



IDTA

Newsletter

Volume 3 Issue 4

October 2007

Special points of Interest:

- IDTA Founding Values
- IDTA plan to host exams
- Sandra Wilson appointed Vice President of EATA
- IDTA Conference, 9 & 10 November, 2007

IDTA Conference
Book your place now!
See page 8

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Inspiring keynote!

Giles Barrow gave an inspiring keynote speech at the San Francisco Conference, which received a standing ovation. His energy, enthusiasm and passion for education and enabling others fairly fizzed and crackled on the stage as he challenged his audience to be creative in their teaching and learning processes.

“People learn most when teachers do less” he proclaimed, and he went on to reveal - rather bravely— an inverted Ego State model to underline his points. He and his colleagues have been exploring a number of questions: how does inverting the model change the way we understand the human experience and interpersonal dynamics? What is the impact on a TA practitioner’s frame of reference in light of this simple change in the central model?

These and other questions have proved fertile ground for developing



ideas and linking TA to the emerging field of positive psychology.

His call to action was about the *transformational* nature of TA, promoting growth and development and enabling positive change.

Giles is also to be congratulated on his article in the current TA Journal (*Wonderful World, Beautiful People*, July 2007, volume 37 number 3), in which he outlines his thoughts in more detail.

In this issue there is also a related article entitled “The Health System” contributed by Trudi Newton. Both articles highlight the positive nature of Developmental TA.

It is really exciting to see Developmental Transactional Analysis taking its place on the international stage.

Prestigious appointment

As will be seen from her EATA representative report, Sandra is to be congratulated on her election as Vice President of EATA (European Association for Transactional Analysis) with

responsibility for conferences.

This is a prestigious position which puts Sandra at the heart of the decision making processes for TA in Europe.

She will bring her excellent organisational skills to bear in these important roles and IDTA members will benefit from her involvement.

Excellent!

Editorial

Welcome to the new look newsletter!

We are very excited to reveal our new logo and to announce some changes to our channels of communication.

From now on, this newsletter will be a source of news and communication for IDTA members and non-members alike. It will soon be available free on our new website (which is still under construction) and we encourage you to send it to anybody who you think would be interested in joining IDTA,

or anybody who is interested in Developmental TA.

A sister publication, an e-journal will be a benefit of IDTA membership – a forum for developing theories, for academic articles and research, and there will be more information about that in coming issues of this newsletter. So in future, this newsletter will carry newsy articles of less than 800 words and will keep you up to date with membership benefits and news and events.

It feels like a great time to be a

member of the IDTA and Council Members are very keen to engage with the membership — and also to encourage people to get involved in Council project teams. So if you have some time to commit to IDTA and would like to be involved — we would love to hear from you.

If you have any queries or suggestions about IDTA or the newsletter, please contact me on the email address below.

Lynda Tongue

Editor

(lynda@trianglepartnership.com)

IPQ Study Day

Are you registered to do an IDTA Professional Qualification (IPQ)?

Do you want some help with your essays and portfolios?

Would you like to join in a study day with a group of trainers and jointly explore the standards expected?

If you answer yes to these questions you may like to know that on 3 June 2008, IDTA is

offering a study day in Hertford at no cost.

To qualify you must have submitted at least one essay and one portfolio by the end of March.

To book a place let your trainer

know and email the IDTA office on admin@instdta.org



Not only will you get valuable feedback on your work you will also be able to claim additional supervision hours and gain support from others. Contact with people on the same journey can be a valuable way of supporting yourself.

IDTA Key Principles

Promoting healthy growth and development

Recognising that power needs to be used properly to establish security for all

Generating insights, ideas and solutions through collaboration

Being skilful in building effective partnerships

Transactional Analysis is a powerful tool for change

Exam Success!

Congratulations go to Anne de Graaf who passed his TSTA exams at the conference in San Francisco.

I too was successful in my CTA oral exam in San Francisco, and am pictured on the right with Anne de Graaf. That slightly dazed expression on my face is due to the fact that when the photo was taken, even though it was a couple of hours later it had still not sunk in: after all those years, those ups and downs and those doubts – I had made it! I am now a CTA (O)!

For those contracted trainees out there on the path to CTA, and for those of you who are considering it, and, I suppose, for those for whom CTA achievement is a fond memory, I thought I would relate here some of my thoughts and findings.

