

APRIL 24 – 26



2026 NATIONAL CONFERENCE CONFERENCE PROGRAMME

NOTTINGHAM



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We're grateful to our sponsors for their support in making this year's conference possible



INFORMATION

Who are we?

UKATA is an association and professional body for people interested in and practicing Transactional Analysis (TA) within the United Kingdom.

We are a charity and a member organisation and our Counsellors, Psychotherapists, Organisational Consultants and Educators are people who are trained and practice using TA as their modality of choice, and are registered with us.

How to join us

If you want to join UKATA for the first time, please get in touch at membership@ukata.org. You can find more information about membership options here: www.ukata.org/join-ukata.

WELCOME

A very warm welcome to the UKATA National Conference 2026.

This year's programme offers a rich mix of learning, reflection and shared experience. Alongside the workshops and sessions, we've created space to reconnect with familiar faces, meet new people, and enjoy being part of the TA community.

We hope you find the conference enjoyable. If anything comes up over the weekend - whether a question, concern or you need a hand with something - please come to the UKATA stand or speak to a member of the team. Kerryyn Bell (Managing Director), Susan Arslan (Conference Organiser), and others will be around and happy to help.

I wish you a wonderful Conference experience.

With best wishes,



Sally Trevaskis
UKATA Chair of Trustees



VENUE

Our 2026 conference will take place at Eastwood Hall in Nottingham. The venue allows us to bring the whole weekend together in one place, with conference sessions, accommodation and shared spaces all on site. This helps create a sense of continuity across the weekend and makes it easier to move between workshops, keynotes and informal connection.

The programme will be delivered across a range of spaces, including larger rooms for keynote sessions and smaller rooms for workshops and group work. Breakout areas and refreshment spaces are located close to the main rooms, supporting opportunities to pause, reflect and connect throughout the day.

Set within 26 acres of landscaped grounds, the venue also offers outdoor space to step away from the programme, get some fresh air or continue conversations in a different setting. We hope this adds to the overall feel of the weekend, offering a balance between structured sessions and more informal, restorative moments. Please also see page 77 for a suggested walking route around the grounds.

Eastwood Hall offers a range of on-site facilities including a restaurant, bar and lounge areas, providing options for food, drinks and informal socialising across the weekend. Further information about the venue, including facilities and accommodation, can be found on the [Eastwood Hall official website](#). They provide a 360 tour of the hotel [here](#).

ACCESSIBILITY

Having the conference in a single-site venue reduces the need for additional travel during the weekend. The main conference areas are accessible, with step-free access to most spaces used as part of the programme.

We recognise that accessibility means different things for different people. If you have specific requirements in relation to access, mobility, sensory needs or anything else that would support your participation, we encourage you to let us know. We will work with you and the venue to support your attendance as fully as possible.

SensoryCalm™

QUIET ROOM

This event includes a professionally supervised SensoryCalm™ Quiet Room, delivered in line with the QSSS™ (Quiet Room Safety & Supervision Standard). The space is located in the Langley Suite and is designed as a calm, low-stimulation environment for attendees who need time away from the main exhibition or conference floor.

The room includes reduced lighting, comfortable seating, gentle sensory tools, and a predictable layout to support nervous system regulation. It is supported by trained hosts to ensure the space remains safe, welcoming, and appropriately managed.

The Quiet Room is available to neurodivergent attendees, those with anxiety, chronic illness, sensory sensitivities, or anyone experiencing overwhelm.

No explanation is required to use the space.





Passionate about equipping people to become the best practitioner that they can be. Our CPD courses in therapy, counselling, psychotherapy and more offer knowledge and skills development in a safe, welcoming environment. Train in a way that suits you - in person or online.

Inside Couples+ Therapy:

An in-depth exploration of theory and application. Online seminars

A series of 5 short seminars with Brad McLean CTA, MSc, exploring different perspectives, theories and models of relationship therapy and their application in the therapy space.

TA101, Intro to Transactional Analysis: Discover more about yourself and others

11 & 12 July 2026, Leeds
The TA101 is the official, internationally recognised, 2 day course introducing the foundational concepts of Transactional Analysis.

Certificate in Working with Groups

Online course with Bev Gibbons TSTA(P). Develop your skills and understanding in group facilitation and training with this dynamic 6 day course. Taking place over 3 weekends, the course includes plenty of space for play, experiential learning and group process. Starts Oct 2026.

For the full CPD programme, see our website.

We also have recordings available from past workshops. See our website for more details.

NORTHSIDE TRAINING
www.northsidetraining.co.uk
info@northsidetraining.co.uk



Diploma in Supervision - online

With Ronen Stilman TSTA(P) & Bev Gibbons TSTA(P) from Supervision Central. This dynamic 10 day online course is for practitioners looking to develop, deepen and broaden their supervision practice. Places are limited to a small group to ensure students get the very best theoretical and experiential training in supervision. Starts October 2026.

Cup of TEA seminars (Theory, Ethics and Application)

A monthly seminar series for students and practitioners. Real talk about theory, ethics, and the messy art of application. Wednesday evenings online on topics shaping TA practice today.

Getting Started with Couples Therapy

16 & 17 November 2026, Leeds with Ian Tomlinson UKCP. This two day training course will get you started with working with couples using the theory and clinical skills of Imago Relationship Therapy; a successful model for using in couples therapy.

Specialist Groups

Exam Preparation Group

Online group for those working towards UKCP registration or CTA. Meets on 8 Saturdays during the academic year,

Supervisors' Connection Group

Monthly online CPD Group for supervisors Fridays 2 - 5pm. Facilitated by Andy Williams, TSTA(P)

Professional Pathways Group

Join our monthly online group designed for those heading for TEW, advancing through their PTSTA contract or aiming to complete TSTA endorsement.

UKATA National Conference 2026

Eastwood Hall, Nottingham

Friday 24 April 2026

Pre-Conference activity

07.30 – 08.15 | Leisure Club Yoga Studio

Morning Modern Somatic Yoga with Rob Titheradge (He/Him)

Rob will lead a yoga session to help start your day!

Rob is a seasoned yoga teacher and fourth-year psychotherapy student with a keen interest in the integration of yoga and eastern practices to enhance well-being through a deepened mind-body connection.

These early morning classes are gentle experiential and draw inspiration from science, somatics, yoga, and eastern traditions. They are designed to advance your understanding of how gentle and functional movement can create a profound release of tension, and sense deep calm.

Through breath work, sound, and simple moving meditations, you will explore accessible techniques that enhance vagal tone, reduce stress, and improve overall well-being.

Mats will be provided, but please feel free to bring your own, along with a blanket, pillow, or any items that will support your comfort during the short relaxation at the end.

These classes are gentle and suitable for complete beginners!

08.30 – 12.00 | Lawrence Suite Foyer

Registration desk is open to welcome you for arrival, refreshments, and networking

09.00 – 10.45 | Ambergate

UK-TASTN Network Group

Transactional Analysis Supervisors and Trainers Network (TASTN) Meeting

Open Invitation to All TA Trainers and Supervisors

Join us for the next meeting of the Transactional Analysis Supervisors and Trainers Network (TASTN) at the 2026 UKATA Conference in Nottingham. This informal gathering offers a space for conversation, connection, and shared thinking among those involved in TA training and supervision.

TASTN is a network that belongs to its members and represents all fields of Transactional Analysis. The meeting will follow an open agenda, allowing participants to bring forward discussion items that feel current and relevant to our collective practice.

We welcome all who hold TSTA, PTSTA, or equivalent qualifications, as well as those intending to attend TEW workshops in the coming year. Whether you're an experienced trainer or just beginning your journey, this is an opportunity to exchange ideas, strengthen professional relationships, and contribute to the ongoing development of our community.

09.30 – 10.30 | Holroyd

Truth Mandala - Honouring the Pain of the World

Mary Dees will lead the group.

This ritual provides a simple, respectful, whole group structure for owning and honouring our pain for the world. We sit together in a circle, using symbolic objects for our individual and collective feelings about the climate crises; we hold space for each other to share our fear, sadness, anger and despair. We experience togetherness in our grief and difficult feelings, and honour the tantric side to each: grief is love, fear is courage, anger is passion for justice and emptiness is space for newness.

09.30 – 10.30 | Main Lounge

Connections Pre-Conference Gathering

Our popular Connections Group are offering this session for anyone who would like to find out how to get the best for themselves from conference! Aimed especially at first time attendees, people attending alone, folk who might not know anyone (yet!), the purpose of the session is to help settle you in, introduce you to some other delegates, provide you with some ideas about what to expect, how to participate and who to approach for any advice you may need. You'll learn more about the Connections offer in place to support throughout the event.

Main Conference Agenda

11.00 – 11.15 | Lawrence Suite

Welcome and Conference Opening

Sally Trevaskis (She/Her) - UKATA Chair of Trustees will open the 2026 UKATA National Conference

11.15 – 12.15 | Lawrence Suite

Friday Keynote:

Jonathan Lake (He/Him)

Emerging from Emergency

This talk will look at working with different types of trauma in multiple ways, through an intersectional lens.

The types of trauma will include assessments such as PTS and PTSD, event and developmental trauma and the ways of working include trauma assessing, onsite counselling, critical incident response, private practice and group settings.

By the end of the talk I'd like participants to feel they have a better understanding of the field and practice of trauma response and develop a passion for supporting people in their darkest hour in the most optimal and personalised way.

There will be space to answer questions and some audience participation.

PROGRAMME OVERVIEW

12.15 – 13.30

Lunch and Networking

13.30 – 16.30

Workshop Session 1

17.30 – 19.00 | Barber Suite

UKATA AGM – including refreshments

19.30 – 21.00 | Lawrence Suite

Buffet Dinner and Social Time

Evening Entertainment: Nottingham Samba Collective

Nottingham Samba Collective (NSC) are more than just a band; we're a vibrant community united by our love for samba. Based in Nottingham, NSC brings the exhilarating sounds of Brazilian Carnival to life at festivals, community events, and private functions throughout the East Midlands. Our passion for rhythm, inclusivity, and shared performance drives us to create unforgettable experiences for both our members and our audiences. Expect a high-energy, immersive drumming experience with crowd participation designed to make people dance and move'.



Saturday 25 April 2026

07.30 – 08.15 | Leisure Club Yoga Studio

Morning Modern Somatic Yoga with *Rob Titheradge* (He/Him)

Rob will lead a yoga session to help start your day!

08.30 – 12.00 | Lawrence Suite Foyer

Registration desk is open to welcome you for arrival and refreshments

09.15 – 09.30 | Lawrence Suite

Welcome to Day 2 and Conference Noticeboard

09.30 – 10.30 | Lawrence Suite

Saturday Keynote:

***Victoria Baskerville* (She/Her) and *Dwight Turner* (He/Him)**

Decolonising knowledge, Practice and Connecting Minds: An Intersectional Pathway

These last two years have been a frightening time for so many of us and our clients. Worldwide we have been witness to wars, occupation and genocide. And here in Britain over the past twelve months, we have experienced many kinds of hate which has targeted numerous groups from the Trans community to 'immigrants', we have witnessed the rise of the Far Right across the Global North, with flags of St George's being hung on street lamps and crosses drawn on roundabouts in our cities across the country.

Transactional Analysis does not exist in a vacuum outside of this political landscape, and like any theory of practice within the worlds of counselling, psychotherapy, educational and organisational settings, sits at a crossroads. A crossroad where the challenge is to attend to the impact of the personal and the political and its continued relevance to us, our clients, students and organisations, particularly those who are often adversely affected by the wider world they inhabit

This keynote presentation will take us all on a journey beginning with an overview of where our profession sits in the wider political context. Then we will journey through the systems of supremacy which have moulded the theories which we use and influenced how we practice as TA practitioners; before challenging us all to move towards a process of deconstruction and decolonisation, making our profession not only more contemporary but will bring into closer focus the intersectional identities of ourselves, our clients and our community.

10.30 – 11.00

Refreshment Break

11.00 – 13.00

Workshop Session 2

13.00 – 14.00

Lunch and Networking

PROGRAMME OVERVIEW

14.00 – 17.00

Workshop Session 3

18.15 – 19.00 | **Lawrence Suite**

Drinks Reception and UKATA Medals Presentation and Celebration of Success

19.30 – 21.00

Gala Dinner | Lawrence Suite

21.00 – Late | **Lawrence Suite**

Evening Entertainment: Kelly's Heroes

Kelly's Heroes bring energy, warmth and a rich Celtic sound to every stage they play. With a lively mix of Irish and Scottish folk, traditional tunes and well-loved classics, the band create an atmosphere that's both uplifting and authentic. Their performances blend strong musicianship with infectious spirit, making them a favourite for festivals, community events and lively gatherings alike. With a growing following of over 2,000 supporters, Kelly's Heroes continue to build a reputation for getting audiences singing, clapping and fully involved.





Grow Beyond Imagination

Located in the heart of the beautiful West End of Edinburgh, Physis Scotland is proud to be the only registered Transactional Analysis (TA) training establishment in Scotland.

Our vision is to train and develop counselling and psychotherapy practitioners of the future who are highly skilled, compassionate and robust to support the increasingly complex needs of clients.

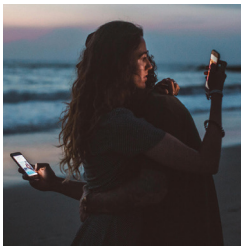
We are excited to share a selection of our courses and workshops coming up during 2026.

Whether you are an enthusiastic TA trainee or a highly skilled qualified practitioner, explore our exciting opportunities to develop your skills and practice.

Our four directors, Fiona Cook, Fiona Firman, Jon Henderson and Kate Simpson, work collaboratively - united by a shared commitment to rigorous training, relational depth, and the development of practitioners who work with depth and integrity.

We deliver a vibrant and evolving programme of training and CPD with the support of highly skilled core tutors, visiting trainers, and specialist professionals. We are proud of the calibre of those we work alongside – and deeply value the community of practitioners who make Physis Scotland what it is.

Contemporary Applications of Cathexis TA



This series of four workshops offers a focused exploration of the key theoretical concepts within Cathexis Transactional Analysis: Passivity and Symbiosis, Defensive Patterns in Relationships, Cycles of Development in Therapy and Self-Parenting and Spot Parenting in Therapy.

Taking place on four Thursday evenings in May 2026, these online workshops are facilitated by Hanna Konoplianyk PTSTA(P).

Certificate in Couples Work



Develop your skills and experience in working with couples. Our unique blend of interactive and experiential training is taught over twelve half days across four months and is designed to inspire, motivate and teach therapists and practitioners how to provide successful couples therapy sessions.

Online course commencing 6th May 2026 with international trainer Kelly Scharver, LPC, from the world-renowned Couples Institute.

Register on our website 30th April 2026

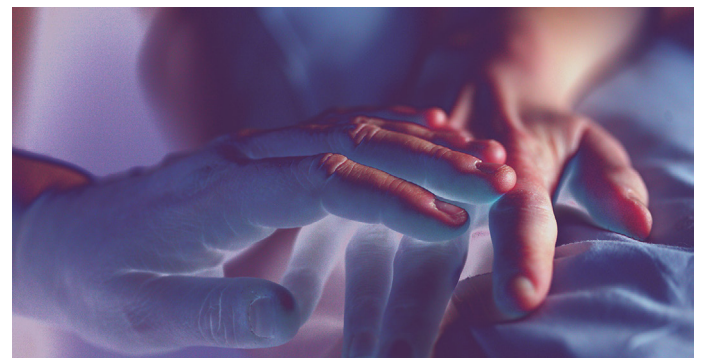
Diploma in Counselling Supervision

Take your counselling career to new heights with our Advanced COSCA Validated Diploma in Counselling Supervision. Join us on this enriching journey towards becoming a skilled and confident supervisor. Unlock new possibilities and equip yourself with all the essential supervisory skills and theoretical knowledge you need in your professional work!

