

Come together

the power of group dynamics

PROGRAMME

2015 ITAA/FTAA Conference

29 July – 1st August

The Menzies Hotel, Sydney, Australia

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About the theme: **COME TOGETHER: The power of group dynamics**

Groups are universal. Whether it is in training, supervision, therapy, teaching, organisations or coaching...groups and the analysis of group dynamics can be transformative.

Additionally, the theme group evokes many different perspectives:

- Individual integration, assimilation and identification relative to groups and the resulting relational dynamics, through to
- The evolution and development of individuals in educational and organisational settings.

Culturally, socially, economically and spiritually groups are essential to the fabric of society and to the theory of Transactional Analysis.

Today, people are lamenting the loss of the group because of its power as a vehicle for primitive relational material to emerge and for learning, redecision, holding and challenging to take place.

The conference theme is, in essence, a refocusing on Berne's idea that Transactional Analysis, as an essentially interpersonal endeavour, is a group experience.



ITAA President's Welcome

It is with particular pleasure that I welcome delegates to this conference, here in Sydney. The ITAA enjoys a special level of friendship and association with the FTAA and this brings its unique delights to the co-hosting of a major event like this. Despite close connections, though, it is a long time since we have been here for our annual conference. The last time was in 2001 so I do think we're overdue for a party, as well as the serious stuff that conferences are for. And what more inspiring a place could we come to than to Sydney, one of the most beautifully located cities in the world. It's almost unimaginable now to think that this place began its journey to urbanisation as somewhere to which unwanted people were sent as a punishment. The vibrant and successful Sydney of today has much to teach us about the real nature of humanity.



We are here to talk about and experience groups and group processes. Berne opened his book on the structure and dynamics of groups with the observation that "Before any group can come into being, it must first exist, however briefly, in the mind of its organiser". So I begin by thanking those who had the first ideas. It is those ideas which formed the provisional group imago, then no more than a collective fantasy. Everyone who has joined the group subsequently, and this includes all the delegates in attendance, brings their own fantasy which contributes to the emerging group imago. And so the provisional imago successively adjusts as it develops in the direction of clarification, where fantasy is gradually replaced by experience and learning. We cannot know what the outcome of experience will be. Personally I come here knowing that it was at an annual conference very similar to this one that I first became involved in working for the ITAA and that eleven years later at this conference I will finish my term as ITAA president. I hope you too will have such a rich experience of beginnings and endings, and all stages in between, as it has been my privilege to enjoy at gatherings just like this one.

We really are here to create this conference together so please do accept the invitation to participate. You, the individuals reading this welcome message, will become the conference we will one day remember. Let's make ourselves memorable!!!

John Heath
ITAA President

FTAA President's Welcome

Hello. And Welcome! It is with great pleasure that we welcome you to the 2015 ITAA/FTAA Transactional Analysis Conference being held here in Sydney. Many of you have come from afar and on behalf of the FTAA, I want to thank you for making the journey. The theme of the conference is “Come Together - The Power of Group Dynamics”. With so many of us coming together, coupled with the full and amazing programme that has been organized, I am confident we can experience all that being part of a group provides.



You may have noticed that the logo developed for the Conference is based on Aboriginal drawings depicting people meeting and coming to a meeting place. The concentric circles in the icon represent meeting places and the lines show the journey path. In Aboriginal culture, the meeting place is a significant site to men and women. It designates a place where Aboriginal people come together and gather around sitting in circles. It has special significance for us too, with everyone attending being part of some group already - whether that is cultural, familial, nationality, profession – taking the path to this one big meeting place, the TA Conference. All of you have taken the physical journey to arrive at this central meeting place in the land of the Gadigal people of the Eora nation – some of you from a very long way away and others not so far geographically. And all of you have taken the psychological journey to get here.

Berne first wrote about groups and group imago in relation to therapy. Over the ensuing years, we have experienced that same theory being applicable in social, learning and working situations. Each of us will come with our own private provisional imagos for the whole conference, the various elements within the conference and the group activities we pursue outside the conference. It has been a great thrill and challenge to organize this conference with the intention that it honours the theme and offers to you a wonderful mix of experiences from which to choose. The conference features 4 keynote speakers, workshops and symposiums, a welcome to country, entertainment and a complimentary cocktail party, morning Social Dreaming Matrices, morning harbour walks, daily meditation and afternoon plenary sessions. It is our hope that you will find something that embraces, challenges and expands that initial imago; that you find inspiration and motivation; that you connect with old friends and colleagues and meet new ones, and that you find the journey worthwhile and rewarding.

Sydney is a fabulous city - so for all of you, I encourage you to take this opportunity to enjoy the sights, sounds and experiences it has to offer. The hotel is well located for access to any of the extra-conference activities you want to partake in.

What more could we ask for: A great event, held in a great meeting place, with great people from all over the world. Let the next part of the journey begin. Welcome.

Rhae Hooper
FTAA



Come Together, The Power of Group Dynamics

Conference Program

Wednesday 29 July

6.00pm	Welcome to Country Ceremony	Sydney Room
6.10pm	Conference Welcome <i>John Heath President ITAA</i> <i>Rhae Hooper President FTAA</i>	Sydney Room
6.30pm	Keynote Address: "I Rebel, Therefore We Are" (Albert Camus): New thinking on individual responsibility for Group, Society, Culture and Planet <i>Professor Andrew Samuels</i> (Introduced by <i>Servass van Beekum</i>)	Sydney Room
7.30pm	Welcome Reception <i>Drinks, canapés and networking</i>	Parkside Standing

Thursday 30 July

6.00am	Morning Walk	Meet in Foyer
7.30am	Meditation <i>Lesley-Anne Becker</i>	Canberra Room
	Social Dreaming Matrix <i>Led by Servaas van Beekum</i>	Kei San Room
9.00am	Conference Opening <i>David Morley</i>	Sydney Room
9.15am	Keynote Address: The Individual and the Group: The Twin Tyrannies of Internalism & Individualism <i>Dr Farhad Dalal</i> (Introduced by <i>Sean Manning</i>)	Sydney Room

10.30am	Morning Tea	Parkside Standing
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Morning Workshops 11.00am – 12.30pm

	Welcome Home Sister! <i>Ms Sailaja Manacha, PTSTA (Psychotherapy)</i>	Brisbane Room
	A synthesis of Berne's Group therapy with emerging trends: finding the balance between empathy (relationship) and confrontation (task) <i>Chitra Ravi, PTSTA (Psychotherapy)</i>	Adelaide Room
	Go it alone? Come together! – A TA perspective on criminals and delinquents. <i>Izumi Kadomoto, TSTA (Psychotherapy)</i>	Perth Room
	Empathic group Imago <i>Tatiana Sizikova, TSTA (Psychotherapy)</i> <i>Margarita Sizikova, PhD</i>	Darwin Room
	Dialogues without words: Group movement as creative engagement with conflict and conciliation <i>Sissy Lykou, MA</i>	Sydney Room

12.30pm	Lunch	Restaurant
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12.45pm	Eric Berne Memorial Archives (Bring lunch) <i>Ann Heathcote</i> <i>Carol Solomon</i>	Adelaide
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Afternoon Workshops 2.00pm – 5.00pm

Afternoon Tea Break at 3.30pm

	Role profiles as means of intervening in a group <i>Gordon Law, TSTA (Psychotherapy)</i>	Brisbane Room
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	Propaganda <i>Dr Henry Luiker, Lorraine Rose, Mandy Lacy, Servaas van Beekum</i>	Adelaide Room
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	From Beijing Man to Homo Psychicus - TA as a survival tool for the world's largest group, humanity <i>Thomas Ohlsson, TSTA (Psychotherapy)</i>	Perth Room
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	TA, a Systems Therapy: Healing the World <i>Sharon Davis Massey, PhD</i>	Darwin Room
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	Group as a Whole Interventions <i>Vann S. Joines, Ph.D.</i>	Sydney Room
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5.00pm-6.00pm	Day 1 Closing Plenary <i>Chair: Farhad Dalal</i>	Sydney Room
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6.15pm-7.15pm	ITAA Annual General Meeting	Sydney Room
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Friday 31 July

6.00am	Morning Walk	Meet in Foyer
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7.30am	Meditation <i>Lesley-Anne Becker</i>	Canberra Room
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	Social Dreaming Matrix <i>Led by Servaas van Beekum</i>	Kei San Room
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9.00am	Eric Berne Memorial Award Presentation	Sydney Room
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9.30am	Keynote Address: Our Enduring Ambivalence About Living in Groups <i>Bill Cornell, TSTA (Psychotherapy)</i> (Introduced by <i>Kathy Laverty</i>)	Sydney Room
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10.30am	Morning Tea	Parkside Standing
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Friday Symposiums 11.00am – 12.30pm

	Symposium: Psychotherapy – Groups Past, Present and Future? <i>Chair: Elana Leigh, B.Sc. Social Work; MSc. Integrative Psychotherapy; TSTA (Psychotherapy)</i>	Sydney Room
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	Symposium: Counselling - Awareness of groups in counselling contexts: couple, family and culture <i>Chair: Jan Grant, M.Ed (Adult Ed); TSTA (Education, Counselling)</i>	Perth Room
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Symposium: Educational - Educating Across All Groups
Chair: Rhae Hooper, PTSTA, Education

Adelaide Room

Symposium: Organisational - Groups at Work
Chair: Mandy Lacy, TSTA (Organisational)

Darwin Room

12.30pm Lunch Restaurant

12.45pm Why do we do research? An interview with Wilma Bucci (Bring lunch)
Bill Cornell

Sydney Room

Friday Symposiums Continue 2.00pm – 5.00pm

Afternoon Tea Break at 3.30pm

5.00pm-6.00pm Day 2 Closing Plenary
Chair: Farhad Dalal

Sydney Room

Saturday 1 August

6.00am Morning Walk Meet in Foyer

7.30am Meditation
Lesley-Anne Becker

Canberra Room

Social Dreaming Matrix
Led by Servaas van Beekum

Kei San Room

9.00am Keynote Address: Remaining Agile in Turbulent Times
Sari van Poelje, TSTA (Organisational)

Sydney Room

10.20am Muriel James Award Sydney Room

10.30am Morning Tea Parkside Standing

Morning Workshops

11.00am – 12.30pm

A social counselling group experience
Milly de Micheli, TSTA (Education); Vittoria Soana TSTA (Counselling)

Brisbane Room

11.00am – 12.30pm

Creating Positive Group Dynamics
Ragini Rao, PTSTA (Psychotherapy)

Sydney Room

11.00am – 12.30pm

Planning what can't be planned - recording tapes for exams / Facing Certification: Let's face it together
Thorsten Geck, TSTA (Organisational); Fran Parkin, TSTA (Psychotherapy)

Perth Room

11.00am – 12.30pm

Dreamwork for Small Groups
Margaret Bowater, MA, TSTA (Psychotherapy)

Adelaide Room

11.00am – 11.45am

On the margin: the power and shame of being outside the 'group'
Brad McLean

Darwin Room

11.45am – 12.30pm

How Eric Berne Practiced Psychotherapy
Carol Solomon PhD, TSTA (Psychotherapy) with discussant Chie Shiget

Darwin Room

12.30pm Lunch Restaurant

12.45pm TA Associations Presidents Meeting Canberra Room

Afternoon Workshops

Afternoon Tea Break at 3.30pm

2.00pm – 5.00pm

A Holistic model for Interpersonal Group Therapy
Trevor Armitage, MA Dr. Leonie Aitken

Brisbane Room

2.00pm – 5.00pm

Bulls Eye Transactions In Organizational Work
Dr. Thomas Steinert

Adelaide Room

2.00pm – 5.00pm

Harnessing Life and Heart Energies: Two Powerful Forces for Change in Groups
Ken Mellor, TSTA (Clinical)

Sydney Room

2.00pm – 3.30pm

What Do Games in Organisations Really Tell Us?
Rosemary Napper, TSTA (Organisational, Educational and Counselling)

Perth Room

2.00pm – 3.30pm

TA and Spiral Dynamics: How types of mind and value systems emerge in societies over time and shape our cultural and personal scripts.
Diane Salters, TSTA (Psychotherapy)

Darwin Room

3.30pm – 5.00pm

The Power of Psyche and Soma in the Group Dynamic
Marion Wade, MSc, PTSTA

Perth Room

3.30pm – 5.00pm

Soul Gathering - exploring the transformative potential of a circle of women
Barbara Clarkson, PTSTA (Psychotherapy) Bev Gibbons, CTA (Psychotherapy)

Darwin Room

5.00pm-6.00pm Day 3 Closing Plenary
Chair: Farhad Dalal

Sydney Room

7.30pm Gala Dinner Australia Ballroom



Come Together, The Power of Group Dynamics

Session Abstracts & Learning Outcomes

Thursday 30 July, Friday 31 July and Saturday 1 August

7.30am – 8.30am

Social Dreaming

Servaas van Beekum

Abstract

Dreams represent the royal road to the unconscious (Freud, 1899) and reflect a working of the mind beyond categories that we associate with as ego or self. Dreams are beyond language, yet we use language to express them.

Social dreaming using the matrix is practiced since the early 80s and has caught attention and imagination globally. Lawrence: “It [social dreaming] offers a window into the wellsprings of our humanity and our creativity in that it makes use of the intuitive mind” (Lawrence, 1999).

The social dreaming matrix is a place out of which something grows, a womb, a place to question and to associate to dreams, which gives us the chance to move beyond the known and play together with the unknown. Dreams belong to the emergent life of the 2015 Sydney conference into which the participants dreams.

The primary task of the SDM can be described as follows: “To study collective unconscious meaning by associating to one’s own and other participant’s dreams, which are made available to the matrix and to make links and connections”.

Director of the Social Dreaming Matrix is Servaas van Beekum, supported by consultants Brian Gray and Margaret Bowater.

5.00pm – 6.00pm

Conference Plenary

A plenary session to reflect and close out on the day’s activities and events.

Wednesday 29 July

6.30pm – 7.30pm

Keynote Address:

"I Rebel, Therefore We Are" (Albert Camus): New thinking on individual responsibility for Group, Society, Culture and Planet

Professor Andrew Samuels

Abstract

Following a very special 'Welcome to Country' ceremony, Professor Andrew Samuels, will introduce the conference by raising the issue posed by Winnicott's, 'there is no such thing as a baby', asking if there can thus be any such thing as an individual. However, what then of autonomy, what of individuals making a difference, ideas beloved of transactional analysts? He seems to find an answer in Camus' existentialist aphorism, 'I rebel, therefore we are'. Individual dissidence, resistance, contrariness, eccentricity find their expression in the context of the group.

Thursday 30 July

9.15am – 10.00am

Keynote Address:

The Individual and the Group: The Twin Tyrannies of Internalism & Individualism

Dr Farhad Dalal

Abstract

Individualism and internalism tends to be the norm within almost all schools of psychotherapy, be they humanistic, cognitive or analytic. Whilst one might expect this of the individual psychotherapies, surprisingly, it is also the norm within many forms of group psychotherapy. To these ways of thinking the sources of all social phenomena – racism, greed, hate, violence, love, empathy, whatever – are to be found in the internal worlds of individuals; this is born of the belief that social dynamics are driven by, and are expressions of, internal psychological dynamics. Psychotherapy then, becomes primarily a project of reading clinical phenomena (the manifest) back into the psyche (the latent). To my mind, this sort of belief system is both asocial as well as apolitical, which legitimates forms of practice that are also asocial and apolitical.

Farhad will present an alternative paradigm which takes power-relations and the ethical sensibility to be central to the human condition.

He will do this by drawing on particular strands within philosophy, psychology and sociology. This way of thinking leads to a reversal of individualism, to claim that the social is prior to the individual. This in turn has critical consequences for how we might practice psychotherapy itself.

11.00am – 12.30pm

Welcome Home Sister!

Ms Sailaja Manacha, PTSTA (Psychotherapy)

Abstract

Women can transform by belonging to a group. Transform fears into strengths- by shedding an old story and crafting a new one, by seeing and being seen, by hearing and being heard, by finding their voice. We can experience 'community' and feel powerful in our 'body'. Above all we experience our strength by joining 'our ancestral line of women. An experiential workshop with exercises, movement, sharing, open to Women only!

Learning Outcomes

- Experience self in group
- Experience community through sharing, exercises, movement and exploration.

11.00am – 12.30pm

A synthesis of Berne's Group therapy with emerging trends: finding the balance between empathy (relationship) and confrontation (task)

Chitra Ravi, PTSTA (Psychotherapy)

Abstract

Based on the work of the Erskine, Cornell & Hargaden, the session will facilitate an understanding of Erskine's model of 'Person-centred group process'. It focuses on those aspects involved in striking a balance between an individual's subjective experience and the intersubjective space between members to enhance the discovery of oneself, through healing and growth-enhancing power of the group. In this model, the group leader's focus is on facilitating relationships between the members, like an "orchestra conductor who maintains the rhythm, adjusts the volume for the members to "play their solos" (p.269, Erskine, 2013)

Learning Outcomes

Participants will :

- Have an understanding of the basic types of healing groups
- Learn about their own experience in the context of the group
- Having achieved that, what will they choose to do with how they're impacted

- On what basis will these choices be made
- Using the 'third' for Safety
- Cull out the aspects to attend to in facilitating group psychotherapy or group training

11.00am – 12.30pm

Go it alone? Come together! – A TA perspective on criminals and delinquents.

Izumi Kadomoto, TSTA (Psychotherapy)

Abstract

Criminals and delinquents are people who are seen "not OK" by society. Furthermore, they often see themselves "not OK", and refuse to see the world as "OK". We eliminate them from our group and so do they. How can we understand and live with them as a group? This session is to explore our images, emotion, and thinking to people who deviate from law and also offer how to utilize TA theory and concepts for their reentry. Some clinical examples will be presented to illustrate practice of the presenter in prison.

