals and teams and facilitating conflict solving processes in organisations. As trainer/supervisor I am leading TA foundation courses and advanced training in the context of my own training establishment in Hamburg and worldwide (online). My main motivation is to create an experiential learning, living and loving environment and a safe space for human beings, where professional and personal development go hand in hand. I am engaged in the TA community as EATA-delegate for DGTA, EATA General Secretary and EATA language coordinator for multiple languages.



CATHIE LONG: (C, P)

Functional Fluency in Action (Workshop 2)

Neurodivergent woman, Independent Social Worker, Functional Fluency Coach, a psychotherapist in advanced clinical training. A published author, she loves cold water swimming and is learning to cycle again.



PRESENTER BIOGRAPHIES



SARAH LOWES: (E, O)

Functional Fluency in Action (Workshop 2)

Neurotypical woman, trained actress, Business and Functional Fluency Coach and development facilitator, Diploma in Organisational TA, working towards CTA in Educational TA, loves working co-creatively, and is learning to play the piano again.



CATHY MCQUAID: TSTA (P)

Managing Grief and Bereavement (Workshop 3)

Cathy McQuaid, DPsych, TSTA(P), MSc (Psychotherapy), Dip Clinical Supervision, is a trainer, supervisor, psychotherapy training consultant and researcher. Her interest in research and training led to her first book *What You Really Need to Know About Counselling and Psychotherapy Training: An Essential Guide* published by Routledge in 2014. Her most recent research project has resulted in *Understanding Bereaved Parents and Siblings: A Handbook for Professionals, Family and Friends* published in May 2021. In addition to writing and researching Cathy runs an online supervision and consultancy practice offering research, clinical and training supervision along with various CPD training courses and workshops.



MICHAEL MELEADY: PTSTA

Self-disclosure as a necessary relational condition (Workshop 2)

Mike is a PTSTA with a private practice in Central London, providing relational therapy and supervision for individuals and groups. He has worked in a number of clinical settings and works with the marginalised in society, applying an intersectional lens to his work. He aims to foster an environment whereby 'all' are included regardless of race, gender, sexuality, disability and class. He is a primary tutor at TA East London institute and holds in mind the social, cultural and political conditions on lived experience.



NIKKI MILLARD: PTSTA (P)

Are you ready to take the L plates off? (Workshop 4)

Nikki Millard is a PTSTA(P), with a private psychotherapy and supervision practice in North London. She began her teaching career as an Intern in the Humanistic department at The Metanoia Institute, and has recently stepped into the role of Interim Director of Studies for TA. Nikki is the local exam supervisor for Metanoia's CTA exams, and has many years of leadership experience from large corporations before retraining as a psychotherapist. She fell in love with TA after reading *I'm Ok - You're Ok* and attending a TA101. She is also trained as an Equine Assisted Therapist and has two horses.



PRESENTER BIOGRAPHIES



KAREN MINIKIN: TSTA / TTA/ STA

Radical Relational Perspectives: Deception and Dependency (Workshop 1)

Karen Minikin TSTA (P) lives and works in the southwest of England. In addition to her psychotherapy practice, she teaches and supervises locally and internationally. She has lived and worked in a number of different environments and makes use of her diverse history to inform her radical and relational take in social psychology.



STEPHEN MORGAN: TA TRAINEE

Ego et Nobis (Workshop 4)

Hi, I am Stephen, I am second year advanced student studying at The Ellesmere Centre for Psychotherapy Training. You could say I have been blessed with many years of life experiences. My training journey so far has been enlightening and I finally feel that through TA and psychotherapy I am understanding myself and past life events just a little more every day. I have a particular interest in Neurodiversity and also Equality, Diversity and Inclusion particularly within TA and I am very much looking forward to sharing my thinking and learning with you during my workshop.



SAMIA NELSON: PTSTA

Self-disclosure as a necessary relational condition (Workshop 2)

Samia is a culturally sensitive psychotherapist and supervisor in private practice in North London. Her work is grounded in a philosophy of inclusiveness and her interests lie in the dynamics of power in relationships and the impact of cultural, societal and political influences on the self. She is drawn to the healing nature of groups and works with marginalised individuals and groups, including those who are neurodiverse or hold multiple intersecting identities. Samia is a primary tutor at TA East London institute and is interested in challenging the structures within traditional psychotherapy and counselling trainings.