In-person course commencing 17th October 2026 with tutor Nicky Worrall TSTA (P), spanning ten days over nine months.

Register on our website 18th September 2026

Exploring Death, Dying and the End of Life Client



A one day workshop designed to help us think more deeply about how we meet terminal diagnosis in the therapy room. Not as specialists, but as practitioners who may one day find this conversation sitting in front of us.

Saturday 30th May, with Sharon Baker, CTA

Book on Eventbrite

Online Exam Completion Group



Maintaining focus and motivation in the exam prep period can often prove challenging for students when they have completed their formal TA training. Our Exam Completion Group provides ongoing stimulus, motivation, support and encouragement for those who are en route to their UKCP Registration and/or CTA exam.

Starting October 2026 with eight days over ten months, facilitated by Andy Williams, TSTA.

Register on our website by 1st October 2026

Sunday 26 April 2026

07.30 – 08.15 | Leisure Club Yoga Studio

Morning Modern Somatic Yoga with Rob Titheradge (He/Him)

Rob will lead a yoga session to help start your day!

08.30 – 12.00 | Lawrence Suite Foyer

Registration desk is open to welcome you for arrival and refreshments

10.00 – 12.00

Workshop Session 4

12.00 – 13.00 | Lawrence Suite

Conference Closing Session

The Eco TA Collective: Andy Williams (He/Him/His), **Helen Blackburn** (She/Her), **Sarah Devine** (She/Her), **Mary Dees** (She/Her) & **Rebecca Elston** (She/Her)

Weaving the Threads: Ecological Knowledge, Practice and Connection

As the UKATA National Conference 2026 draws to a close, the Eco TA Collective invites all delegates to gather for a reflective and forward-focused plenary that brings this year's theme — Advancing Knowledge, Enhancing Practice, Connecting Minds — into vivid, ecological form.

Drawing on the metaphor of threads and inspired by Jane Goodall's image of the "tapestry of life," this closing session holds our shared responsibility and creativity within a greater ecological living system. Each of us carries a thread: the learning we take forward, the practices we commit to, and the myriad connections that sustain us. Together, these threads will weave and grow the fabric of Transactional Analysis across all the fields of our community.

We hope that the UKATA Conference has provided fresh perspectives, insights, and challenges, and has inspired you to take away new stories, narratives, hopes, and intentions. We will reflect on what we will carry into our work, our organisations, our environments, contexts, and our world; what threads will we weave into the tapestry of life? How can we include the three interwoven threads of ecological knowledge, practice and interconnectedness?

Together, we will honour what we have begun here and how we will now journey through the landscape to another place that will make a unique contribution to our tapestry.

Ritual

The session will culminate in a collective ritual that moves us from metaphor into shared action; a visible reminder that our Transactional Analysis's future is something we co-author — one thread at a time.

When we cross the final threshold together, we close the conference honouring our homonymy and intentionality.

PROGRAMME OVERVIEW

13.00 – 14.00

Lunch and Networking

14.00 – 16.00 | Lawrence 3

Future Ideas Lab: Co-Designing UKATA's Strategy

An invitation for members and others who care about the future of TA in the UK to come and shape UKATA's future direction. Together we'll explore what's changing, what matters most, and how UKATA can best serve the TA community as it evolves.

16.00

Conference Close and Depart

**EMCC senior coach
accredited**

**TA Executive coaching
bootcamp
TA team coaching
program
TA supervision
academy**

For inquiries and registration:

Registration: www.intactacademy.com/planning

Enquiries: sjp@intactacademy.com

Book a call: calendly.com/sjp-intactacademy

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Professional Training and Supervision



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& Homonomy*

Visit our website to learn more about our Transactional Analysis advanced training, our CPD and Mutual Respect Seminars, and for information about our MSc via RPL with Middlesex University.





Jonathan Lake *(He/Him)*

11.15 – 12.15, Friday, 24 April | Lawrence Suite

Emerging from Emergency

Jonathan has worked with a trauma specialism since 2000, including supervising at Freedom From Torture, London Friend, James' Place (supporting actively suicidal men), and other charities.

He has also worked onsite for Meta and Facebook, supporting staff exposed to indecent and traumatic images for nearly ten years.

He is a critical incident responder with twenty-five years of experience, working on national and international terrorist attacks. More recently, this has included supporting individuals and families affected by the Israel and Palestine conflict, as well as providing group work and assessments in Los Angeles following the fires.

He also ran the critical incident response units for two Employee Assistance Programs.

Since 2005, his consultancy work has included advising the Home Office and Cabinet Office on mental health strategies and Employee Assistance Program provisions.

More recently, his consultancy work has included trauma assessment and support for productions such as Grenfell at the National Theatre, as well as student support at the London Academy of Music and Dramatic Arts (LAMDA).



Victoria Baskerville (*She/her*) and **Dwight Turner** (*He/Him*)
9.30 – 10.30, Saturday, 25 April | Lawrence Suite

Decolonising Knowledge, Practice and Connecting Minds: An Intersectional Pathway

Victoria Baskerville (She/Her) is an Intersectional Transactional Analyst Psychotherapist based in multi diverse East London. She founded TA East London Institute in 2018, accounting for social, cultural and political contexts across theory and practice. In July 2022 Victoria's TAJ article was published; "A Transcultural and Intersectional Ego State Model of the Self. And then in 2023 she developed a model to Deconstruct and Reconstruct the curriculum through an Intersectional lens. Victoria has recently published a book Contemporary Transactional Analysis through an intersectional lens: Deconstruction and Reconstruction of theory and Practice (2026). She is a passionate activist for decolonising TA and psychotherapy.

Dr Dwight Turner is Course Leader on the Humanistic Psychotherapy Course at the University of Brighton, and a psychotherapist and supervisor in private practice. Dr Turner is the author of A phenomenology of racism in Counselling and Psychotherapy (2026), Decolonising Counselling and Psychotherapy: Depoliticised pathways towards intersectional practice (2025), The Psychology of Supremacy (2023), and Intersections of Privilege and Otherness in Counselling and Psychotherapy (2021). All are published by Routledge.

An Intersectional Psychotherapist, Dr Turner is an experienced conference speaker. He can be contacted via his website www.dwightturnercounselling.co.uk or on social media on LinkedIn, Threads, or on BlueSky at [@dturner300](https://bsky.app/profile/dturner300).



Andy Williams

Andy Williams TSTA(P) is a Psychotherapist, Clinical Supervisor, Trainer and Researcher based in Leeds, West Yorkshire. He holds senior accreditation with BACP and NCPS. He is part of the Eco-Collective and enjoys working in partnership with the Earth. His research interests include the efficacy and relationship in clinical supervision. He is one of the co-editors of the Transactional Analysis Journal. Andy is also passionate about nature and sacred stones in the landscape.



Helen Blackburn

Helen is a PTSTA (P) psychotherapist, supervisor, and trainer based in rural Wales, in private practice since 2015, working indoors, outdoors, and online. She works from a relational perspective and believes that including her relationship with the natural world can make a vital contribution to her personal and professional life. With this in mind, she has trained in Ecological TA and developed her practice in partnership with the woodland garden where she lives.

She loves music, dancing, and stories; gardening; the changing dimensions of her family; train travelling; and the joy of new connections and ideas.



Sarah Devine

Sarah Devine (She/Her) lives and works in a small town in the Midlands. She is a psychotherapist, trainer and supervisor (PTSTA(P)) and offers individual psychotherapy and supervision, along with group supervision and ecological training. She is a member of the Eco-Collective and is passionate about outdoor and ecological practice. She is a practising Pagan and is particularly interested in spirituality and working with the Wheel of the Year in her personal and professional practice. She spends as much time as possible outside, either with her dog Moss, or with muddy knees in the garden.



Mary Dees

Mary is an ecological psychotherapist, supervisor and trainer working on the border of Greater Manchester/Peak District. She runs outdoor psychotherapy and supervision groups in the Peak District. She also offers online supervision. She works systemically, including deep adaptation to the climate emergency and biodiversity crises.

Mary is also a Master's Degree Environmental Scientist and runs experiential learning programmes, including Climate Change Programmes for NHS leaders. She is part of the Transition movement and runs Climate Cafes and Grief rituals for her local community.



Rebecca Elston

Rebecca Elston (She/Her) is a PTSTA (P) and offers training, supervision and psychotherapy from her ecological home in Nottinghamshire and offers ecological therapy marathons from a base in Suffolk.



THE WYVERN INSTITUTE

Official Sponsor of the UKATA National Conference 2026

The Wyvern Institute delivers quality training in psychotherapy, therapeutic counselling, and clinical supervision. Led by Neil Keenan, PTSTA, and an expert team, we have built a vibrant and diverse learning community offering a wide range of engaging courses and seminars to support professional growth. Located in the heart of South West England at Goldney House, Chipping Sodbury, just outside Bristol, our bright and airy training facilities provide an inspiring environment for learning, with a much loved rooftop space where students connect and share experiences over coffee during breaks.



TA101 WORKSHOPS

The TA101 Workshops at The Wyvern Institute provide a practical introduction to Transactional Analysis, covering core concepts and skills for use in counselling, psychotherapy, and related helping professions.



FOUNDATION & ADVANCE COURSES

Our Foundation course is a one year, part time introduction to Transactional Analysis (TA). It combines theory, experiential learning, and skills practice.

The Advanced course is three years of part time study, deepening TA knowledge and professional practice.



PROFESSIONAL DEVELOPMENT

The Wyvern Institute Professional Development Group supports professional practitioners to enhance skills, reflect on practice, and stay connected with peers.



www.thewyvern.org.uk



admin@thewyvern.org.uk

Friday 24 April 2026

- **08.30 – 12.00 | Lawrence Suite Foyer**
Registration desk is open to welcome you for arrival, refreshments, and networking
- **07.30 – 08.15 | Leisure Club Yoga Studio**
Pre-Conference activity
Morning Modern Somatic Yoga with *Rob Titheradge (He/Him)*
- **09.00 – 10.45 | Barber Suite**
UK-TASTN Network Group
Transactional Analysis Supervisors and Trainers Network (TASTN) Meeting
- **09.30 – 10.30 | Holroyd**
Truth Mandala - Honouring the Pain of the World
Mary Dees
- **09.30 – 10.30 | Main Lounge**
Connections Pre-Conference Gathering
- **11.00 – 11.15 | Lawrence Suite**
Welcome and Conference Opening
Sally Trevaskis (She/Her)
- **11.15 – 12.15 | Lawrence Suite**
Friday Keynote
Jonathan Lake (He/Him)
Emerging from Emergency
- **12.15 – 13.30**
Lunch and Networking
- **13.30 – 16.30**
Workshop Session 1
(choice of 9 workshops – see below)
- **17.30 – 19.00 | Barber Suite**
UKATA AGM
- **19.30 – 21.00 | Lawrence Suite**
Buffet Dinner and Social Time

13.30 – 16.30

1. The Dark and the Light

Adrienne Lee (*She/Her*): TSTA / TTA / STA
Psychotherapy / Clinical

Location: Lawrence 3 Room

In this workshop I will present a therapeutic process called “Going Through the Shadow” that I devised more than 20 years ago. It is a profound therapeutic technique to fully account the deepest of all human fears and losses and provide an opportunity to transform them into healthy, expansive experiences. The basic assumptions in this work are that the shadow parts of the self, frequently experienced as an abyss, are also a doorway to the soul or spiritual dimension of self, and that there is light beyond the darkness.

I will demonstrate the therapeutic method and relate it to TA theory, particularly Muriel James’s work on The Core of the Human Spirit. We will also reflect on the role of the therapist and the nature of the therapeutic relationship.

I will be presenting this workshop through a Spiritual TA lens that is inclusive and respectful of all humanity.

Workshop outcomes:

To develop confidence in working with the darkest fears in our clients and a reflection on how transformation can be facilitated.

Presenter:

Adrienne Lee TSTA (P) is a Teaching and Supervising Transactional Analyst, a UKCP Registered Psychotherapist, and a Master Practitioner in NLP. She has been practising as psychotherapist and supervisor for over 40 years and has been centrally involved in the development of TA in the UK from its earliest beginnings, she is the Founder and Director of The Berne Institute.

She is a Past President of EATA and has been awarded the EATA Gold Medal and the ITAA Muriel James Living Principles of TA award. She is dedicated to enabling people to become the best that they can be, she loves creative learning and teaching and embraces all the schools and approaches in TA.

Level of prior experience required: Developing Level - Middle Years of Training

Focus: Psychotherapy and Clinical

Style: Didactic Teaching; Discussion and Small Group and Pairs work; Clinical Demonstration; Experiential Work

2. How The Crown Slips: From Prince to Frog via Life Script

Lisa Mathurin (*She/Her*): PTSTA; Nathan Bryce (*He/Him*):

Psychotherapy / Clinical

Location: Linby Room

We are all born with a natural capacity for spontaneity, intimacy, and awareness, Berne's 'princes and princesses'. As we grow, early experiences, parental messages, and the subtle pressures of life begin to rewrite our story. Sometimes the crown slips, nudged off by these influences. Other times, we decide it's safer to remove it ourselves, exchanging it for the 'frog suit' of limiting beliefs and self-protection.

This workshop explores how these pivotal moments occur and how they shape our adult patterns. Through discussion, reflection, and experiential exercises, we'll examine script formation and the choices that keep us hopping in circles.

Lisa - I have a deep personal awareness of difference and diversity. I have a dual-heritage adult Autistic daughter and have been actively involved in the disability community for over 30 years, which informs my understanding of accessibility, neurodiversity, and inclusion.

Nathan is a therapist/trainer shaped by his intersectional identity; he is a member of the LGBTQ+ community, hailing from a working-class background and lifelong connection to the South of England. Nathan is an avid academic and theorist. His work as a therapist and trainer is strongly influenced by Relational Transactional Analysis, which informs both his professional practice and personal worldview.

Workshop outcomes:

To recognise early life influences on script development (e.g., parental messages, experiences, societal/cultural expectations, and experiences of adversity/discrimination)

To understand mechanisms of script formation and explain how conscious and unconscious choices shape limiting beliefs and self-protective behaviours.

To enhance relational understanding: Appreciate the role of therapeutic relationships and group dynamics in personal growth.

To engage experientially and participate in exercises that demonstrate the dynamics of script formation and 2nd order ego state structure.

Presenters:

Lisa is a psychotherapist, supervisor, and trainer with over 15 years' experience in the counselling and psychotherapy field. Specialising in trauma, she is committed to promoting trauma-informed practice and fostering professional growth. A PTSTA with a Master's in Transactional Analysis Psychotherapy, Lisa combines strong theoretical knowledge with clinical expertise. At the heart of Lisa's approach is a belief in the transformative power of therapeutic relationships and group dynamics. Whether with clients or students, she creates spaces rooted in respect, trust, and confidentiality, the essential foundations for growth, healing, and lasting change.

Nathan is a Relational TA therapist and trainer working in private practice. He is a CTA(P) Contractual Trainee, working towards an MSc in TA Psychotherapy. His predominant clinical interests include developmental trauma, attachment, and personality. A lover of all things theory-related, he enjoys working with others to bridge the gap between theory and practice. Nathan facilitates introductory and qualifying courses, as well as CPD, at various training establishments in Hampshire and online.

Level of prior experience required: Developing Level - Middle Years of Training

Focus: Education and Training; Counselling and Coaching; Psychotherapy and Clinical; Organisational

Style: Didactic Teaching; Discussion and Small Group and Pairs work; Experiential Work

3. What's The Harm In That Facing the stigma of self-harm

Abi Giles (*She/Her*): TA Diploma (UKATA or RTE)
Psychotherapy / Clinical

Location: Hazelwood Room

This experiential workshop explores and confronts the stigma surrounding self-harm, inviting participants to safely reflect on their own biases and the fear often felt when working with harm and risk. This workshop offers practical approaches for anyone working with this presentation, alongside accessible insights into the neuroscience of what happens when someone harms. We will explore treatment pathways, therapeutic language, and safer ways of holding risk in clinical work. Although we are dealing with themes like fear, risk and shame, the workshop will be held in a safe, supportive, and even playful way, bringing light to a heavy topic.

