



Transactional Analysis 101

1st & 2nd February 2019 Cape Town

Transactional Analysis (TA) is a theory of human development, personality, and communication. It has concepts that can be learned and applied as tools for personal and professional growth and change. The underlying philosophy is one of mutual self-respect and caring and a belief in peoples' ability to be responsible think for themselves and make their own decisions.

TA theories and models are easy to understand and use, and can be related to:

- *Personal development*
- *Working in teams and groups*
- *Attitudes to self and others, building self esteem*
- *Personal styles, assertiveness, parenting, discipline*
- *Positive communication in social and professional spheres*
- *Learning and transformation*

This 12 hour training carries accreditation with the International Transactional Analysis Association (ITAA) as well as 12 CCE units from the ICF. Wherever in the world you attend a 101, you will cover the same TA concepts. Only internationally accredited Transactional Analysts can run a 101 and this ensures the maintenance of high standards and the delivery of accurate, consistent and current information about TA.

The course is highly experiential with many opportunities for participants to bring their own contexts and experience and try out working with the concepts in small groups.

Completion of the course carries an ITAA certificate and entitles you to apply for membership of the ITAA and SATAA.



This course carries 12 CCE Units (core competencies) from the ICF

Learning areas:

1. **Definition and underlying values of TA** (value base of TA, contractual method, areas of application)
2. **Overview of the development of TA** (from Berne to current TA thinking)
3. **Theory of personality structure** (motivational theory, structural and functional ego states, contaminations, strengthening and expanding the integrating Adult)
4. **Theory of communication** (transactions, strokes, social time structuring)
5. **Theory of life patterns - script** (scripts -co-creative identity, script messages and development, script matrix, updating script messages, beliefs and decisions, games, drama and winners triangle, racket analysis to explain internal processes, life positions, discounting and accounting)
6. **TA methodology** (use in different fields of specialisation)

Trainer:

Karen Pratt has been studying and using TA since 2001. She is a Teaching and Supervising Transactional Analyst (TSTA) and is the only TSTA in Africa holding an Educational specialisation in TA. She is currently Chair of the South African Transactional Analysis Association (SATAA) and chairs the Membership Committee of the International Transactional Analysis Association (ITAA)

Karen also holds a PCC credential from the ICF, and is a member of the training staff of Coaching Development.

She runs TA training programmes in the Western Cape, KZN, Gauteng, the UK as well as working virtually in India. She trains from the introductory TA 101 up to qualification level as a Certified Transactional Analysis (CTA), and Teaching and Supervising Transactional Analyst. She regularly examines TA candidates internationally, and is one of the markers of the written case study for the CTA exam. She works internationally with trainees preparing for their educational CTA.

Logistics:

Time: 9am till 5pm both days

Venue: St Paul's Church hall, Main Rd, Rondebosch

Costs: R2900 + VAT per person (includes comprehensive TA101 manual, plus 2 teas)

Existing SATAA members receive 25% discount!

50% deposit to confirm your booking

Booking: Please email Karen for an application form

Application: info@tamatters.co.za 082 450 8331

For other courses see: www.tamatters.co.za

