



Scottish Transactional Analysis Conference 2023 Schedule

Time	Session	Room
9am	Registration and Coffee	Foyer
9:30am	Conference opening and <i>KeyNotes</i>	Apex Suite
10:30am	Make your way to first workshop- grab a coffee to take with you.	
10:45am	Morning Workshops	See below for workshop description and rooms
12:45	Lunch	Served in the restaurant
1:30-1:50 pm	AGM	Apex Suite
2pm	Afternoon Workshops	See below for workshop description and rooms
4pm	Closing session Bring a coffee with you	Apex Suite
4:15	Plenary Session lead by Ronen Stillman	Apex Suite
4:45	Conferences closes	

Morning Workshops

Lazy, Stupid and Disruptive: Examining the Development of Neurodivergent Script Beliefs in a Neurotypical World

Ronen Stilman & Beren Aldridge

All fields of TA – intermediate

Apex Suite

This workshop will offer a critique of TA theory as unwittingly pathologising and marginalising neurodiversity along with other inherent aspects of self, endowed since birth, such as sexual orientation, colour and race. We'll share a TA model of self that moves away from pathologizing these inherent aspects of self and share our ideas around how the self emerges through two relational processes: the I-I and the I-Other relationship. We'll also explore the accommodations made by a neurodivergent person living in a neurotypical



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society; particularly three script decisions we categorise as lazy, stupid and disruptive, and consider their respective complimentary functions.

Ronen is a psychotherapist, supervisor and trainer, working with individuals, couples and practitioners in his Edinburgh centre practice and in Cyberspace. He has a keen interest in Humans and how they relate and identify in the context of culture, politics and society, integrating his background in technology and organisational change.

Beren (CTA PTSTA) works in private practice in Kendal. He is a member of the teaching faculty at the TA Training Organisation in Leeds. He chairs the TA Cumbria Conference and is a member of the Editorial Board of the Transactional Analysis Journal.

Sex and Neurodivergence

Bob Hunter

All fields

San Francisco Suite

We all perceive our intimate life through a deeply personal lens. This presentation explores sex using neurodivergent experience as a guide. It aims to foster a more inclusive and understanding dialogue around sex and neurodivergence.

Using basic TA tools and Betty Martin's "Wheel of Consent" it will focus on perception and communication to help practitioners assist clients explore this sometimes shame filled area of human experience.

Bob works in private practice and specialises in Neurodifference and ex-Boarding School clients. Diagnosed ADHD in his mid 40's he uses his lived experience in his client work and presentations.

Security, Co-creativity, Vitality and Revitalisation: A Model for Working with Disturbance, Change and Growth in Supervision

Bev Gibbons

All fields of TA

Amsterdam Suite



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Supervision for me is an evolving 2-way learning space, where I and the person coming for supervision learn together and use the phenomenology of the moment to make meaning. The co-creative principles of Tudor and Summers (2014) provide a frame and contract for all my work:

- We-ness
- Present-centred relating
- Shared and not always equal responsibility.

Using my own experience as a learner and supervisee, plus the experience of being in the role of supervisor and trainer, I have created a 4-element model to help account for and attend to the process people move through in learning spaces. This model has proved to be helpful in providing a frame for re finding security and moving through to a return to co creativity and vitality in the changed professional landscape, that both of us, supervisor and supervisee find ourselves in together after the disturbance of the pandemic. At times of stress and disorientation deadness, instability or stuckness can enter the supervisory relationship, and this model also provides a lens through which to consider the source of this. I invite you to join me and we'll consider, discuss and explore the elements of this model together with a framework to use to check in on".

Bev is passionate about getting TA 'out there' so that as many people as possible are aware of it and can have the opportunity to experience themselves positively through its great potential to transform. She is travelling an ongoing and ever deepening journey into intersubjectivity, and, has a fascination and deep interest in the transformational possibilities presented by working with the liminal – the threshold between the 'what was' and 'what next'. Bev is committed to working and developing work across all 4 TA fields, and to continuing to explore and experience the potential in relational, co-created processes. Bev is the current EATA exam site supervisor for UK CTA oral exams and member of the UKATA Training and Accreditation Standards Committee.

Afternoon Workshops

How Did the Pandemic Affect People with ADHD?

Nea Clark

[Psychotherapy Filed](#)

[San Francisco Suite](#)



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What did we learn from that experience? How does it affect the treatment plan for ADHD clients? During the workshop we will look at different case studies, how clients with ADHD have been affected during lockdown and the pandemic. We draw conclusions from these case studies to develop a treatment direction with potential treatment plan to support clients with ADHD in the post pandemic world.

Nea is a PTSTA-Psychotherapist, Supervisor and NLP practitioner. She is practicing in Leeds where she holds supervision groups face to face/online, webinars and seminars on a regular basis and specialises in neurodiversity (mainly clients and supervisees with ADHD and dyslexia)

‘Being in Charge’: Using Functional Fluency to Explore our Understanding of the Role of Leadership in a Post-Pandemic World

Sarah Lowes

All fields of TA

Apex Suite

Drawing on Mezirow’s work on ‘Transformational Learning’, this workshop will use Temple’s model of Functional Fluency to explore our frames of reference around leadership and how they may have shifted in the years since the pandemic. We will build the model together and answer questions such as:

- What does leadership look like in our roles as Counsellors, Educators, Organisational professionals, and Psychotherapists?
- How does the way we lead ourselves influence the way we lead others? And,
- What impact does the online environment have on the way we lead?

All are welcome and invited to bring their curiosity with them!

Sarah is an experienced business coach, facilitator, and trainer. Originally trained as an actress, she seeks to create an environment where people can connect authentically with their true self and become the heroines and heroes of their own stories.



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Levelling up Communication: Resourcing for communicating at your best.
Caff Allen

All Fields

Amsterdam Suite

This workshop is an opportunity to explore the NLP- Neuro Linguistic Programming logical levels in relation to communication.

There will be a demonstration based on 'you at your best in communication flow with a client', and then the group will have a chance to practice using the model.

The group will have the opportunity to discuss how they could apply TA to the NLP structure and process.

Caff has been training in and using TA for 8 years, starting at The Berne Institute and now at TAWorks; an accredited NLP practitioner and Licenced TIFF provider. Caff is an Experienced learning designer, facilitator and coach who designs and delivers content for face to face, virtual and digital delivery. Caff Specialises in all aspects of leadership, communication, change, sales, and organisational skills. Taking a learner centred focus to create the best possible experience in the educational intervention.