

IN THE MEMORY LANE OF TA STUDY CIRCLE MADRAS..

The TA Study Circle Madras recently celebrated its Ruby Jubilee on the 13th of January 2018 in hotel Vestin park. It has been hosting monthly sessions on transactional analysis for the past 40 years, where experts and amateur learners share their learnings and experience in these sessions. This shows that there is so much to discuss in TA how TA has evolved over the years.

Two of the Founder members of the study circle viz Mr.Narayanan and Dr. Sumathi Narayanan graced the function. They presented an audio visual taking us through the journey of the TA Study Circle Madras since its inception. The current President of TA Study Circle Madras, Mr Suryakumar welcomed the distinguished guests of honour Julie hay and P.K.Saru and the participants. Julie is a TSTA in Organisational, Educational and Psychotherapy fields and a past president of EATA. She has been visiting India for the past 25+ years with new learnings each time to share.

Saru spoke about how TA study circle helped professionals to blossom. she took the example of Susan George whom she has seen as a CTA to becoming the first TSTA in Chennai. According to her, TA is not just a subject to be learned but a way of life. She addressed the gathering with the biggest smile.

Mrs. Indu, Treasurer delivered the Vote of Thanks.

This was followed by a workshop on "Self Empowerment using Transactional Analysis" conducted by Julie hay wherein she focused on breaking down the complex principles, simplifying them for their usage in our daily life. Some of the key takeaways from the workshop are as follows.

- 1) Every human being wants to grow to the level of their potential .She gave an analogy of how a plant grows to describe the development of a human being.
- 2) We might not have had enough knowledge of the world to make the best decisions every time. As we grow up and learn more about the world we can re-decide and reconstruct the world we wish for ourselves.
- 3) She reiterated that humans are innately ok and we need to learn to draw a line between the person and his/her behaviour. As we look beyond their behaviour we appreciate the TA principle "I am ok you're ok". She spoke about the various drivers of human behaviour.
- 4) The participants then enacted a role play wherein they behaved from each of the driver in a given situation. This demonstrated the strengths of the drivers in our working styles.
- 4) She also narrated from her life of how her teaching rehearsal at the Canyon help her to positively rubber-band during her TSTA exam. People usually rubber-band to negative

events in their life. She explained how it is possible to consciously drop it and respond from the Here and Now .

5) Every human act is a manipulation. The idea of learning transactional analysis is to become aware of the manipulation and consciously manipulate in a healthy, positive way rather than accidentally or unawarely manipulate.

The workshop helped us to succinctly understand the concepts of transactional analysis and their relevance in day-to-day life.

All strata of participants got experiential learning of the essential elements of TA since the celebrations as well as the workshop used and demonstrated stroking and group dynamics.

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