Learning Outcomes

- The audience will explore images and their attitude about deviation, and be encouraged to think about elimination and inclusion of criminals from the perspective of TA.

11.00am – 12.30pm

Empathic group Imago

Tatiana Sizikova, TSTA (Psychotherapy);
Margarita Sizikova, PhD

Abstract

It is common to define empathy as a quality of individual, helping to understand another person's inner experience, feelings and emotions. Professional empathy is required for effective work with individual clients and groups. Berne defined group imago as "any mental picture, conscious, preconscious and unconscious of what group is or should be like". The authors offer to look at empathic group imago, reflecting an emotional picture of the group, consisting of feelings of members and an emotional atmosphere of the group. It's important to develop a skill of comprehending of empathic group imago for effective work and influencing group dynamics.

Learning Outcomes

- Participants will get acquainted with the idea of empathic group imago.
- Participants will get a chance to learn the methods of investigation of empathic



group imago.

- Participants will be able to apply the empathic group imago for understanding of group dynamics.

11.00am – 12.30pm

Dialogues without words: Group movement as creative engagement with conflict and conciliation

Sissy Lykou, MA

Abstract

The problem that this session addresses is well-known, personally and politically. Frustrations boil over into conflict and anger when someone can't find 'the right words'. Similarly, when there is a real chance of conciliation, it doesn't work out because logos (the word) is not adequate to carry matters forward. In a safe group setting, we will explore the theory and practice of non-verbal dialogue via the expressive use of our bodies and movement. We will see how embodiment underlies and illuminates group dynamics and the negotiation of power within a group. No special movement skills required to participate!

Learning Outcomes

- How embodiment underlies group dynamics;
- How non-verbal and embodied communication within a group may be understood in the contexts of both conflict and conciliation;
- How kinesthetic empathy (empathy grounded in the body) is both fostered and hindered in group settings;
- How matters of diversity and difference such as culture, nationality, class, ethnicity, gender, sexuality and physical capacity are embodied within group dynamics.

12.45pm – 2.00pm

Eric Berne Archives Caucus

(Bring Lunch)

Carol Solomon, PhD. TSTA

Ann Heathcote, CTA (Psychotherapy)

Abstract (Carol)

The Eric Berne Archives are comprised of books, journal articles, published and unpublished papers, personal correspondence, photographs, audiotapes and videotapes of Eric Berne. These are held in the library at the University of California in San Francisco. We are working with the University to create an online digital archive of this material which

will then be available worldwide, forever and for free. Join us for a talk and slide presentation of a small collection of this material. This slide presentation will be made available to those who wish to use it for teaching, training or fundraising purposes.

Abstract (Ann)

This biographical presentation will explore documents/letters of correspondence from Eric Berne's archives, which thanks to the Eric Berne Archive Project, became available online in August 2014, on the University of California Library, Archives and Special Collections website. Up-to-date information will be shared about Berne's life. These documents include: a despairing letter Berne wrote to his Father (15 years after his Father's death); a fond letter to his Mother; correspondence with the SF Psychoanalytic Institute detailing why they discontinued Berne's psychoanalytic training; and a letter from the Veterans Administration, to Berne in 1954, exonerating him from the accusation that he had associated with communists.

Learning Outcomes (Carol)

- Gain a deeper understanding of the person Eric Berne, regarding both his personal and professional life.
- Understand the vast extent of his interests, intellect and creativity.
- Learn about the large amount of material available to help understand the trajectory of his life and the influences on his work.

Learning Outcomes (Ann)

- To have knowledge of at least two important turning points in Berne's professional life.
- To understand at least two important aspects of Berne's personal life and how these may have contributed to his development of Transactional Analysis.

2.00pm – 5.00pm

Role profiles as means of intervening in a group

Gordon Law, TSTA (Psychotherapy)

Abstract

In this two part experiential workshop participants will learn a) how to use roles at four levels to influence behaviour and b) apply such learning in a group

Learning Outcomes

- Recognise and understand four negative and four positive behavioural roles
- Recognise and understand four levels of interaction - social, psychological, existential unconscious

- Recognise and understand the use of a role at four levels as a **role profile**
- Evaluate role profiles In relation to a range of group variables

2.00pm – 5.00pm

Propaganda

Dr Henry Luiker, Lorraine Rose, Mandy Lacy, Servaas van Beekum

Abstract

This experiential workshop consists of two parts. First, there will be a screening of an episode of the BBC documentary series The Century of the Self (Adam Curtis, 2002) focusing on Edward Bernays, the "father of public relations". Following this, workshop members participate in a large group designed along the "double task" principle of Harold Bridger. The two tasks are to (a) study, reflect on, and share our thoughts and feelings following the viewing of the documentary, and (b) study, reflect on, and share our thoughts and feelings on the process taking place in the group as we attempt to do so. The first part will be of 70 minutes duration. Following a 20-minute break, workshop members will return to take their place in a large circle for the second part, which will be of 90 minutes duration. They are two parts of a whole.

Learning Outcomes

- Learning about the history and theory of propaganda in the 20th century.
- Experiential learning about group processes involved in propaganda.

2.00pm – 5.00pm

From Beijing Man to Homo Psychicus - TA as a survival tool for the world's largest group, humanity

Thomas Ohlsson, TSTA(Psychotherapy)

Abstract

It can be argued that homo sapiens - the human being who knows that she knows – has now evolved into homo psychicus - the psychological human being who knows that she knows her affective and cognitive powers. In today's complex and vulnerable world the full capabilities of homo psychicus are needed to ensure individual and group survival on a global scale. I will introduce the grand theory of homo psychicus developed by psychology professor emeritus Alf Nilsson, and I will outline how TA can be used by modern homo psychicus to understand and handle conflicts in small and large groups.

