

2024 International Transactional Analysis Conference

Karangarua – Unity Through Diversity in Relationship



Wharewaka Centre

Te Whanganui-a-Tara | Wellington

Aotearoa New Zealand

21st–23rd November 2024

Co-hosted by





2024 International Transactional Analysis Conference

Karangarua – Unity Through Diversity in Relationship

Conference Booklet

Compiled by Keith Tudor and Angie Strachan

Karangarua – Unity Through Diversity in Relationship
21st–23rd November 2024

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**TĒNĀ KOUTOU, TĒNĀ KOUTOU, TĒNĀ KOUTOU KATOĀ. WELCOME, WELCOME,
THRICE WELCOME**

Welcome from Te Wharewaka o Pōneke



Welcome to Te Raukura, Te Wharewaka o Pōneke our iconic building located on Wellington Waterfront. Your rōpū (group) will be welcomed to Te Raukura with a haka pōwhiri (formal welcome), as the Transactional Analysis Association of Aotearoa New Zealand (TAAANZ) and the Australian Transactional Analysis Association host your conference. We hope that our preparation and dialogue with TAAANZ will ensure that your kaupapa (programme, objectives, purpose) will be achieved, that all parties are comfortable with the process, that the conference runs smoothly, and the mana (authority) of all parties is maintained. The kawa (process/protocols) in place at Te Raukura follow those of Te Ātiawa ki Te Whanganui a Tara (mana whenua).¹ For further details regard the pōwhiri (welcome), see below (p. 8).

Welcome from the Transactional Analysis Association of Aotearoa New Zealand



E ngā matawaka, e ngā mana, e ngā reo, e ngā rangatira ma, e akiakihia ana e ngā hau e wha kua horahia ki te ao, ka nui te mihi ki a koutou me ō koutou whānau hoki, tēnā koutou tēnā koutou, tēnā koutou katoa, me te titiro whakamua ki te manaaki i a koutou ki Aotearoa.

To the many talented and esteemed who are propelled together by the four winds spread throughout the world, we greet you and your families, and look forward to welcoming you to Aotearoa.

We have great pleasure in calling you (karanga) to this conference, the title of which in te reo Māori (the Māori language) acknowledges the significance of the karanga or exchange of calls that forms part of the pōwhiri, a Māori welcoming ceremony, and also refers to people related through two different lines, and those standing in a double relationship.

We are delighted to be welcoming people from far and wide – from India, Japan, the Netherlands, Slovenia, Sweden, and the United Kingdom – as well as our close colleagues and friends from Australia to these shores, and to Wellington. We are particularly grateful to the Australian Transactional Analysis Association for joining us in co-hosting and sponsoring this conference. In many ways our two associations are each involved in revitalising transactional

¹ Here are a few guidelines with regard to terminology that might be useful:

Mana whenua	People of this place.
Manuhiri	Visitors.
Rōpū	Group.
Kākahu	Dress – For the pōwhiri, casual business attire is recommended.
Kaikaranga	A karanga will be the first call made by a wahine (woman) to welcome manuhiri.
Kaiwero	Toa (warrior) lays down challenge to manuhiri.
Kapa Haka	Group providing traditional Māori waiata, poi, and kōrero.
Kaikōrero	Speaker(s).
Hongi	Pressing of noses, the sharing of breath.
Harirū	Handshake, greeting.

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analysis (TA) in our respective countries, and this conference represents one of the ways in which we are supporting each other to do so, and, not least, to ensure that this generation of TA trainees will become the next generation of TA practitioners, trainers, and supervisors.

Finally, we are grateful to John Savage for initiating the idea of having an international TA conference here in Aotearoa New Zealand, and for all his work in putting this conference together.

We sincerely hope that you have a stimulating and enjoyable time.

Mandy Lacy TSTA(O) and Keith Tudor TSTA(P), CTA(P)

Co-Presidents, TAAANZ

Welcome from the Australian Transactional Analysis Association



Welcome to the New Zealand TA conference,
Karangarua – Unity Through Diversity in Relationship.

The Australian Transactional Analysis Association (ATAA) is delighted to be involved in and supporting this Conference in our region again with our New Zealand TA neighbours. It provides both communities an opportunity to grow and to strengthen our relationships once more.

We trust that, during this time, you enjoy the growth, excitement, and the joy within our TA community.

Valerie Redman TSTA(P)

President, ATAA

Welcome from the Conference Organising Committee

Hello all/Kia ora koutou.

Welcome to the 2024 Transactional Analysis International Conference here in Wellington.

For those of who have travelled far and wide, we trust you had a safe journey to Aotearoa, and to the beautiful city of Wellington.

We are excited to present this conference to you, and trust that it is a stimulating, rewarding, and enlightening experience.

We look forward to welcoming you in person. If you have any queries during the conference, please do not hesitate to approach John or any of his team.

John Savage TSTA(P) (Chair), Mandy Lacy TSTA(O), Keith Tudor TSTA(P), and Bev Gibbons TSTA(P) (UK)

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Welcome from the Conference Scientific Committee

We also have great pleasure in calling you (karanga) to this conference, the title of which in te reo Māori (the Māori language) acknowledges the significance of the karanga or exchange of calls that forms part of the pōwhiri, a Māori welcoming ceremony, and also refers to people related through two different lines, and those standing in a double relationship. In what many of us experience as an increasingly conflictual world, it appears more important than ever to invite a focus on whanaungatanga (relationships) and our transactional analysis of them.

The kaupapa and themes of the conference invite us to experience, think about, and discuss how we do this – meeting, greeting, and seating – in a way that is respectful of both hosts and guests, while also acknowledging difference and diversity.

So, we called for papers and workshop presentations on these themes, and have been delighted with the response. As a result, and following a peer-review process, we have more than 25 presentations which we know will provide the basis of a rich and fruitful conference.

We are deeply appreciative of Shirley Rivers (Ngāi Takoto, Ngāpuhi, Te Kawerau-a-Maki, Te Waiohū, Waikato-Tainui) for having gifted us the title of the conference. Unfortunately, due to recent ill-health, Shirley has had to withdraw from this engagement. We wish her a speedy and complete recovery and send our love – arohanui ki a koe, e hoa. Nevertheless, in appreciation of her gift of the conference title, we retain some of her original words as setting the kaupapa of the conference.

We also wanted to provide a space in which we can think about and discuss what happens when we don't do this so well, when relationships are ruptured in various ways, and how we can understand and intervene in disagreement, conflict, violence, and war; and so, to that end, we have timetabled a large group experience each day which will be facilitated.

What follows is an overview of the conference; a summary of the programme (on p. 13); and further details of each presentation (pp. 14–28). Finally, as it is a tradition in te Ao Māori (the Māori world), which, for the most part, has been adopted on occasions such as conferences in Aotearoa New Zealand, to support a speaker by singing a waiata (song), we also include waiata which we will be singing during the conference.

Enjoy!

Matt Bird (Co-Chair), Deepak Dhananjaya (India), Grace Lam (Singapore), and Keith Tudor (Co-Chair)

BOOKSTALL



We are delighted to have Akasha Books Ltd running a bookstall during the Conference – on the Friday and Saturday. They will be selling copies of TA books, and of Keith Tudor's new book *Transactional Analysis Proper – and Improper: Selected and New Papers* (Routledge, 2025), which will be launched on Thursday afternoon and evening (see below, p. 8).

PRE-CONFERENCE EVENT – INTERNATIONAL CERTIFYING EXAMINATIONS

International Transactional Analysis Association International Board of Certification

Venue: St. Andrew's Centre

Address: 30 The Terrace, Wellington 6011, Aotearoa New Zealand

Exam Co-ordinators: Debbie Robinson TSTA(O) (UK) (TSTA exams), and Keith Tudor TSTA(P), CTA(P) and Johnathan Evans PTSTA(P) (CTA Exams)

Tuesday 19th November

8.30am-5.30pm

Wednesday 20th November

10.00am-5.30pm

Venue: Wharewaka Function Centre

Address: Taranaki Wharf, 2 Taranaki Street, Waterfront, Wellington 6011, Aotearoa New Zealand

From 6.15pm Presentation of certificates to successful exam candidates

THE CONFERENCE – OVERALL STRUCTURE

Venue: Wharewaka Function Centre

Address: Taranaki Wharf, 2 Taranaki Street, Waterfront, Wellington 6011, Aotearoa New Zealand

Wednesday 20th November

From 5.30pm Gathering for exam candidates, family and friends, examiners, and those attending the conference²

From 6.15pm Presentation of certificates to successful exam candidates

Thursday 21st November

9:15am Briefing of manuhiri (visitors)

² Official registration will take place after the pōwhiri on Thursday morning.

