

THE OFFICIAL INTRODUCTION TO TRANSACTIONAL
ANALYSIS - KEY CONCEPTS AND USES

TA 101

12 & 13TH SEPTEMBER
EXETER



Southwest
Psychotherapy & Counselling
Alliance

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

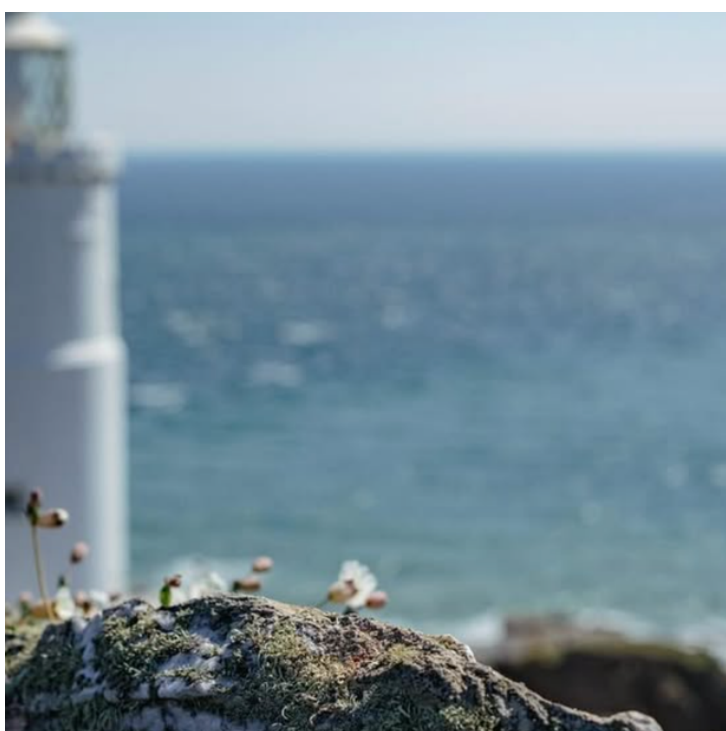


Jane Kibblewhite is a
UKCP-registered
psychotherapist and
supervisor, and a
qualified TA trainer.

BOOKING AND ENQUIRIES:

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INFO@SWPCALLIANCE.CO.UK



DETAILS

DATE:

SATURDAY 12TH &
SUNDAY 13TH
SEPTEMBER 2026

TIMINGS:

9.30AM - 5.30PM

LOCATION:

ROUGEMONT HOTEL,
QUEEN STREET,
EXETER,
EX4 3SP

**PRICE:**

£195 PER PERSON

LEVEL:

SUITABLE FOR ALL
LEVELS OF EXPERIENCE

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.

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.

No prior knowledge or study is required.

This is a stand-alone course.

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

Who is leading the course?

Jane Kibblewhite - UKCP reg. Provisional Teaching and Supervising Transactional Analyst with a specialism in Psychotherapy, Jane has a clinical and supervision practice in Bath.

Jane is also an occupational therapist (HPCP registered). She enjoys sharing her extensive clinical experience gained in specialist NHS services and links a creative intuition with robust practice. She has collaborated with UKCP registered psychotherapists from diverse modalities including psychoanalytic, family therapy, and clinical psychology.

Throughout her career, Jane has been responsible for clinical supervision and the training of health professionals and psychotherapists, including roles such as Schwartz round facilitator including as part of a debriefing service. Jane has both personal and professional experience with neurodivergence.

How do I enrol?

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



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