Learning Outcomes

- Insight into a contemporary scientific theory of the development of the human species, a new human being theory
- Increased understanding of the affective and cognitive developmental lines in the phylogenesis and ontogenesis of the human being
- Increased awareness of the territory of TA in the field of human being theories
- Increased skills in facilitating constructive group interactions, with special reference to Chinese cultures.

2.00pm – 5.00pm

TA, a Systems Therapy: Healing the World

Sharon Davis Massey, PhD

Abstract

TA is a systemic psychotherapy, whether carried out with individuals, couples, families, small groups, everyone at a workplace, or targets change at the societal level. Because individuals hold simultaneous membership in groups at multiple systemic levels and all groups are comprised of individuals, improvement of well-being and positive function of individuals improves group function and vice-versa. Participants in this workshop will explore how their work can evoke positive change simultaneously at multiple levels.

Learning Outcomes

Attendees will be able to:

- Define multisystemic therapy.
- Explain why therapy undertaken at a given systemic level (individual, couples, families, groups, organizations, etc.) can, and often does, affect other levels.
- List 2 ways a TA intervention they have used or now construct may benefit their clients at more than one systemic level.
- Tell why (a) building awareness of the multisystemic impact of their work on clients may improve therapists' effectiveness and (b) why it may increase the long-term benefit to clients of the therapy.
- List 2 reasons why lack of awareness on the part of the therapist of the multi-systemic impact of his or her work could be harmful to clients.

2.00pm – 5.00pm



Group as a Whole Interventions

Vann S. Joines, Ph.D.

Abstract

Most TA Therapists have been trained to work one to one in a group. This workshop will cover how to work with the group as a whole to assist in the formation of the group as a primary therapeutic instrument. By using "Group as a Whole" interventions, the group can be built into a powerful and cohesive agent for change. A theoretical framework will be given, as well as examples of group as a whole interventions to assist the group in moving through its developmental stages to become an effective working group. A demonstration group will be included.

Learning Outcomes

Participants will be able to:

- Explain the difference between a one to one and a group as a whole approach.
- List several group as a whole interventions.
- Describe the stages of group development.
- List the types of leadership in groups.

Friday 31 July

9.30am – 10.35am

Keynote Address:

Our Enduring Ambivalence About Living in Groups

Bill Cornell, TSTA (Psychotherapy)

Abstract

GROUPS! We can't live with them, and we can't live without them. In every aspect of life, we are willing, unwilling, and often unwitting participants in groups—in families, with friends, throughout education and learning, at work, and among colleagues. As transactional analysts, we practice in a diverse range of fields of application, but group life is an inevitable part of working in each field of practice. Groups can be life-long sources of belonging, identity, challenge, and enrichment. They can also be the arena for failure, exclusion, shame, violence, and vulnerability. Through personal stories, theories drawn from object relations and group analytic models, and examples from recent experiences in community development, Bill will discuss groups as objects of hatred, objects of desire, and the means toward powerful change in personal and community life.

11.00am – 5.00pm

Symposium: Psychotherapy – Groups Past, Present and Future?

Chair: Elana Leigh, B.Sc. Social Work; MSc. Integrative Psychotherapy; TSTA (Psychotherapy)

Panel: Bill Cornell, Dahal Farhad, Andrew Samuels, Keith Tudor and Jo Stuthridge

Description:

This symposium will create a group forum where as a community we can reflect, think and imagine about the value of the group in all its varying contexts. The day will be broken up into different activities but primarily we will remain as one large group.

This is a space for the psychotherapy community to come together and reflect on the value of groups in the context of our profession. We have emerged out of a tradition that was group focused and moved towards more individual treatment. Does this mirror our larger community that has perhaps become less community minded and more individualistic? How does this affect who we are as psychotherapists? This is one of many questions that will be discussed.

11.00am – 5.00pm

Symposium: Counselling - Awareness of groups in counselling contexts: couple, family and culture

Chair: Jan Grant, M.Ed (Adult Ed); TSTA (Education, Counselling)

Panel: Anna Chandy, Bangalore, Rosemary Napper, Margaret Bowater

Description

What is a symposium?

According to the Oxford Dictionary a symposium is: Ancient Greek drinking party; convivial meeting for drinking, conversation and intellectual entertainment; collection of opinions delivered or articles contributed by a number of people on special topics.

So the structure of this symposium will be flexible with room for discussion, exploration and play. We are a multi cultural group, so this brings a richness and diversity to this event. The day will be a mini conference within the whole conference. We will start with a panel discussion. Each presenter will present a segment and then we will have a plenary session at the end.

11.00am – 5.00pm

Symposium: Educational - Educating Across All Groups

Chair: Rhae Hooper, PTSTA, Education

Panel: Karen Pratt, Susannah Temple

Description

This Educational Symposium will address what it means to be an educator – whether you are a parent, a primary, secondary or tertiary teacher, a government or corporate trainer or an adult educator in any field. You will learn from a keynote speaker, interact with a panel and work experientially in the large and smaller groups.

Participants will assess and appraise the tools and options offered and worked with throughout the day to be able to enhance their own practice as educators; to adopt effective interventions; determine the learning of their audience whether they are individual or part of a larger system or group; understand their own patterns of communication and leave equipped with a model of positive communication and healthy interpersonal skills. As this symposium will be interactive, participants will have many opportunities to share and explore education across all groups in our communities and societies. Panel members will be expanding on their particular areas of work within the symposium.

11.00am – 5.00pm

Symposium: Organisational - Groups at Work

Chair: Mandy Lacy, TSTA (Organisational)

Panel: Thomas Steinert, Sari van Poelje, Servaas van Beekum, Suriya Pradesh

Description

We invite you to be part of this exciting day that promises to provide learning layers as individuals, professionals and team members through the lens of roles, work dynamics, change, leadership perspectives and organisational systems.

Groups at work will be the focus of this experiential day through a combination of a panel discussion, micro-learning labs, reflections of the group at work and application of concepts into real work situations.

The micro learning topics are:

- The three levels of leadership
- Failure and loss - tapping into the physics in organisations
- Develop the self-steering organisation of the future
- Technology change and adoption - what goes on?