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Conference delegates gather in front of Te Raukura, Te Wharewaka o Pōneke, by the statue of Kupe

9:30-10:15am

Pōwhiri (Welcome)

THE PŌWHIRI

While manuhiri (visitors) gather at the front of Te Raukura outside, a toa (warrior) will lay down the wero (challenge) to the Presidents of the Association or one of the international guests. Once the challenge is accepted, our kaikaranga (caller) will karanga (call) from the entrance to our building and manuhiri (guests) will proceed inside. With regard to entry into Te Raukura, tāne mā (men) will enter first to greet tangata whenua (people of the land), followed by wāhine mā (women). Once inside your kaikōrero (speaker[s]) will sit opposite mana whenua, with wāhine and others in your rōpū sitting in the rows behind.

10:15-11:00am

Morning break with refreshments (provided)

Registration

11:00am-12:30pm

Keynote speech – Anna Fleming (Ngāpuhi, Ngāti Hine, Tūhoe)

12:30-1:30pm

Lunch (provided)

1:30-3:00pm

Workshops (Four streams)

3:00-3:30pm

Afternoon break with refreshments (provided)

3:30-4:30pm

Papers and workshops (Four streams)

4:30-5:30pm

Large group (Facilitators: Deborah Robinson TSTA(P) and John Savage TSTA(P))

This is a space for participants to come together to reflect on the day, to share their experiences and learning, and to make meaning of the collective conference experience in the light of the theme of the Conference.

5:30-7.00pm

Launch of the book: *Transactional Analysis Proper – and Improper: Selected and New Papers* by Keith Tudor (Routledge, 2025)³ (Host: Gerry Pyves)

Friday 22nd November

8:00-9:00am

Morning interest groups

First-time attendees (Facilitator: Rhae Hooper CTA(E))

Other groups to be confirmed (self-facilitated)

9:00-10:30am

Keynote speech – Jo Stuthridge

³ Copies of the book will be available for purchase, and Keith will be available for signing.

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10:30-11:00am	Morning break with refreshments (provided)
11:00am-12:30pm	Workshops (Four streams)
12:30-1:30pm	Lunch (provided)
1:30-3:00pm	Workshops (Four streams)
3:00-3:30pm	Afternoon break with refreshments (provided)
3:30-4:30pm	Large group (Facilitators: Deborah Robinson TSTA(P) and John Savage TSTA(P)) This is a space for participants to come together to reflect on the two days of the Conference, to share their experiences and their learning, and to make meaning of the collective conference experience in the light of the theme of the Conference.
4:30-6.00pm	Interest group(s) (self-organised) Free time (self-organised) Transactional Analysis Association of Aotearoa New Zealand TAAANZ Annual General Meeting Australian Association of Transactional Analysis ATAA members gathering
7:30pm onwards	Gala dinner and entertainment (TA talent night hosted by Fergus Aitken) ⁴ Venue: Matiu Room, Wharewaka Function Centre Address: Taranaki Wharf, 2 Taranaki Street, Waterfront, Wellington 6011, Aotearoa New Zealand

Saturday 23rd November

8:00-9:00am	Morning interest groups First-time attendees (Facilitator: Rhae Hooper) Other groups to be confirmed (self-facilitated)
9:00-10:30am	Keynote speech – Keith Tudor
10:30-11:00am	Morning break with refreshments (provided)
11:00am-12:30pm	Workshops (Four streams)
12:30-1:30pm	Lunch (provided)
1:30-3:00pm	Workshops (Four streams)
3:00-3:30pm	Afternoon break with refreshments (provided)

⁴ In the tradition of TA conferences, we invite people to bring and present their talents, to which end we will have a board on which people can sign-up. In any case, feel free to talk to John Savage about this.

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- 3:30-4:30pm Large group (Facilitators: Deborah Robinson TSTA(P) and John Savage TSTA(P))
- This is a space for participants to come together to reflect on the three days of the Conference, to share their experiences and learning, and to make meaning of the collective conference experience in the light of the theme of the Conference. This group will lead into our closing time...
- 4:30-5:30pm Poroporoaki (Closing)

Please note that attendance certificates will be sent to all participants by email after the Conference.

POST-CONFERENCE EVENT – INTERNATIONAL WORKSHOP

Venue: St. Andrew's Centre

Address: 30 The Terrace, Wellington 6011, Aotearoa New Zealand

Title: Fields of Gold: Co-creative Transactional Analysis Practice Across Fields

Facilitators: Bev Gibbons TSTA(P) (UK), Berit Fahlén PTSTA(P) (Sweden), Debbie Robinson TSTA(O) (UK), Paul Robinson TSTA(E) (UK), and Keith Tudor TSTA(P) (Aotearoa New Zealand)

Sunday 24th November

9:30am-4:30pm

For further details about this workshop, see p. 31.⁵

⁵ At the time of printing, there were still places available on this workshop. If you would like to attend, please register (see p. 31), and also feel free to talk to any of the facilitators, all of whom are attending and presenting at the Conference.

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WAIATA

Chosen by Briony Fiso

Waiata #1 Tēnā koutou – Greetings and welcome to you all (A repeat song)

Tena koutou, e hoa mā	Greetings my friends
Kua tae mai nei, i tēnei rā.	Who have all arrived here today.
Nō reira rā, e hoa mā	Therefore, my friends,
Kia ora rā, koutou katoa.	Greetings to you all.
Koutou katoa.	Greetings to you all.

Waiata #2 Hoesā rā (A canoe poi by Dovey Horvarth-Katene)⁶

Kāea (Leader): Hoesā, hoesā rā.

Katoa (All): HI AUE!

Hoesā rā, ngā waka e, e te iwi e hoesā rā.	Let us all row our waka people.
Ki te moana uriuri e, hoesā, hoesā rā.	Row on the turbulent seas.
Ki Aotearoa, Aotearoa, hoesā, hoesā rā.	Row to Aotearoa, keep rowing.
Ki te whenua o Te Iwi Māori, hoesā, hoesā rā.	To the land of the Māori people.

Ka mutu (end): Toia mai i ngā waka, toia mai – HI!	Haul the waka ashore.
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Waiata #3 Whakarongo ake au by John Tapiata

Whakarongo ake au	I listen, where high up
Ki te tangi a te manu	A bird flies
E rere runga rawa e	Its cry rings out
Tui, tui, tui, tuia	“Sew, stitch, bind it together
Tuia i runga	From above
Tuia i raro	From below
Tuia i roto	From within
Tuia i waho	From outside
Tuia te here tangata	Sew and bind it together”
Kia rongō te pō	May there be peace at night
Kia rongō te ao	And peace by day.
Tui, tui, tui, tuia	Sew, stitch, bind it together

Waiata #4 Māku rā pea – Yes indeed, I will (Ancient waiata)

Māku rā pea, māku rā pea,	Yes indeed, I will,
Māku koe e awhi e,	I will embrace you,
Ki te ara, aratupu.	On your life journey.
Māku koe e awhi e.	I will embrace you.

⁶ A song of unity and perseverance by renowned Ngāti Toa songwriter.

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Waiata #5 E tu kahikatea – Stand as the kahikatea tree

E tu kahikatea, hei whakapai ururoa,

Awhi mai, awhi atu, tātou tātou e.

Anō (repeat)

Stand as the Kahikatea with roots made strong

Entertwined and embracing each other.

Waiata #6 Ehara i te mea – It's not a thing (for today)

E hara i e mea, nō inaianei te aroha,

Nō ngā tupuna i tuku iho, i tuku iho.

Love is not a thing for today,

It has been passed down from our ancestors.

Waiata #7 Ka oho te wairua – When the spirit awakens (A waiata from Te Runanga o Ngāti Toa)

Ka oho te wairua

Ka mataara te tinana

He aroha ki te aroha

Ka kaa te rama.

When the body is alert

When love is reciprocated

When the spirit awakens

Englightenment flows.

SCIENTIFIC PROGRAMME – SUMMARY

Thursday 21st November

	Room	1			
11:00–12:30	Title	Karangarua – Standing in a double relationship			
	Presenter	Anna Fleming (Ngāpuhi, Ngāti Hine, Tūhoe) (Aotearoa New Zealand)			
	Type	Keynote speech (90 mins)			
13:30–15:00	Room	1	2	3	4
	Title	Creating an inspiring Adult learning environment	Let's talk ethics. What does this mean in different cultures?	The metaphor of tukutuku: A process of diversity, knowledge, and connection	Script cycles of organisation and individual in burnout
	Presenter(s)	Rhae Hooper (Australia)	Jan Grant (Australia), Keiko Hoshino (Japan), and Anne Tucker (Aotearoa New Zealand)	Raewyn Knowles (Aotearoa New Zealand)	Moniek Thunnissen (The Netherlands)
	Type	Workshop (90 mins)	Workshop (90 mins)	Workshop (90 mins)	Workshop (90 mins)
15:30–16:30	Title	How to fly an airplane	Physis the integrator	Relationship to yourselves	Working with Bad Men: TA approaches to the discursively constructed criminal self
	Presenter(s)	John Savage (Aotearoa New Zealand)	C. Suriyaprakash (India)	Evgenia Mikheeva (Aotearoa New Zealand)	Seán Manning (Aotearoa New Zealand)
	Type	Workshop (40 mins)	Workshop (40 mins)	Workshop (40 mins)	Paper (40 mins)

Friday 22nd November

	Room	1			
9:00–10:30	Title	Goosebumps: Moments of truth in psychotherapy			
	Presenter	Jo Stuthridge (Aotearoa New Zealand)			
	Type	Keynote speech (90 mins)			
11:00–12:30	Room	1	2	3	4
	Title	Exploring we-ness across cultures	How does change impact diversity?	Self-compassion in supervision as a prevention of burnout	Working co creatively with trauma
	Presenter(s)	Mariko Seki and Masumi Aonuma (Japan)	Mandy Lacy (Aotearoa New Zealand)	Maša Žvelc (Slovenia)	Berit Fahlén (Sweden) and Bev Gibbons (United Kingdom)
	Type	Workshop (90 mins)	Workshop (90 mins)	Workshop (90 mins)	Workshop (90 mins)
13:30–15:00	Title	The amputation of intuition: Navigating relationship without a compass	Healthy symbiosis	Reflections on TA in Aotearoa New Zealand from a Māori perspective	CTA Exam preparation workshop (to be confirmed)
	Presenter(s)	Bev Gibbons (United Kingdom)	Debbie Robinson (United Kingdom)	TA Māori rōpū with Keith Tudor (Aotearoa New Zealand)	John Savage (Aotearoa New Zealand)
	Type	Workshop (90 mins)	Workshop (90 mins)	Workshop (90 mins)	Workshop (90 mins)

Saturday 23rd November

	Room	1			
9:00–10:30	Title	Karangarua – Being analytic and transactional, psychological and social, international and local			
	Presenter	Keith Tudor (Aotearoa New Zealand)			
	Type	Keynote speech (90 mins)			
11:00–12:30	Room	1	2	3	4
	Title	Many peoples, one nervous system	Observing self and ego states: Mindfulness and compassion in transactional analysis	Positive games – Supporting the butterfly effect	War refugee script
	Presenter(s)	Gerry Pyves (Aotearoa New Zealand)	Gregor Žvelc (Slovenia)	Paul Robinson (United Kingdom)	Sisko Torkkeli (United Kingdom)
	Type	Workshop (90 mins)	Workshop (90 mins)	Workshop (90 mins)	Workshop (90 mins)
13:30–15:00	Title	Exploring the parallels between the theory and practice of TA and Daoist martial arts: Unity in the presence of diversity	Embracing diversity through creativity	Reflective art space	Transactional analysis, laughter and humour – Minefield and goldmine
	Presenter(s)	Tony Conley (Australia)	Mandy Lacy (Aotearoa New Zealand)	Raewyn Knowles (Aotearoa New Zealand)	Johnathan Evans (Aotearoa New Zealand)
	Type	Workshop (90 mins)	Workshop (90 mins)	Workshop (90 mins)	Workshop (90 mins)

PAPERS AND PRESENTATIONS – DETAILS

Keynote Speeches

(in order of presentation)

Karangarua – Standing in a double relationship. Anna Fleming

Karangarua refers to the call of the karanga, the first voices heard upon entering a marae. These calls are an exchange, the first calls into relationship, the beginnings of asking who we are and what it is we bring as we venture closer together.

Relationship is a fundamental concept both in psychotherapy and in te Ao Māori. In te Ao Māori, relationship is fundamental to wellbeing and includes not only relationship to ourselves and those closest to us, but also to the spiritual realm, the environment around us, and the knowledge that we hold.

In this presentation, Anna will explore the relationships that underpin concepts of connection in te Ao Māori. She will also explore the shadow side of disconnection, which have impacted Māori most particularly through colonisation and urbanisation. Understanding of these concepts and relationships supports us as we navigate the psychotherapeutic encounter, making visible the connections both to the internal and to the external which exist in those we see.

Tēnā koutou katoa. Ko Anna Hinehou Fleming tōku ingoa, he uri ahau no Ngāpuhi, no Ngāti Hine, no Tūhoe hoki.

Anna Hinehou Fleming (she/her/ia) is a wahine Māori registered psychotherapist, living and working in Tāmaki Makaurau. Beginning her career as a social worker, then training in psychotherapy at Auckland University of Technology (AUT), Anna has worked with individuals and whānau for nearly 20 years. Her therapeutic approach combines her working and personal experiences with a focus on attachment and developmental theory particularly from a Māori perspective.

This focus on indigenous health informs Anna's roles as a psychotherapist in private practice, Lecturer in the Department of Psychotherapy & Counselling at AUT, Tumuaki of Waka Oranga – National Collective of Māori Psychotherapy Practitioners, and a Council Member of the Association of Psychotherapists Aotearoa New Zealand. Anna lives with her whānau alongside te awa o Wai o Taiki in Tāmaki Makaurau, Auckland.

Goosebumps: Moments of truth in psychotherapy. Jo Stuthridge

My reflections on karanga led me to the heart of the psychotherapy endeavour: an encounter with the other. Karanga involves an encounter between people in the physical realm and also an exchange between the physical and spiritual realms. A relational approach to transactional analysis involves a meeting between self and other and an exchange between conscious and

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unconscious realms. The alchemy of this encounter can produce transformation for the client in moments of truth, sometimes heralded by goosebumps: a prickling sensation at the back of the neck. This keynote speech will address some fundamental questions: ‘How do we invite the client to meet their own unconscious?’, ‘What is this mysterious realm?’, and, a perilous concept these days, ‘What is truth?’

Jo Stuthridge, MSc, MNZAP is a Teaching and Supervising Transactional Analyst and a registered psychotherapist in Aotearoa, New Zealand. She maintains a private psychotherapy practice in Dunedin where she is also director of the Physis Institute. She has published several articles and book chapters on transactional analysis, with a special interest in trauma and is a past co-editor of the Transactional Analysis Journal. Currently she juggles professional interests with an enduring love for the mountains and bush, attempts to grow fruit trees, and the wonders of grandchildren.

Karangarua: Being analytic and transactional, psychological and social, international and local. Keith Tudor

Eric Berne founded transactional analysis (TA) in response to psychoanalysis, and referred to TA as a social psychiatry and, by implication, a social psychology, a perspective taken up by some early transactional analysts. Yet Berne himself focused his theory and practice primarily on transactions between therapist and patient in the clinic. Similarly, and notwithstanding the radical psychiatry tradition in TA, and presence and contributions of colleagues in the fields of education and organisations, transactional analysts in the fields of psychotherapy and counselling generally privilege the psychological over the social. Finally, as it was founded in the Western – and Northern – intellectual tradition and, specifically, that of American ego psychology, it needs to consider whether its theory and practice applies to and in other cultures and contexts. This keynote speech will consider various aspects of these double relationships.

Keith Tudor, PhD, MSc(Psychotherapy), MA (Social Work), CTA(P), TSTA(P) is Professor of Psychotherapy at Auckland University of Technology where he also co-leads Moana Nui – Research in the Psychological Therapies. Keith has been involved in TA for over 35 years, in which he is also a well-published author. He has a strong interest in the racial psychiatry tradition within TA and a strong commitment to bicultural and cross-cultural engagement.

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Papers and Workshops

(in alphabetical order by title)

CTA Exam preparation [Workshop: 90 mins] John Savage

Fields: All

This workshop, which is aimed at TA trainees preparing or wanting to prepare for their CTA exams (written and oral) will be conducted with an open agenda, in response to the participants' interests and needs.

John Savage, MSc (Psychotherapy), CTA(P) & TSTA(P) (ITAA), MNZAP, MNZAC *has been working as a therapist in Wellington since 1998. His work has included experience in residential treatment centres, therapeutic communities, outpatient treatment clinics, general counselling, and psychotherapy for a range of issues. In addition to his private practice in Wellington, he is the Director of the Training Programme at the Wellington Transactional Analysis Training Institute. Email: jc.savage@icloud.com*

The amputation of intuition: Navigating relationship without a compass [Workshop: 40 mins]
Bev Gibbons

Fields: psychotherapy, counselling

Abstract: I propose intuition to be an innate capacity, rather than a learned skill. It is a power, a compass intrinsic to being human; held in our very essence and outside of script, informing all of our sensing in ways we are only at the edges of becoming able to understand.

Bodymind or Namarupa – meaning name and form – is a central concept in Zen Buddhism and refers to the interdependence of the human mind and body. I suggest that intuition provides an arterial network that enables the bodymind.

Following from this I offer the idea that in certain circumstances intuitive function is deliberately amputated in the service of survival, and the bodymind comes apart and becomes body and mind. Separate. A profound loss results – the loss of the ability to form a healthy, growthful relationship with self, other, and the environment.

I offer a lens that gives different depth and context to what might be met in encounter, in relationship with someone who has a compromised capacity to know what happened, i.e., unable to stretch into the corners of their bodymind with full intuitive capacity and trust themselves, and to give themselves permission to own their gut feelings, heartbreak, wide-eyed astonishment, and heartfelt self.

Bev Gibbons, TSTA(psychotherapy) *I am a TSTA (Teaching and Supervising Transactional Analyst) in the field of psychotherapy. I live and work in North Yorkshire, in the UK, as a trainer, supervisor, and psychotherapist. My particular interests are in co-creativity and intersubjectivity and the challenges in finding and holding this place. I hold the question 'what am I/are we up*

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to?’ in relation to power dynamics and oppressive practice. I am driven to look for the deep roots in any given process, and also to simplify and make clear complicated theory. Bev can be reached on bgcp@bevgibbons.co.uk

Embracing diversity through creativity [Workshop: 90 mins] Mandy Lacy

Fields: counselling; education; organisations; psychotherapy

Abstract: Creativity and diversity are mutually reinforcing. Creative expression, the arts, creative thinking and doing supports and enhances diversity by encouraging different perspectives, fostering inclusive environments, and promoting cultural exchange. In turn, diversity enriches creativity by providing a wide range of experiences, ideas, and perspectives that fuel innovative thinking and problem-solving. Together, creativity and diversity contribute to more vibrant, dynamic, and resilient communities. In this workshop you will have the opportunity to explore seven steps to ignite your creativity and embrace diversity – that you can commence doing immediately.

Mandy Lacy, TSTA(O) specialises in organisational transformations, change management, benefits realisation management, communications and engagement, and creativity for wellbeing. She is an experienced consultant, leader, facilitator, coach, supervisor, educator, trainer, and creativity coach. Mandy is a Teaching and Supervising Transactional Analyst in the organisational field, has a PhD in group memory and learning, and a Master’s in learning science and technology. She can be reached on mandy@mandylacy.nz

Creating an inspiring Adult learning environment [Workshop: 90 mins] Rhae Hooper

Fields: psychotherapy; counselling; organisations; education; non-TA

Abstract: This workshop is directed at all people conducting training workshops, TA trainers and supervisors, psychoanalysts, counsellors, organisational, educational, and non-TA people. As an educator within TA, I believe it contributes to the inclusivity and harmony of the four fields in TA. Everyone is welcome. The workshop aims to demonstrate how, with an educator’s different background, perspective, and experience to those in other fields, we can be unified and collaborative in our thinking and approach as a TA community. The presentation of familiar TA themes and their application in a training environment coupled with the inclusion of studies conducted by non-TA professionals further enriches our connections and encourages a broader invitation to celebrate inclusivity. It will enable attendees to further enhance the learning of their trainees through better understanding and connection. It is within the boundaries of the education field that I propose this workshop’s relationship to karangarua.

Rhae Hooper, CTA(E) is a seasoned trainer with over 40 years of experience in corporate and government sectors. She earned her CTA in 1995 and is qualified with an MSc in TA. She has authored a chapter in Educational Transactional Analysis (Barrow & Newton, 2026). In business, she has owned a management consulting and training company and co-owned a medium sized

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enterprise with 700 staff. Since 1986, Rhae has presented at international and regional workshops, and has extensive experience as a TA examiner and supervisor. She served as President of the Australian TA Association and represented Australia and New Zealand in global collaborations with the International TA Association and the European Association for TA. Rhae's workshops blend TA theory with educational research, covering leadership, communication, conflict resolution, and train the trainer. She also provides pro bono training to charities. When she's not involved with TA and workshops, Rhae paints – with an emphasis on sport – her first solo exhibition was on World Cup Rugby! She can be reached on rhae@interfine.com.au

Exploring the parallels between the theory and practice of TA and Daoist martial arts: Unity in the presence of diversity [Workshop: 90 mins] Tony Conley

Field: psychotherapy

Abstract: This presentation explores the parallels between the theory and practice of TA and Daoist martial arts, and unity in the presence of diversity. It will delve into the rich and intricate system of Daoist martial arts, focusing on its foundational principle of yin and yang and how this universal law manifests in therapy sessions and Transactional Analysis (TA). Participants will explore how harmony and unity can be achieved in the presence of diversity through the central themes of acceptance, absorption, groundedness, and non-action. The presentation will also demonstrate how these ancient principles can be applied in TA settings to enhance session effectiveness. This short workshop aims to provide a lively and engaging exploration of the parallels between TA and Daoist martial arts in a safe and collegial environment. Participants will gain an understanding that the application of TA, like any energy exchange or system of balance, aligns with the principles of yin and yang. No physical prerequisites are required for participation.

Tony Conley, TA Trainee *has been a dedicated practitioner and teacher of Daoist martial arts since 1978, amassing over 50,000 hours of teaching experience throughout his extensive career. His deep commitment to these ancient practices has shaped his approach to both physical and mental wellbeing. In addition to his martial arts expertise, Tony has been actively involved in the study and practice of Transactional Analysis (TA) within the psychotherapy field since 2009. He is currently preparing for his Certified Transactional Analyst (CTA) qualification, combining his rich background in martial arts with his passion for psychological healing and growth. He can be reached on conleyhypnotherapy@gmail.com*

Exploring we-ness across cultures [Workshop: 90 mins] Mariko Seki and Masumi Aonuma

Fields: counselling; education; organisations; psychotherapy

Abstract: Today, Japanese youth culture, such as anime, manga, and video games, has gained worldwide acceptance and popularity. At the same time, as an island nation located on the edge of Asia, Japan's mountains with their seasonal expressions and historic shrines and temples are well known as tourist attractions, and Japanese cuisine, which has developed uniquely due to its island status, is attracting attention from other countries in combination with growing health

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consciousness. On the other hand, the Japanese people's characteristic respect for 'quietness and harmony', which has created their unique culture, is seen as an aspect that is difficult to understand by other countries, which have always been more open to debate, and they are sometimes described as a 'silent people'. In this presentation, we will introduce the 'Japanese cultural script' and focus on the characteristics of Japanese we-ness as seen from the perspective of TA, as well as on the 'changes in we-ness' that can be glimpsed from the field of education and psychological support for today's youth generation. We will also use this as a point of discussion, inviting opinions from the participants' experiences and perspectives, and exploring the similarities and differences between the two, in order to explore we-ness across cultures.

Mariko Seki, CTA(P), PTSTA(P) *I work as a school counsellor at a private university in Japan. I am a Certified Public Psychologist and Clinical Psychologist/Certified Clinical Psychologist. Mariko can be reached on marisans66@gmail.com*

Masumi Aonuma, CTA(E), PTSTA(E) *is a practitioner in young adult education in Japanese companies. She is a Certified Career Counsellor.*

Healthy symbiosis [Workshop: 90 mins] Debbie Robinson

Fields: counselling; education; organisations; psychotherapy

Abstract: I think when we are changing, learning, and/or are vulnerable at any age we need another, or others, to come alongside us and support, challenge, or teach us, depending on our need, in a way which accounts for both of us. Which, through our relationship, has growing our integrating Adults as its purpose and in which we both understand the benefits and risks associated with the learning and change. The concept of a healthy symbiosis seems challenging; Schiff's original definition means some element of each person is discounted, precluding autonomy and health. Yet, in *The Cathexis Reader*, Schiff et al. also wrote about healthy symbiosis at different stages of normal child development. Healthy symbiosis accounts for the learner's and supporter's needs, ideally as part of an inter-dependant relationship. It acknowledges that in the moment the lending and borrowing of skills, knowledge, attitudes, love, and energy, both in and out of awareness, may be out of balance, and through an invitation to reciprocity it can support both autonomy and invite homonomy. In the last few years, I have been exploring the idea of healthy symbiosis and reciprocity with colleagues, learners, leaders, and teachers. This workshop will share my learning, and together we will explore the concept of healthy symbiosis, why it may be useful, and how we can contract to create it.

Debbie Robinson, TSTA *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 TA training programmes for the last 16 years and works with people from many different cultures and countries around the world. Her passion is to develop the use of the positive aspects of TA in personal and organisational change. She works creatively and co-creatively to facilitate learning and promote autonomy and homonomy. She can be reached on quaydebbie@gmail.com*

How does change impact diversity? [Workshop: 90 mins] Mandy Lacy

Fields: counselling; education; organisations; psychotherapy

Abstract: Change tends to enhance diversity by promoting the exchange of ideas, cultures, and perspectives, fostering innovation and social progress. However, it also presents resistance challenges and emotional responses such as denial, anger, confusion, and sadness. This interactive workshop will cover the stages of change through aspects of behaviour clues and observations, reasons for these, learning from previous experiences, individual needs – yours and others, and leadership strategies to support your team members.

Mandy Lacy, TSTA specialises in organisational transformations, change management, benefits realisation management, communications and engagement, and creativity for wellbeing. She is an experienced consultant, leader, facilitator, coach, supervisor, educator, trainer, and creativity coach. Mandy is a Teaching & Supervising Transactional Analyst in the organisational field, has a PhD in group memory and learning, and Master's in learning science and technology. She can be reached on mandy@mandylacy.nz

How to fly an airplane [Workshop: 40 mins] John Savage

Field: psychotherapy

Abstract: John Savage will use a specific piece of teaching to explore intrapsychic processes and apply transactional analysis theory to those processes.

John Savage, MSc (Psychotherapy), CTA(P) & TSTA(P) (ITAA), MNZAP, MNZAC has been working as a therapist in Wellington since 1998. His work has included experience in residential treatment centres, therapeutic communities, outpatient treatment clinics, general counselling, and psychotherapy for a range of issues. In addition to his private practice in Wellington, he is the Director of the Training Programme at the Wellington Transactional Analysis Training Institute. Email: jc.savage@icloud.com

Let's talk ethics. What does this mean in different cultures? [Workshop: 90 mins] Anne Tucker, Jan Grant, and Keiko Hoshino

Fields: counselling; education; organisations; psychotherapy

Abstract: In this workshop we will introduce participants to the new ITAA Philosophy and Guidelines for Ethical Practice. We will discuss the change in paradigm from a parental/legal/disciplinary perspective to an exploratory/learning perspective. We will consider how we see and experience our and others' 'mistakes' and consider the role of shame, fear, and vulnerability when an Issue of Ethical Concern is raised (in the old language, an 'Ethical complaint

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is laid’). We will also consider how this might be different in many diverse cultures as the ITAA is a multicultural organisation which has the potential of conflict or rich dialogue. During the workshop we will have the opportunity to consider real examples of ethical issues participants are facing or have faced or are aware of, in a safe learning environment. This workshop will be suitable for trainees, trainers, supervisors, and supervisees across the four fields of TA.

Anne Tucker, TSTA(O) is a member of the ITAA Ethics Committee and over the last three plus years has been intricately involved with a past Co-chair of the Ethics Committee, Alex van Oostveen, in rewriting the ITAA Philosophy and Guidelines for Ethical Practice. This was formally presented by the Ethics Committee to the ITAA Board of Directors at the July 2024 Board meeting and excitedly, was ratified. Anne has been the ITAA Australasian/Singapore Regional Representative since July 2020. She works on varying task project teams developing workable strategies and solutions that support ITAA to be robust, vibrant, and thrive into future years. Anne managed the business Stratos Limited for 15 years providing organisations with strategies to assist not only employees but also the organisation to thrive. These strategies were informed by her use of many TA theories. Anne lives in the top of the South Island, Nelson, New Zealand. She can be reached on annetuckernz@gmail.com

Jan Grant, TSTA(E & C) is a Certified Transactional Analyst, a Teaching and Supervising Transactional Analyst (education and counselling), and a Certified Imago Relationship Therapist. She has been in private practice for over 40 years. Jan lives and works in Sydney, where she shares a private practice, seeing individuals and couples. Jan has a long history in education at primary and tertiary levels. One of the subjects Jan taught at the Australian College of Applied Psychology was Social, Legal and Ethical Issues. She has offered TA training in India and Japan and currently runs transactional analysis training and supervision groups online. Jan joined the ITAA Ethics Committee in 2019 and became the Chair of the Ethics Committee in November 2022. She can be reached on jcgrant2100@gmail.com

Keiko Hoshino, PTSTA(E) has been the Asia-Pacific Regional Representative of ITAA and a member of the Ethics Committee since 2023. She is also part of the leader group in Global Conversations facilitated by the Professional Standards Committee, discussing the foundations for implementing the vision of new projects. These activities are connected to the values of diversity, inclusion, ecosystems, and social justice, which Keiko finds valuable and actively engages in. She has a deep interest in TA practitioners who speak languages other than English, as well as the cultural differences between Asia and the West. In her daily life, she is involved in training and TA workshops for human resource development. Keiko lives in Osaka, Japan.

Many peoples, one nervous system [Workshop: 90 mins] Gerry Pyves

Fields: counselling; education; organisations; psychotherapy

Abstract: It is debatable whether a study of our differences brings us any closer together. What most human beings do when they meet (after they say hello) is to seek out commonality and discover what unites us and what is shared. For example, we all need to breathe, eat, and sleep, regardless of our cultural roots. The reason for this is that we all live in a human body that cascades with millions of nerve cells. Before language develops, and even before sight develops, the human nervous system already is. When a baby is born we can communicate perfectly with it because we all share this same nervous system. In this workshop, Gerry Pyves will share his

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understanding of the three core touch-movements that are universal to the whole human family. These are: compression, rocking, and stroking. In his recent book, *Touching Trauma, Building Resilience*, he describes how, after a lifetime of bodywork, he realised that these three touch-movements were talking directly to the nervous system in a language that facilitated the release of trauma. The last thirty years have witnessed an explosion in our understanding of both the nervous system and trauma through the discipline of neuroscience. Gerry will share how he integrates this knowledge with both touch and psychotherapy and how this is a language we all share and can all use, whether as educators, coaches, or therapists.

Gerry Pyves, PTSTA(P) qualified as a bodyworker in 1984 and has been in fulltime private practice since then. He introduced TA into his practice in 1994. Through his own Bodywork Mastery programme, he has introduced Transactional Analysis concepts and their application to many hundreds of massage therapists worldwide. He is the author of *Touching Trauma, Building Resilience* which presents his use of touch to discharge trauma from the nervous system. He is also the author of 'A PsychoTactile Approach to Trauma' (International Journal of Psychotherapy, 2019) in which he challenges the avoidance of touch as potentially unethical behaviour for psychotherapists when it is now clear that it can release trauma so effectively. Gerry lives in New Zealand with his wife, son, and grandson where he continues to work in private practice. He can be contacted through his website www.gerrypyves.org or on gerrypyves@me.com

The metaphor of tukutuku: A process of diversity, knowledge, and connection [Workshop: 90 mins] Raewyn Knowles

Fields: counselling; psychotherapy

Abstract: We will touch on the concept of the tukutuku panels as a symbolic representation of collaboration or team work. A form of Māori art and architecture, tukutuku panels are a traditional woven lattice that record various concepts and teachings. The tukutuku are also a wonderful symbol of cooperation, and collective effort within a rōpū [group] and community. I invite participants to reflect on the importance of collaboration and cultural appreciation through the lens of the tukutuku panels as we consider the potential unity through diversity within the therapy community of Aotearoa New Zealand.

Raewyn Knowles, PTSTA I'm a Transactional Analyst Psychotherapist based in Massey, Auckland, working in private practice providing supervision, counselling, and psychotherapy. I am currently focused on completing the 'Provisional Teaching and Supervision Transactional Analysis' requirements to support my interest in introducing TA philosophy and theory to others. I love living under the Waitakere ranges, nurturing a small forest of native trees that reminds me of the benefits and importance of being connected to the whenua, which grounds and nurtures me personally and professionally. My whakapapa encompasses various indigenous influences that inform my sense of being, my perspectives on connection, inclusion, and relationship: Paternal – England, Scotland, Wales, Sweden, and Denmark; Maternal – England, Scotland, Ireland, Norway, Finland, Iceland, and Greenland [Inuit], France, Portugal, North African, countries of former Yugoslavia, Turkey. Raewyn can be reached on raewyn.knowles@gmail.com

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Observing self and ego states: Mindfulness and compassion in transactional analysis

[Workshop: 90 mins] Gregor Žvelc

Fields: counselling; psychotherapy

Abstract: In this workshop I will present the main concepts of mindfulness- and compassion-oriented integrative psychotherapy (MCIP), which integrates transactional analysis with the practice and research of mindfulness and compassion. With the help of experiential exercises and the use of the transcripts from therapy sessions, I will demonstrate how methods of mindfulness and self-compassion may be used for both coping with and transformation of Child and Parent ego states. I will also introduce the concept of the Observing self, as awareness itself, which is experienced as a simple experience of being and conscious presence. Relating from Observing self brings qualities of mindful awareness and compassion in our relationships, where we can recognise each other beyond our personal self and experience the state of shared conscious presence, the experience of deep unity between human beings amidst apparent differences. I will present some core ideas from the book *Integrative Psychotherapy: A Mindfulness- and Compassion-Oriented Approach* (Routledge, 2021).

Gregor Žvelc PhD is a clinical psychologist and full professor at the Department for Psychology, Ljubljana (University of Ljubljana). He is a Teaching and Supervising Transactional Analyst – TSTA (psychotherapy) and Certified Integrative Psychotherapy Trainer and Supervisor (CIIPTS). Gregor is co-director of the Institute for Integrative Psychotherapy and Counselling in Ljubljana. He is a founding editor of the International Journal of Integrative Psychotherapy. He is co-author of two books published by Routledge: *Integrative Psychotherapy: A Mindfulness- and Compassion-Oriented Approach* (2021) and *Mindfulness and Compassion in Integrative Supervision* (2024). He has published four articles in the Transactional Analysis Journal, including the article 'Mindfulness-Based Transactional Analysis' where he, with co-authors, presented the integration of TA concepts with mindfulness. He can be reached on gregor.zvelc@guest.arnes.si

Physis the Integrator [Workshop: 40 mins] C. Suriyaprakash

Fields: All

Abstract: In this session participants will explore the values at the core of their being and reflect on how these values manifest their physis as the integrator of various parts of our being and doing. The work is inspired by Eric Berne's use of the concept of physis and Monica Sharma's work on consciousness-based, radical transformational leadership.

C. Suriyaprakash, PhD, TSTA(O), PCC-ICF is an integrative life coach, counsellor, process feedback consultant, and a trainer and supervisor in developmental transactional analysis, living in India.

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Positive games — Supporting the butterfly effect [Workshop: 90 mins] Paul Robinson

Fields: counselling; education; organisations; psychotherapy

Abstract: Berne, in his description of Games, stated that Games can be constructive or destructive, depending on whether our Script is constructive or destructive. However, after stating this, he spent almost his entire book describing, and naming, Games that support and reinforce negative Script beliefs, whilst only briefly mentioning that ‘Good Games’ are dependent on playing out a negative payoff Game first. So why do we believe that all Games must have a negative payoff? Summers and Tudor (2000) suggested that Games may be played out with healthy (positive) outcomes and linked this to a co-creative Script that is based on narratives that we tell ourselves about ourselves, others, and the world, and which is dynamic and constantly changing. As we become more autonomous, our narratives change and, therefore, our Script changes as well: we have less negative Script beliefs and we replace them with healthy (positive) beliefs. As we get increasingly autonomous, we must play more of them. So why, as TA practitioners don’t we account for them? If we can change and account for our positive, healthy self, we can invite positive Games to support others to be their legitimate selves and avoid conflicts arising from playing Games which support the destructive parts of their Script. In this workshop we will explore, together, the concept of Positive Games and be curious about how we can invite them more often, with positive intent, to support accessing intimacy and healthy symbiosis with others.

Paul Robinson, TSTA 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. He is a TSTA-E, a licensed TIFF (Temple index of functional fluency) provider and co-author of the Fluent Leader: Functional Fluency and Effective Leadership Inspired by Transactional Analysis. He can be reached on bawdseypaul@gmail.com

Reflections on TA in Aotearoa New Zealand from a Māori perspective [Workshop: 90 mins] TA

TA Māori rōpū with Myles O’Reilly and Keith Tudor

Fields: All

Abstract: With TA being taught and practiced internationally it naturally has developed cultural norms or nuances depending on where in the world it is being utilised. We are inviting consideration, reflection and inspiration for how we can incorporate our sacred and unique Te Ao Māori perspective to the theory that guides us in pursuit of creating culturally and spiritually safe learning, clinical and workspaces.

TA Māori rōpū with **Keith Tudor** (Aotearoa New Zealand)

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Reflective art space [Workshop: 90 mins] Raewyn Knowles

Fields: All

Abstract: I welcome you into this space to simply be, to reflect creatively and non-verbally, decompress, and prepare to transition back home.

Takarangi – in the space between our diverse selves we find something new, connection, new experiences of ourselves and others. Something seeded, a shift, new sense of self, new choices and decision, new passion or commitment to action toward harmony, unity reformation and prepare to return to our own spaces within our whanau/families, and respective communities.

There'll be a range of resources available to you if you wish to engage with these media, or alternatively, if you wish, feel free to simply be here with no demands on you to do or produce.

Raewyn Knowles, PTSTA *I'm a Transactional Analyst Psychotherapist based in Massey, Auckland, working in private practice providing supervision, counselling, and psychotherapy. I am currently focused on completing the 'Provisional Teaching and Supervision Transactional Analysis' requirements to support my interest in introducing TA philosophy and theory to others. I love living under the Waitakere ranges, nurturing a small forest of native trees that reminds me of the benefits and importance of being connected to the whenua, which grounds and nurtures me personally and professionally. My whakapapa encompasses various indigenous influences that inform my sense of being, my perspectives on connection, inclusion, and relationship: Paternal – England, Scotland, Wales, Sweden, and Denmark; Maternal – England, Scotland, Ireland, Norway, Finland, Iceland, and Greenland [Inuit], France, Portugal, North African, countries of former Yugoslavia, Turkey. Raewyn can be reached on raewyn.knowles@gmail.com*

Relationship to yourselves [Workshop: 40 mins] Evgeniya Mikheeva

Field: psychotherapy

Abstract: This workshop presents an idea that a better connection with others starts with a better connection with ourselves. We will touch on diversity of social roles within an individual and one's awareness of those in everyday life. I invite participants to reflect on how well the switch between the roles is working and what can be done to enrich one's life and fully engage as a son/daughter, niece/nephew, granddaughter/grandson, etc. This is especially important for New Zealand residents away from their home country when they are also living away from extended family and may get 'stuck' in just a few social roles. Understanding the importance of 'playing' all the diverse social roles in everyday life returns the unity to one's heart.