I am presenting my workshop through the lens of facing adversity. I come from a marginalized background, my identity is massively shaped around my experience of being a single, teenage mother, living most of my life on the breadline and making it through my training with very little to no support financially. My work around self-harm is centered around the fact that this presentation is statistically more likely to present in communities that are marginalized and for people that face adversity. I developed this project when I worked as a youth worker and could clearly see the deficit in support for the marginalized people that used self-harm as their only tool to endure the realities they were facing.

Workshop outcomes:

I would like attendees to gain more awareness, knowledge, education and understanding of self-harm while confronting the stigma that surrounds it. I would like attendees to feel more confident in working with this presentation and feel more empowered to implement treatment plans.

Presenter:

Abi Giles is a UKCP registered psychotherapist (or will be by the time of the workshop! all paperwork has been sent!) and trained at Transactional Analysis Cymru. She is passionate about inclusion and working with the hardest to reach people in society. Her background is in working with disadvantaged children and young people, education and behaviour management. She is also a face painter and special effects makeup artist and uses this creativity throughout her work as a psychotherapist in her private practice in coastal West Wales.

Abi is a Mum to 3 children (2 not children anymore!) and kinship carer to her niece. Abi probably uses the f word too much and uses humour to connect, but above all aspires to spark inspiration through sharing her lived experiences.

Level of prior experience required: This workshop is aimed at any level

Focus: Education and Training; Counselling and Coaching; Psychotherapy and Clinical; Organisational

Style: Discussion and Small Group and Pairs work; Experiential Work

4. Striving, Surviving, or Thriving?

The Dance of Individuality and Inclusivity, Authenticity and Acceptance

Neil Keenan (*He/Him*): PTSTA

Psychotherapy / Clinical

Location: Holroyd Room

You're invited to join this exploratory workshop that considers the tensions arising between the desire for autonomy and self-acceptance, and the longing to belong within a community of like-minded practitioners. In this supportive environment, we'll explore how to reconcile 'being your authentic self' with the external expectations of professional values, theories, and philosophies. Together, we'll engage in thought-provoking discussions and activities that encourage self-reflection and shared experiences. We'll celebrate our unique identities while fostering a sense of connection and community. Come and discover how we can thrive together, embracing both individuality and belonging!

The central thesis of this workshop is acknowledging and accepting difference, in ourselves and in others. I am a white, straight, cis-gendered male, and I recognise the privileges this societal niche brings. While inhabiting this position in the broader community, there are aspects of myself, such as my neurodivergent thinking style, that have created and continue to create significant challenges for me when seeking to belong to and integrate with a group. We all face such challenges, though not always due to an individual's neurology, but through the way others perceive us based on factors such as ethnicity, social status, wealth, educational history, etc. My hope for this workshop is to foster a spirit of welcoming acceptance and celebration of others, and, in particular, those who are new to the TA community, and to avoid prescribing a 'correct' way of being autonomous on our peers.

Workshop outcomes:

I would like the attendees to develop their awareness of bias in our thinking, both individually and as a community, in how we perceive one another. I would like the attendees to deepen their understanding of how acceptance of difference and, in some cases, error and hurt, is both challenging and essential in building a community.

To conclude, I would like the attendees to consider possible archaic ego states that might be influencing our relationship with the TA community and the professional development journey of each individual.

I will build the workshop around three key points:

- 1) Unconscious bias, including those that have not received such attention as others (e.g. social status, level of education, wealth, regional accents, standing within the TA community),
- 2) The importance of acceptance that we all make mistakes, which will be contrasted with 'forgiveness of error', the use of which concept runs the risk of reinforcing an 'I'm-Okay--You're-Not-Okay' position, and,
- 3) The value of our quite unique training framework and professional community, particularly when we engage with them motivated by curiosity, wonder, passion and joy, rather than seeking to appease internal voices from the past by 'living up' to current standards provided by our profession.

Presenter:

Neil is a psychotherapist specialising in working with neurodivergent clients and has written for the TAJ on this subject. In addition to his clinical work as a psychotherapist, he is the Training Director and teaches at The Wyvern Institute RTE in Bristol. Neil identifies prominent attributes of dyspraxia in his thinking, and he spent many years working in Eastern Europe and Central Asia before training as a transactional analyst. His experiences inform his thinking on societal and neurological diversity, and focus his attention on what we can learn from other cultures.

Level of prior experience required: This workshop is for everyone interested in the subject

Focus: Counselling and Coaching; Psychotherapy and Clinical; Organisational

Style: Discussion and Small Group and Pairs work; Experiential Work

5. Friends with Benefits

Exploring the resources, challenges and potential close friendships bring to our professional life. How do these deep and intimate connections advance our knowledge, enhance practice and connect our minds? What role they can hold in the ongoing development of our identities and communities?

Bev Gibbons (*She/Her*): TSTA (P); Ronen Stilman TSTA(P) MSc (TA psychotherapy); Beren Aldridge (*He/Him*): MSc, TSTA (P); Helen Rowland (*She/Her*): CTA (P) TSTA (P)

Psychotherapy / Clinical

Location: Alfreton Room

As four close friends who are also experienced TA trainers, supervisors, and psychotherapists, we are curious about the boundaries between professional relationships and close personal friendships.

In our conversations around tables, on sofas and over WhatsApp we have risked intimacy, experienced its great rewards and also noticed the somatic, visceral pull to split and project that can emerge.

In this workshop we'd like to explore the risks and rewards of intimacy and how Transactional Analysis theories connect with this

With particular interest in group, role and body/somatic theories, we honour the dynamic and expansive nature of our evolving TA theories.

We invite you to join us in this exploration of the experience of full-blooded, loving friendship, that can hold all this brings; and the powerful transformative processes this can bring to our professional and personal relationships and expanding TA theories.

This workshop aims to dig into the intersectional challenges we meet in the experience of navigating friendship. This inevitably requires participants to reflect deeply on their own sense of identity, values, personal philosophy and biases.

Workshop outcomes:

Account for love and the sensual edge in our professional relationships.

Navigate conflict & difference, and the visceral pull to split & project that can emerge.

Examine security and vitality.

Explore envy and power; helping us to own our projections.

Consider the challenges of opening our heart and soul to intimacy.

Presenter:

Bev Gibbons: I am a TSTA (Teaching and Supervising Transactional Analyst) in the field of psychotherapy. I have an MA In TA psychotherapy and BA Hons in integrative counselling.

I live in North Yorkshire, in the UK, and work as a trainer, supervisor and psychotherapist in private practice with individuals, groups and organisations.

WORKSHOP SESSION 1

Mutuality, curiosity and anti-oppressive practice are central in my way of working. My professional passions include working to make meaning with other/s intersubjectively in the 'space between' and working in ways that draw from all fields of application in TA.

Ronen Stilman: TSTA(P) MSc (TA psychotherapy) is an ITAA, UKCP and COSCA registered 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 embody, relate and identify in the context of culture, politics and society, integrating his background in technology and organisational change.

Beren Aldridge: MSc, Teaching and Supervising Transactional Analyst (psychotherapy), is a psychotherapist, supervisor, and trainer in private practice in Kendal, United Kingdom. He is currently cochair of the Training, Standards, and Accreditation Committee for the United Kingdom Association for Transactional Analysis (UKATA) and an editorial board member of the Transactional Analysis Journal.

Helen Rowland: CTA (P) TSTA (P) is a psychotherapist, supervisor, and trainer in private practice in Scotland and online. She is a core tutor for Physis Scotland and a co-editor of the Transactional Analysis Journal.

Level of prior experience required: This workshop is for everyone interested in the subject

Focus: Counselling and Coaching; Psychotherapy and Clinical; Organisational

Style: Discussion and Small Group and Pairs work; Experiential Work

6. Mirror, Mirror on the Wall

Finding our Self, Soul and Shadow, in the other

Barbara Clarkson (*She/Her*): TSTA / TTA / STA

Psychotherapy / Clinical

Location: Ambergate Room

Bringing a transpersonal perspective to Bollas's idea of looking for the client within ourselves, we will explore the metaphor of the mirror in therapeutic work: how we offer reparative mirroring to clients and supervisees, and in particular how we can learn to look in the mirror of the other to find and integrate "shadow" parts of ourselves.

We will draw on imagery and symbol from stories and myths and lean into writings about spirituality in the psychotherapeutic context, broadening our understanding and opening our thinking to new possibilities for growth and becoming: Advancing Knowledge, Enhancing Practice, Connecting Minds and Souls.

This workshop offers an exploration of how our work as psychotherapists and/or supervisors shows us aspects of ourselves that challenge our sense of OK ness and require us to expand our understanding of our intersectional identity.

Workshop outcomes:

Participants will gain an experiential insight into the personal unconscious material that may surface in their work. They will explore tools and resources for working with these unconscious themes, and gain insight into ways of integrating a spiritual perspective into their practice. As a result of the workshop, participants will have increased their capacity to work at depth and with the transpersonal dimensions of human experience.

Presenter:

Barbara is a TSTA with specific interests in spirituality in psychotherapy, and in working with story, metaphor and archetype to deepen the therapeutic experience. She has written about spirituality in TA psychotherapy in the TAJ and elsewhere and is currently exploring the value of a transpersonal approach to both clinical and supervision work.

Level of prior experience required: Advanced Level - Towards CTA and beyond

Focus: Psychotherapy and Clinical

Style: Discussion and Small Group and Pairs work; Experiential Work

7. Transference with a transgenerational twist

Enid Welford (*She/Her*): TSTA

Psychotherapy / Clinical

Location: Barber Room

We normally consider transference as stemming from unfinished business in our experience or that of our clients. It is seen as something that interrupts the smooth running of communication, and we tend to assume that what we transfer into our present relationships is familiar and its source can be identified.

However, our family systems also have a great deal of unfinished business, and those who come onto the stage of our lives through transference may never have been known to us, even though they cast a long shadow. In the workshop we will experiment with different ways of seeing time, play with theories about transference, and consider ways to release ourselves and our clients from intrusion from the past.

A focus of this workshop will be how our culture and history shapes our lives, and the impact of different cultures. I will be encouraging participants to look at their own history and how this shapes transference between them and their clients.

Workshop outcomes:

To expand their understanding of transference.

To have ways to identify and resolve transference which relates to historical issues.

To own their own issues that could impact relationships in their work environment.

Presenter:

Enid Welford is a TSTA who specialises in accounting the family system in her training, supervision and therapy practice. She has a very diverse family and is passionate about accounting her clients' unique history and how this shapes us and impacts our decisions.

Level of prior experience required: Early Level - TA101, Foundation, Year 1

Focus: Counselling and Coaching; Psychotherapy and Clinical; Organisational

Style: Discussion and Small Group and Pairs work; Experiential Work

8. Demystifying Outcome Measure Use in TA Counselling and Psychotherapy How to enhance your knowledge, clinical practice and therapeutic relationships.

Carol Remfrey Foote (*She/Her*)

Psychotherapy / Clinical

Location: Highclose Room

Transactional Analysis (TA) research has focused on the theory and practice of using Outcome Measures (OMs) with individuals experiencing mood disorders to strengthen the evidence base for TA's effectiveness. Clinically, OMs are employed to monitor whether clients show improvement, stagnation, or deterioration during therapy. This workshop presents recent research involving the interpretations of 12 TA practitioners regarding OM data and its influence on their clinical decision-making in private practice.

Participants will receive practical guidance on how to incorporate OM data into their clinical decision-making with clients, thereby enhancing the working alliance, managing the risk of self-harm, supporting diagnosis, effective contracting, strengthening the treatment plan, determining when to conclude therapy, reducing drop-out rates, communicating with colleagues, and focusing clinical supervision.

Workshop outcomes:

Overall Aim

That attendees gain an understanding of how to effectively integrate OMs into their clinical practice.

Objectives

Attendees can learn how to utilise the client's OM responses to develop a TA contract, diagnosis, and treatment plan, as well as monitor the client's response to therapy.

Attendees can explore how OMs help facilitate the working alliance and therapeutic relationship.

Attendees can learn how to identify and select the relevant OM based on the client's characteristics, presenting issues, and goals.

Attendees will grasp the ethical issues related to the use of OMs with clients.

Attendees can begin to explore how OMs can support the identification and management of clients' thinking or planning self-harm.

Attendees can learn how OMs can support clinical supervision.

Attendees can understand how OMs support clinical decision-making and help reduce biases.

Presenter:

I am a CTA(P) living in Scotland with my online private practice in a chalet surrounded by trees, birds, hares and wild creatures. For 30 years, I worked as a nurse, health visitor, and latterly as professional nursing lead for Dundee's Community Nursing Service, leading a team of 280 nurses with 24-hour responsibility, developing training, and clinical supervision. I made the decision not to pursue the PTSTA route, but to indulge my passion for research, and I am now in the closing stages of a PhD, writing up my thesis. I have published three articles in the IJTARP related to my research.

1. Remfrey Foote, C. (2024). How Do Transactional Analysis Counsellors and Psychotherapists Use Outcome Measures in TA Diagnosis, Contracting and Treatment Planning: An Interpretative Phenomenological Analysis of a Single Case Study - 'Joe'. *International Journal of Transactional Analysis Research & Practice*, 15(2). <https://doi.org/10.29044/v15i2p3>

WORKSHOP SESSION 1

2. Remfrey Foote, C. (2024). Outcome Measures in Transactional Analysis Clinical Practice: Presentation of Research Methodology. *International Journal of Transactional Analysis Research & Practice*, 15(1). <https://doi.org/10.29044/v15i1p39>
3. Remfrey Foote, C. (2023). How Outcome Measures Could Support Transactional Analysts in Clinical Practice to Improve Treatment Trajectories, Manage Risk, Minimise Client Drop-Out Rates and Support Clinical Supervision. *International Journal of Transactional Analysis Research & Practice*, 14(2), 3-16. <https://doi.org/10.29044/v14i2p3>

Level of prior experience required: All levels of experience from trainees to TSTA

Focus: Counselling and Coaching; Psychotherapy and Clinical

Style: Discussion and Small Group and Pairs work; Clinical Demonstration; Experiential Work

9. A Deep Dive into Stage 5 Deconstructing and Re-Constructing Script

Will Daniel-Braham (*He/They*): PTSTA;CTA
Psychotherapy / Clinical

Location: Scargill Room

Considering Richard Erskine's 5th Stage of Treatment - Taking Responsibility, this workshop aims to explore the intricate relationship between responsibility, identity, and script through the lens of Transactional Analysis (TA).

Participants will engage in an interactive and reflective experience, examining how early life decisions and unconscious scripts shape their sense of identity and responsibility. By leveraging key TA concepts, the workshop will provide practical tools for understanding and rewriting personal scripts to foster healthier relationships and a more authentic sense of self.

My intersectional lens are being a neurodivergent, queer man of colour from a working-class background.

Workshop outcomes:

1. To deepen understanding of how scripts influence identity and sense of responsibility.
2. To explore the role of early life decisions in forming personal scripts.
3. To provide participants with practical tools for script analysis and redecision work.
4. To foster a collaborative environment for sharing insights and experiences related to script work.

Presenter:

Will is a Provisional Teaching and Supervising Transactional Analyst. With over 25 years of experience in the field, Will has facilitated numerous workshops and training sessions at various TA training Institutes and worked globally in the field of transformation and leadership. He has been featured on Channel 4 as a Transformational Coach and Channel 5 as a 'Happiness Guru'.

