

## **Aspie - Transactional Analysis - TA101**

These courses are run from time to time, typically two weekends a year, in the Bristol area, and are an introduction to Transactional Analysis as an aid to relationships for those diagnosed with or having traits of Asperger's Syndrome, their partners and their families.

The Tutors are Peter Flowerdew PTSTSA (P) (Neuro-typical - NT) and Richard Hall and Christine Russell (who are both Aspies)

Cost: £150 with a reduced rate of £75 for students.

Other concessions are available too – it is understood by the trainers that many of the people that would benefit from attending this course are financially disadvantaged so we are willing to make discretionary discounts according to need. We ask delegates to pay what they can afford, being fair to themselves and fair to us. We do not want cost to be a problem that prevents anyone from coming; but we also need it to be recognised that time and effort have gone into preparing the courses and we also incur costs. Please contact Peter to discuss concessions according to yours needs.

Special Requirements: Please contact Peter Flowerdew if you have specific needs, requiring adjustments to the environment or presentations to facilitate your participation. Pacing can be a problem and when we have run the course before, we have sought to present at the speed that the majority of attendees felt was appropriate.

### **Details of the course**

This course looks at personality and how it affects communication and relationships. The content is based on the well-established social psychology of Transactional Analysis (TA). We provide models that describe differences in personalities and the ways to understand and communicate effectively with them. We teach skills to enhance communication and create positive relationships. We, uniquely, incorporate neurodiversity into these models and skills. Our intention is to supporting and empower people with Asperger's Syndrome, or related Autistic Spectrum Conditions, their partners, parents and professional supporters. We teach the different underlying communication characteristics and dynamics between neuro-typical (NT) people and those with Asperger's Syndrome and create a dialogue between those two subjective worlds.

A key element of this course is that it is delivered by an NT Transactional Analysis trainer and two Aspies, one male, experienced in TA, and one female, married to an NT. The presenters therefore model and demonstrate directly both the differences between NT and Aspie personalities, perceptions and relational style, but also the powerful impact of genuine dialog between Aspie and NT.

Previous attendees have included Aspies, their partners and/or parents and those who work professionally with people on the spectrum. This has included Aspie/Aspie couples and NT/Aspie couples. Christine is also an Aspie parent of an NT child.

It may be useful to know that we have awareness that the spectrum is very broad and people's characteristics can be very varied – these models can be very useful in understanding why each person needs to be seen and accepted as an individual, not a category.

**For more details, or even just to discuss the course, please contact Peter directly at [peter.flowerdew@hotmail.com](mailto:peter.flowerdew@hotmail.com) 0117 950 3420**