Evgeniya Mikheeva, TA Trainee *moved to New Zealand nine years ago. Following her life passion, Evgeniya is currently in transition from working in information technology as a quality assurance engineer to psychologist working in modality of Transactional Analysis (psychotherapy), being a TA trainee. She herself experienced settling in a new country with diverse cultures away from extended family and usual way of life and would like to share the*

important life hacks to live here and now. It all starts with oneself. She can be reached on pochtagane@gmail.com

Script cycles of organisation and individual in burnout [Workshop: 90 mins] Moniek Thunnissen

Fields: counselling; organisations; psychotherapy; education

Abstract: Many theories on burnout deal with either the individual part (e.g., drivers or script) or with the organisational part (such as leadership or values in the organisation). Together with my colleague Marian Timmermans (TSTA Organisational), I developed a model to understand burnout from a TA perspective, as script circles of individual and organisation influencing each other. In the workshop I will present the model from both the organisational and the individual perspective. In an exercise the participants will experientially understand how these script circles work, reinforce each other, and where the points of engagement are for change.

Moniek Thunnissen is a TSTA psychotherapist and psychiatrist and works since 1987 with TA as a method of psychotherapy with patients with personality disorders. The last 10 years she had a private practice and focussed more on teaching and supervision. In 2023 she wrote a book with a colleague from the organisational field, Marian Timmermans (TSTA), on burnout. In this book they describe how organisational/systemic structures interact with personality traits of the individual in the causes and also in the treatment of burnout. They developed a model to understand, treat, and prevent burnout, in which the main focus is to define and set boundaries. Moniek is looking forward to presenting this model at the TA Conference in Wellington. She can be reached on m.thunnissen@ziggo.nl

Self-compassion in supervision as a prevention of burnout [Workshop: 90 mins] Maša Žvelc

Fields: counselling; education; organisations; psychotherapy

Abstract: This experiential workshop will introduce mindfulness- and compassion-oriented integrative supervision, facilitating the learning of the self-compassion processing method to address work-related stress and prevention of burnout (Žvelc & Žvelc, 2024). Mental health professionals often experience painful emotions in their work and struggle to regulate them. Feeling the emotions of others in pain can lead to empathic distress (Klimecki et al., 2013). Self-compassion in supervision is a powerful resource that can transform a therapist's dysregulated emotions, helping them feel more present and compassionate in subsequent psychotherapy sessions (Žvelc & Žvelc, 2024). It also offers numerous benefits for their wellbeing and helps prevent burnout. Participants will learn the method of self-compassion processing, which includes three main phases: (1) Leading the supervisee to mindful awareness of their work-related painful experience; (2) Promoting the supervisee's self-compassion; and (3) Integration. Specific skills will be developed through the demonstration of self-compassionate exercises,

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presentation of the transcript from the supervision session, and participants' practice in small groups. This workshop will be valuable for both mental health professionals and supervisors.

Maša Žvelc, Certified International Integrative Psychotherapist, Trainer and Supervisor (CIIPTS), PhD is an Assistant Professor of Psychology at the University of Primorska and the Director of the Institute for Integrative Psychotherapy and Counselling (IPSA) in Ljubljana. She is a certified international integrative psychotherapist, trainer, and supervisor. At IPSA, she has a psychotherapy and supervision practice and leads courses in integrative psychotherapy and supervision. Her research interests include exploring the facilitative and hindering factors in psychotherapy supervision, the effectiveness of mindfulness- and self-compassion-based methods, and the physiological dimension of psychotherapy and supervision. She is the co-author of two books published by Routledge: *Mindfulness and Compassion in Integrative Supervision* (2024), and *Integrative Psychotherapy: A Mindfulness- and Compassion-Oriented Approach* (2021). She can be reached on a masa.zvelc@famnit.upr.si

War refugee script [Workshop: 90 mins] Sisko Torkkeli

Field: psychotherapy

Abstract: My parents had to escape the Russian war under World War 2. There was no way back when the war was finished. This is about trauma, and inherited trauma. We are familiar with the fact that trauma can change your script. I have had clients with experiences from the Northern Ireland war, Yugoslavian war, WW2, mostly second generation. I have noticed that clients act from survival adaptations rather than trauma that had changed their script. The other TA concepts to apply are Victim position together with Don't belong injunction, and how you learnt to compensate your victim position with other positions. I have some ideas to how you can create New belongings, and how to heal inherited trauma with relational psychotherapy. These ideas are suitable for immigrants and other diversity groups.

Sisko Torkkeli, CTA was born in Finland, is a Swedish citizen, and for the moment lives in London, UK. Sisko has been part of the TA community for almost 40 years, working as a social worker and counselling psychotherapist. Sisko is a trainer and supervisor in Sweden, England, and further Yugoslavian countries. Since the pandemic, Sisko has mostly done online work and can be reached on siskotor@live.com

Working co creatively with trauma: Making use of the co-creative principles to facilitate co-regulation, powerment, and a co-loosening of the bonds of trauma [Workshop: 90 mins] Berit Fahlén and Bev Gibbons

Field: psychotherapy

Abstract: Our understanding of the nature, psychology, and physiology of trauma is ever expanding, giving us much deeper insight to its structure and development. At the same time, ways of working to heal trauma and manage its legacy are developing too, giving us a range of

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ideas to support our approach in this complex and crucial area of work. In our workshop we will present and explore the usefulness of Co-Creative Transactional Analysis (CCTA) in working with trauma, offering ideas as a contribution to this developing field. The foundational pillars of CCTA: We-ness, Present Centred Relating, and Shared Responsibility, along with the Integrating Adult and Dynamic Ego States ideas, provide a wonderful theoretical frame and powerful way of working that draws on co-regulation, co-construction of meaning, and co-creation of a way through the blocks trauma can lead to. Join us for an experimental and experiential workshop to explore!

Berit Fahlén *The more I learn the more I understand how little I know. I like to explore the intersubjective space in an 'I and You' way inspired by Martin Buber. To connect in a deep way and together create new narratives to challenge and expand the script. My passion is to meet and see clients, trainees, colleagues, and people I meet in supervision in the place they are for the moment. And together find ways through difficulties. I'm a PTSTA in psychotherapy and I am a partner in The Scandinavian institute for Transactional Analysis (SITA). SITA provides TA supervision and training. In my private practise I meet clients. I am also a former owner of a therapeutic community that worked with children and teenagers with severe psychiatric problems. Berit can be reached on info@beritfahlen.se*

Bev Gibbons *I am a TSTA (Teaching and Supervising Transactional Analyst) in the field of psychotherapy. I live and work in North Yorkshire, in the UK, as a trainer, supervisor, and psychotherapist. My particular interests are in co-creativity and intersubjectivity and the challenges in finding and holding this place. I hold the question 'what am I/are we up to?' in relation to power dynamics and oppressive practice. I am driven to look for the deep roots in any given process, and also to simplify and make clear complicated theory. Bev can be reached on bgcp@bev gibbons.co.uk*

Working with bad men: TA approaches to the discursively constructed criminal self [Paper Presentation: 40 mins] Seán Manning

Field: psychotherapy

Abstract: For a long time I have been working with criminal men, a population of whom it is said, with some justification, that 'nothing works' (Newbold, 2008, p. 385). Yet over and over, I see people change, and I wonder what makes this happen. The conclusions presented here are based on over three decades of group and individual psychotherapy in prison, in a therapeutic community, and in a community-based Stopping Violence programme. In this paper I propose to reference the writings of Michel Foucault, Judith Butler, and Nikolas Rose, with certain transactional analysis concepts including Pearl Drego's cultural parent, Richard Erskine's script system, classical ego state theory, and Carlo Moiso's Transference diagrams, leading to the conclusions that autonomy is an illusion and that change emerges after abandoning any contract for change.

