

Foundation Certificate in Transactional Analysis

10 weekends from October 2016 to July 2017 9.30am to 4.30pm each day
Course Location: Headway House, Jackies Lane, Newick, Sussex BN8 4QX

What is Transactional Analysis?

Transactional Analysis (TA) was founded by **Eric Berne** in the 1950s and 1960s and has evolved since. It is now a well-established approach used widely in **psychotherapy, counselling, education** and **organisational development** as well as many other areas.

As well as providing a **theory of personality**, Transactional Analysis offers a range of models that can be used to explain **communication** and **relationships**. These models can help identify what goes wrong in communication and how to interact for a better outcome.

The therapeutic applications of TA focus on providing opportunities for individuals to change repetitive patterns. These patterns, the result of early childhood decisions which in TA are referred to as 'script', limit an individual's potential.

TA focuses on how script manifests itself in day-to-day life and how we can move beyond it to **improve the quality of our lives**. Used with individuals, couples and groups, TA is effective with a wide range of therapeutic issues. Unique in the depth of its theory, this process allows for the individuality of both therapist and client.

TA is also beneficial in settings such as **organisational training** and **consultancy, parenting, education, personal development** and **coaching**. Many TA concepts are simple to learn and apply, making them very accessible and effective.

Training in TA at the Link Centre

The first place to start training in TA is by attending a TA101 which is a 2 day introduction to the theory. It is an internationally recognised course and a standalone course as well as being a pre requisite for the Foundation Year. People love this course whether or not they choose to continue their training. The cost is £160 for the weekend. This course also gives people a really good introduction and taster to The Link Centre as a training provider. It is important to find a training provider that suits you as course providers do differ significantly.

We run a combined counselling and psychotherapy training course so that students can gain either or both qualifications on the same course. Our Counselling Diploma is accredited by the National Counselling Society and the Psychotherapy qualification gives you UKCP recognition. Both qualifications qualify you to be on the PSA government voluntary register. The Psychotherapy qualification is also an international qualification as TA is a theory that is used worldwide and people can also go on to qualify as trainers and supervisors if they choose to.

The Foundation Year

The Foundation Year in TA can be either

- The first year of counselling and psychotherapy training which can be followed by either a 2 or 3 year course for those wishing to go on and qualify as counsellors or psychotherapists.
- **or** a standalone course for those wanting to deepen their knowledge of TA following the introductory TA101 weekend course. Some people may just want to learn the theory to apply to home and work situations, raise their own self-awareness, promote self-development, add to their managerial skills tool box. Others may already be qualified counsellors and just want to add TA to their tool box.

Further details overleaf

Course Structure

Each year of training is ten weekends in total from October through to July. The course is non-residential and most people travel to the venue each day. However, there are local bed and breakfast options available from £35 a night.

Course dates planned for 2016/2017 are:-

- October 15/16
- November 12/13
- December 10/11
- January 14/15 (2017)
- February 25/26 (2017)
- March 18/19 (2017)
- April 29/30 (2017)
- May 20/21 (2017)
- June 24/25 (2017)
- July 15/16 (2017)

Sample Course Content:

- Week 1. Forming, History of TA, TA Philosophy, Contracting
- Week 2. Ego States, Functional and Structural Models
- Week 3. Transactions and Stroke
- Week 4. Games and Rackets
- Week 5. Script, Script Types, Script Process, Life Positions
- Week 6. Drivers, Injunctions and Mini-Script
- Week 7. Discounting, Symbiosis and Passive Behaviours
- Week 8. Groups
- Week 9. Child Development
- Week 10. Personality Adaptations and Endings

During the year, we will encourage integration of learning with case examples, taught elements and experiential exercises. Some personal development will be provided on the course through facilitation of the group process. Students also need to be in ongoing weekly therapy throughout the duration of the course with a TA qualified psychotherapist or a UKCP registered Psychotherapist. This is a very important part of the learning experience.

Written work: Ongoing learning journal, short questionnaires following each weekend, two 2000-word essays on aspects of TA.

Recognition: On successful completion of this course, with all criteria met, participants will be awarded a Certificate in TA Theory.

Course tutor:

Mark Head, Leilani Mitchell or Lisa Bedford-Cooper.

Course Fee: £1749 (or termly payment scheme available which incurs an admin fee) + please see the Guide to Foundation Year costs.

Selection Process:-

Applicants should have either

1. Qualifications/ experience

First Degree or equivalent Further Education or Higher Education qualification

Or Completion of an Accreditation of Prior Learning / Accreditation of Prior Experience process. For those with no first degree (or equivalent qualification) an initial assessment is made based on the experience and study detailed on their application form and their CV. Should these be relevant to the training, and other eligibility criteria be met a place

will be offered. Relevant work or life experiences may include but is not limited to: working with people, caring, parenting, and management and personal development.

In such instances the first year of study will be used to assess whether the applicant can manage a post graduate standard of training. This will be assessed both within their tutorial (see Appendix W for tutorial feedback) and at the end of the first year when a decision will be made concerning the trainee continuing onto the Clinical Training Years.

An application form can be downloaded from the website and sent to The Link Centre, Admin Office, Forest Dell, Green Lane, Crowborough East Sussex. TN6 2DG. You will then need to attend an interview. It is a pre-requisite that, prior to starting the Foundation Year, you must have attended a TA101 course.

Further Details: Please visit our website www.thelinkcentre.co.uk for further details. We are quite happy to discuss any queries you may have via email or telephone. Please contact Leilani Mitchell on 01892 652487 or email leilani@thelinkcentre.co.uk