He specialises in script analysis, redecision work, and identity development. For the past 10 years his focus has been specialising on trauma informed practise. His engaging teaching style and deep expertise in TA make him a sought-after speaker and trainer.

Level of prior experience required: Advanced Level - Towards CTA and beyond

Focus: Counselling and Coaching; Psychotherapy and Clinical

Style: Experiential Work



the ECO TA
Collective

Holding Space for Ecological Practice within TA



UKATA Conference 2026

Whether you are already engaged in this approach, or curious to find out more, please come and visit our stand and we will be very happy to discuss and share information.

The Eco TA Collective was created in 2025 to promote an ecological approach to Transactional Analysis, and to provide a forum for interested practitioners to connect and network.



Saturday 25 April 2026

- **07.30 – 08.15 | Leisure Club Yoga Studio**
Morning Modern Somatic Yoga with *Rob Titheradge* (He/Him)
- **08.30 – 12.00 | Lawrence Suite Foyer**
Registration desk is open to welcome you for arrival and refreshments
- **09.15 – 09.30 | Lawrence Suite**
Welcome to Day 2 and Conference Noticeboard
- **09.30 – 10.30 | Lawrence Suite**
Saturday Keynote
***Victoria Baskerville* (She/Her) and *Dwight Turner* (He/Him)**
Decolonising knowledge, Practice and Connecting Minds: An Intersectional Pathway
- **10.30 – 11.00**
Refreshment Break
- **11.00 – 13.00**
Workshop Session 2 (choice of 8 workshops – see below)
- **13.00 – 14.00**
Lunch and Networking
- **14.00 – 17.00**
Workshop Session 3 (choice of 7 workshops – see below)
- **18.15 – 19.00 | Lawrence Suite**
Drinks Reception and UKATA Medals Presentation and Celebration of Success
- **19.30 – 21.00 | Lawrence Suite**
Gala Dinner
- **21.00 – Late | Lawrence Suite**
Entertainment

11.00 – 13.00

1. Working with Men - The absence of intimacy and the role of internet pornography

Examining the development of neurodivergent script beliefs in a neurotypical world

John Paradise (*He/Him*): PTSTA
Psychotherapy / Clinical

Location: Alfreton Room

Men who present in therapy very often have an absence of intimacy in their lives and yet at the same time there is a hidden longing for love and intimacy. This workshop will explore and examine how internet pornography plays a key role in furthering this absence of intimacy and love. Internet pornography use can carry such shame that it may often remain absent from the clinical setting, furthering the absence of intimacy.

I identify as cisgendered white male with Maltese heritage.

Workshop outcomes:

Understand how men presenting in therapy often long for intimacy

Explain the role of internet pornography in creating a pseudo relationship

Explain the impact of internet pornography upon intimacy and its link to ED

Describe the three archetypal script messages that men must live by to be a 'successful man' and the link to internet pornography

Presenter:

John Paradise - I live and work in the SW (Devon). I have a small clinical practice in Exeter and have a professional and personal interest in men's mental wellbeing.

Level of prior experience required: None

Focus: Counselling and Coaching; Psychotherapy and Clinical; Organisational

Style: Didactic Teaching; Discussion and Small Group and Pairs work; Experiential Work

2. Tensegrity

The interplay between integrity and flexibility in the art and science of connecting minds

Jane Tillier (*She/Her*): PTSTA; Silvia Baba Neal
Psychotherapy / Clinical

Location: Holroyd Room

Tensegrity is the architecture of living organisms, an interplay of rigid elements (bones, fibre) and malleable tissue (fascia, muscles). Optimal living is negotiating contradictory demands: to maintain structural coherence whilst also adapting to a changing environment. Think of bamboo stalks in a storm. We will explore how insights from complexity theory (chaos) can inform our understanding of the mind-body connection (embodied cognition) and how it shapes interpersonal communication.

The art of being a creative and ethical transactional analyst (in whichever human field) is forged through a deeper understanding of the profound dynamic relationship of fixed points and flow.

Silvia: I am a 45-year-old woman, married with two children. I am Romanian and I have lived in the UK since 2004. I used to be a journalist

Workshop outcomes:

Participants will be able to define concepts such as integrity, flexibility, tensegrity, complex systems and dynamic boundaries. Participants will be able to skilfully monitor their bodies through interoception and proprioception in the form of handling interpersonal boundaries. Participants will have an expanded notion of boundaries, which includes open boundaries (think of the wave-beach type of boundary).

Presenter:

Jane Tillier: Mixed experiences of apparent privilege (e.g. higher education degrees) alongside many challenges (including a dyslexia diagnosis at 60) have sometimes left me feeling confused about my identity. My experiences of comfort and discomfort in different contexts mean that I am sensitive to the comfort and discomfort of others. I grew up on a council estate with parents who left school at 16, yet I went on to study at Cambridge and Oxford to PhD level and beyond. Working as a priest in the church of England in diverse contexts for over 30 years gives me a broad-based life experience upon which I draw.

Silvia Baba Neal: It's hard to write about my identity without overplaying areas of vulnerability. I feel like I want to be seen for my intellectual ability, rather than fragments of identity such as gender, class, and sexuality. I grew up in a council flat, yet I live in a Regency house. My parents divorced, yet I have a stable marriage of 20 years. I was brought up with a working-class aesthetic, yet my life is distinctly shaped by middle-class values. I am an immigrant, yet I feel fully integrated in British society.

Level of prior experience required: Any level

Focus: Education and Training; Counselling and Coaching; Psychotherapy and Clinical; Organisational

Style: Didactic Teaching; Discussion and Small Group and Pairs work; Clinical Demonstration; Experiential Work

3. The Hunger-O-Meter

Binge Eating: Hungry for Change

Ruxandra Blidaru (*She/Her*): TA Trainee registered with an RTE
Counselling and Coaching; Psychotherapy / Clinical

Location: Scargill Room

This interactive workshop introduces the Hunger-O-Meter, a new TA-based model for understanding binge-eating and the psychological dynamics underpinning it. The Hunger-O-Meter explores how unmet psychological hungers and the drive for recognition and strokes can shape binge-eating behaviours and our relationship with food. Through theory, group discussion, and experiential exercises, participants will learn to apply the model in clinical practice, enhancing their capacity to support clients in building healthier, more compassionate relationships with food and self.

The Hunger-O-Meter model has an "Intersectionality impact" section through which practitioners are encouraged to reflect on diversity and how this impacts approach. Happy to discuss and share as an attachment. I self-disclose and reflect on a lot of my own personal experience through the model.

Workshop outcomes:

Through theory, case material, group discussion, and experiential exercises, participants will learn to map ego states, identify stroke patterns, and apply the model in clinical practice, enhancing their capacity to support clients in building healthier, more compassionate relationships with food and self.

Presenter:

Ruxandra is in her final year of TA psychotherapy training at Physis Scotland. Her main areas of interest within psychotherapy and TA are neurodiversity, disordered eating, and trauma. She lives in Edinburgh and insists that she moved to Scotland for the weather.

Level of prior experience required: All levels welcome

Focus: Counselling and Coaching; Psychotherapy and Clinical

Style: Didactic Teaching; Discussion and Small Group and Pairs work

4. Working with Groups: Considering Love, Intimacy, the Radical and Intersectional

Mike Meleady (*He/Him*): PTSTA (P); Barbara Wattiez: PTSTA (P)

Psychotherapy / Clinical

Location: Barber Room

This experiential workshop invites trainee and qualified psychotherapists to explore group work through a relational TA lens. Together we'll examine how love, intimacy, power, and identity shape group dynamics and how these forces can foster connection, belonging, and transformation. Through our own thoughts, reflective discussions, and creative group tasks, participants will reflect and consider practical skills for co-creating inclusive, courageous spaces. Exploring radical and intersectional perspectives, we'll consider traditional power structures within groups and reimagine group work as a place where authenticity, care, and collective growth become catalysts for meaningful therapeutic change.

As facilitators, we both hold various parts of our identities that differ from the hetero-normative in terms of Sexuality, Class, Cultural Heritage, and English as a first language. With Intersectionality in mind, we aim to engage with content exploring the radical and intersectional perspectives that challenge normative ideas about belonging, intimacy, power, and relationality within a group therapy context.

Our hope is to support participants in considering how reflective and practical skills in holding group spaces can centre on mutual recognition, vulnerability, co-creation, and systemic awareness.

Workshop outcomes:

The outcomes our workshop will be working towards are: Identifying how love and intimacy manifest, are sometimes resisted, and often can be co-created at a systemic level in therapeutic group spaces. To analyse how power, culture, identity, and intersectionality shape relational dynamics and intimacy. To consider and reflect on facilitation strategies that support awareness of social inequalities in order for real authentic connection and co-created transformation for those who engage in Group Therapy.

Presenter:

Barbara Wattiez: PTSTA (P) - Barbara is a relational TA psychotherapist based on the South coast. Alongside her private practice, she supervises, teaches, and runs a therapy group.

She believes that groups provide a unique healing space allowing members to practice authenticity and experience intimacy.

In a world that often leans towards individualism and polarisation, she feels experiences of difference and connection are essential for the soul.

Mike Meleady PTSTA(P) - Mike is a relational TA psychotherapist based in Central London, is currently in Private Practice, supervisee's, and is an experienced Group Facilitator with a particular interest in supporting those in group who have experienced impaired mental wellbeing due to their marginalisation.

Level of prior experience required: None

Focus: Psychotherapy and Clinical

Style: Didactic Teaching; Discussion and Small Group and Pairs work; Clinical Demonstration; Experiential Work

5. Holding Connection

Holding connection when the connection feels threatened

Annette Terry (*She/Her*): PTSTA

Psychotherapy / Clinical

Location: Ambergate Room

In this experiential workshop we'll share stories of times when we've experienced broken connections, and how we re-connected. Sometimes we describe this as 'working through a rupture', but what if we change the emphasis to 'feeling our way through'? I believe both pathways are necessary but sometimes we turn to theory to understand, rather than trusting our attunement. I will invite us to lean into the felt experience in order to develop our felt sense of distance and intimacy.

We will focus on the client's language by tuning into ulterior transactions and counter-transferential responses. Please bring your experiences to share.

I identify as neurodivergent and am continually investigating creative ways to embrace all learning styles in my teaching. I will endeavour to be inclusive and interactive and integrate this in the topic I am teaching.

Workshop outcomes:

Workshop Goals:

- Learn to recognise the individual 'languages' of clients
- Explore ways in which clients express themselves non-verbally using Ulterior Transactions
- Relate client's expressions of feelings to their Script e.g. early attachment

Learning Outcomes:

- Deepen understanding of the range of client communication styles
- Develop trust in therapist's own internal calibration and interpretation
- Attune to transference and counter-transference when analysing transactions

Presenter:

Annette Terry MSc (TA Psych) PTSTA(P) DipHyp runs a private practice in Leicestershire, UK. She works creatively with therapy clients and supervisees and is interested in the spontaneity of mutual growth and learning. She enjoys working in the liminal space, where the unknown can become transformational.

Level of prior experience required: Developing Level - Middle Years of Training

Focus: Psychotherapy and Clinical

Style: Discussion and Small Group and Pairs work; Experiential Work

6. The Invisible Wound: Neurodiversity and the Hurt We Carry

Exploring the Unspoken Impact of Neurodivergent Relationships in Families, Friendships, and Work

Nea Clark (*She/Her*): PTSTA
Psychotherapy / Clinical

Location: Lawrence Room

What if the hurt in your relationships wasn't personal, but neurological? In this experiential and reflective workshop, we'll explore how neurodiversity both diagnosed and undiagnosed can unknowingly create pain and disconnection in families, friendships, romantic and workplace relationships. By identifying neurodivergent traits in ourselves and others, we can reframe past wounds, bring compassion to misunderstanding, and begin to heal. Grounded in Transactional Analysis, we'll explore inherited scripts, generational patterns, and the impact of neurodivergent processes on relational dynamics. Come to be moved, to reflect, and to reclaim a sense of freedom, connection, and balance for yourself and for your clients.

I present as a TA psychotherapist, supervisor and trainer working cross-culturally. My perspective is shaped by long-term clinical work with neurodivergent clients and systems, collaboration with ND colleagues, and ongoing study of neurobiology. I recognise the privileges I hold (professional status, language fluency, access to training) and how these can shape power in the room. I aim to centre ND-affirming language, invite co-creation, and remain transparent that my lens is partial and situated.

Workshop outcomes:

Participants will leave this workshop with a deeper sense of emotional balance and relief, having explored how long-held relational pain may have neurological not personal roots. Through an intrapsychic journey, they will gain new insight into themselves and their patterns, with opportunities for self-compassion, healing, and reconnection.

Cognitively, they will learn a structured process for identifying neurodivergent dynamics in relationships, and how to support clients in doing the same. The workshop offers practical frameworks grounded in Transactional Analysis, enhancing therapeutic skill while supporting personal integration. This is a space for liberation, clarity, and learning how to meet pain with understanding.

Presenter:

Nea Clark (PTSTA-P) is a psychotherapist, supervisor, NLP practitioner and ADHD coach based in Leeds, UK. She specialises in neurodiversity especially ADHD and dyslexia supporting clients and supervisees to harness strengths while meeting real-world challenges. Nea provides individual and group supervision (online and in person), teaches across multiple institutes, and regularly leads webinars and seminars.

She created a 12-layer treatment plan and training programme for ADHD work. Her books, *Travel into the ADHD Mind: How to Work with ADHD Clients* (2024) and *ADHD Coaching* (2025), offer practical, neurodivergent-affirming tools for therapists and coaches. Warm, clear and client-centred, Nea champions effective, humane practice.

Level of prior experience required: Early Level - TA101, Foundation, Year 1

Focus: Education and Training; Counselling and Coaching; Psychotherapy and Clinical; Organisational

Style: Experiential Work

7. Wellness, and Rave Culture: Is It Therapy?

Gemma Hunt (*She/Her*): Diploma in Counselling; James Maltby: Diploma in Counselling; Psychotherapy / Clinical

Location: Highclose Room

This is my church. This is where I heal my hurt. For tonight, God is a DJ. Faithless offered us this message in their 1998 dance track. But what if to some, the rave did feel like a place of safety and worship? Fellow ravers, forming part of a neo-tribe. Rooted in the ethos of PLUR (Peace, Love, Unity, Respect), can the rave scene offer core therapeutic principles like acceptance, empathy, and authenticity? The rave, a nurturing parent, healing our inner child. Forging connections through a love of music and synchronized movement. Our script, abandoned.

The rave is a diverse place. I remember when I first went to an actual rave in a club (not a warehouse, unfortunately), I was amazed at all the 'difference'. Men, women, old, young, different races, fashion statements, crusties, metal heads, punks. It is one of the only places I have ever truly felt that. Looked around and seen so much diversity.

Workshop outcomes:

To learn about the potential healing benefits of rave culture. Community, movement, connection, self-acceptance, identity formation and belonging. We look at the importance of neo-tribes and ritual, PLUR (warm fuzzies), connection, the rave as a nurturing parent, somatic healing and a feeling of transcendence. Perhaps a realisation that some clients are seeking more than just a night out from the rave.

Presenter:

Gemma is a therapeutic counsellor who completed her diploma in counselling with The Link Centre in 2025 and will now continue to complete her higher diploma. She is neurodivergent (AuDHD) and for this reason, her doors are always open to the neurodivergent community. Gemma also loves working with children and young people. She is a prolific raver and festivalgoer, enjoying the joy that comes from movement, self-expression, and a sense of freedom. Gemma harks from Kent but now lives in Sutton, London, with her partner. All that's needed is a cat, and life is nearly complete.