I have been in Julie Hay's training group for 6 years and signed my contract in 2004. I started working on my written exam roughly 18 months before submitting it at the beginning of this year. My advice would be to those about to embark on this process – work out a plan for progress and stick to it. I wasted a lot of energy by losing my focus and letting other distractions get in the way (work commitments, family commitments, the cleaning of the teapot became an urgent priority). The thing is, I learnt loads once I really got down to it, and much to my surprise, I enjoyed writing it!

Then preparation for the oral exam: the selection of tapes; the analysing; the supervision of that analysis. Once again, a rich source of learning taking me to new levels of awareness and insight.

If that sounds a bit easy, it's because I have missed out the anxiety levels about which technological medium to use (laptop? Mini disc? CDs or Audacity files? Ipod? I can't help thinking things were more straightforward with a tape recorder, apart from the size of the things which must have caused problems on long distance flights!). I also have left out the hours spent transcribing, listening to the same dialogue over again, wondering if that was the best intervention I could have made. With the support of Julie and my training group colleagues my confidence grew, and with the encouragement of my TA friends I gradually began to see a new identity for myself.

So San Francisco, the birthplace of TA seemed like a fitting conference to mark this milestone in my TA career. My board consisted of a psychotherapist, two educators and an organisational consultant. It was a very positive process, the board were supportive of me and each other and between us we created an atmosphere where I really could show what I know. And the technology behaved itself too! And then they called in the scores, and all confirmed "Certify" - meaning that I had passed, not a comment on my state of mind!

I wore my yellow "passed" ribbon for the rest of the conference, enjoyed the strokes (and the champagne) and am now reigning in my Try Hard as I plan the next stage of my journey. And the first time I signed myself Lynda Tongue, CTA (Organisational), it felt just great! If I can be of any support to those about to go for CTA, please be in touch.



IDTA plan exam centre for 2008

This is a **"stop press"** announcement - with more information in the coming months.

IDTA Council Members are applying to EATA on behalf of IDTA for approval to host Developmental TA exams at the 2008 IDTA Conference.

Early information at the time of going to press is that the conference will take place in early October 2008, the venue to be announced.

This is really exciting news for all you contracted trainees out there — who is going to be among the first to gain their CTA status at an event hosted by the IDTA?

If this sounds like a challenge—it's meant to be! You know who you are!

So

If you expect to be ready for exam by October 2008, note this in your diary now and watch out for more announcements as our arrangements progress.

TAPACY

Karen Stuart

The TA Proficiency Award for Children and Young People operates through a process whereby children and young people learn and apply various TA concepts, produce portfolios of evidence and undertake a process of peer and adult assessment.

The emphasis is on acknowledging the involvement of the young people in a TA based learning process. Therefore the focus of accreditation is on *process* – there is already an emphasis on outcome in the education system and the

TAPACY is intentionally distinctive in this respect.

The moderators will have met stringent criteria under the international TA accreditation processes so that the TAPACY ensures consistent, values based practice.

Principles:

- ✦ Learning TA helps children and young people to build better relationships and communicate more effectively
- ✦ Teaching and learning are interchangeable activities - not

prescribed roles

- ✦ Learning is an evolutionary process
- ✦ Individuals learn in different ways and have different learning preferences
- ✦ Learning takes place to enable individual potential to be realised
- ✦ Adults delivering sessions learn alongside children and young people
- ✦ Genuine learning is about creating unique insights through exploration between teacher and learner

EATA Conference

Giles Barrow

This was my first European Association for Transactional Analysis (EATA) conference and I thought I would share some initial impressions of the event. I arrived earlier than the main conference programme so that I could be involved in the exam process. Although this meant getting to Switzerland a couple of days beforehand, EATA council members had been there since the beginning for an additional couple of days for meetings. So, getting along before the actual conference can be a really valuable way of getting a sense of the EATA network, meeting people from beyond Britain and settling into the conference process.

International Transactional Analysis Association (ITAA) and EATA events really do give me a sense of the international community to which I belong. I have a range of relationships that depend on meeting up at conferences abroad. It's lovely to pick up on conversations started a few months ago in some other part of the world. This time though, I became especially aware of the potential of EATA for progressing Developmental TA. I discovered that Council is committed to taking TA out into more mainstream/public arenas; there's an exciting parent support project rolling out across four countries.

