

A Working Introduction to Transactional Analysis

This workshop is designed for those who are interested in better understanding the Transactional Analysis (TA) model of communication to improve working relationships.

By the end of the session you will be able to;

- Describe TA and how it determines thinking and behaviour
- Explain the 'ego states' (the structural and functional models) as they relate to self and communication
- Describe reasons why 'exclusion' can occur and consider ways to minimise the impact of this in relationships
- Name different types of 'transactions'
- Recognise 'life positions' and the ways these will impact on behaviour
- Identify how 'strokes' can be used and how you can consciously work with this in building relationships
- Name 'drivers' and state how these react to stress
- Give examples of 'games' that may be played and suggest how these might be better managed
- Identify ways in which you can use TA to help improve the quality of relationships personally and professionally



Venue: Therapy Station Ltd, Unit 8 Salisbury House, Wheatfield Way, Hinckley, Leicestershire, LE10 1YG

Date: Saturday 12th October 2019

Time: 9.30am -4.30pm (9.00am Registration)

Cost: £ 75.00 (Refreshments included, please provide your own lunch)

CPD Hours: 6 Hours and certificate provided

For more information contact Anne Booth at anneboothabcd@gmail.com