Like Gemma, James is a qualified therapeutic counsellor and is continuing his studies at the Link Centre. Alongside his therapeutic work, he is also a professional classical musician, with music having played an integral part of his life since childhood. He often reflects on how both music and therapy can speak from the same place, with potential to access the transpersonal quickly. In recent years, James has discovered the profound power of moving to music, and the community this opens him up to. He feels a beginner in this place and is excited to explore it further.

Level of prior experience required: None

Focus: Counselling and Coaching; Psychotherapy and Clinical

Style: Didactic Teaching; Discussion and Small Group and Pairs work; Experiential Work

8. Treatment Plans:

Ethically essential or rigid and prescriptive?

Tim Small (*He/Him*): CTA
Psychotherapy / Clinical

Location: Linby Room

This workshop will explore tensions identified between treatment planning and 'client-led' spontaneity, in TA psychotherapy practice. Examples of published treatment plans will be examined and critiqued; participants will be invited to formulate and share their own approach to treatment planning; a solution will be offered for group evaluation, which has the potential to resolve the tensions above, allow for idiosyncrasy and support flexible, client-led practice within a theoretically sound and purposeful structure.

Coming from a place of privilege, as a white, highly educated male in his seventies with a background in educational leadership, I am a passionate advocate of empowerment through participatory learning. I offer this presentation 'as a listener', providing a framework for participants to create their own unique solutions to a shared question that requires answering by all practising and aspiring therapists

Workshop outcomes:

I would like attendees who are practising or preparing for client work to leave feeling empowered, encouraged, liberated, supported and more authoritative in how they identify, address and meet their clients' diverse needs.

Presenter:

Following a career in education, including school leadership, I started my psychotherapy training in 2013 and qualified as a CTA in May 2024, in Florence, Italy. I have a small private practice in Southwest England and volunteer with a national mental health charity weekly. I am still extending my experience and understanding through spiritual and ecological aspects of TA and enjoy regular group therapy and supervision.

Level of prior experience required: None

Focus: Counselling and Coaching; Psychotherapy and Clinical

Style: Didactic Teaching; Discussion and Small Group and Pairs work

14.00 – 17.00

1. Advancing Knowledge: Becoming You A Sanological Perspective On Identity Development

John Fleming (*John in all sentences*) TA Diploma (UKATA or RTE)

Location: Linby Room

This immersive workshop invites participants to explore identity development through a sanological lens, focusing on health and resource rather than pathology. Drawing on my Uncover, Embrace, Be framework, I will integrate Transactional Analysis concepts such as the accounting cycle, permission wheel, and functional fluency with coaching, therapeutic, and holistic practices. Participants will engage experientially, head, heart, body, and soul, through group processes that deepen self-connection and enhance professional practice. Together, we will uncover how a sanological approach can expand possibilities in working with clients on their identity journeys.

I am a gay, queer, multi neurodiverse, white, Irish, middle class, cis man and I bring an intersectional lens to all of my work.

Workshop outcomes:

- Gain an understanding of identity development through a sanological lens, focusing on health and resource rather than pathology.
- Explore how Transactional Analysis concepts (e.g., accounting cycle, permission wheel, functional fluency) can be applied to identity work.
- Experience immersive, whole-person methods (head, heart, body, soul) to deepen their own connection to self.
- Enhance their professional practice by integrating coaching, therapeutic, and holistic approaches to support clients' identity journeys.
- Reflect on the impact of systemic and social inequalities on identity development and client work.

Presenter:

John Fleming is the founder and lead practitioner of Becoming You, a personal development practice supporting people to uncover, embrace, and fully be themselves. John is a TA trainee in all fields of application and is an accredited UKCP psychotherapist, BACP counsellor, ICF & EMCC Coach & Coach Supervisor. Drawing on a complementary blend of coaching, therapeutic, holistic, and psychological modalities, John specialises in identity development through a sanological lens that engages the head, heart, body, and soul. All of John's work centres on inclusion, authenticity & wellbeing. You can read more about John's work here: www.becomingyou.ie

Level of prior experience required: Developing Level - Middle Years of Training

Focus: Counselling and Coaching; Psychotherapy and Clinical

Style: Discussion and Small Group and Pairs work; Experiential Work

2. From Fragmentation to Integration

Personal and collective

Geoff Hopping (*He/Him*): TSTA

Psychotherapy / Clinical

Location: Alfreton Room

This workshop will explore ways to think about the relationship between the personal and the collective.

We may look out into the world and see fragmentation - my hypothesis is that this is in part a projection of the collective onto the world.

There will be some didactic input from a variety of ancient and contemporary thinkers, some small group exercises and an opportunity for a small reflective fishbowl group.

We will consider how TA can help us to think about the concepts of shadow and the collective.

I identify as a queer presenter and the lens through which I will explore fragmentation will include all aspects of separation, marginalisation and exclusion.

Workshop outcomes:

To have a clearer understanding of the relationship and similarities between the inner world and the external world and to think about ways that TA can contribute to this contemporary world view.

Presenter:

Geoff is a TSTA and interfaith minister. He is currently a partner at The Link Centre and has spent 30 years in TA and 50 years in mental health. He has worked with many marginalized groups.

He is passionate about the link between spirituality and science.

Level of prior experience required: None

Focus: Counselling and Coaching; Psychotherapy and Clinical; Organisational

Style: Discussion and Small Group and Pairs work; Clinical Demonstration; Experiential Work

3. Addressing the White Supremacy we are folded within

Beren Aldridge (*He/Him*); Julia Pool; Nicole Turner;
Psychotherapy / Clinical

Location: Barber Room

The violently profound impact of Britain's history as a colonial power is an enduring white supremacy that resonates throughout every aspect of our lives, regardless of our race or our home, often in ways that are hidden to the white population. As transactional analysts, the languages we speak, the theories we use, the media we share, the institutions we inhabit, the organisations we join. All are unavoidably influenced and continuing the damage of white supremacy and colonialism.

This workshop will explore these issues in dialogue with the participants - inviting an ongoing and lifelong commitment to be an activist for change of the white supremacist and colonialist systems we all inherit regardless of our individual intent, which harm us all, some much more than others.

Workshop outcomes:

A heightened awareness of how the social construct of being 'white' has been used for 500 years to confer status and privilege upon the descendants of colonial European nations.

An increased awareness that much as we all train to find the unconscious and parallel processes in our work, it is our job to grow our competency and capacity to see the hidden processes of white supremacy, and to address their harms.

To recognise that white privilege needs to be owned and discussed and addressed by the people that privilege is conferred upon.

Presenter:

Beren is a TSTA (P) and CTA (P), and a psychotherapist, supervisor, trainer and writer, working in private practice in Kendal. He is a member of the teaching faculty on the TA Masters programme at the Sherwood Psychotherapy Training Institute. He is the chair of UKATA's Training, Accreditation and Standards Committee, the TA Cumbria Conference, and a member of the Editorial Board of the Transactional Analysis Journal.

Julia is a CTA (P) in private practice in Oxfordshire. She is interested in exploring how the harmful effects of systemic oppression surface in the most fleeting relational moments.

Nicole is an advanced TA psychotherapy trainee living and working in London, UK. She comes to psychotherapy as a second career after thirty years working in media. She brings her experiences and history as a Jamaican immigrant to both the US and UK to her work and is working to bring black feminisms and liberation psychology central to her practice.

Level of prior experience required: None

Focus: Education and Training; Counselling and Coaching; Psychotherapy and Clinical; Organisational

Style: Didactic Teaching; Discussion and Small Group and Pairs work

4. Voicing the Inarticulate Cry Hearing the Wound Beneath the Defence

Rosalind Sharples (*She/Her*): TSTA

Psychotherapy / Clinical

Location: Holroyd Room

The core of our work may be to contact our clients' pain and release their capacity for joy. We meet defences that interrupt contact with self, others, and life. I have found that the painful process of hearing the 'Inarticulate Cry' - both my own and clients - releases Physis and increases capacity for radical acceptance, joy and connection.

I am inspired by the therapeutic transaction (Hagaden and Sills, 2001), Jungian theories, existential life positions (Berne, 1961), and John McNeel's (2021) work on injunctive messages.

In this workshop, I will use a combination of theories, experiential exercises and shared reflection. I will invite you to bring your work, so that we can integrate your experiences directly into your practice.

I am a privileged white woman. I have experienced the benefit of financial stability and educational riches. I am lucky enough to live in a beautiful part of the world, surrounded by nature. I am also neurodiverse, and work with people who have suffered deprivation, economically, culturally and through abuse. I am challenged by my trainees and supervisees to continually expand my frame of reference to understand differences with humility and openness.

Workshop outcomes:

A way to develop effective practice to stay steady in self when meeting the intensity of own and another's pain. How to stay balanced in the splitting of conflict. And how to think about how to structure the work towards acceptance and joy.

Presenter:

Rosalind is the Director of Transactional Analysis Cymru. She is passionate about working with the process as it unfolds in the room and using this experience to bring theory to life. She has a background in the arts and a long history of working in creative fields, which she applies to psychological processes.

Over the last decade, she has successfully brought learners and learning facilitators together to create a vibrant TA community in West Wales. From an area where there was little psychotherapy practice, a thriving population of robust, effective practitioners has emerged.

Level of prior experience required: Developing Level - Middle Years of Training

Focus: Education and Training; Counselling and Coaching; Psychotherapy and Clinical; Organisational

Style: Didactic Teaching; Discussion and Small Group and Pairs work; Clinical Demonstration; Experiential Work

5. Keep it live, keep it loving, keep it now: A Rough Guide to Transformational Experience

John Heath (*He, Him*): TSTA; Alexandra Logan: MSc

Location: Highclose Room

This workshop will be led by two practitioners who started their professional lives in very different places and discovered through working together that they were inspired by the same vision. One of us started out as a priest who later became a therapist. The other began as a strictly evidence-based psychologist who became a therapist and eventually felt called to spiritual ministry.

We have worked together for almost a decade now and feel we have, between us, developed ways to understand the deep nature of the work of helping people find their way in life. We also believe that in our troubled times it is no longer possible to ignore the pathogenic aspects of modern culture which pushes so many towards a sense of futility.

Offering vitality, loving intent and presence in the therapy room provides a way to push back against the futile life position. In guided and experiential exercises we will explore ways to optimise these three aspects of the therapy experience and potentially to open the heart again.

Authentic expression of our own identities is key to the way in which our work together has developed. We will be clear about this and share details as and when necessary

Workshop outcomes:

Increased awareness of:

1. Spirituality as a natural (unlearned) feature of human consciousness
2. A place for the consideration of spiritual aspects in diagnosis and treatment planning in therapy
3. The pathogenic nature of materialist culture which does not acknowledge and promote life as inherently meaningful
4. The potential for all helping professionals to be addressing (implicitly or explicitly) this cultural vacuum

Presenter:

Alexandra Logan, MSc, finds herself living in a strange half-light between the altar table and the therapy room. She loves the bones of this incarnated experience in which heaven and earth continue to vie for her attention. She has been an Anglican priest for 22 years, working in parishes and chaplaincies. She is also a qualified integrative psychotherapist, most recently working in private practice and as a part time prison chaplain.

John Heath, M.Ed, TSTA is now in semi-retirement but admits to an undimmed desire to contribute to our collective drive to heal ourselves and our world. He has been a psychological professional for all his working life and has been running a TA therapy, supervision and training practice for more than thirty years. More recently he trained with the One-Spirit Interfaith Foundation and was ordained as an Interfaith Minister in 2023.

Level of prior experience required: All levels of experience will be welcomed

Focus: Education and Training; Counselling and Coaching; Psychotherapy and Clinical; Organisational

Style: Discussion and Small Group and Pairs work; Experiential Work

6. Integrating Parts Work with TA Stabilisation to Empower Trauma Survivors

Jo Moores (*She/Her*): PTSTA
Psychotherapy / Clinical

Location: Ambergate Room

As TA therapists how do we adapt and integrate our theory and practice to work more safely with trauma and dissociation? In this workshop we will play with ideas, exercises and movement, to help us deepen our understanding of embodied experiences such as regulation and resourcing as essential tools for stabilisation. We will also explore the destabilising presence of Structural Dissociation in the therapy room, using Janina Fishers (2017) TIST model, and link to theories and practice of TA that help empower and steady our clients.

I have privileged identity as a white, cis/het professional, I'm also from a working-class family, have a trauma history and am Audhd.

Workshop outcomes:

Develop a deeper appreciation of safety and stabilisation in working with trauma survivors

Integrate ideas from trauma theories into TA

Develop an embodied awareness of regulation and resourcing

Practice a practical safety exercise

Presenter:

Jo Moores is a PTSTA based in Manchester in the north of England and has a particular interest in trauma, neurodiversity and work with the body. Whilst her main modality is TA, Jo has trained in and received supervision for many years around working with complex developmental trauma and dissociation. She is currently undertaking additional training in Family Constellations, to explore a systemic view of transgenerational trauma.

Jo's background is in social justice work and she is interested in exploring themes of intersectionality and Social Trauma and how issues of power, privilege and oppression show up in our work.

Level of prior experience required: Developing Level - Middle Years of Training

Focus: Psychotherapy and Clinical

Style: Didactic Teaching; Discussion and Small Group and Pairs work; Experiential Work

7. Co-Creative Research through a TA Lens

Research “On,” “With,” or “For” Our Participants and Who’s Missing?

Andy Williams (*He/Him/His*); Emma Jackson (*She/Her*); Hulya Hooker (*She/Her*); Lori Hedges (*She/Her*)

Location: Scargill Room

How can we move research from “taking” information to “sharing” power?

This workshop, from UKATA’s Research and Development Committee, explores how co-creative TA concepts, such as we-ness and shared responsibility, can transform research from an extractive to an emancipatory practice.

Together, we will consider seldom heard voices, access barriers, privilege, power, and intersectionality, and will engage in mini-research steps that bridge theory and action. We will consider the impact of the data examined, and how we can be intelligent consumers of research.

Beginning before the conference and including contributions from non-attendees, the project aims to enhance knowledge, improve practice and model a participatory, intersectional approach.

Workshop outcomes:

1. Differentiate between research conducted “on,” “with” and “for” participants, gaining a clear framework for distinguishing between extractive and emancipatory research using Transactional Analysis concepts such as co-creativity, we-ness and contracting.
2. Critically examine the power dynamics inherent in research relationships, including how positionality, privilege and institutional frameworks influence participation and knowledge production.
3. Identify approaches for sorting and analysing data which honour the lived experience and intersectional identities of participants, moving from abstract diversity concepts to tangible research outcomes.
4. Evaluate how participatory research can become emancipatory, identifying practical steps to move from extractive to collaborative and “for” research models.
5. Develop the skills to transform your own research or clinical inquiries from an extractive model to a collaborative, for-the-participant model, as well as critically evaluating research as a consumer, to inform and enhance your practice.

Presenter:

Andy Williams TSTA(P) is a Psychotherapist, Clinical Supervisor, Trainer and Researcher based in Leeds, West Yorkshire. He holds senior accreditation with BACP and NCPS. Andy’s intersectional identity includes white maleness and queerness. Andy is now a second-generation of a family that survived the Holocaust. He believes in transgenerational trauma. He is dyslexic. He is part of the Eco-Collective and enjoys working in partnership with the Earth. His research interests include the efficacy and relationship in clinical supervision. He is one of the co-editors of the Transactional Analysis Journal. Andy is also passionate about nature and sacred stones in the landscape.

Dr Emma Jackson has recently been awarded her PhD from the University of York and is now a lecturer at the University of York St John.

Emma grew up in a very working-class environment, and is a bisexual working ADHD woman. She works in private practice and has completed her advanced clinical training at TATO. She is passionate about collaborative research with marginalised communities and thinking about how power structures are at play in both education and therapy settings, and how experiences of trauma impact how we relate to power. Emma enjoys getting out in nature with her dogs whilst indulging in her addiction to podcasts.