Saturday 1 August

9.10am – 10.30am

Keynote Address:

Remaining Agile in Turbulent Times

Sari van Poelje, TSTA (Organisational)

Abstract

There was a time when a focus on production and planning was enough to dominate the market. But we live in a turbulent world. Increasing complexity, shortened production cycles and lack of resources is forcing us to come up with new answers.

We know that teams outperform individuals, and that a focus on control limits an organization's capacity to be agile. In these turbulent times it is time to transform our individual management focus to a team agility focus.

In this keynote I will outline : What does it take to remain agile in turbulent times?

11.00am – 12.30pm

A social counseling group experience

Milly de Micheli, TSTA (Education);

Vittoria Soana TSTA (Counselling)

Abstract

We will present one experience and a method for conducting a group of social counseling. Participants will be invited to experience a session of one of the themes of the project. After the experience, the methods with the underlying theory will be presented and discussed. The goal is to experience and learn the activation and the method of conducting a group of personal development in the field of social counselling. The project is structured in 9 modules. The overall goal is therefore to work with people throughout the three mind systems –thought, feeling and behavior- in order to stimulate awareness.

Learning Outcomes

- how to lead a social counseling group
- work with the three mind systems



11.00am – 12.30pm

Creating Positive Group Dynamics

Ragini Rao, PTSTA (Psychotherapy)

Abstract

Creating positive group dynamics! There is harmony in relationships when there is cooperation and there is disruption in relationships when there is no cooperation. In Berne's words it is Syntonic and Dystonic respectively. Trust, communication, tolerance, curiosity, creativity, optimism, humility and graciousness are some of the factors that will help cooperation among people. When individuals seek and offer these principles openly in the group it will strengthen Group cohesion and minimize Internal agitation. As individuals reflect on their family values and culture and how their behavior is influenced by them, they get a deeper understanding of themselves and others.

Learning Outcomes

- A brief understanding of what is group dynamics and the forces that determine effective survival of a group.
- How do relationships between people impact the group as a whole?
- What impact does the conscious use of Erskine's principles of relationship between individuals in the group have?
- How are these as behaviors influenced by our family values and culture?

11.00am – 12.30pm

Planning what can't be planned - recording tapes for exams / Facing Certification: Let's face it together

Thorsten Geck, TSTA (Organisational);

Fran Parkin, TSTA (Psychotherapy)

Abstract

A 2-part workshop:

1. Planning what can't be planned - recording tapes for exams

The workshop explores the psychodynamics of groups while they are recorded during their work. What might be resistance towards the recording and how should the facilitator (TA consultant) respond to it? The workshop facilitates sharing and discussion. TA concepts are being used to understand the dynamics (e.g. imago, leadership theory, 3P, power).

2. Facing Certification: Let's face it together

Transactional Analysis is renowned for its rigorous and transparent exam process in all fields and at all levels. Preparing for these exams is challenging and often daunting.

Examinees face a variety of internal (psychological) & external blocks in this process. Experience has shown that by turning to others - in pairs, small groups and large groups - the process can be enhanced and new sources of support and feedback can be opened up. This workshop models the power of the collective, and addresses some of the barriers and explores new solutions to facing certification

Learning Outcomes (Thorsten)

The participants have the opportunity to

- learn what might be a suitable tape of group sessions for the oral exam
- understand the underlying dynamics of group and group facilitator of being recorded during a session

Learning Outcomes (Fran)

- Participants will have an understanding of some of their internal and external blocks to facing the exam process.
- Participants will have the chance to look at sources of support and renewal going forward for certification.

11.00am – 12.30pm

Dreamwork for small Groups

Margaret Bowater, MA, TSTA

(Psychotherapy)

Abstract

Dreams have been shared in groups throughout history, as a source of potential awareness, healing and spiritual guidance. Various methods of interpretation have developed in different cultures, but in my experience the dreamer gets most understanding from sharing with a small trusted group who listen carefully and help him or her to enquire into different levels of meaning. Eric Berne recommended "thinking Martian," to avoid imposing pre-judgments. The Dreamer may then discover an internal group of voices, offering feedback.

Learning Outcomes

- Process of "Martian" enquiry to open insight into a dream.
- Use of a cooperative small group process to provide feedback to the dreamer.
- Possible use of action methods to deepen experience of an ego-state in the dream.

11.00am – 11.45am

On the margin: the power and shame of being outside the 'group'

Brad McLean

Abstract

Groups offer their members an experience of power, potency and protection (Crossman) but only from the inside and exclusion from groups can bring with it forms of trauma, longing, self-loathing, identity confusion and rejection. For this reason, groups need to be recognised for their conscious and unconscious capacity to contain and hold and dually their power to reject and excommunicate. Through the subjectivity of homosexuality I will explore this relational dynamic of 'in-ness' and 'out-ness' in groups and explore the socio-political and clinical implications of these dynamics from Transactional Analysis and psychodynamic perspectives.

Learning Outcomes

Participants/attendees will learn:

- How groups can marginalise and the implications for those from marginalised groups
- How marginalisation can be integrated characterologically and become part of our ego-states and internal objects
- What it means to be 'in' and 'out' of groups from the subjectivity of homosexuality
- Enhanced clinical knowledge about the impacts and aspects of marginalisation that need to be factored into clinical work with marginalised groups

11.45am – 12.30pm

How Eric Berne Practiced Psychotherapy

Carol Solomon PhD, TSTA (Psychotherapy) with discussant Chie Shigeta

Abstract

Many believe that Eric Berne emphasized the use of the Adult ego state to effect social control and that he used primarily his Adult ego state in his practice of psychotherapy. However, he also emphasized greatly the importance of deconfusing the Child. Since I was in therapy with him during the three years preceding his death I observed him in three capacities: as an individual therapist, a group therapist and teacher. In this presentation I will describe how he used and taught ego states, transactions and games and other TA concepts while continuing to use psychoanalytic techniques in individual sessions.

