

# Transactional Analysis Introductory Workshops - TA 101

**Workshops Hertford (2 days) :**  
**16-17 Feb 2019; 15-16 Jun 2019**

**Webinars (3 sessions):**  
**1 Dec 2019; 20 Apr, 11 May, 1 Jun 2019**

**Led by Professor Julie Hay Teaching & Supervising Transactional Analyst  
specialising in organisational, psychotherapy and educational applications,  
Programme Director MSc Professional Development (Transactional Analysis)**

A 101 course within the US educational system is called a 101; more advanced courses are known as 202's. These 2 day workshops run to an internationally agreed syllabus for a TA 101 and are led by a trainer who has international accreditation to do so. Participants can be confident that the workshop will be of a high standard and will cover the range of key TA concepts. Attendance certificates are issued so that participants can join national and international TA associations as regular members. The workshop is also a pre-requisite for various TA qualifications and awards.

Attend one of these workshops if you want to:

1. increase your self awareness through analysing yourself across the wide range of interlocking TA concepts;
2. enhance your people skills through using TA frameworks to analyse others so you can better choose the most effective ways to communicate with them
3. improve your ability to understand and work effectively with the dynamics of groups, teams, families and organisations

Although TA was originally devised with a focus on pathology and therapy, this workshop will demonstrate how a positive psychology approach changes the theories into potent models for development rather than cure. Content will include well-known TA concepts such as: games people play; positive and negative strokes and warm fuzzies; I'm OK, You're OK; Parent, Adult, Child; Little Professor – plus, to quote TA jargon, transactional analysis philosophy and practices; structural and functional ego states; transactions; time structuring; scripts versus autonomy; drivers versus working styles; and cycles of development.

Each workshop will be led by Julie Hay, who has over 40 years experience as an 'ordinary employee', supervisor, staff representative, manager, trainer, consultant in industry, local government and the public sector, and as a volunteer psychotherapist within prisons. She currently leads a TA-based MSc programme accredited by a UK University for those applying TA developmentally or as psychotherapists. She has been teaching TA around the world for over 25 years and is the author of numerous articles, books and audiotape packages including: *Transactional Analysis for Trainers* and *Working it Out at Work: Understanding Attitudes and Building Relationships at Work* (both 2<sup>nd</sup> editions 2009). Julie's courses are highly regarded, very practical, and fun to be at.

**Fees** - £160 per 2 day workshop - includes handout manual (usual price £10.97), and teas/coffees

To book, email us at [pifcic@pifcic.org](mailto:pifcic@pifcic.org)

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