WORKSHOP SESSION 3

Dr Hulya Hooker, a member of UKATA and BACP, is a TA Counsellor (Dip) and a Psychologist (PhD) working towards her UKCP accreditation. Hulya is a Turkish-born, Cis woman. She came to the UK at the age of 22 for her postgraduate studies, aiming to expand and enrich her sense of self through a cross-cultural lens. She has spent nearly three decades working as a researcher in the UK after completing her Master's and Doctorate degrees in Psychology, the last 17 years working for the civil service as a Principal Researcher. Hulya runs a small private practice on the South Coast. She is passionate about using evidence to raise awareness and working towards reducing stigma surrounding mental health in the workplace. She loves her exercise classes varying from lifting weights, Pilates to HIIT and runs at the weekends as her playtime.

Lori Hedges is a TA psychotherapist, CTA(P), supervisor and trainer. She is an Irish/British neurodivergent white cis female. Her initial training was as an integrative counsellor (using TA and IFS), and she went on to complete PgCert in Trauma Studies, and then Supervision, before completing her MSc in Transactional Analysis Psychotherapy. Lori has a private practice in the south of England, predominantly working with clients who have experienced developmental/childhood trauma and have associated mental health diagnoses of dissociative disorders or personality disorders. She also offers supervision in her private practice and teaches TA theory to trainees on an FND in Humanistic Counselling based on TA. Outside her professional life, Lori enjoys dancing regularly (modern jive/folk) and taking long walks in nature.

Level of prior experience required: None

Focus: Education and Training; Counselling and Coaching; Psychotherapy and Clinical; Organisational

Style: Didactic Teaching; Discussion; Small Group work



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- **07.30 – 08.15 | Leisure Club Yoga Studio**
Morning Modern Somatic Yoga with *Rob Titheradge (He/Him)*
- **08.30 – 12.00 | Lawrence Suite Foyer**
Registration desk is open to welcome you for arrival and refreshments
- **10.00 – 12.00**
Workshop Session 4
- **12.00 – 13.00 | Lawrence Suite**
Conference Closing Session
The Eco TA Collective: *Andy Williams (He/Him/His)*, *Helen Blackburn (She/Her)*,
Sarah Devine (She/Her), *Mary Dees (She/Her)* & *Rebecca Elston (She/Her)*
Weaving the Threads: Ecological Knowledge, Practice and Connection
- **13.00 – 14.00**
Lunch and Networking
- **14.00 – 16.00 | Lawrence 3**
Future Ideas Lab: Co-Designing UKATA's Strategy
- **16.00**
Conference Close and Depart

10.00 – 12.00

1. Psychotherapy Across Languages An Encounter in the Multilingual World

Hanna Konoplianyk (*She/Her*): PTSTA

Psychotherapy / Clinical

Location: Linby Room

How does being multilingual shape the experience of a therapist or client? This workshop explores the fascinating intersection of language and psychotherapy, delving into how different linguistic systems influence emotional expression, therapeutic relationships, and the very concepts that shape mental health treatment.

How do power dynamics emerge between dominant and minority languages in therapeutic settings? What unique challenges and opportunities arise when therapists and clients speak different native tongues? And how does bilingualism affect cognition, emotions, and the therapeutic experience itself?

I am a white, cis-gender, heterosexual woman and in many ways I hold privilege, which I aim to acknowledge and reflect on in my work. At the same time, I am an immigrant, and English is my third language. This shapes how I move through the world, and through the therapy room, as the power dynamics often shift the moment, I speak. These intersections of privilege and difference inform how I approach my work, and are central to this workshop, where we will explore how language diversity impacts therapeutic relationships and how we, as practitioners, can more consciously account for it in our practice.

Workshop outcomes:

I would like attendees to gain a deeper understanding of how different languages influence emotional expression, thinking processes, and therapeutic interactions. I hope they will become more aware of the challenges involved in translating psychotherapy theories across languages and reflect on the power dynamics that can arise when language is unevenly shared in the therapy room. I would also like them to consider the role of bilingualism in therapy and to feel more confident in navigating language-related complexities in their practice. Ultimately, I hope the workshop enhances their cultural sensitivity, supports more inclusive work with multilingual clients, and encourages reflection on their own linguistic positioning.

Presenter:

Hanna is a multilingual therapist, trainer, and supervisor with extensive experience working with clients from diverse linguistic and cultural backgrounds. Growing up in a Russian-speaking family in Ukraine, Hanna learned Ukrainian from an early age and now considers herself a Ukrainian speaker. Having lived in the UK for over 10 years, she navigates both English-speaking and Ukrainian-speaking environments, offering her a unique perspective on bilingualism and cross-cultural dynamics.

Her professional background includes extensive work in multiple languages, often with individuals using their first, second, or third language in therapy.

Level of prior experience required: None

Focus: Counselling and Coaching; Psychotherapy and Clinical

Style: Didactic Teaching; Discussion and Small Group and Pairs work; Experiential Work

2. Using AI in TA counselling and psychotherapy Augmenting, not replacing, the human practitioner

Matt Haworth (*He/They*): TA Diploma (UKATA or RTE)

Psychotherapy / Clinical

Location: Holroyd Room

This practical and engaging workshop explores how to introduce the unique capabilities of Artificial Intelligence (AI) into the relational frame of TA counselling/psychotherapy through empowering, not replacing, the human practitioner. We'll uncover the relational and ethical implications of involving an "artificial third" in the client relationship and discuss how TA is well placed to give us tools to understand new transactional, dialogue driven tools like ChatGPT. Tools that are entering many of our, and our clients, lives. No pre-existing AI knowledge is needed.

I am a white, queer, British person from a working-class background. I am privileged by my whiteness, my birth in Britain, inhabiting a thin and non-disabled non-stigmatised body, and my ability to pass as heterosexual and as a cisgendered male (in some contexts).

Workshop outcomes:

A greater understanding of what AI is.

An understanding of how AI can be used to augment, rather than replace, TA psychotherapy coaching, and counselling and what capabilities it can offer.

Understanding the implications of this through the lens of transactions, and TA transference types.

Hands on experience of using AI in a safe, workshop setting.

Learnings from a discussion on the practical and ethical implications of using AI in the therapy/counselling room.

Presenter:

Matt's paper on AI and transference was accepted for publication in the TAJ Feb 2026 edition. Matt has presented on AI and transactional analysis at the North East TA Conference (NETAC) and TA Cumbria, and at number of conferences on ethical use of AI in the social sector through his work in "tech for good" as co-founder of Reason Digital, the social enterprise he founded to support charities and healthcare organisations to use technology to improve people's lives. Matt holds a Diploma in Transactional Analysis for Psychotherapeutic Counselling from Red Kite in Liverpool.

Level of prior experience required: Developing Level - Middle Years of Training

Focus: Counselling and Coaching; Psychotherapy and Clinical

Style: Discussion and Small Group and Pairs work; Experiential Work

3. The Art of Working with Dissociation Recognise, Understand, and Support

Ben Groves (*He/Him*): PTSTA
Psychotherapy / Clinical

Location: Lawrence 3 Room

Dissociation can present in many forms from what Bromberg (1996) describes as “a healthy adaptive function of the human mind,” to more complex and medicalised presentations such as Dissociative Identity Disorder (DID).

In this workshop, we will deepen our understanding of what dissociation actually is, and how it may present in a clinical setting. Dissociation can often be misunderstood: some clinicians may overuse or misuse the term, while others may feel unsure or even fearful when encountering it in their work.

This workshop aims to demystify dissociation, enhance participants’ confidence in recognising and practically supporting their clients with maladaptive or disordered dissociation, and respond with skill and care in their therapeutic practice.

In my practice, I specialise in working with trauma. Prior to training as a therapist, I spent a decade as a Social Worker, which deeply shaped my understanding of people, systems, and resilience. This background gives me a strong commitment to practical, grounded approaches that genuinely support people.

I bring to this work a lens shaped by both professional experience and a personal commitment to equity, compassion, and relational safety. As someone with dyslexia, I’m particularly keen to support a wide range of learning styles, creating an engaging, non-shaming environment where everyone feels encouraged to learn and participate.

Workshop outcomes:

By the end of this workshop, attendees will feel more confident in recognising dissociation in its various forms. They will be better equipped to understand what might be happening beneath the surface when dissociation presents, including its adaptive and maladaptive aspects. Most importantly, participants will gain practical skills and strategies to effectively support clients experiencing dissociation, enhancing their ability to respond with sensitivity, safety, and clinical confidence.

Presenter:

Ben Groves is a psychotherapist, supervisor, and trainer based in York. With over a decade of experience in mental health and social care, he specializes in trauma within his private practice.

Level of prior experience required: I would say developing and advanced level.

Focus: Psychotherapy and Clinical

Style: Didactic Teaching; Discussion and Small Group and Pairs work; Experiential Work

4. Reimagining ourselves, our communities and our future

Exploring Ecological Life Positions by playing a sustainability learning game

Mary Dees (*She/Her*): PTSTA (P)

Psychotherapy / Clinical

Location: Scargill Room

How do we locate ourselves, as therapists, counsellors, educators, coaches, and ecological beings- in a time of climate disruption? This experiential workshop uses a learning simulation of a local community responding to crises like flooding and wildfires. It will be both fun and deeply thought-provoking. Grounded in the theory of ecological life positions, we'll explore how collaborative decision-making impacts individuals, communities and the planet.

Through systems and regenerative thinking, we'll reflect on the psychological and relational dynamics of ecological disruption. The session invites Play and dialogue at the intersection of Transactional Analysis and ecological systems, fostering connection, insight, and reimagining the future.

I am a white, middle-class, 56-year-old bisexual woman with a chronic illness, and I acknowledge my privileges of education, relative economic stability and race. These privileges have often given me greater access to spaces and platforms. Being bisexual but in a heterosexual relationship also brings a degree of privilege. Being a woman, I've experienced gender inequality through societal expectations and unequal opportunities. Also, living with chronic illness has brought vulnerability, limitation, and a slower pace that has profoundly influenced how I see the world, and how I listen.

This workshop is grounded in my belief that real change begins with acknowledging where we stand. In exploring ecological life positions, I'm also exploring my own: the ways I've been positioned by society, by health, by identity, and how those positions affect my responses to a world in crisis. I hope to hold space for diverse experiences and invite others to explore how their identities shape their responses to ecological and collective challenges.

Workshop outcomes:

By the end of this workshop, participants will:

1. Advance knowledge through an open exploration of ecological life positions with fresh perspectives on themselves, their communities and a desire to reimagine what the future could be like.
2. Enhance practice by engaging in a learning simulation that deepens skills in collaboration, systems thinking and decision-making.
3. Connect minds through participating in meaningful, reflective and imaginative dialogue, participants will be encouraged to share insights and critically examine ecological life positions.

Presenter:

Mary is an ecological psychotherapist, supervisor and trainer working on the border of Greater Manchester/ Peak District. She runs outdoor psychotherapy and supervision groups in the Peak District. She also offers online supervision. She works systemically, including deep adaptation to the climate emergency and biodiversity crises.

Mary is also a Master's Degree Environmental Scientist and runs experiential learning programmes, including Climate Change Programmes for NHS leaders. She is part of the Transition movement and runs Climate Cafes and Grief rituals for her local community.

Level of prior experience required: None

Focus: Education and Training; Counselling and Coaching; Psychotherapy and Clinical; Organisational

Style: Discussion and Small Group and Pairs work; Experiential Work

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5. Exploring the landscape of body-mind, how living metaphor can enhance our practise as Transactional Analysts

Helen Blackburn (*She/Her*): PTSTA
Psychotherapy / Clinical

Location: Alfreton Room

We will work creatively with the 'living metaphor' in nature, the shapes, sounds, smells and sights of the abundance of growth and seasonality. We will move outside to engage our imagination with the land around us, using this sense and imagery to help us describe our internal feeling landscape. Through solo, pair and group work we will explore the affect of our relationship with place, and how that impacts our sense of self. We will discuss how this reciprocity contributes to personal well-being and growth, and practical ways that we can develop this understanding to enhance our practise.

I am bringing this material from an experience rooted in living rurally for many years, although originally I grew up and have worked in large cities in the UK and other countries. I currently have the privilege of direct access to the abundance of wild nature, whilst living somewhere economically disadvantaged. I will acknowledge this and include these differences in our discussions, as relevant to the theme of the workshop.

Workshop outcomes:

Develop skill in using nature based metaphor to assist clients and trainees to connect with and express thoughts and feelings.

Find new ways to reflect on our internal landscape as practitioners, which can enhance understanding of transference and counter transference.

Increase awareness of how different senses feed our minds, and the natural, ancient ways we can process thought and feeling.

Presenter:

I am a PTSTA (P) psychotherapist, supervisor and trainer based in rural Wales in private practise since 2015, indoors and outdoors, as well as online. I work from a relational perspective and believe that including our relationship with the natural world can make a vital contribution to our personal and professional lives. With this in mind, I have trained in Ecological TA and developed my practise in partnership with the woodland garden where I live. I love music, dancing and stories; gardening; the changing dimensions of my family; train travelling; the joy of new connections and ideas.

Level of prior experience required: None

Focus: Education and Training; Counselling and Coaching; Psychotherapy and Clinical

Style: Discussion and Small Group and Pairs work; Experiential Work

6. Hospicing TA

Playing and sitting with endings and openings

Beatrijs Dijkman (*She/Her*):TSTA (E); Cat Cornthwaite (*She/Her*): PTSTA (E)

Education and Training

Location: Ambergate Room

Warning! This is not your grandma's TA workshop. Transactional Analysis gifted us ways to map human interactions, but like many modern frameworks, there are aspects of it that risk shrinking life into exchanges and diagrams of control. In this three-hour gathering, we invite you to hospice TA, not to reject or repair it, but to accompany its reform with curiosity, grief, and play. Through stories, embodied exercises, and meta-relational inquiry, we will compost TA's limits into fertile soil for new ways of relating, toward entanglement, paradox, and whole-shebang relationally. Bring your laughter, grief, and awkwardness; come ready to sit with endings as openings.

Cat and Beatrijs have partly a similar background, although coming from another country.

We see our original communities increasingly emphasising polarisation and differences in colour of skin, cultural background and entitlement. We have a longing for working within and from community, which we find less and less within the area's that we are coming from.

Cat; I have a sense of shame which I am struggling with as a white woman based in the UK. As educator I feel a sense of responsibility and the need to take action.

Beatrijs; I sometimes feel estranged from my background while I also have a deep desire and loyalty to belong.

Workshop outcomes:

* Self awareness of global issues * Owning our relationship with personal activism * Being confronted with our arrogance regarding systemic factors, colonization and meritocracy in TA education.

Presenter:

Beatrijs Dijkman (TSTA-E and MSc-Developmental TA) is an independent practitioner in education and supervision from the Netherlands. My passion has always been to look for the Natural Child in educational settings, because that is where learning and development can take us into connection with our deeper ways of being. I love working outside and with experiential, sometimes provoking exercises. I am known for my enthusiasm, sharp mind and moments of honesty in the classroom.

Cat Cornthwaite is a (P)TSTA-E based in High Peak, Derbyshire, with a passion for exploring alternative narratives in education. With extensive experience in mainstream secondary education, I have worked both in the classroom and beyond - supporting the professional development of teachers across the UK and internationally. A key area of my interest is how Transactional Analysis (TA) can enhance the relational aspects of education, improving the student-teacher dynamics. Within the TA community, I provide tutoring as well as delivering training programs and workshops. Additionally, I contribute to research and writing projects, exploring developments in Educational TA theory and its applications.