JOHN PARADISE: PTSTA

Working with the Male Psyche (Workshop 3)

John Paradise CTA (P) PTSTA(P) is a UKCP registered psychotherapist working in private practice in Exeter. John will be drawing upon his experience of working almost exclusively with men, often in long term therapy.



PRESENTER BIOGRAPHIES



SUE PARKER HALL: CTA

Covid-19 Recovery Process Group (Workshop 2)

Sue Parker Hall is a relational psychotherapist (CTA), supervisor and free-lance trainer. She is author of 'Anger, Rage, and Relationship: An Empathic Approach to Anger Management' (Routledge, 2008); she conceptualises rage and shame as trauma symptoms, and anger as a healthy processing emotion. Sue offers a variety of models for understanding these phenomena and a relational methodology for working with them to practitioners, nationally and internationally. She facilitates several relational supervision groups and is passionately committed to practising, researching, and teaching a philosophy and methods that recognise a real human relationship as the crucible and vehicle for positive change.



ALEX PIOTROWSKA: TSTA

Power Within and Power Outside in relation to the Life Script Owners Manual (Workshop 4)

Alex Piotrowska MSc in Pedagogy TSTA in Psychotherapy and Counselling field from London I am a psychotherapist, coach, trainer and supervisor working using , Relational, and Systemic Solutions approaches. I am influenced by Positive Psychology and phenomenology. I believe that with counselling and coaching people can be empowered to make a healthy choices in their lives and move from surviving to thriving and blossoming. I run a private practice in London and work as a freelance trainer and supervisor in ,UK, Poland and internationally online.



JOHN RENWICK: TSTA (P)

It's Only Money (Workshop 3)

John trained as a Youth & Community Worker where he started his TA journey in 1973, he went on to complete a Diploma in Counselling, CTA & TSTA. He has a private practice in East Sussex as a psychotherapist & Supervisor, he regularly teaches on a CTA training in Serbia.



PAUL ROBINSON: PTSTA (E)

Functional Fluency in a Co-creative TA frame (Workshop 1), CCTA World Café (Workshop 3), Belonging (Workshop 4)

Paul has been supporting people to learn and develop for 30 years as a manager, mentor, coach and trainer. He runs his own training company, focusing on supporting people to develop and change through TA based personal development programs. He is based in Ipswich (UK) and delivers programs internationally. Paul uses co-creativity extensively as a base for his work and is an Educational Transactional Analyst (PTSTA-E). He believes that everyone should have the opportunity and support to achieve their potential, and is passionate about supporting people to achieve this through a process of co-creative transformational learning and change.



PRESENTER BIOGRAPHIES



ROSALIND SHARPLES: PTSTA (P)

"How are your eyes today?" - "My heart is open." (Workshop 3)

Rosalind Sharples PTSTA(P) is an experienced trainer and supervisor in the field of psychotherapy. Over the last years she has built strong relationships with transactional analysts globally and across the four fields. She is part of a discussion panel that investigates intercultural sensitivity, she has collaborated with a Polish university in a pilot scheme between her trainees and Polish students, most recently she has been invited to travel to Guatemala to collaborate with Mayan teachers. Rosalind is a member of the training and standards committee for UKATA, UKATA's representative for the UKCP and runs a training institute called Transactional Analysis Cymru in Wales. This identity of TAC is how the mind-body-spirit connection relates to the environment through TA learning.



KATE SHAW (E)

Functional Fluency in Action (Workshop 2)

Neurotypical woman, Business and Functional Fluency Coach, mentor at the Prince's Trust, and Human Resources advisor. Educational TA, Eco TA, a lover of nature and being in community.



RONEN STILMAN: TSTA (P)

Unpacking the Internal Supervisor (Workshop 1)

Ronen is a Teaching and Supervising Transactional Analyst in Psychotherapy. He is a psychotherapist, supervisor and trainer, working with individuals, couples and practitioners in his Edinburgh centre practice and Cyberspace. He has a keen interest in Humans and how they relate and identify, integrating his background in technology and organisational change.