It was great to see Sandra Wilson there as one of the UK representatives. She has really made a mark and is now one of the two Vice Presidents and has an oversight of the Development Project committee. We are fortunate to have such a consummate networker working on our behalf on the European stage.

George Kohlreiser presented the keynote speech and talked well about the importance of attachment in responding to being held hostage – both literally and figuratively. There was a good range of workshops although as someone who only speaks English I found that the choices available to me were quite limited. Trudi Newton, Sandra and I led a panel discussion on a developmental perspective on diversity which went down very well and raised a few eyebrows.

I would certainly recommend EATA events in the future and especially in terms of taking in the additional pre-conference stage for having time to enjoy the continental TA network.

“EATA has potential for progressing Developmental TA”

Highlights from EATA Representatives' Report

Sandra Wilson and Jenny Bridge

Elections

Sandra Wilson was elected Vice President and Jenny Bridge was elected General Secretary Elect. Resi Tosi (Italy) took over as President from Adrienne Lee

International colloquia

The first international colloquia for certified members took place in Frankfurt on 14 November and the topic was 'European routes to Relational TA'. The next one will take place in Belgium. National organisations can apply to for funding to run an international colloquium and details are available on the EATA website www.eatanews.org.

Ethics Code

Following consultation with all national associations, the new ethics code was approved by Council and should be adopted by all national associations very soon. A copy will soon be available on the EATA website www.eatanews.org

Publications Committee

In the process of setting up an editorial team for EATA news. Anyone interested should contact Jan Hennig JanHennig@t-online.de.

EATA Membership

7200 members currently with Bosnia and Macedonia joining this year. It is likely that Greece, Montenegro and Bulgaria will join within the next year.

Ethics Committee

A proposal from the to create a new structure for the committee which consists of EATA members but not necessarily EATA delegates was approved by Council.

Research

The Research Committee, led by Marek Lavratil, is calling for projects to be submitted. There are bursaries for new projects, with a priority being given for research that demonstrates how TA is effective. Those with responsibility for research in their national associations are encouraged to contact Marek on marek.navratil@seznam.cz.

Development Task Force

Working on four projects and these were given approval by Council to move to the next stage:

- ◇Parent Education
- ◇TA in Academic Circles
- ◇TA and Supporting National Emergencies
- ◇Media Training and Media Links

Two new projects were approved:

- ◇A handbook for EATA members
- ◇An information video and a PowerPoint presentation for use by Trainers and national associations

The task force was upgraded to Committee status and Madeleine Laugeri was elected Chair. Further information can be obtained by contacting Madeleine at laugeri@ltco.ch.

Commission of Certification (COC)

COC are offering a one day training workshop for prospective examiners. This will count as advanced training hours and supervision. A new recognition award, in the form of a pin, will be made to examiners who examine on ten occasions. There is new form for candidate feedback about examiners. There are also new design CTA certificates being printed.

(P)TSTAs are to be reminded that it is a requirement of their contract that they examine three times during the period of the contract. Members who examine at 10 sites will be awarded with a pin from EATA.

Website

Now almost finished. It will provide regular updates, announce organisational changes, and, in future, will publish the Eric Berne Memorial Award articles each year.

Professional Training Standards Committee (PTSC)

The new Training Preparation Workshop (TPW) and the existing Training Endorsement Workshop (TEW) will continue to be run in parallel and be evaluated.

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A new item to deal more effectively with the question of Ethics in the TSTA exam has been formulated, and will be hopefully ratified by TACC (Transactional Analysis Certification Council) in August 2007.

Decisions and changes made by COC and PTSC will be formally announced through the PTSC Telegram to Trainers.

PTSC considered a request from the IDTA to create a separate field for coaching. A working party consisting of Sandra Wilson (UK), Sabine Klingenberg (Germany) and Nicole Pierre (France) has been set up to look at the implications of the professional coaching associations call for the regulation of coaching as a profession and to present options for consideration by TACC.

Translations Committee

Continues to work to improve the level of translations available at conferences. Along with the Publications Committee they support the translation of TA books and articles in to languages other than English.

European Connections

The European Connections Committee continues to support new national associations by providing funding and providing training for members.

Anyone interested in supporting training, particularly in Eastern Europe should contact Marina Banic, Chair of European Connections by email at sata@sbb.co.yu.

Conferences and Trainers' meeting

World Conference in conjunction with ITAA and WPTA in Johannesburg from 7 – 10 August 2008.