Level of prior experience required: None

Focus: Education and Training; Counselling and Coaching; Psychotherapy and Clinical; Organisational

Style: Experiential Work

7. My Brother is a Single Child

The Nonego and the Third-Order Structure: Re-Visioning the Unconscious in TA

Giovanni Felice Pace (*He/Him*): PTSTA

Psychotherapy / Clinical

Location: Barber Room

This workshop invites participants to explore an expanded vision of unconscious processes in Transactional Analysis through the lens of third-order structural dynamics. We will examine Self-states (P0, C0, A0) as archetypal matrices shaped by Physis rather than purely developmental constructs and consider how unconscious logics (Matte Blanco) shape transference, projection, and script formation. Through experiential exercises, clinical dialogue, and mythopoetic imagery, participants will be encouraged to re-vision their work with clients, particularly those with severe or psychotic presentations, by integrating TA's structural clarity with a depth-psychological appreciation of the collective unconscious and the directional drive of Physis.

I am a Neapolitan immigrant, first of my family to embark in such journey, and a man whose interpretation of masculinity was undigestible for his community. As a Mediterranean person, I can pass as white easily, even though as Italian, and even more southern-Italian, I hold very little privilege in Italy itself. Somehow, I am lost in the notes of history where I am not white but not white enough, technically and historically mixed race but not mixed enough.

Workshop outcomes:

- a) Obtaining a clearer understanding of the structure of the unconscious and its relationship to the Ego and its states.
- b) Offer a revision of P0-A0-C0 that goes beyond biology and biography
- c) To see examples of severe presentations under the lens of unconscious dynamics

Presenter:

Giovanni is a psychologist and psychotherapist with a deep-rooted passion for reflection, inner work, and the subtle layers of the psyche. As a psychologist, he is guided by the principles of Radical Psychiatry by seeing in the group nature of human life its fundamental exchanges. Grounded in the principles of depth psychology, he has honed a finely attuned capacity to listen beneath the surface, tracking unconscious processes, symbolic language, and emotional undercurrents. As a Transactional Analyst, he prefers to attune to the unconscious logics of Physis.

Level of prior experience required: Advanced Level - Towards CTA and beyond

Focus: Psychotherapy and Clinical

Style: Didactic Teaching; Discussion and Small Group and Pairs work; Experiential Work

8. Transforming Relationship Dynamics: Working with individuals who are abusive in their relationships

Kim Byng (*She/Her*): TA Diploma (UKATA or RTE)

Psychotherapy / Clinical

Location: Highclose Room

Domestic abuse services have traditionally focussed on safeguarding survivors. While essential, we can only increase our understanding of abuse prevention by working directly with those using abusive behaviours.

This workshop aims to advance knowledge by exploring how Transactional Analysis (TA) and group process can be used to support behavioural change in men who have been abusive in relationships. Using TA concepts such as frame of reference, life script, and discounting, we will explore how shifts towards accountability and healthy relationship behaviours can be facilitated. The importance of boundaries, containment and safety around working with this group will be reflected on.

I am a heterosexual women from a white British working-class background, as an adult I have had opportunities which have allowed me to be seen as middle class. In the group work I am aware I have had different life experiences to my client group as a women, when choosing to share these experiences I carefully consider whether they would be a useful intervention, whether I am comfortable sharing or whether there are any risks.

Generally, the men who attend the programme are either working class or middle class, however there are a number of men who are not working and find being part of the workplace a challenge. This can be due to difficulties in working with their colleagues, struggles with mental health and sometimes literacy difficulties. I have always been able to read and write so I have to be mindful of how to make the programme work for men who cannot, it is important to work this into the work so they do not experience any shame as a result of attending the programme. As a child there were messages in my family about choosing between working and getting married/having family which I chose to reject, I strongly believed it was unfair that women should give up working to be in a relationship.

Men on the programme often hold strong beliefs about women and their value in society which often brings challenges to the work, as a woman I can challenge these stereotypes however this as to be a careful intervention, so I am heard and not dismissed. My own adult relationships have been non-abusive, in relation to my clients I do have the privilege of experiencing what healthy relationships are like in both my personal and professional life.

This allows me to bring my experiences into the work to help them understand how situations in their relationships might be handled in a healthier way. A further difference between myself and the client group I work with is that the men have often been in the criminal justice system, sometimes this is in relation to other offences as well as domestic violence.

Workshop outcomes:

To have a better understanding of how domestic abuse shows up in relationships, what happens in the group process that enables men to change their behaviour and improve their relationships with partners and children in the future, how we can all take away things from the work that can improve our relationships even if we are not experiencing or being abusive.

WORKSHOP SESSION 4

Presenter:

My name is Kim Byng, I am a trained TA counsellor living and working in Derby, Derbyshire. I have a small private practice; my specialisms are in domestic abuse and relationship difficulties. Over the last 12 years I have worked in several organisations across Derbyshire supporting survivors of abuse and working with people who are abusive to their partners in a group setting. I really enjoy the group work and helping clients gain insight in how they can change their behaviour in relationships, the work matters as I believe it is the way forward to reducing domestic abuse in society.

Level of prior experience required: Any level, anyone interested in this work

Focus: Psychotherapy and Clinical

Style: Discussion and Small Group and Pairs work; Experiential Work

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with Suna Güven, PTSTA

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with Rebecca Davies, PTSTA (P)
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Beren Aldridge *(He/Him)*

Workshop Session 1, and Session 3

MSc, Teaching and Supervising Transactional Analyst (psychotherapy), is a psychotherapist, supervisor, and trainer in private practice in Kendal, United Kingdom. He is currently cochair of the Training, Standards, and Accreditation Committee for the United Kingdom Association for Transactional Analysis (UKATA) and an editorial board member of the Transactional Analysis Journal.



Helen Blackburn *(She/Her)*

Workshop Session 4

I am a PTSTA (P) psychotherapist, supervisor and trainer based in rural Wales in private practise since 2015, indoors and outdoors, as well as online. I work from a relational perspective and believe that including our relationship with the natural world can make a vital contribution to our personal and professional lives. With this in mind, I have trained in Ecological TA and developed my practise in partnership with the woodland garden where I live. I love music, dancing and stories; gardening; the changing dimensions of my family; train travelling; the joy of new connections and ideas. She loves music, dancing, and stories; gardening; the changing dimensions of her family; train travelling; and the joy of new connections and ideas.



Ruxandra Blidaru *(She/Her)*

Workshop Session 2

Ruxandra is in her final year of TA psychotherapy training at Physis Scotland. Her main areas of interest within psychotherapy and TA are neurodiversity, disordered eating, and trauma. She lives in Edinburgh and insists that she moved to Scotland for the weather.



Nathan Bryce *(He/Him)*

Workshop Session 1

Nathan is a Relational TA therapist and trainer working in private practice. He is a CTA(P) Contractual Trainee, working towards an MSc in TA Psychotherapy. His predominant clinical interests include developmental trauma, attachment, and personality. A lover of all things theory-related, he enjoys working with others to bridge the gap between theory and practice. Nathan facilitates introductory and qualifying courses, as well as CPD, at various training establishments in Hampshire and online.



Kim Byng *(She/Her)*

Workshop Session 4

My name is Kim Byng, I am a trained TA counsellor living and working in Derby, Derbyshire. I have a small private practice, my specialisms are in domestic abuse and relationship difficulties. Over the last 12 years I have worked in several organisations across Derbyshire supporting survivors of abuse and working with people who are abusive to their partners in a group setting. I really enjoy the group work and helping clients gain insight in how they can change their behaviour in relationships, the work matters as I believe it is the way forward to reducing domestic abuse in society.



Nea Clark *(She/Her)*

Workshop Session 2

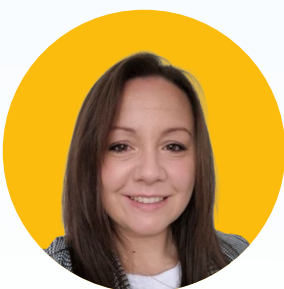
Nea Clark (PTSTA-P) is a psychotherapist, supervisor, NLP practitioner and ADHD coach based in Leeds, UK. She specialises in neurodiversity especially ADHD and dyslexia supporting clients and supervisees to harness strengths while meeting real-world challenges. Nea provides individual and group supervision (online and in person), teaches across multiple institutes, and regularly leads webinars and seminars. She created a 12-layer treatment plan and training programme for ADHD work. Her books, *Travel into the ADHD Mind: How to Work with ADHD Clients* (2024) and *ADHD Coaching* (2025), offer practical, neurodivergent-affirming tools for therapists and coaches. Warm, clear and client-centred, Nea champions effective, humane practice.



Barbara Clarkson *(She/Her)*

Workshop Session 1

Barbara is a TSTA with specific interests in spirituality in psychotherapy, and in working with story, metaphor and archetype to deepen the therapeutic experience. She has written about spirituality in TA psychotherapy in the TAJ and elsewhere and is currently exploring the value of a transpersonal approach to both clinical and supervision work.



Cat Cornthwaite *(She/Her)*

Workshop Session 4

Cat Cornthwaite is a (P)TSTA-E based in High Peak, Derbyshire, with a passion for exploring alternative narratives in education. With extensive experience in mainstream secondary education, I have worked both in the classroom and beyond - supporting the professional development of teachers across the UK and internationally. A key area of my interest is how Transactional Analysis (TA) can enhance the relational aspects of education, improving the student-teacher dynamics. Within the TA community, I provide tutoring as well as delivering training programs and workshops. Additionally, I contribute to research and writing projects, exploring developments in Educational TA theory and its applications.



Will Daniel-Braham *(He/They)*

Workshop Session 1

Will is a Provisional Teaching and Supervising Transactional Analyst. With over 25 years of experience in the field, Will has facilitated numerous workshops and training sessions at various TA training Institutes and worked globally in the field of transformation and leadership. He has been featured on Channel 4 as a Transformational Coach and Channel 5 as a 'Happiness Guru'.

He specialises in script analysis, rededication work, and identity development. For the past 10 years his focus has been specialising on trauma informed practise. His engaging teaching style and deep expertise in TA make him a sought-after speaker and trainer.



Mary Dees *(She/Her)*

Workshop Session 4

Mary is an ecological psychotherapist, supervisor and trainer working on the border of Greater Manchester/Peak District. She runs outdoor psychotherapy and supervision groups in the Peak District. She also offers online supervision. She works systemically, including deep adaptation to the climate emergency and biodiversity crises. Mary is also a Master's Degree Environmental Scientist and runs experiential learning programmes, including Climate Change Programmes for NHS leaders. She is part of the Transition movement and runs Climate Cafes and Grief rituals for her local community. PTSTA expected November 2025.



Beatrijs Dijkman *(She/Her)*

Workshop Session 4

Beatrijs Dijkman (TSTA-E and MSc-Developmental TA) is an independent practitioner in education and supervision from the Netherlands. My passion has always been to look for the Natural Child in educational settings, because that is where learning and development can take us into connection with our deeper ways of being. I love working outside and with experiential, sometimes provoking exercises. I am known for my enthusiasm, sharp mind and moments of honesty in the classroom.



John Fleming *(John in all sentences)*

Workshop Session 3

John Fleming is the founder and lead practitioner of Becoming You, a personal development practice supporting people to uncover, embrace, and fully be themselves. John is a TA trainee in all fields of application and is an accredited UKCP psychotherapist, BACP counsellor, ICF & EMCC Coach & Coach Supervisor. Drawing on a complementary blend of coaching, therapeutic, holistic, and psychological modalities, John specialises in identity development through a sanological lens that engages the head, heart, body, and soul. All of John's work centres on inclusion, authenticity & wellbeing. You can read more about John's work here: www.becomingyou.ie

WORKSHOP SPEAKERS



Bev Gibbons *(She/Her)*

Workshop Session 1

I am a TSTA (Teaching and Supervising Transactional Analyst) in the field of psychotherapy. I have an MA In TA psychotherapy and BA Hons in integrative counselling.

I live in North Yorkshire, in the UK, and work as a trainer, supervisor and psychotherapist in private practice with individuals, groups and organisations.

Mutuality, curiosity and anti-oppressive practice are central in my way of working. My professional passions include working to make meaning with other/s intersubjectively in the 'space between' and working in ways that draw from all fields of application in TA.



Abi Giles *(She/Her)*

Workshop Session 1

Abi Giles is a UKCP registered psychotherapist (or will be by the time of the workshop! all paperwork has been sent!) and trained at Transactional Analysis Cymru. She is passionate about inclusion and working with the most hard to reach people in society. Her background is in working with disadvantaged children and young people, education and behaviour management. She is also a face painter and special effects make up artist and uses this creativity throughout her work as a psychotherapist in her private practice in coastal West Wales. Abi is a Mum to 3 children (2 not children anymore!) and kinship carer to her niece. Abi probably uses the f word too much and uses humour to connect, but above all aspires to spark inspiration through sharing her lived experiences.



Ben Groves *(He/Him)*

Workshop Session 4

Ben Groves is a psychotherapist, supervisor, and trainer based in York. With over a decade of experience in mental health and social care, he specializes in trauma within his private practice.



Matt Haworth *(He/They)*

Workshop Session 4

Matt's paper on AI and transference was accepted for publication in the TAJ Feb 2026 edition. Matt has presented on AI and transactional analysis at the North East TA Conference (NETAC) and TA Cumbria, and at number of conferences on ethical use of AI in the social sector through his work in "tech for good" as co-founder of Reason Digital, the social enterprise he founded to support charities and healthcare organisations to use technology to improve people's lives. Matt holds a Diploma in Transactional Analysis for Psychotherapeutic Counselling from Red Kite in Liverpool.



John Heath *(He/Him)*
Workshop Session 3

John Heath, M.Ed, TSTA is now in semi-retirement but admits to an undimmed desire to contribute to our collective drive to heal ourselves and our world. He has been a psychological professional for all his working life and has been running a TA therapy, supervision and training practice for more than thirty years. More recently he trained with the One-Spirit Interfaith Foundation and was ordained as an Interfaith Minister in 2023.



Lori Hedges *(She/Her)*
Workshop Session 3

Lori Hedges is a TA psychotherapist, CTA(P), supervisor and trainer. Her initial training was as an integrative counsellor (using TA and IFS), and she went on to complete PgCert in Trauma Studies, and then Supervision, before completing her MSc in Transactional Analysis Psychotherapy. Lori has a private practice in the south of England, predominantly working with clients who have experienced developmental/childhood trauma and have associated mental health diagnoses of dissociative disorders or personality disorders. She also offers supervision in her private practice and teaches TA theory to trainees on an FNDC in Humanistic Counselling based on TA. Outside her professional life, Lori enjoys dancing regularly (modern jive/folk) and taking long walks in nature.



Hulya Hooker *(She/Her)*
Workshop Session 3

Dr Hulya Hooker, a member of UKATA and BACP, is a TA Counsellor (Dip) and a Psychologist (PhD) working towards her UKCP accreditation. She has spent nearly three decades working as a researcher in the UK after completing her Master's and Doctorate degrees in Psychology, the last 17 years working for the civil service as a Principal Researcher. Hulya runs a small private practice on the South Coast. She is passionate about using evidence to raise awareness and working towards reducing stigma surrounding mental health in the workplace. She loves her exercise classes varying from lifting weights, Pilates to HIIT and runs at the weekends as her playtime.



Geoff Hopping *(He/Him)*
Workshop Session 3

Geoff is a TSTA and interfaith minister. He is currently a partner at The Link Centre and has spent 30 years in TA and 50 years in mental health. He has worked with many marginalized groups.

He is passionate about the link between spirituality and science.



Gemma Hunt *(She/Her)*
Workshop Session 2

Gemma is a therapeutic counsellor who completed her diploma in counselling with The Link Centre in 2025 and will now continue to complete her higher diploma. She is neurodivergent (AuDHD) and for this reason, her doors are always open to the neurodivergent community. Gemma also loves working with children and young people. She is a prolific raver and festivalgoer, enjoying the joy that comes from movement, self-expression, and a sense of freedom. Gemma harks from Kent but now lives in Sutton, London, with her partner. All that's needed is a cat, and life is nearly complete.



