

NEW ONLINE SEMINARS 2020

OPEN TO ALL

In each seminar, the presenter will share their new thinking about a topic in Transactional Analysis or a closely related field. There will be plenty of time for discussion, questions, and the interchange and generation of ideas. Note: times vary to accommodate international time zones.

**** EXTRA SEMINAR FOR AUGUST ****

Wednesday 5 August 2020, 4 – 6 pm BST

TA AND MINDFULNESS With **Debbie Jelpke PTSTA(P)**

Wherever you go, there you are. Have you ever experienced arriving somewhere with no recollection of driving there? Or been in a conversation and unintentionally zoned out into your own thoughts?

This seminar will explore to what extent we are truly present; or whether our mind, body and feelings replay our own familiar story - leading us to potentially react in unhelpful, outdated ways. I will share some insights and theory around mindfulness and meditation; how it can help us live in awareness, with clarity, and know our interconnectedness with others. TA fits beautifully with mindful living and therefore we will take a look at some of Eric Berne's and Martin Well's writings. There will also be one or two short meditations as a taster.

Please note this is a repeat of the Debbie's July seminar.

BOOK NOW <https://www.eventbrite.co.uk/e/transactional-analysis-and-mindfulness-wherever-you-go-there-you-are-tickets-114679351026>