

# THE OFFICIAL TA 101 TRAINING PROGRAMME

Presented by **Julia Tolley**  
UKCP, BACP (Accred), PTSTA

**PRESENTER JULIA TOLLEY:** a Psychotherapist, Trainer, supervisor and Coach, based in the West Midlands, she has over 25 years experience in the field of human development. Julia teaches at the Manchester Institute for Psychotherapy.

**TRANSACTIONAL ANALYSIS (TA)** is a theory of personality and a systematic psychotherapy for growth and personal change developed by Eric Berne.



**Eric Berne 1910-1970**

**On the Transactional Analysis Official 101 course, a stand alone module of 2 days or as the pre-cursor to a 4 year Diploma in TA you will learn about:**

**Strokes:** our basic need for recognition

**Ego States:** Parent, Adult, Child: our many selves, where they come from and understanding their use.

**Transactions:** The 3 rules of communication and analysis of transactions.

**Discounting and passivity:** How we make the world fit our frame of reference and not solve problems.

**Script:** our life story written in childhood and acted out repeatedly also script development and change.

**Game Theory:** We consider how and why we play psychological games and how we can change these destructive patterns in our lives.

**WHEN:**  
**November 12th & 13th 2016**  
**10am-5pm**

**WHERE: VENUE**  
**St John' Counselling & Therapy Centre.**  
**11, Kidderminster Road, Bromsgrove, Worcestershire B61 7JJ**

## WHO IS THE TA 101 FOR ?

### Anyone:

- ⇒ Counsellors
- ⇒ Therapists
- ⇒ Managers
- ⇒ HR/Coaches
- ⇒ Parents
- ⇒ Persons interested in personal development

**COSTS: £175.00** : for two days.

### Early Bird Rate:

Book by 14th September and pay in full: **£150.00.**

Thereafter **£175** in total for 2 days.

### To Book:

**£75** non-refundable deposit by 14th September 2016, secures a place. Balance of fees payable 14th October 2016.

### Contact: **Julia:**

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Certificate of course attendance issued by the UKATA– United Kingdom Association for Transactional Analysis.