Emma Jackson *(She/Her)*
Workshop Session 3

Dr Emma Jackson has recently been awarded her PhD from the University of York and is now a lecturer at the University of York St John. She works in private practice and has completed her advanced clinical training at TATO. She is passionate about collaborative research with marginalised communities and thinking about how power structures are at play in both education and therapy settings, and how experiences of trauma impact how we relate to power. Emma enjoys getting out in nature with her dogs whilst indulging in her addiction to podcasts.



Neil Keenan *(He/Him)*
Workshop Session 1

Neil is a psychotherapist specialising in working with neurodivergent clients and has written for the TAJ on this subject. In addition to his clinical work as a psychotherapist, he is the Training Director and teaches at The Wyvern Institute RTE in Bristol. Neil identifies prominent attributes of dyspraxia in his thinking, and he spent many years working in Eastern Europe and Central Asia before training as a transactional analyst. His experiences inform his thinking on societal and neurological diversity and focus his attention on what we can learn from other cultures.



Hanna Konoplianyk *(She/Her)*
Workshop Session 4

Hanna is a multilingual therapist, trainer, and supervisor with extensive experience working with clients from diverse linguistic and cultural backgrounds. Growing up in a Russian-speaking family in Ukraine, Hanna learned Ukrainian from an early age and now considers herself a Ukrainian speaker. Having lived in the UK for over 10 years, she navigates both English-speaking and Ukrainian-speaking environments, offering her a unique perspective on bilingualism and cross-cultural dynamics.

Her professional background includes extensive work in multiple languages, often with individuals using their first, second, or third language in therapy.



Adrienne Lee *(She/Her)*

Workshop Session 1

Adrienne Lee TSTA (P) is a Teaching and Supervising Transactional Analyst, a UKCP Registered Psychotherapist, and a Master Practitioner in NLP. She has been practising as psychotherapist and supervisor for over 40 years, and has been centrally involved in the development of TA in the UK from its earliest beginnings, she is the Founder and Director of The Berne Institute. She is a Past President of EATA and has been awarded the EATA Gold Medal and the ITAA Muriel James Living Principles of TA award. She is dedicated to enabling people to become the best that they can be, she loves creative learning and teaching and embraces all the schools and approaches in TA.



Alexandra Logan

Workshop Session 3

Alexandra Logan, MSc, finds herself living in a strange half light between the altar table and the therapy room. She loves the bones of this incarnated experience in which heaven and earth continue to vie for her attention. She has been an Anglican priest for 22 years, working in parishes and chaplaincies. She is also a qualified integrative psychotherapist, most recently working in private practice and as a part time prison chaplain.



James Maltby *(He/Him)*

Workshop Session 2

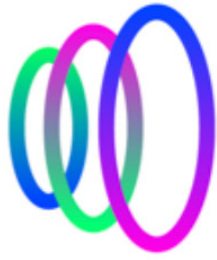
Like Gemma, James is a qualified therapeutic counsellor and is continuing his studies at the Link Centre. Alongside his therapeutic work, he is also a professional classical musician, with music having played an integral part of his life since childhood. He often reflects on how both music and therapy can speak from the same place, with potential to access the transpersonal quickly. In recent years, James has discovered the profound power of moving to music, and the community this opens him up to. He feels a beginner in this place and is excited to explore it further.



Lisa Mathurin *(She/Her)*

Workshop Session 1

Lisa is a psychotherapist, supervisor, and trainer with over 15 years' experience in the counselling and psychotherapy field. Specialising in trauma, she is committed to promoting trauma-informed practice and fostering professional growth. A PTSTA with a Master's in Transactional Analysis Psychotherapy, Lisa combines strong theoretical knowledge with clinical expertise. At the heart of Lisa's approach is a belief in the transformative power of therapeutic relationships and group dynamics. Whether with clients or students, she creates spaces rooted in respect, trust, and confidentiality, the essential foundations for growth, healing, and lasting change.



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Mike Meleady *(He/Him)*

Workshop Session 2

Mike Meleady PTSTA(P) - Mike is a relational TA psychotherapist based in Central London, is currently in Private Practice, supervise's, and is an experienced Group Facilitator with a particular interest in supporting those in group who have experienced impaired mental well being due to their marginalisation.



Jo Moores *(She/Her)*

Workshop Session 3

Jo Moores is a PTSTA based in Manchester in the north of England and has a particular interest in trauma, neurodiversity and work with the body. Whilst her main modality is TA, Jo has trained in and received supervision for many years around working with complex developmental trauma and dissociation. She is currently undertaking additional training in Family Constellations, to explore a systemic view of transgenerational trauma.

Jo's background is in social justice work and she is interested in exploring themes of intersectionality and Social Trauma and how issues of power, privilege and oppression show up in our work.



Silvia Baba Neal *(She/Her)*

Workshop Session 2

It's hard to write about my identity without overplaying areas of vulnerability. I feel like I want to be seen for my intellectual ability, rather than fragments of identity such as gender, class, and sexuality. I grew up in a council flat, yet I live in a Regency house. My parents divorced, yet I have a stable marriage of 20 years. I was brought up with a working-class aesthetic, yet my life is distinctly shaped by middle-class values. I am an immigrant, yet I feel fully integrated in British society.



Giovanni Felice Pace *(He/Him)*

Workshop Session 4

Giovanni is a psychologist and psychotherapist with a deep-rooted passion for reflection, inner work, and the subtle layers of the psyche. As a Psychologist, he is guided by the principles of Radical Psychiatry by seeing in the group nature of human life its fundamental exchanges. Grounded in the principles of depth psychology, he has honed a finely attuned capacity to listen beneath the surface, tracking unconscious processes, symbolic language, and emotional undercurrents. As a Transactional Analyst, he prefers to attune to the unconscious logics of Physis.



John Paradise *(He/Him)*

Workshop Session 2

I live and work in the SW (Devon). I have a small clinical practice in Exeter and have a professional and personal interest in men's mental wellbeing.



Julia Pool

Workshop Session 3

Julia is a CTA (P) in private practice in Oxfordshire. She is deeply interested in exploring how the harmful effects of systemic oppression surface in the most fleeting relational moments.

I am a white, mixed heritage, cis, bi-woman.



Carol Remfrey Foote *(She/Her)*

Workshop Session 1

I am a CTA(P) living in Scotland with my online private practice in a chalet surrounded by trees, birds, hares and wild creatures. For 30 years, I worked as a nurse, health visitor, and latterly as professional nursing lead for Dundee's Community Nursing Service, leading a team of 280 nurses with 24-hour responsibility, developing training, and clinical supervision. I made the decision not to pursue the PTSTA route, but to indulge my passion for research, and I am now in the closing stages of a PhD, writing up my thesis. I have published three articles in the IJTARP related to my research.

1. Remfrey Foote, C. (2024). How Do Transactional Analysis Counsellors and Psychotherapists Use Outcome Measures in TA Diagnosis, Contracting and Treatment Planning: An Interpretative Phenomenological Analysis of a Single Case Study - 'Joe'. *International Journal of Transactional Analysis Research & Practice*, 15(2). <https://doi.org/10.29044/v15i2p3>
2. Remfrey Foote, C. (2024). Outcome Measures in Transactional Analysis Clinical Practice: Presentation of Research Methodology. *International Journal of Transactional Analysis Research & Practice*, 15(1). <https://doi.org/10.29044/v15i1p39>
3. Remfrey Foote, C. (2023). How Outcome Measures Could Support Transactional Analysts in Clinical Practice to Improve Treatment Trajectories, Manage Risk, Minimise Client Drop-Out Rates and Support Clinical Supervision. *International Journal of Transactional Analysis Research & Practice*, 14(2), 3-16. <https://doi.org/10.29044/v14i2p3>



Helen Rowland *(She/Her)*

Workshop Session 1

Helen Rowland CTA (P) TSTA (P) is a psychotherapist, supervisor, and trainer in private practice in Scotland and online. She is a core tutor for Physis Scotland and a co-editor of the Transactional Analysis Journal. Helen Rowland (She/Her) CTA (P) TSTA (P) UKCP reg



Rosalind Sharples *(She/Her)*

Workshop Session 3

Rosalind is the Director of Transactional Analysis Cymru. She is passionate about working with the process as it unfolds in the room and using this experience to bring theory to life. She has a background in the arts and a long history of working in creative fields, which she applies to psychological processes.

Over the last decade, she has successfully brought learners and learning facilitators together to create a vibrant TA community in West Wales. From an area where there was little psychotherapy practice, a thriving population of robust, effective practitioners has emerged.



Tim Small *(He/Him)*

Workshop Session 2

Tim's background is in education, with twenty-seven years of teaching and leading in seven comprehensive schools, including headship in Wiltshire, followed by fifteen years as an international education consultant.

He began his psychotherapy training in 2013 at the Berne Institute in Kegworth, UK, completing his CTA in Florence in May 2024. Based in a rural setting in North Somerset near Bristol, he has a small private coaching, counselling and psychotherapy practice, including weekly volunteering for a national mental health charity. His particular interest is in spiritual and ecological aspects of TA, with a focus on intra-personal and interpersonal energy flow and how that relates to wellbeing and sustainability for individuals under pressure.



Ronen Stilman *(He/Him)*

Workshop Session 1

Ronen Stilman TSTA(P) MSc (TA psychotherapy) is an ITAA, UKCP and COSCA registered 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 embody, relate and identify in the context of culture, politics and society, integrating his background in technology and organisational change.



Annette Terry *(She/Her)*
Workshop Session 2

Annette Terry MSc (TA Psych) PTSTA(P) DipHyp runs a private practice in Leicestershire, UK. She works creatively with therapy clients and supervisees and is interested in the spontaneity of mutual growth and learning. She enjoys working in the liminal space, where the unknown can become transformational.



Jane Tillier *(She/Her)*
Workshop Session 2

Mixed experiences of apparent privilege (e.g. higher education degrees) alongside many challenges (including a dyslexia diagnosis at 60) have sometimes left me feeling confused about my identity. My experiences of comfort and discomfort in different contexts mean that I am sensitive to the comfort and discomfort of others. I grew up on a council estate with parents who left school at 16, yet I went on to study at Cambridge and Oxford to PhD level and beyond. Working as a priest in the church of England in diverse contexts for over 30 years gives me a broad-based life experience upon which I draw.



Rob Titheradge

Robin Titheradge is a seasoned yoga teacher and fourth-year psychotherapy student with a keen interest in the integration of yoga and eastern practices to enhance well-being through a deepened mind-body connection.



Nicole Turner
Workshop Session 3

Nicole is an advanced TA psychotherapy trainee living and working in London, UK. She comes to psychotherapy as a second career after thirty years working in media. She brings her experiences and history as a Jamaican immigrant to both the US and UK to her work and is working to bring black feminisms and liberation psychology central to her practice.



Barbara Wattiez *(She/Her)*

Workshop Session 2

Barbara Wattiez: PTSTA (P) - Barbara is a relational TA psychotherapist based on the South coast. Alongside her private practice, she supervises, teaches, and runs a therapy group.

She believes that groups provide a unique healing space allowing members to practice authenticity and experience intimacy.

In a world that often leans towards individualism and polarisation, she feels experiences of difference and connection are essential for the soul.



Enid Welford *(She/Her)*

Workshop Session 1

Enid Welford is a TSTA who specialises in accounting the family system in her training, supervision and therapy practice. She has a very diverse family and is passionate about accounting her clients' unique history and how this shapes us and impacts our decisions.



Andy Williams *(He/Him)*

Workshop Session 3

Andy Williams TSTA(P) is a Psychotherapist, Clinical Supervisor, Trainer and Researcher based in Leeds, West Yorkshire. He holds senior accreditation with BACP and NCPS. He is part of the Eco-Collective and enjoys working in partnership with the Earth. His research interests include the efficacy and relationship in clinical supervision. He is one of the co-editors of the Transactional Analysis Journal. Andy is also passionate about nature and sacred stones in the landscape.

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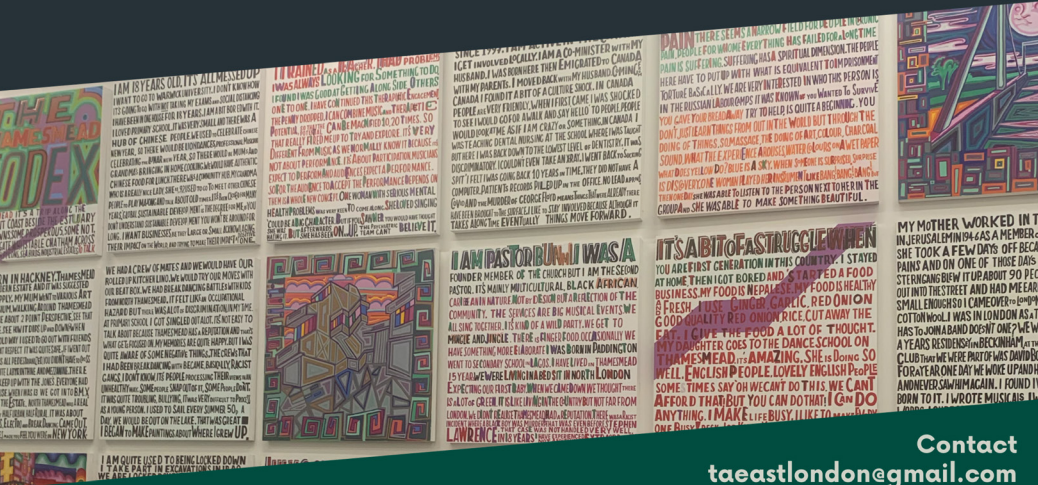
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The following is intended as a general guide:

TA Hours

These are workshop / keynotes you have attended where the session has been delivered by a TTA/PTSTA/TSTA presenter - e.g., these hours would count towards the 300 hours of TA training that is required for CTA submission.

Other CPD hours

These can be ANY workshop / keynote attendance hours where you are learning and developing. These can include personal development sessions, and those invested on growing other transferable skills that you might use in your practice. These hours are not exclusively TA related and would, for example, count towards the 500 hours of "other training" at CTA submission

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On Your Route

1. This notable Oak tree is around 200 years old.

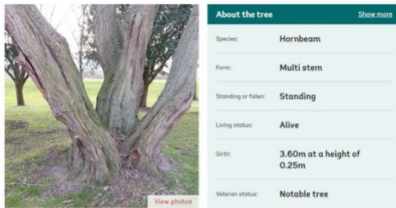


2. Our ancient Hornbeam is between 225 and 350 years old.

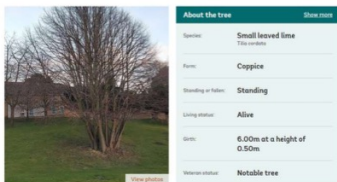


On Your Route

3. This notable Hornbeam is between 150 and 200 years old.



4. This notable small leaved Lime is between 150 and 175 years old.



Wellness Walks

It's almost impossible not to feel good when we're walking outdoors – it's a natural mood-booster. The great news is, we don't need to walk far or fast to feel its effects on our health and wellbeing. Simply getting out is a tonic for our minds and bodies, and it can be sociable too.

Take a walk around our well-maintained grounds; we have 28 acres of garden and woodland, this is a great place to enjoy some fresh air. We have break out areas and shaded places to sit, we also have pathways to explore. Enjoy some time to clear your mind or have a chat with friends.

Why Walk?

- Just three minutes walking reduces blood pressure.
- Five minutes improves mood.
- Ten minutes walking helps improve creativity.
- Fifteen minutes walking after food will reduce blood sugar.

The Route

We've mapped out a route of around one mile, just follow the yellow line on the map and this will take you past some of our ancient and notable trees and around our duck pond. You can follow this or find your own routes through our grounds and woodland.

If you would like more information on local walking routes you can find 20 great routes here:

