



IDTA Newsletter

Volume 14 Issue 3

September 2019

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The TA World Conference 2020 in Birmingham, UK

ITAA, EATA, FTAA conference hosted by IDTA, UKATA, IARTA
Conference 16-18 July * Post-conference workshops 19 July
TA 101 14-15 July * COC Exams 14-15 July * TEW 20-22 July

Now open for bookings,
for presenter proposals,
for Scientific Committee
volunteers,
for sponsors,
for interpreters
See page 2



World Transactional Analysis Conference 2020

Expanding the TA Map – Sharing Learning Across Our Fields

16-18 July 2020 - Metropole Hotel, Birmingham, UK

£355 for a full 3 days including lunches – with TAlent discounts on a country basis – based on purchasing power relative to UK—book early—full refund if you do not like the programme when it is issued!

Call for Presenters now open

Call for Volunteers for the Scientific Committee open

Birmingham – easy-to-access venue with multiple tourist attractions – the setting for Peaky Blinders and the area that inspired Tolkien to write The Lord of the Rings

Birmingham airport – over 50 airlines from over 100 destinations

Trains from 84 towns and cities across the UK

Easy access from 5 motorways (freeways)



Hilton Metropole hotel – big enough for the TA community to be together for refreshments, lunches and the Gala dinner – and bedroom rates only £120/night incl VAT.

Travel agency to help with your travel and alternative lower-cost accommodation

TA101 14-15 July 4 Post-Conference Workshops 19 July

Exams on 14-15 July TEW on 20-22 July

<https://www.taworldconf2020.com/>

contact@taworldconf2020.com



IDTA Council News

New Council Members

We had the IDTA Annual General Meeting in August and are delighted to announce the increasing internationalism of the new IDTA Council:

Lynda Tongue, UK, remains as Chairperson

Mary Tobin, UK, continues as Treasurer

Sandra Wilson, UK continues as Chair Training Standards Committee

Council Members are:

Leona Bishop, Curacao

Jianqiao Chen, China

Shane Evans, UK

Eithna Coen, Ireland

Rie Miura, Singapore (and in regular contact with Japan)

Traian Bossenmayer, Romania

Tin Vanderhoeven, Netherlands

Julie Hay remains as volunteer Executive Director, a non-voting position, and as a volunteer Company Secretary

Special Interest Group

IDTA is now affiliated to EATA as a Special Interest Group. We have appointed Julie Hay as our delegate and are waiting to hear from EATA Council about what happens next. This will be a great addition to IDTA being a Partner Organisation with ITAA.

World TA Conference 2020

This joint effort by UKATA, IARTA and IDTA to host the World TA Conference 2020 on behalf of ITAA, EATA and FTAA is now well underway.

By the time you read this Newsletter, we have over 400 bookings already and many presenter proposals have been received. The early Scientific Committee volunteers

are already evaluating proposals so we are hoping to start announcing workshops within the next few weeks.

So, if you want to be a presenter, get your proposal in soon—we intend to announce a proposed closing date once we estimate we are only a couple of months away from having enough workshops. And if you are willing to become involved in reading and evaluating presenter proposals, please go to the website and fill in the form to join the Scientific Committee.

There is also an option to let us know if you are willing to become a sponsor for the conference – we are showing lots of ideas on the website and inviting potential sponsors to work with us to arrive at mutually satisfactory arrangements.

For those of you outside the UK, please note also that the conference budget includes several free conference places for interpreters – so again please go to the website if you wish to volunteer, especially if you are able to confirm that there will be a group of people attending the conference who will want to use your services.

As a reminder, the conference dates are 16-18 July 2020. If you are due to take an exam, why not plan to do it there too – on 14/15 July 2020. If you are CTA already, why not consider attending the TEW that will be running just after the conference, on 20-22 July 2020. It has now been confirmed that exams and TEW will be held at the conference venue—the Hilton Metropole Birmingham.

IJTARP

Having sponsored the International *Journal of TA Research & Practice*, we announced in the last newsletter that a special issue had been published containing three new articles by Stephen Karpman.