Learning Outcomes

- Develop a deeper understanding of the

person Eric Berne

- Learn ways in which he used TA theory in his practice of psychotherapy both in group and individual sessions
- Understand the importance of both social control and deconfusing the Child

2.00pm – 5.00pm

A Holistic model for interpersonal Group Therapy

Trevor Armitage, MA, & Dr. Leonie Aitken

Abstract

Trevor Armitage and Leonie Aitken will describe, and demonstrate through an interactive experiential component (using volunteers), their Holistic model for group therapy, as developed by them over 15 years of co-leading therapy groups. This model integrates key aspects of Interpersonal group therapy, (group as a social microcosm, and working in the here-and-now), attachment theory, and the Intersubjective approach. The application of the model through the stages of group will be discussed via practical examples. Included will be an examination of the challenges of organising therapy groups, gaining suitable group therapist training and the impacts of contemporary social attitudes.

Learning Outcomes

- Gain understanding of Interpersonal and Intersubjective models of group therapy,
- How these approaches are integrated into the Holistic model, and how to apply them in a therapy group.
- Recognise and work with group dynamics and identify some of the inevitable challenges of leading therapy groups, and how to deal with them
- Understanding of practical impediments in setting up and maintaining therapy groups.

2.00pm – 5.00pm

Bulls Eye Transactions In Organizational Work

Dr. Thomas Steinert

Abstract

Eric Berne (1966) showed us with his concept bulls-eye-transactions how to perform sustainable developments. His concept is challenging any time in the work with groups/organizations. I define a bulls-eye intervention 'an effective intervention that addresses simultaneously the Child-, Adult-, Parent-Ego State, the role, the group imago, and/or processes/structures and/or organizational culture', Steinert/2006. This workshop delivers theory but moreover how to



work with this concept in your practice! So please bring cases and question. This single model is a part of the state-of-the-art models for organizational transactional analysis that will be showcased and trained in the Post-Conference-Institute Mandy Lacy and I run together.

Learning Outcomes

- Achieve basic knowledge about the concepts of Organizational Transactional Analysis
- Knowledge in depth about the model of bulls-eye-transaction in group work and organizational work
- Competencies for application of interventions
- Supervision and feedback on an own case

2.00pm – 5.00pm

Harnessing Life and Heart Energies: Two Powerful Forces for Change in Groups

Ken Mellor, TSTA (Clinical)

Abstract

Faced as we are today with worldwide conflicts between and within groups, there is urgent need to find effective ways to reach resolution. This 3-hour experiential workshop will demonstrate that significant change can occur through concentrating attention on the members within a group, and on groups as a whole. The intensity generated in groups is a powerful factor in promoting such change. Three orientations will be covered directly: one to release *Life Force* (Physis), which helps to produce alignment and to promote life-supporting outcomes; another to awaken and share *Heart Energy*, the power available in every human heart for loving, oneness, nurturing, cherishing, respecting, and accepting others; and a third procedure, called *Unifying*, that engages people in claiming and transforming the three main elements involved in conflicts, prejudices, polarisations etc. so that resolution occurs.

Learning Outcomes

- Practical ways of guiding group process so it reinforces helpful outcomes.
- How every member of a group can use all events in a group to understand and claim more self-knowledge.
- Ways to encourage desirable patterns in group process.
- How to create a life affirming, safe, and friendly group climate or culture.
- How to engage with other people to produce desirable outcomes: mutual

understanding, resolution, respect, cooperation etc.

- Practice at building trust, openness, directness, standing one's ground, and persisting when more time is needed to reach resolution.
- Learning a structured approach to conflict resolution.
- Opportunity to practice problem solving in group contexts.
- Ways of managing feelings, conflicted thinking, unhelpful fantasies about the future etc.
- Ways to finish unfinished business from the past and to become open to the future.
- How to encourage, reinforce and celebrate desirable outcomes.
- How to bring more warmth, tenderness, love and appreciation into life.
- How to let go of a past that is unhelpful, conflicted etc.
- How to use a "soft body" to encourage receptive responses in others who are challenged by comments, feedback etc. from us.
- Learning that commitment is different from motivation, and that each influences behaviour differently.

2.00pm – 3.30pm

What Do Games in Organisations Really Tell Us?

Rosemary Napper, TSTA (Organisational, Educational and Counselling)

Abstract

Games are often described as 'script in action' - and as such focus on individual pathology. Thus ethically the use of the drama triangle can be both inappropriate and limited in considering organisations, educational groups, or when counselling someone with workplace issues. Os Summerton developed the organisational Game Pentagon - extended here as evidence of the 'organisational script in action' - i.e. the culture constructed by the interplay of the system's structures and dynamics.

2.00pm – 3.30pm

TA and Spiral Dynamics: How types of mind and value systems emerge in societies over time and shape our cultural and personal scripts.

Diane Salters, TSTA (Psychotherapy)

Abstract

Transactional Analysis was described by Berne as a social psychology and did indeed concern itself with the social behaviour of

people in groups. However it lacks a theory for looking at larger social contexts over time. I will offer an introduction to Spiral Dynamics (SD) as a theory, which can assist Transactional Analysts to understand and work with diverse groups, discover what shapes their thinking and behaviour and how healthy development can best be supported. Participants will have the opportunity to compare and contrast SD and TA theory and discuss ways to use it in their own practice.

Learning Outcomes

- Have acquired an introductory knowledge of Spiral Dynamics as a theory
- Have some understanding of how it can be applied to the study of groups
- Have an ability to compare and contrast it with TA theory, particularly, frames of reference, cultural scripting and cycles of development
- Begin to have some idea of how it could be useful in their own professional or personal lives

3.30pm – 5.00pm

The Power of Psyche and Soma in the Group Dynamic

Marion Wade, MSc, PTSTA

Abstract

I will introduce Porges (2011) theory about evolutionary development of the nervous system with social engagement, Berne's (1966) concept of group imago and Yalom's (1985) group psychotherapy curative factors. I will articulate the way we seek healing contact with others. The power of the group experience is to provide effective and secure social engagement. The individual transacts an aspect of script in the group dynamic. The potential in this emotional experience includes script awareness with a new sense of self and a positive impact on health. I will offer participants private experiential exercises and guided visualisation to apply aspects of theory.

Learning Outcomes

- As a participant you will be able to learn
- Concepts of autonomic activation to ensure social engagement and survival - parasympathetic nervous system, sympathetic nervous system within 3 stages of mammalian evolutionary development
- Parasympathetic activation, healthy physical function and wellbeing
- Yalom's curative factors of group psychotherapy
- Berne's concept of group imago

- idealising transference and healing power
- the power of positive personal experience with others to heal and provide a sense of well-being

3.30pm – 5.00pm

Soul Gathering - exploring the transformative potential of a circle of women

Barbara Clarkson, PTSTA (Psychotherapy)
Bev Gibbons, CTA (Psychotherapy)

Abstract

Through a group of women "Coming Together" in this workshop, the unconscious and conscious processes of connection and identification will create energy for change and growth, and the potential for recognition and integration of Shadow aspects of our female selves. Being seen through the eyes of other women, we can begin to recognise the "light in the darkness" of the disowned parts of our selves. Largely experiential, we will also share theory from TA, Jungian psychology and Shamanic concepts to provide theory and metaphor to enable the brain to process and integrate the unthought known of the group experience.

Learning Outcomes

- Delegates will experience the interpersonal and intrapsychic power of the sharing of female experience within a group of women, and be facilitated within this to reflect upon and change elements of their personal "female" scripting.
- Delegates will be introduced to theory from outside TA (Jungian concepts, ideas from Shamanic practice etc) and invited to discover ways of integrating this with their knowledge and practice of TA and its application to their professional lives.
- Delegates will be supported in exploring the Undeveloped Self model (Hargaden and Sills 2002) with specific reference to embodied female scripting and the concept of the Shadow.



General Conference Information

We are here to help!

The registration desk also doubles as a help desk for all questions relating to the conference and where possible a helping hand for tourist related questions. The concierge at the hotel is also available to answer any questions relating to getting around and visiting attractions in Sydney.

Book Shop

Gleebooks will provide the formal Book Shop service and is located next to the Registration Desk. Their opening hours will be:

- Thursday 12pm – 5pm
- Friday 12pm – 5pm
- Saturday 8.30am – 2pm

They will provide a wide range of books on subjects relating to Transactional Analysis and related themes.

Independent authors will also be present to sell their books at Bookshop.

Conference Photography

There will be official conference photographers roaming the conference; feel free to request group shots to ensure you have memories with friends you don't get to see that often. If you don't wish to be photographed, that's ok; just let the photographers know.

Dining

Morning and afternoon teas will be served on the Parkside Standing level (near registration), and lunch will be provided in the restaurant. Morning and afternoon tea and lunch is included in the cost of the conference along with the Welcome reception drinks and canapés.

Breakfast is served daily in the restaurant, and as for dinner; well the options are many. The restaurant options and bars at The Menzies feature friendly service, sumptuous cuisine and a relaxed and welcoming atmosphere ideally situated just moments from The Rocks. The Carrington, Piano Bar, One Four Kitchen and Sporters Bar and Bistro offer unique and distinctive settings that set them among Sydney's favourite meeting spots.

Within a 10-minute walk of the Menzies, there is a range of dining options to suit just about every taste from up market pubs and bars through to cafes, casual and more formal restaurants.

Information About Sydney in July & August

July in Sydney is still winter. The month of July in Sydney is the coldest and driest. Still, this is Sydney so the temperatures never plunge to the kind of depths experienced in other countries across the world during wintertime.

The average daytime temperature in Sydney during this time of the year is around 13°C (55°F) and the average minimum temperatures generally tend to hover around 8°C (46°F). The average amount of sunshine expected during July in Sydney is 7 hours per day. July is colder as compared to its preceding months. The chances of rain are very low in the month of July. For those who wish to go for a swim in the sea during July in Sydney, the average temperature of the sea during this month is 19°C.

July is also an ideal month to travel if you like outdoor activities, as the cooler temperatures mean you can enjoy the sports outside the blistering heat that can make things uncomfortable in the summer time.

Sydney is a vibrant city with many attractions on offer for those who visit the city. Throughout the year there are a number of galleries and museums to visit, as well as Sydney's famous historical attractions, such as the Opera House and the Botanical Gardens. The cooler weather in July also means that you can happily explore the city without suffering in the excessive heat.

The above information is courtesy of: <http://www.holiday-weather.com/sydney/averages/july>

Layers. Since the temperature changes drastically from one minute to next, wear combinations of layers clothing.

Comfortable shoes. There is a lot to see by foot. Forget the flip flops and shorts, bring jeans and comfortable shoes. Even if you leave your hotel room and it is warm, you may not return home until after dark by which time the temperature and weather conditions may have changed.

Casual or dressy? You can go almost anywhere in Sydney dressed casually for fine dining out in Sydney you may want a dressier outfit. Also we usually sparkle for our gala dinner on Saturday night.

Adapters and chargers. This has nothing to do with the weather, but from experience, bring what you need to keep your electronics full of power. The mains voltage in Australia is 230V 50Hz. The power socket in Australia is a three-pin socket with the power plug having 2 flat metal pins shaped like a "V". Sometimes there is a third flat plug in the centre.

Phones. You will want your smartphone to help you decide where to eat, call a cab, or even help you figure out where exactly you are. So, remember to bring or buy a roaming card that enables you to do so at much reduced rates.

Another Sydney site is: www.sydney.com



Our Sponsors and Supporters

Without the support of sponsors, suppliers and partners who go over and above, and a hard working team, events like this just don't happen. We would like to acknowledge the wonderful contributions of the following organisations for their support in bringing the 2015 ITAA/FTAA conference to life.



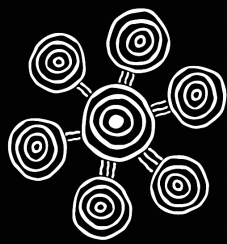
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