

THE Berne INSTITUTE



'LIVING TA'

THE BERNE INSTITUTE ADULT EDUCATION PROGRAMME

This is our popular programme of 'Living TA' workshops, focussing on personal development and the application of TA to everyday life and the wider community.

Each month, this small group comes together to reflect on, and analyse, their personal and/or professional lives, relationships and ways in which TA gives us theories to understand ourselves and others. The workshops provide space for didactic teaching and group involvement, with emphasis on collective growth, mutual learning and belonging.

Eligibility for Entry We recognise that advanced TA training is not for everyone and that many people complete a TA101 or Foundation Year and want to continue developing their understanding of TA. Therefore, we welcome applications from anyone who has completed either of these two courses. This is so that we can share a TA language. It is possible to attend individual workshops, several workshops, or all of them.

The workshops are led by Debbie Jelpke PTSTA(P) and Annette Terry PTSTA(P).

Annette runs her private practice in Loughborough, Leicestershire where she works creatively with therapy clients and supervisees. She is interested in the energy that is stimulated within groups when they come together to learn.



Debbie has had a private therapy practice for over fifteen years in Nottingham and has been enjoying working as a trainer for the last few years. She is also a Mindfulness teacher and enjoys bringing Mindfulness and TA together.

Cost £800 for all ten sessions (£80/day) or £90 per individual workshop.

Dates 24 September 2020, 22 October, 19 November, 17 December, 14 January 2021, 11 February, 11 March, 15 April, 20 May, 17 June. All workshops begin at 10am and finish at 5pm with the usual breaks.

Topics will be announced on the website and The Berne Institute noticeboard, where you can also sign-up.

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 workshops. **Once we are able to meet safely in groups again**, the address for Berne House is: 29 Derby Road, Kegworth DE74 2EN. You can also find the information on our website www.theberne.com.

For further details of all training courses, including fees, dates and information on our workshops, seminars, or any other enquiries, please contact: **The Berne Institute, Berne House, 29 Derby Road, Kegworth DE74 2EN, 01509 673649 / office@theberne.com / www.theberne.com**