JAMES SWEENEY: PTSTA (P)

Functional Fluency in a Co-creative TA frame (Workshop 1), CCTA World Café (Workshop 3)

I am fascinated by how we relate to each other and how we learn in an interpersonal context. This has involved me applying co-creative theory in my practice to facilitate therapeutic change and learning. This also challenges me to reflect on how I can relate to those around me in a deeper more meaningful way. I am also interested in how we articulate and use Tudor's 'empathic method' as the method of co-creative relating. The role of power in relationships and how this is co-created in the areas of sex, gender and sexuality both from individual and cultural perspectives is another field of interest for me.



PRESENTER BIOGRAPHIES



JANE TILLIER: PTSTA (P)

Homesickness (Workshop 3)

Jane Tillier recently qualified as a UKCP-registered Psychotherapist, having completed her MSc and CTA (P) after five years of training at Metanoia. She has over 30 years of experience in offering warm, relational and inclusive soul-space to individuals and groups in a wide variety of settings such as healthcare (hospice, hospital and primary care), education (school and university) and church. She enjoys exploring the interface between psychotherapy and spirituality with Geoff and others. She has a small private practice in Staffordshire and began working as a Primary Tutor at Metanoia in 2022.



MARTIN WELLS: TSTA / TTA/ STA

Beyond fields - A unifying theory and philosophy (Workshop 2)

Martin Wells is a teaching and supervising transactional analyst who has also been studying and practising meditation for over 40 years. He works part-time in the NHS in the UK, as a consultant psychotherapist and teaches mindfulness from a non-dual perspective. He has led retreats in Scotland, Goa and Spain and is the author of 'Sitting in the Stillness', 'No one Playing' and a recently published book of poetry "Lost for Words"



ANDY WILLIAMS: TSTA (P)

Going Behind The Curtain of Supervision (Workshop 2)

Andy Williams TSTA(P), UKCP, BACP Snr Accred, BABCP Accred, MSc, MA is the Training Director at TA Training Organisation and offers training and supervision in TA, Psychotherapy, Counselling, and Coaching. He has a passion for working therapeutically using the outdoor landscape. Andy is a keen writer of all things psychotherapeutic and has a wide range of professional interests. His recent MSc. was a study on the efficacy of supervision from the supervisees' perspective.



SOCIAL PROGRAMME

Friday, 22 April,

18.30 Join us in the Calon Suite for a drinks reception and celebration ceremony to recognise UKATA medal winners, and other success stories from our community!

Following on from the ceremony, enjoy a relaxed evening buffet meal in the Calon suite. The sumptuous buffet offers a range of food choices to cater for every taste. Staff will be on hand to assist with any allergy advice and a cash bar will be available.



SOCIAL PROGRAMME

Saturday, 23 April,

After a full day of workshopping and networking, prepare yourself for a full evening of celebration, wining, dining, and dancing! (No dress code - tuxedo, ballgowns, cocktail dresses, jeans, T-shirts - it's up to you!)

18.30 Attend the Calon Suite foyer for a sparkling drinks reception

19.00 Gala Dinner in the Calon Suite; a 3-course meal with wine included

21.00 After dinner, we look forward to welcoming The Family Band, a home grown family band from the pirate wilds of West Wales. With their roots in Welsh and Celtic folk, and hearts beating to the rhythm of the sea and sky, they sing and play exuberant music with passion and verve. They will provide an evening's musical entertainment, firstly with an old-fashioned Welsh Twmpath (sometimes better known as a ceilidh or barn dance) followed by a rabble rousing folk rock set!
Hwyl!



Completing your UKATA CPD Certificate

Congratulations on attending a UKATA event and earning CPD hours!

You can now download the certificate, complete your name and the number of hours you have earned then print or save the document, ready to count towards your CPD record or learning portfolio.

Depending on your current status, you may need to distinguish between the 'type' of hours you are claiming. If you have any doubts, please check with your trainer or supervisor for definitive guidance on this, but the following is intended to be a general guide:

TA Hours:

These are workshop / keynotes you have attended where the session has been delivered by a TTA/PTSTA/TSTA presenter. E.g., these hours would count towards the 300 hours of TA training that is required for CTA submission.

Other CPD hours:

These can be ANY workshop / keynote attendance hours where you are learning and developing. These can include personal development sessions, and those invested on growing other transferable skills that you might use in your practice. These hours are not exclusively TA related and would e.g., count towards the 500 hours of "other training" at CTA submission

Link to your CPD Certificate: [Click here](#)

Hotel Information

Fire Instructions:

Staff will assist guests to make their way to the nearest fire exit. Our fire point is located next door in Cardiff University car park.

Leisure Facilities:

Residents are able to use the leisure facilities throughout the stay. Guests can access the pool/gym facilities on the ground floor and it is open from 6:30am to 10pm (Weekends is 7am - 9pm)

Directions to the hotel:

Guests travelling by road should exit the M4 at J29 and take the A48M following signs to Cardiff. Cardiff Station is 10 minutes away.

Local Jogging Routes:

[2023 Best 10 Trail Running Trails in Cardiff | AllTrails](#)



EVENT BAR MENU

GIN Beers / Cider



	Single / Double		Half Pint / Pint
<u> </u>			
Tanqueray Ten	£5.50 £11.00	Camden	£2.95 £5.50
Tanqueray Sevilla	£5.50 £10.00	Stella	£2.95 £5.75
Gordons	£4.50 £9.00	Goose Midway	£2.95 £5.70
Whitley Neil R&G	£5.25 £10.00	Bud Light	£2.50 £4.95
W.N Raspberry	£5.25 £10.00	Magners	£2.50 £4.95
Hendricks	£5.25 £10.50	Guinness	£2.95 £5.60
Beefeater	£4.00 £7.90	Peroni btl 330ml	£4.95
Beefeater Pink	£4.55 £9.10	Budweiser btl 330ml	£4.60
		Corona btl 330ml	£4.50
<u>Brandy</u>	Single / Double	Old Mout Berries 330ml	£5.50
Courvoisier	£ 4.75 £9.50	Old Mout Kiwi and Lime 330ml	£5.50
Martell	£ 6.95 £10.00	Becks Blue (Non Alcoholic)	£3.95
Remy Martin	£6.50 £13.00		
		<u>Soft drinks</u>	Half Pint / Pint
			£2.50 £3.50
		Pepsi Max Pint	£2.50 £3.50
<u>Vodka</u>	Single / Double	Diet Pepsi Pint	£2.50 £3.50
Chase	£4.20 £08.40	Lemonade Pint	£2.95
Eristoff	£5.50 £11.00	Fever Tree Tonic Water 500ml	£2.60
Grey Goose	£4.95 £9.90	Still water 500ml	£3.80
Sipsmith	£4.50 £9.00	Still Water 750ml	£2.60
Absolut		Sparkling water 500ml	£3.80
		Sparkling Water 750ml	£3.75
<u>Rum</u>	Single / Double	Red Bull 250ml	Bottle 75cl
Bacardi	£4.50 £9.00	<u>Wine</u>	£21.00
Captain Morgan	£4.25 £9.00	House Red (Tempranillo)	£26.00
Captain Morgan Spiced	£4.50 £9.50	Merlot	£27.00
Lambs Navy	£4.25 £8.50	Malbec	£25.00
Malibu	£5.75 £10.25	Pinot Noir	£21.00
		House White (Verdejo)	£35.00
		Sauvignon Blanc	£24.00
		Pinot Grigio	£24.00
		Chardonnay	£21.00
<u>Whiskey</u>	Single / Double	House Rose (Tempranillo)	£24.00
Black Label	£4.95 £9.90	Pinot Grigio Blush	£23.00
Jack Daniels	£4.75 £9.50	White Zinfandel	
Penderyn	£6.20 £12.40		
Grants	£4.50 £9.00	<u>SPARKLING WINE</u>	£29.00
		Prosecco	£60.00
		Taittinger Brut Reserve	£75.00
		Taittinger Brut Rose	£85.00
		Taittinger Vintage	