



The Berne Institute

Training in all fields of Transactional Analysis
at the Centre of England

Director: Adrienne Lee BA TSTA



TA 101

UNDERSTANDING SELF AND OTHERS

An Introduction to Transactional Analysis

Wednesday/Thursday 11 – 12 September 2019

Saturday/Sunday 9 – 10 November

Thursday/Friday 9 – 10 January 2020

Thursday/Friday 19 – 20 March

Wednesday/Thursday 20 – 21 May

Wednesday/Thursday 22 – 23 July

Presenter: Adrienne Lee TSTA(P)

Transactional Analysis (TA) is a model for understanding human behaviour, communication and relationships. It was originally developed in the 1950s by the late Eric Berne, MD. This introductory course will examine the theory of TA, including the structure of personality; transactions, or the way we relate to others; time structuring; the psychological 'games' we play; and life scripts. Members of the course will have the opportunity to apply the theory to their own behaviour and the behaviour of others in the group.

Who should attend? The TA 101 course will be particularly useful for people in the helping professions, or in management, communications or teaching. It will also be helpful to those interested in understanding more fully their relationships with others.

Recognition The TA 101 course is recognised by the International Transactional Analysis Association (ITAA) and the European Association for Transactional Analysis (EATA) as their standard approved introduction to TA. Completion of the course affords participants the TA 101 certificate, a necessary requirement for anyone wishing to enter accredited training as a TA practitioner.

Dates and times The TA 101 course takes place over two days. Dates are given above. The course will run from 9.30 am to 5.30 pm each day, with the normal breaks for lunch and refreshments.

Venue The courses will be held in The Berne Institute, Berne House, 29 Derby Road, Kegworth DE74 2EN. Berne House is located ten miles south of Nottingham, near Junction 24 on the M1. If you need detailed directions to Kegworth, or a list of local accommodation, please ask the Course Registrar when you book for the course and we will be glad to send you this information. You can also find the information on our website www.theberne.com

Cost for the TA 101 course is £200. Note: Annual Berne Institute membership is £50 and entitles you to reduced fees at other workshops.



Adrienne Lee is Director of The Berne Institute. She is accredited by the European and International TA Associations as a Teaching and Supervising Transactional Analyst, the highest qualification awarded by these organisations. She is a UKCP Registered Psychotherapist and a Master Practitioner in Neuro-Linguistic Programming (NLP). Adrienne is a Founder Member and past Chair of the UK's Institute of Transactional Analysis, and is past President of the European Association for Transactional Analysis (EATA). In 2010 she was awarded the EATA Gold Medal, presented for 'outstanding services to TA in Europe' and in 2017 received the prestigious Muriel James Living Principles Award from the International TA Association.

For further details of all training courses, including fees, dates and information on our programme of workshops, free evening seminars and other TA events, or any other enquiries, please contact: **The Course Registrar, The Berne Institute, Berne House, 29 Derby Road, Kegworth DE74 2EN, 01509 673649 / office@theberne.com / www.theberne.com** To request an application form, you can also complete the enquiry slip below.

We look forward to welcoming you.

APPLICATION REQUEST

TA101 – Understanding Self and Others An Introduction to Transactional Analysis

**To: The Course Registrar, The Berne Institute, Berne House, 29 Derby Road,
Kegworth DE74 2EN / 01509 673649 / office@theberne.com /
www.theberne.com**

I wish to apply for a place on the above course. Please send me further details.

Please specify date _____

Name:

Address:

Phone :

Email: