

EATA SUMMER SCHOOL IN TRANSACTIONAL ANALYSIS IN BUDAPEST
New waves in TA: co-creative TA, relational TA, neuroscience & TA
MAY 17-19, 2019

Venue:

Central European University (CEU) Conference Centre
1106 Budapest, Kerepesi út 87.,
<http://www.ceucenter.hu/>

Time schedule for each day:

from 8:30 arrival
9.00 Program starts
10:30-10:45 Coffee break
12:00-13:00 Lunch break
14:30-14:45 Coffee break
17:00 Program ends

The handouts, the buffet lunch and refreshments for the 3 days are included.

Program description:

1st day, May 17, 2019

Neuroscience and TA by Briony Nicholls, TSTA (P)

Overview

Throughout the history of psychotherapy, and of TA, researchers have looked for explanations and descriptions in neuroscience that correlate with our experiences of clients and of ourselves. In this workshop we will explore some of the ways that neuroscience research may now inform our thinking about TA theory, and our professional practice.

We will look at:

- The developing brain, and how it can be shaped by experience – both good and bad
- Neural networks, and their link to learning and to Ego states
- The so-called ‘Social brain’, which helps mediate our relationships with others, and how that may be affected by relational experiences.

Structure

Session 1 – Basics

What is a brain, and what is it for?

Coffee break

Session 2 – The developing brain

Why is plasticity a problem?

Lunch

Section 3 – Learning from experience

Generalised representations and Ego states as neural networks

Coffee break

Section 4 – The social brain

How we develop affect regulation in relationship, and how that regulation can be impaired

References/further reading

- Jenni Hine. Mind Structure and Ego states. TAJ 1997;27(4):278–89
- James R Allen. Biology and Transactional Analysis II: a status report on neurodevelopment. TAJ 2000;30(4):260–9
- Louis Cozolino. The neuroscience of human relationships: Attachment and the developing social brain. WW Norton and Co, New York, USA. 2006
- Louis Cozolino. The neuroscience of psychotherapy: Healing the social brain (3rd Edn). WW Norton and Co, New York. 2017.
- Richard Churches, Eleanor Dommett, Ian Devonshire. Neuroscience for teachers: Applying research evidence from brain science. Crown House Publishing Ltd, Carmathen, Wales. 2017.

About Briony

Dr Briony Nicholls is a psychotherapist and supervisor in Oxford, and the lead tutor for TA at Iron Mill College, Exeter, UK. Before TA training, she was a researcher in neuroscience and psychopharmacology, then a medical writer, specialising in neurology and psychiatry.

2nd day, May 18, 2019

Co-creative Transactional Analysis (CCTA) Workshop by Graeme Summers, CTA (P)

Overview

CCTA is a contemporary interpretation of Transactional Analysis (TA) co-authored by Graeme and Keith Tudor (Summers & Tudor, 2000; Tudor & Summers, 2014) that has found resonance with practitioners across all TA fields.

In this workshop Graeme will present the four core TA concepts, i.e. ego states, transactions, games and scripts from a CCTA perspective. Participants will then have opportunity to explore the relevance of these ideas to their personal and professional experience through a variety of exercises, discussions and dialogue with Graeme. He will place emphasis on appreciating and supporting conscious and non-conscious health and well-being.

Structure

Session 1 – Introductions, Origins and Ego States

- Introductions and Contracting
- Origins of CCTA
- Ego States as co-creative personality

Coffee break

Session 2 - Transactions

- Transactions as co-creative reality
- Infinity loops
- Building the relationships we want

Lunch

Session 3 – Games

- Games as co-creative confirmation
- Emotional regulation and co-regulation
- Celebrating vulnerability

Coffee break

Session 4 – Scripts, Learning Review and Ending

- Scripts as co-creative identity
- Identity as simultaneously personal, social and political
- Reflections and next steps

References

- Summers, G., & Tudor, K. (2000). Cocreative Transactional Analysis. *Transactional Analysis Journal*, 30(1), 23–40. <https://doi.org/10.1177/036215370003000104>
- Tudor, K., & Summers, G. (2014). *Co-creative transactional analysis: papers, responses, dialogues, and developments*. London: Karnac Books.

About Graeme

Graeme attended a TA101 workshop in 1982 and qualified as a TA psychotherapist in 1994. He practiced TA psychotherapy for 19 years. He is now (since 2005) an Executive Coach at London Business School and is a freelance Leadership Coach and Trainer.

3rd day, May 19, 2019

Relational Transactional Analysis Workshop by Sue Eusden, TSTA (P)

Overview

Relational Transactional Analysis is a term that has evolved in recent years to describe an approach to our work that attracts TA practitioners from many different parts of the world, and from across all four fields of TA. Relational TA is interested in those processes and methodologies that appreciate, contextualize, and seek to understand and engage with the language and power of the non-conscious and the unconscious, as well as that of the conscious world.

In this workshop Sue will explore the roots of relational psychotherapy and the core principles of relational TA. She will then focus on games and enactments, drawing on theory and practice to explore the challenges and potentials of these aspects of clinical work. Participants will have opportunity to explore these ideas and practices through a variety of experiential exercises, discussions and dialogue.

Structure

Session 1 – Roots and Principles of Relational TA

- Introductions
- How relational thinking has influenced TA
- Principles of Relational TA

Session 2 - Games and Enactments - power and persuasion

- Contemporary relational perspectives on games
- Transference and countertransference - doer/done-to dance
- Getting confused in order to do de-confusion

Lunch

Session 3 – Minding the Gaps

- Ethical disorganisation - tolerating uncertainty
- Navigating risk - Care/Dare model

Session 4 – Implications for our work

- Asking for help
- Supervision
- Reflections and next steps

References

- Eusden, S. (2011). Minding the Gap: Ethical Considerations for Therapeutic Engagement. *Transactional Analysis Journal*, 41(2), 101–113. <https://doi.org/10.1177/036215371104100202>
- Eusden, S., & Pierini, A. (2015). Exploring Contemporary Views on Therapeutic Relating in Transactional Analysis Game Theory. *Transactional Analysis Journal*, 45(2), 128–140. <https://doi.org/10.1177/0362153715588300>
- Fowlie, H., & Sills, C. (Eds.). (2011). *Relational Transactional Analysis: Principles in Practice* (1st. edition). Routledge.
- Hargaden, H., & Sills, C. (2002). *Transactional analysis: a relational perspective*. In *Advancing Theory in Therapy*. Hove, East Sussex ; New York: Brunner-Routledge.

About Sue

Sue is a TSTA (P) on the faculty in the M.Sc. program in Transactional Analysis psychotherapy at the Metanoia Institute in London, UK. She lives in the Cotswolds, where she has her clinical practice. She is currently completing her doctoral research on psychotherapists' experience of asking for help.