EXPLORING RESILIENCE THROUGH TRANSACTIONAL ANALYSIS LENS

Multi Level Learning, 6th-7th January 2024 Chennai

ABOUT MULTI-LEVEL LEARNING

Multi-level learning is an annual event organised by SAATA for trainees and practitioners at all levels, including trainers and supervisors to engage in learning together. It is a professional development event. This event offers space for participants to experience, learn and concretize their learning.

We learn both intentionally and unintentionally. MLL offers a space for both kinds of learning by being part of the process in plenary, small groups and multi-level supervision sessions. The focus is on learning through the experience of being in the group.

The unique supervisory arrangement allows trainees not just to see live supervision of the facilitation of groups but also supervision of supervision, allowing multiple layers of learning to emerge.

Note: This is not a therapy or supervision group. Nor is it a usual training group.

THEME OF MLL 2024

The American Psychological Association (APA) defines resilience as *"the process and outcome of successfully adapting to difficult or challenging life experiences, especially through mental, emotional, and behavioral flexibility and adjustment to external and internal demands."*

This definition highlights the multifaceted nature of resilience and its relevance to various aspects of life. It stresses the importance of not only enduring challenges but also learning from them and using these experiences as opportunities for personal growth that is not merely about surviving difficult circumstances but also about thriving and growing through them.

In a world filled with uncertainties and un-predictabilities, resilience serves as a vital life skill. We chose this theme given its relevance in the current global context of war, climate crisis, and political turmoil.

The primary task of this MLL will be to "Explore Resilience through Transactional Analysis Lens" by way of engaging with the following sub-themes:

What is Resilience?

This session will explore the various ways of conceptualizing resilience. The process will involve an unpacking of resilience in conjunction with meaning-making through TA frameworks.

Resilience and Culture

This session will look at the ways in which culture both relates to and shapes resilience. It is an opportunity to explore and concretize how the experience and demonstration of resilience is deeply embedded in the cultural context of individuals and communities.

Resilience at Threat

This sub-theme will look at the ways in which external environments, contexts, and situations threaten resilience with particular focus on how resilience of individuals and communities is impacted by oppressive circumstances.

Resilience and Autonomy

Here we focus upon the relationship between resilience and autonomy. In what specific ways can resilience and autonomy be built and fostered towards the autonomy of individuals and communities and how can this be articulated through TA theory?

ROLE OF FACULTY AND PARTICIPANTS

There are two primary roles in the MLL: faculty and participants.

The faculty are certified members (CTA/ PTSTA/ TSTA) who hold the small groups in four sessions. Their main task is to facilitate group learning and engage in peer-supervision. The certified members may also present their ideas and theories on the sub-themes.

Participants are members of the MLL who participate in large group plenaries and small group sessions to explore the topic of the sub-sessions. While a facilitator is responsible for holding each sub-theme session, the participants' role is to engage with the theme and sub-themes of the MLL to deepen their learning through experience/concepts.

FACULTY

Chitra Ravi, TSTA, Psychotherapy

Deepak Dhananjaya, PTSTA, Psychotherapy

John Heath, TSTA, Psychotherapy

Joy Roshan, PTSTA, Psychotherapy

Kala Balasubranium, CTA, Psychotherapy

Maya Lutay, PTSTA, Psychotherapy

Peter Rudolph, TSTA, Counselling

Piyush Dixit, CTA, Counselling

Prathitha Gangadharan, PTSTA, Psychotherapy

Ragini Rao, TSTA, Psychotherapy

Raguraman K., PTSTA, Organisation

Rosemary Kurian, CTA, Education

Sarmishta Mani, CTA, Psychotherapy

Susan George, TSTA, Psychotherapy

Sushma Ramachandran, CTA, Psychotherapy

Vaaruni Sundar, CTA, Psychotherapy

Abbreviations:
CTA: Certified Transactional Analyst;
PTSTA: Provisional Teaching and Supervising Transactional Analyst;
TSTA: Teaching and Supervising Transactional Analyst

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TRANSACTIONAL ANALYSTS

ADMINISTRATIVE DETAILS

CONFERENCE VENUE

Vestin Park Hotel
39, Red Cross Road, Egmore,
Chennai, Tamil Nadu-600009

TIMINGS & REGISTRATION

MLL Timing: 9:30 am to 5:30 pm
Check-in: 8:45 am to 9:20 am

WHO CAN ATTEND?

- Trainees who have minimum of 100 hours of training are eligible for attending the MLL.
- Certified members (CTA/ PTSTA/ TSTA)

REGISTRATION FEES

₹ 3000 for SAATA Members
₹ 4500 for Non-SAATA Members

CANCELLATION POLICY

Refund after deducting 25% towards administrative expenses will be made in case of cancellation on or before December 20, 2023.

Post December 20, 2023, refunds will not be possible in case you have to cancel participation for any reason. You can however have someone else attend instead.

REGISTRATION LINK

Registrations open on November 20, 2023 and will close on November 30, 2023. Registrations are on a first-come, first-serve basis and will close once we have 100 participants.

REGISTRATION LINK FOR MEMBERS

https://rzp.io/l/HOCG32hj
This member fee is only for SAATA members whose membership is active as on October 20, 2023. Any registration not found to have fulfilled this membership criterion will forego the registration and the fee, which will not be refunded.

REGISTRATION LINK FOR NON-MEMBERS

https://rzp.io/l/YYdWoQoBIc

CONTACT INFORMATION
Please write to contact@saata.org for further information.

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