Seán Manning, TSTA(P) *Raised in Belfast, Northern Ireland, Seán has lived in Aotearoa/New Zealand since 1975. He has three adult children and two grandchildren. Seán is a registered psychotherapist and Kaihaumanu – clinical specialist – at Moana House therapeutic community for male offenders in Dunedin, New Zealand. He also works for a Stopping Violence programme*

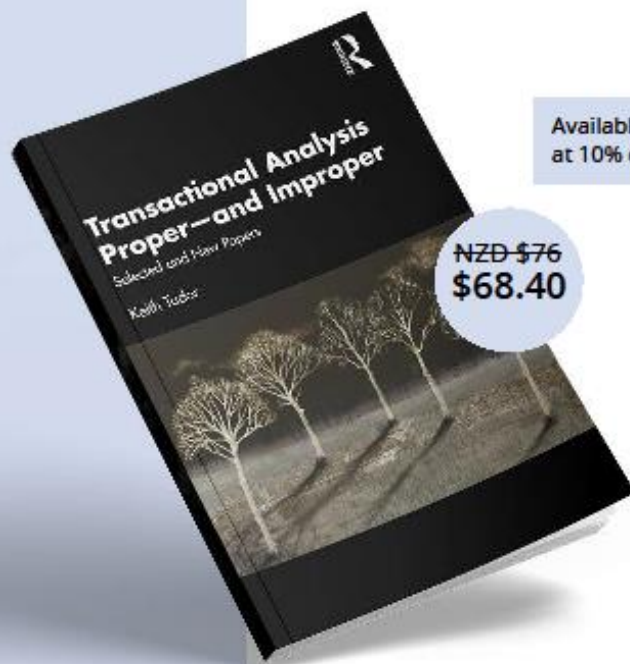
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and has a small private practice. He has qualifications in psychology, social work, Māori studies, and psychotherapy, and is currently pursuing a Doctorate in Health Science. His specialty is criminality, violence, and addiction. His command of Māori language is deteriorating with age, but is still better than his Irish, and he is working on his Spanish. He plays some stringed instruments just well enough to have company. He can be reached on sean-manning@xtra.co.nz

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About the Author

Keith Tudor is professor of psychotherapy at Auckland University of Technology, Auckland, Aotearoa New Zealand where he is also a co-Lead of Moana Nui—Centre for Research in the Psychological Therapies.

"A magisterial summary and reflective critique of transactional analysis and its relationships to the psychodynamics of most of the last century, this latest book by Keith Tudor is truly revolutionary."

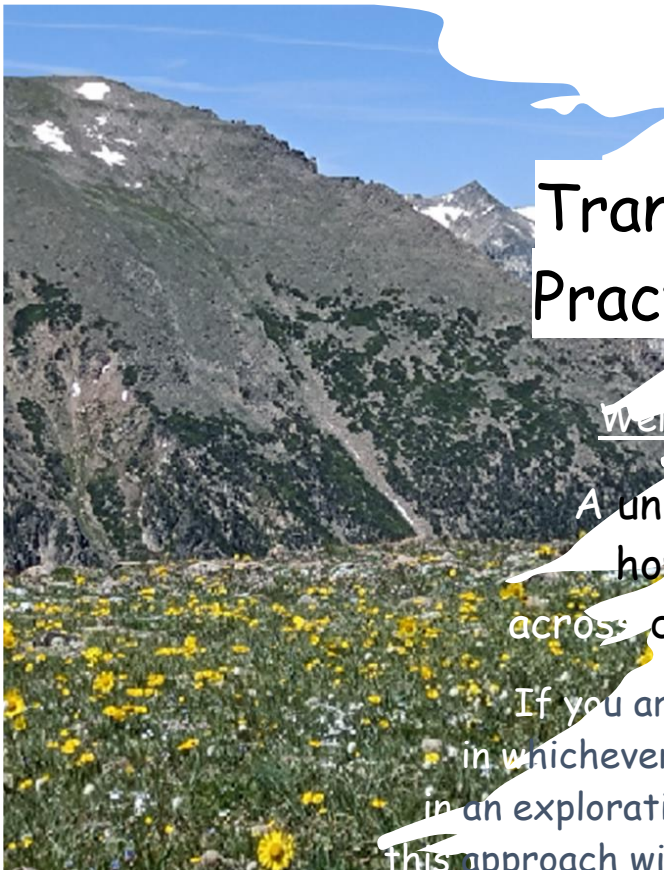
- James R. Allen, MD, MPH, Teaching and Supervising Transactional Analyst, Formerly Professor of Psychiatry and Behavioral Sciences, University of Oklahoma Health Science Center Oklahoma City, and Past President of the International Transactional Analysis Association

"This tour de force is an unfolding exploration of the core ideas of TA from philosophy to theory to methodology to practice. Keith Tudor constructs, critiques and examines the different views of the conceptual roots of transactional analysis, including I'm OK, You're OK, thinking Martian, ego states, scripts, and much more."

- Professor Charlotte Sills, Teaching and Supervising Transactional Analyst, Ashridge Hult University, Berkhamsted, and Metanoia Institute, London, UK



POST-CONFERENCE WORKSHOP



Fields of Gold Co-creative Transactional Analysis Practice Across Fields

Sunday 24th November 2024

Wellington, Aotearoa New Zealand

A unique opportunity to explore
how co-creative TA is applied
across different fields of practice

If you are interested in co-creative TA
in whichever field of practice, then join us
in an exploration of the benefits of including
this approach within your professional practice

To spark your curiosity, and the art of the possible, consider:

- ❖ What is the potential you sense and haven't yet named?
- ❖ Are there areas of your practice which you want to expand?
- ❖ Have you a wondering about TA that you haven't been able to satisfy?
- ❖ What does teaching and learning look like through a co-creative lens?

In true co-creative style, we will co-create the content together on the day, focusing on whatever it is that you want to explore about the philosophy, processes, models, and method of co-creative TA, and how you can bring this approach into your professional practice or, if you are already using it, to develop it further. We are five individuals from different cultures, of different genders, with a wealth of knowledge and experience. Our invitation to you is to join us in we-ness to explore and journey together for a while, learning and co-creating relationship – Bev Gibbons TSTA(P), Berit Fahlén PTSTA(P), Debbie Robinson TSTA(O), Paul Robinson TSTA(E), and Keith Tudor TSTA(P).

Location: St. Andrew's Church, 30 The Terrace, Wellington 6011

Date: Sunday 24th November 2024

Times: 9.30am–4.30pm

Fee: \$250.00

Payment: To secure a place, email Keith at email@keithtudor.org with your expression of interest, and transfer \$250.00 to: Bank account: Dr Keith Tudor, Bank: Westpac, Account no: 03-0146-0532114-01. Please note: When making the payment, put your full name in the Reference field. With thanks.

Commitment: In the event of cancellation, the full fee will be returned.



Heather Came & Associates

We are a consultancy specialising in Te Tiriti and racial justice. Founder and Director, Dr Heather Came (Tangata Tiriti) is an activist scholar, with a background in public health, antiracism activism, and Te Tiriti application. She co-created Critical Tiriti Analysis, has an extensive publishing record and co-created STIR: Stop Institutional Racism, and Te Tiriti based futures + Anti-racism online gatherings.



Heather is an Adjunct Professor at Te Herenga Waka – Victoria University of Wellington. In 2023 she was made a Member of the Order of New Zealand for her services to Māori, health, and education.

Our bicultural team are available to do workplace training and organisational development on aspects of Te Tiriti and racial justice – from introductory work to advanced systems change work disrupting racism and to uphold Te Tiriti. We provide online public workshops and an annual people leaders' antiracism wānanga. The team do Te Tiriti audits, support Te Tiriti/antiracism planning and policy writing, provide evidence briefs, and undertake research and evaluation. We are happy to discuss what your racial and/or Tiriti justice needs might be. Heather is available for cultural and/or academic supervision, mentoring/being a critical friend, 'MC'ing, team-building, radical quizzes, and public speaking engagements.

See <https://www.heathercameassociates.com/>

or email joyaratima@gmail.com

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