

## UNDERSTANDING SELF AND OTHERS

### An Introduction to Transactional Analysis 'Official TA 101'

Thursday – Saturday	25 – 27 June 2020	3 days ONLINE
Tuesday – Thursday	21 – 23 July 2020	3 days ONLINE
Saturday – Monday	12 – 14 September 2020	3 days ONLINE
Wednesday – Thursday	27 – 29 October 2020	3 days ONLINE
Wednesday – Thursday	8 – 10 December 2020	3 days ONLINE
Wednesday – Thursday	9 - 11 February 2021	3 days ONLINE
Tuesday – Wednesday	27 – 28 April 2021	
Wednesday – Thursday	2 – 3 June 2021	
Thursday – Friday	22 – 23 July 2021	

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. Some of the courses will be via Zoom and are therefore open to everyone, internationally.

**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 (3 days online). Dates are given above. The course will run from 9.30am to 5.30pm each day at The Berne and 10am – 4pm online.

**Venue** The courses are usually held at The Berne Institute, however, **during the Covid-19 pandemic**, they are being run online, via Zoom. Full details will be sent to you once your booking is made. You will need a computer, stable internet access, and somewhere private to be while you are accessing the highly interactive 3-day workshops.

**Once we are able to meet safely in groups again**, the address for Berne House is: 29 Derby Road, Kegworth DE74 2EN. Berne House is located ten miles south of Nottingham, one mile from 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](http://www.theberne.com).

**Fee:** The full fee for the TA 101 course is £200. To reserve a place, please complete the booking form below and return it to us with your full payment. Please contact us for online banking details. 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'.

## REGISTRATION FORM

You are welcome to post this information to us, email it to us, or have it ready when you book by phone.

**To:** The Course Registrar  
The Berne Institute  
Berne House  
Kegworth DE74 2EN

01509 673649

[www.theberne.com](http://www.theberne.com)

**From:** Please print your name, address and contact details:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Tel \_\_\_\_\_

Email \_\_\_\_\_

I wish to book \_\_\_ place/s on the 'Official TA 101' course to be held on (dates): \_\_\_\_\_.

Current knowledge of TA (if any): \_\_\_\_\_

Please be aware that our office is staffed on a part-time basis. If you leave a message or send an email, we will always aim to respond to you within 24 hours.