TA 101

THE OFFICIAL INTRODUCTION TO TRANSACTIONAL ANALYSIS - KEY CONCEPTS AND USES

This course provides an introduction to the key concepts of Transactional Analysis, as a way of understanding yourself and others.

Southwest Psychotherapy & Counselling Alliance



2 day workshop
Usually Saturday - Sunday
9.30am - 5.30pm
Led by experienced pratitioners
Suitable for all levels

Have you ever wondered why do my conversations with that person at work always end badly?' or 'why can't I seem to get my point across to that person?'

More importantly: 'how can I change those things?' or 'how can I speak to that person in a way they can hear me?'

These questions all have answers in Transactional Analysis (TA).

This is a group of models and theories that describe people's personalities, how we communicate, the ways we behave in the world, and the patterns of behaviours we can get stuck in at times. TA is also rooted in the idea that we can change those difficulties, to live easier, more fulfilling lives.

This course provides an introduction to the key concepts of Transactional Analysis, as a way of understanding yourself and others. It is also a great taster for the TA courses at Southwest Psychotherapy and Counselling Alliance.

What's in the course?

During this course, we will explore the concepts of:

- Ego states (Parent, Adult Child, making up our personality)
- Transactions (how we communicate with others in useful and less useful ways)
- Psychological Games (how we get into repeated patterns with people, including the Drama triangle)
- Life Scripts (how we develop from childhood) and many others.
- We will look at how these concepts apply to ourselves, to others and to our interactions.

The concepts will be explored using examples from daily life, and simple exercises in the group. This also allows participants to discuss how they might use TA theory to think about themselves and their interactions with others.

Who is the course for?

The TA101 will be of interest to people wanting to learn about TA, or simply about what makes people tick. No prior knowledge or study is required. This is a stand-alone course.

To any professional, or individual who works with people and who is interested in people. For example, Healthcare workers, carers, teachers, homemakers, counsellors, financial advisors, solicitors, charity workers etc.

At the end of the course, participants will be awarded an internationally recognised certificate.

Who is leading the course?

All of our TA 101 courses are led by qulaificed Teaching and Supervising Transactional Analysts with a psychotherapy specialty.

How do I enrol?

If you would like to know more about the TA101, please email:
info@swpcalliance.co.uk
or call us on 01392 927 132.

WWW.SWPCALLIANCE.CO.UK

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