

# Knowing me, knowing you

## Two day introductory course TRANSACTIONAL ANALYSIS

Transactional Analysis (TA) is a model for understanding personality, human development and behavior, communication and relationships.

TA can be applied by anyone, in a variety of situations. It has an underlying ethos of positive regard for self and others, and a belief that everyone can change. This two day workshop is the official introductory course. TA101 is an internationally recognized qualification and you will be awarded a certificate on completion of the workshop.

The workshop offers material that is relevant to those who work with people; ie, psychotherapists, counselors, educators, coaches, supervisors, consultants, and relevant to those who work in health, justice, business and other organisations.

This training stands on its own and is also a prerequisite for those wanting to advance to further training.

### **Tutors:**

**Marion Wade** is a Certified Clinical Transactional Analyst and Provisional Teaching and Supervising member of the International Transactional Analysis Association. She is a counselor and registered psychotherapist.

Marion's first career was nursing beginning with general care of people before working in mental health and psychiatric nursing. She works with individuals and couples and has experience of helping clients with general life issues, as well as specialist experience with eating disorders, sexual function issues and trauma therapy.

**Mandy Lacy** is a Certified Organisational Transactional Analyst and provisional teaching and supervising member of the International Transactional Analysis Association. She teaches and supervises TA in the organisational field here in Wellington and throughout Australasia.

Mandy is the executive director of Star Potential Ltd, delivering consultancy, coaching, training, project management, organizational development and professional supervision. She has a breadth of experience in business, workforce development, education, training and professional development, human resources, management and leadership sectors within corporate, government and NGOs organisations.

When: Friday/Saturday 10<sup>th</sup> & 11<sup>th</sup> September 2010  
Where: The Training Space, 5 Alpha Street, Wellington  
Times: 9am to 5pm each day  
Fee: \$300 (gst inclusive) morning and afternoon teas provided

To register please phone/ email: [mandy@starpotential.co.nz](mailto:mandy@starpotential.co.nz) Phone: 0275 288843

# TA 101: The Official Introductory Course in Transactional Analysis

*Increase your personal and professional effectiveness.*

*This course offers you efficient access into what makes you and others 'tick'.*

*You will be given a tool kit from which you can choose a range of ideas to enable you to improve the ways you relate and work with other people.*

**The TA 101 course is the official introduction to Transactional Analysis. Over a minimum of 12 hours you will begin to understand what Transactional Analysis (TA) is about. It can be a wonderful insight and experience even if you have no wish to continue TA training.**

TA 101 is learning the basic concepts of TA to be able to apply them immediately to yourself and your workplace. Eric Berne who created TA in the 1960's promoted the idea that everyone of us is able to think and understand situations we find ourselves in. These concepts can be readily applied in our lives from the moment we are exposed to them. Thus this course not only provides a clear understanding of the concepts of TA but also acts as a springboard for personal growth and development.

This course will introduce you to the full range of TA concepts and show you how these can be related to topics including: attitudes and personalities \* working styles \* personal styles \* thinking styles \* creativity and innovation \* working with others \* assertiveness \* teamwork and groups \* influencing and persuasion \* handling change.

This is the officially-recognised Introductory Course in TA, covering an internationally-agreed syllabus. Participants receive a Certificate of Attendance and are then qualified to apply for Regular Membership in the International, European, Western Pacific and UK TA Associations.

## **What is Transactional Analysis?**

At one stage Eric Berne said 'Change now and analyse later!' indicating the possibility of changing our behaviour as soon as we have more choices in a situation. TA provides more choices for acting in a situation. TA however is also an approach that has both depth and breadth so able to provide longer term options as well as a "quick fix". It will stand you in good stead whatever your situation, whatever your context. It is easy to understand and can be taught to both children and adults alike, from the shop floor to the board-room.

TA is extremely potent when used effectively. The key is to apply it to yourself before you attempt to apply it to others. TA uses a system of training and supervision which focuses on self awareness and skill development. Accredited transactional analysts have typically spent at least four years developing their awareness and skills before taking an international exam that involves both a dissertation and a panel for an oral exam.

TA can be used by anyone in a variety of situations. Ideally TA is an approach reflected in how we are, not something we do to others. TA is both a theory of personality and a system for the improvement of personal and social functioning, within the humanistic tradition. Eric Berne re-examined the basic assumptions of psychiatry, and from his radical pioneering work developed a system of analysis which can be applied to the structure of the personality, interpersonal transactions, life plans or scripts, and the games people play.

## **The Philosophy**

The underlying philosophy of transactional analysis is one of mutual self-respect and caring. The wide range of TA theories and techniques are accessible to understanding and use. They apply equally well in social, family, educational and organisational settings, used by individuals and groups. Given the philosophy that everyone is OK, we believe it is important to put this into practice and encourage people from all cultures to apply for this course. In this way we can learn from each other and understand the development of our beliefs and decide to change those which are unhealthy or detrimental in our lives.

**We believe:**

- Change is possible
- Valuing ourselves and others is the key to harmony and success
- We all aspire to health and the achievement of our creative potential
- Effective learning occurs when there is fun and positive regard

**What can I do with this course?**

You can use this course: ·

- For your own interest and growth ·
- To go on to further training in TA ·
- To improve your professional functioning "
- You might want to use TA in your work as a manager, team leader, clinician, company director
- Other uses might be in psychology, social work, youth work or the church. "
- Apart from work you might want to use it to improve your relationships, or how you communicate so that you have more opportunities in life.

**How You Will Benefit**

You will learn:

- why you might think, feel and behave the way you do
- what to do when others talk down to you
- how you can communicate effectively
- how improved communication improves your relationships at work and at home
- how to avoid those familiar patterns of behaviour you get into that end up in the same old negative and predictable outcomes
- how you can think better about yourself and about others
- the importance of contracting with others so that you and they know what you are communicating and providing
- how to have a more fun in life

**Who would benefit from attending this course?**

- |                                    |                            |
|------------------------------------|----------------------------|
| • individuals                      | • managers                 |
| • team leaders                     | • clinicians               |
| • project managers                 | • human resource personnel |
| • health professionals             | • counselors               |
| • psychotherapists                 | • teachers                 |
| • people in any helping profession | • group facilitators       |
| • partners                         | • teachers                 |

The course is ideal for people who seek practical skills and theoretical perspectives that will improve communication and contribute to the development of meaningful interpersonal relationships.

**What learning outcomes will you achieve?**

- The basic Transactional Analysis theory
- Communication pathways for increased fulfilment and satisfaction in your relationships with others.
- Consideration of individual and group dynamics, and the impact these have on work situations.
- Understanding of Ego States: What makes us who we are? Why do we think, feel, behave the way we do?
- Understanding life scripts and the life plan we unconsciously make in early life and then live out.
- An understanding of the psychological games we play in our personal and professional lives. How these begin and end. How to change these.
- An understanding of repetitive patterns of behaviour and communication.