If you are not already accessing this journal, go to www.ij tarp.org. Access is free to everyone – the journal has now been

running for 10 years and contains many articles across a range of TA subjects.

Why not consider submitting your own material as an author—you retain the copyright and published articles can appear on Academia where they are accessible to about 90 million academics.

IJTARP will also consider helping authors to translate into English, including material already published in another language (with original publisher permission).

EATA Council – Presidents’ Group

We reported in the last issue of this newsletter that the proposals drawn up in Ljubljana, which were not supported by IDTA, were presented to EATA Council in July and a group has been established to consider how provision might be made for the Presidents of EATA Affiliated Associations to meet. Meanwhile another meeting is being set up for April or May 2020 and we are considering how IDTA will respond.



Mark your calendar now

TA World Conference

Birmingham, UK

16-18 July 2020

being run by UKATA, IARTA and IDTA

on behalf of ITAA, IARTA, FTAA

Hilton Metropole hotel – big enough

for the TA community to be together

for refreshments, lunches and the

Gala dinner – and bedroom rates

only £120/night incl VAT.

<https://www.taworldconf2020.com/>

Triangle TA Group and TA Tribe

CPD, mentoring and supervision for coaches, trainers, consultants, teachers, therapists, youth, health and **social workers**



Triangle TA Group (TTAG) is a multi-level Transactional Analysis group based in the seaside town of Torquay, Devon, UK.

We are an international, friendly group of practitioners who attend the workshops to enhance and improve their professional practice. Due to the multi-level nature of the group in terms of their TA experience, the group is run along the lines of an action learning set. Day one is for theory input and the programme for day two comes from the group. Each person asks for a session(s) which might be to give or receive supervision, run a teach session, guide a discussion on a point of theory etc.

Therefore the group welcomes organisational practitioners (coaches and trainers etc) who are attending for continuous professional development, contractual trainees studying for their CTA, those who are PTSTAs working towards their final exams, and those who are following the MSc Professional Development (TA). Visit www.lyndatongue.com.

Workshops in 2019 will cover group dynamics, leadership, contact doors, and much more!

Joining TTAG will give you opportunities to:

- Enhance your coaching and/or training practice
- Work towards Certified Transactional Analysis status
- Receive supervision on your professional practice
- Enjoy contact with an international group of like-minded professionals

Qualifications on offer are:

- Triangle TA Practitioner Award
- Developmental TA Certificate and Diploma
- MSc Professional Development (DTA/DTA Coaching)
- Certified Transactional Analyst
- Teaching and Supervising Transactional Analyst

Please visit the website for more details

www.trianglepartnership.com

TA Tribe – an online group providing regular workshops and supervision for those who for **practical reasons prefer a “virtual” approach**. Supervision one to one is also available. For more information, visit: www.ta-tribe.com for more details.

Social Ecology

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Although the term ‘social ecology’ might be understood to refer to the study of how people and environment (context) inter-relate (Hawley, 1950), it has come to be associated with an ideology and approach that seeks to have human communities interacting in harmony with nature (Bookchin, 1982). A somewhat different approach was adopted by Bronfenbrenner (1979, 2005), who developed the ‘social ecological model’ as a framework that invites us to consider multiple levels and contexts. Bronfenbrenner drew a relatively simple diagram of nested circles to represent the different levels of:

- **microsystem** – the individual and interpersonal aspects, including memberships of families and other groups – at this level the individual is an active participant
 - **mesosystem** – organisations and institutions, including schools in childhood and organisations later, as well as religious institutions and sports teams – at this level also the individual is an active participant
 - **exosystem** – the community level, which might be based on a geographical area but might also be based on special interests or political affiliations – any setting that affects the individual without them being an active participant
 - **macrosystem** – the emotional and ideological cultural contexts, such as political systems or religion, that may be operating at a national level and therefore governing and regulating how corporations and individuals at meso and micro levels function – at this level the individual is expected to act in line with the expectations of the culture
- **chronosystem** – the levels above are contained within time, which relates to human developmental stages interacting with external events which may include historical events