In July 2009 there will be an international trainers' meeting. The dates and location are to be confirmed. National associations will be invited to submit proposals to host this event. The next EATA conference will be from 2 – 4 July 2010.

EATA gold medals

Charlotte Sills (UK) and Isabelle Crespelle (France) were awarded gold medals for their services to EATA.

ADVERTISEMENT**TA 101—Official Introductory Course**

27 and 28 November 2007

Buckfast Abbey, Devon

£125 per person



This course will introduce you to the main concepts of TA and show you how these can be related to topics including: assertiveness and confidence building; team building; influencing and managing others.

The TA 101 is an internationally recognised qualification, stands alone as a module in communication skills, and also provides the starting point for further study.

Facilitator: Lynda Tongue CTA (Organisational)

Biography

Anthea Harding

I was first introduced to TA by a friend in 1993 and went straight off to do a 101 course. From that moment I was completely 'hooked' but believed that any involvement in TA would be for my personal journey. It never crossed my mind that in 2007 I would be preparing for CTA in the field of Education.

At present I work one to one with children who are working below an age-appropriate level at school for a variety of reasons. Some are in main-stream education but have Individual Education Plans while some are in Special School because of Specific Learning Difficulties. I also work with children In Care and others who have had their education interrupted due to personal issues such as pregnancy.

The basis of all my work is Cycles of Development, Pam Levin (1982) so when I first meet a child the question I ask myself is, 'if I didn't know this child's chronological age how old would I think he/she is?' The answer is generally about three because the feature they have in common is that they can't problem-solve. Their on-going dilemma is that when they don't know what to do they don't know what to do!

When children find themselves in this situation some give up

altogether and develop strategies to invite others to do their thinking for them; "*Oh, poor me, this work is just too hard please do it for me*". Others develop bad behaviour which masks their scare about looking foolish in front of the class – what better than to become the class jester?

Whatever their game I work with these pupils to notice how they are feeling when they have a problem and then use their 'good' thinking to decide what to do. Once they are familiar with their process they can use it for their behaviour and academic tasks. This can take some time as the child is often quite skilled at their game and resistant to change.

Many of the pupils I see have birthdays between May and August which sometimes appears not to be given sufficient consideration in terms of the child's development. Some are over-nurtured at home so these encounter difficulties about becoming independent learners. Often children don't know whether they are visual or auditory learners but once they have this information and can identify what they need to enhance their learning they make tremendous progress.

I have also worked in schools with children who are still in the 'doing' stage of development so have

needs at that level which have to be fulfilled. Until these needs are attended to the child has no hope of accessing the National Curriculum at an age-appropriate level.

My vision for the future is that TA will become a common language in our schools and that every child will have a TA Toolbox. I would like to see a Nursery class in every primary school so that those children who are 'stuck' at an early developmental stage will have the opportunity to complete the necessary tasks and move forward to the next one.

I know how much positive change there has been in my life through using TA so I want others to have that chance too – especially the very young. My constant dilemma is how can I shout loudly enough so that decision makers in the Education System will hear?

References

Levin, Pam (1982)
The Cycle of Development
TAJ 12, 2, 136-137



Certificate and Diploma in Developmental TA

These qualifications are aimed at all those who help others to develop themselves—or who want to be able to do so—including teachers, trainers, consultants, facilitators, advisor, mediators, coaches, mentors, counselors, HR professionals, managers, executives—and any others who contribute to the growth of others, have responsibilities for bringing

about individual or organizational change, want to create healthy corporate cultures, seek to facilitate great team-working, aim to educate others to learn more effectively, work to help others form relationships, communicate skillfully and live more autonomously - and generally spread the TA message of OKness. The qualification process

offers you an opportunity to develop your professional competence as you apply TA understanding to what you do and the chance to benefit from the high international standards for TA training without the need to commit to the lengthy international accreditation process.

For further details, email:
admin@instdta.org

The Institute of Developmental Transactional Analysis

ANNUAL CONFERENCE

9 - 10 November 2007

Cultural Difference

Can we be different and still get on with each other?

Keynote Speakers:

Pam Levin

Anita Mountain

Pete Shotton

Developmental Transactional Analysis is a thriving and growing discipline used in organisational, educational and counselling fields. It provides a range of techniques and methods to support individual, team, class, school and organisational development.