We can compare these with the nested circle diagram produced by Hay (2018) in her article about boundaries. Hay credited Roberts (1975) for the original diagram of a nested set of boundaries but extended his categories and suggested that we might think of them in four groups, as shown in the diagram below:

- **person** – which can be thought of as the *intrapersonal* level and then *personal* as identity is developed
- **people** – beginning as *interpersonal* as we interact with others, then seen as within our *family/group* which means childhood circumstances and later becoming other groupings such as friends or teams at work, and this existing within *neighbourhood* which may be a street or village and often becomes an organisation, association or similar.
- **place** – gradually becoming geographically larger as we consider *region*, then *country*, then possibly an *area within a continent*, and finally a *continent*
- **planet** – again increasing geographically, beginning with the *environment* in terms of whether we are in a city, rural area, desert, etc, within the *Earth*, and finally within the *universe*

If we compare Bronfenbrenner and Hay, we can see that Hay’s intrapersonal, personal, interpersonal, family and neighbourhood can all be regarded as within Bronfenbrenner’s microsystem. However, Hay indicates that what happens as individuals are creating these

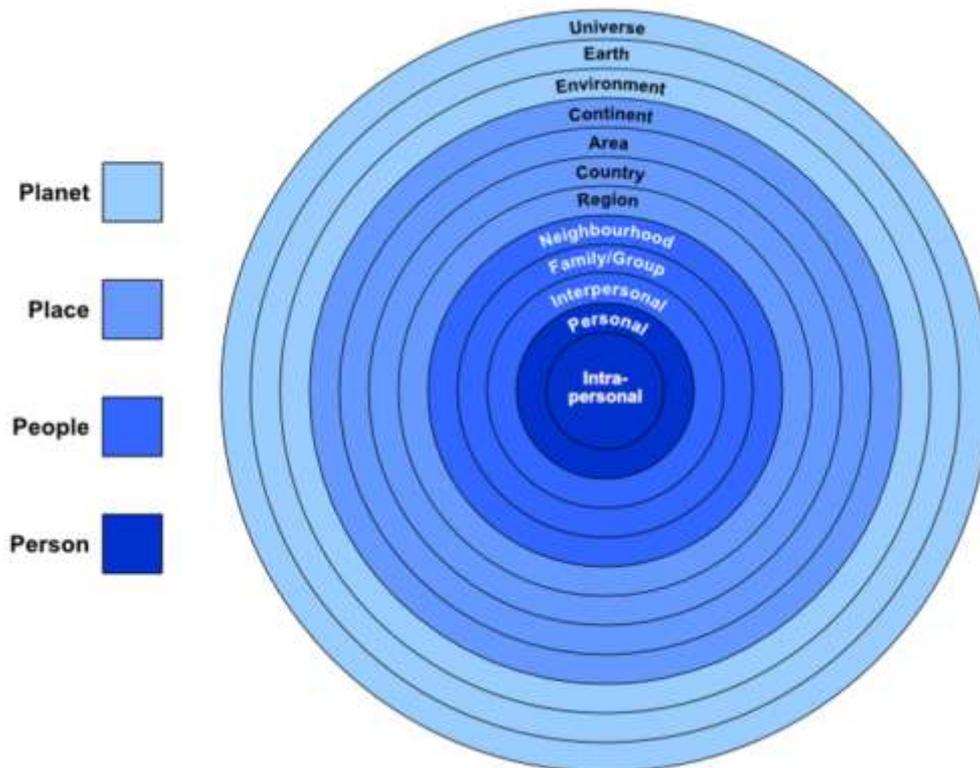


Figure 2: Boundaries (Hay, 2018, p.54)

boundaries is likely to heavily influence how they will then respond within the mesosystem, as family provides the group imago (Berne, 1963) as they enter schools, religious institutions, sports clubs, and later the mesosystem of organisations, institutions, professional and political associations, and so on.