The annual conference is a pivotal event for those with an interest in, or curiosity about Transactional Analysis. It provides delegates with the opportunity for professional development, sharing skills and knowledge, investigating and experimenting with new ideas.

This year's conference explores cultural difference, from the perspective of can we be different and still get on? Presenters will aim to motivate and inspire delegates, offering new or different approaches to working in their particular field.

The two-day conference will provide keynote speakers, a range of workshops and the opportunity to network.

The conference is aimed at: Managers; Team Leaders; HR professionals; Teachers; Trainers; Educationalists; Coaches; Mentors; Counsellors; anyone with a role or interest in personal and professional development of themselves and/or others.

For a booking form, please go to

www.instdta.org

or contact admin@instdta.org

Council Members



Annie Murray, IDTA Chair, PTSTA (Organisational). Annie is the director of HeadSTART Ltd and co-director of the International Centre for Business Coaching. She has been involved in developing people and organisations since 1985. Annie's background is in the public sector and she now works nationally and internationally with a wide range of clients.



Debbie Robinson, Secretary and Marketing Officer, PTSTA (Organisational). Debbie runs her own organisational development company Quay Interactions which provides consultancy services to private and public sector organisations. She also offers coaching and a range of leadership training using a range of techniques, grounded in Transactional Analysis.



Giles Barrow PTSTA (Educational). Giles is an educator, based in Suffolk and works all over the country. He has been on the Council since the start and is especially interested in TA proficiency awards and raising the profile of Developmental TA.



David Dobedoe Contracted trainee in the Organisational field. As a trainer specialising in the experiential approach to exploring business issues, David has a strong commitment and real enthusiasm for delivering results. He has a flexible approach to facilitation where he is capable of safely supporting organizations, teams and individuals.



Gill Edmondson Conference Officer, Contracted trainee in the Organisational field. I am a Project Manager/Training Co-ordinator for an IT company, the majority of work is based in Cumbria where I live. I have been a member of Council for 3 years. I am committed to raising the profile of Developmental TA and supporting people in discovering its many applications.



Anthea Harding Research Officer, Contracted trainee in the Educational field. Anthea works one to one with children who are working below an age-appropriate level at school. Her vision for the future is that TA will become the common language in schools and that every child will have a TA toolbox.



Bill Heasman PTSTA (Organisational). Bill's early career was in Social Care and management. For the past 20 years he has been involved in facilitating learning in three areas; with individuals through coaching, with groups through training and team development and he produces policies to promote development of the organisation he works for.



Lynda Tongue Communications Officer and Newsletter Editor, CTA (Organisational). Lynda is a Partner in Triangle Partnership, an organisational development company specialising in Leadership, Communications and Management Development. Lynda works with organisations and individuals and is passionate about using TA in order to promote personal growth and change.



Sandra Wilson Chair of Ethics, PTSTA (Organisational). Sandra is one of two UK delegates to EATA and is Vice President of EATA with special responsibility for conferences. She is an organisational development consultant who is particularly interested in the use of TA models as analytical and diagnostic tools in organisational contexts.



Paul Robinson Treasurer. Paul is Director of Education and Professional Standards for the Chartered Institute of Environmental Health and is an IDTA Student Member in ongoing training.



IDTA Conference
Coming soon
Book your place now!
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IDTA Membership Benefits

- ✦ Conferences and events with a DTA focus
- ✦ Access to professional qualifications and proficiency awards
- ✦ Forthcoming e-journal
- ✦ Membership of a worldwide TA community
- ✦ Internet-based Professional Register (coming soon)
- ✦ Networking with others who share your interest in developmental applications of TA

IDTA Newsletter

Rules of Submission

- ✦ News items and articles 800 words maximum
- ✦ Arial font, 10 point
- ✦ Diagrams referenced
- ✦ TA status as designated in EATA handbook
- ✦ Send to Lynda Tongue (Newsletter Editor: lynda@trianglepartnership.com)

IDTA Newsletter

Advertising Rates

Rates for display advertising:

Full page: £50

Half page: £30

Quarter page: £20

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Readers will already be aware that the IDTA aims to provide networking and professional development opportunities to practitioners using Developmental Transactional Analysis. The purpose of this newsletter is not only to update members but also to invite and encourage participation in the growth of the Institute. Views expressed in this newsletter are those of contributors and do not necessarily reflect the official policy of the IDTA.