Hay's categories of region, country, area and continent might be thought of as similar to Bronfenbrenner's exosystem, although he points out that this does not have to be a community level in a geographical sense as it might be associated with special interests or political affiliations. The distinction between this and mesosystem seems to be whether or not the individual is engaging in active participation – Hay's model might need another category called *Political* or more emphasis on how our geographical location will generally mean that we will be subject to the cultural norms of the exosystem. Hay captures this to some

extent by using the metaphor of being on a ship and affected by the surrounding weather which we cannot control.

Bronfenbrenner's macrosystem might also be thought of as the ocean and surrounding weather that Hay refers to. What Bronfenbrenner adds here is that the macrosystem has an emotional and ideological impact that is based on something that extends more widely than the exosystem - the exosystem is about the influence of what Hay refers to as the neighbourhood whereas the macrosystem refers to the broader cultural elements at a national level, or from religion (e.g. Christianity, Islam, Buddhism) or factors such as communism versus capitalism.

A TA-based way to consider these two models might be to look at how the categories proposed by Hay continue to influence how individuals will respond within the systems proposed by Bronfenbrenner, as shown overleaf.

	Micro-system	Meso-system	Exo-system	Macro-system	Chrono-system
Intrapersonal	All of these relate to our microsystem, which will be heavily influenced by family scripting	We will operate from within our microsystem when we are within schools and organisations - we may or may not adjust our scripting	We will operate from within our microsystem	We will operate from within our microsystem, which may or may not have been updated through our interactions with the mesosystem and exosystem	This is likely to have a big influence on our microsystem, through our own normal processes of growing up combined with events that occur in our family and neighbourhood, and transgenerational
Personal					
Interpersonal					
Family/Group					
Neighbourhood					
Region	Likely to be incorporated into our microsystem through modelling by others as we are growing up	We may or may not be influenced by the opinions of others we meet	We may expect this to be like our neighbourhood used to	We will operate from within our microsystem, which may or may not have been updated through our interactions with the mesosystem and exosystem	This is likely to have a big influence on our microsystem, through our own normal processes of growing up combined with events that occur in our family and neighbourhood, and transgenerational
Country					
Area					
Continent					
Environment					
Earth					
Universe					
	Likely to be incorporated into our microsystem through modelling by others as we are growing up	We may or may not be influenced by the opinions of others we meet	We may expect everywhere to be the same as our early experiences.	We will operate from within our microsystem, which may or may not have been updated through our interactions with the mesosystem and exosystem	Our microsystem will be influenced by current and historical events such as natural disasters, wars, and the ways in which those around us respond to these.

Comparison of Hay and Bronfenbrenner

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Activity: Social Ecology as Professional Context

Use the chart below to consider which contexts apply for your own professional work. Are you helping individuals, groups/families, neighbourhoods/organisations, regions or working internationally? Are you helping at specific points in time or across a longer timeframe?

	Microsystem	Mesosystem	Exosystem	Macrosystem	Chronosystem
Intrapersonal					
Personal					
Interpersonal/ Relationships					
Family/Group/ Team					
Neighbourhood/ Organisation					
Region					
Country					
Area					
Continent					
Environment					
Earth					
Universe					

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We welcome submissions

- ◆ News items and articles
- ◆ Microsoft Word with minimal formatting
- ◆ Diagrams as pictures; photos as jpg's
- ◆ Academic referencing
- ◆ TA status of author as designated in EATA handbook or IDTA membership categories
- ◆ Send to: admin@instdta.org
- ◆ Send articles at least two weeks prior to the advertising copy deadline if you are aiming for a particular issue, or at any time if you don't mind when it appears
- ◆ Please note that submissions will be peer reviewed for relevance to IDTA

Advertising rates

- ◆ Full page: £50
- ◆ Half page: £30
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Send to: admin@instdta.org as word doc with pdf so we can check we achieve the layout you want, or as jpg to be pasted in ; pdf only acceptable if you have purchased a whole page

Next issue copy dates

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September, December

Copy deadlines: 1st of month

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IDTA aims to provide networking and professional development opportunities to practitioners applying developmental transactional analysis. The purpose of this newsletter is to update members and to invite and encourage participation in the institute and to enhance the application of developmental TA generally. Views expressed in this newsletter are those of contributors and do not necessarily reflect the official policy of the IDTA.

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