

## ONLINE SEMINARS 2020/21

**\*\* ALL WELCOME \*\***

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.

**Timing: 5.30 - 7.30 pm GMT**

**Wednesday 28 April 2021**

**FROM NEUROCEPTION TO EGO STATES** - With Ania Herbut BA, BSc, MA, Dip, ACC

**Once upon a time, there was a nervous system... From Neuroception to Ego States.** How knowledge of the synaptic self, polyvagal theory, effects of developmental trauma, and Transactional Analysis can provide therapists with simple tools to effectively support their clients.

In this seminar, I will explore the science of safety and how, as therapists, we have a responsibility to be aware of research developments that illustrate how physiology of behaviour can inform our knowledge of symptoms and clients' behaviour and emotions.

**BOOK NOW** <https://www.eventbrite.co.uk/e/from-neuroception-to-ego-states-tickets-147117734103?aff=ebdssbonlinesearch>

**Wednesday 5 May 2021**

**USING TA EGO STATES TO HEAL THE RUPTURE OF BETRAYAL**

With Sarah Demaree MSc, PTSTA(P)

One of the most common issues that couples bring to therapy is betrayal. This can take many forms: a sexual affair, a non-sexual 'emotional' affair, the perceived failure of support in a crisis, the breaking of a significant promise, etc. Whatever the specific issue, the emotions that accompany betrayal into the therapy room are usually very big and very uncomfortable: scare, anger, shame, hurt, confusion ... and the therapist can be caught up alongside their clients in these feelings. We will look at how betrayal presents in the context of working with couples and how to work with ego states to cool the temperature and set the pace for healing the rupture.

**BOOK NOW** <https://www.eventbrite.co.uk/e/using-transactional-analysis-ego-states-to-heal-the-rupture-of-betrayal-tickets-146905587567?aff=ebdssbonlinesearch>

**Wednesday 26 May 2021**

**EDUCATIONAL TA & FREEDOM** (Nina Simone: *"I already know how it feels to be free"*)

With Beatrijs Dijkman MSc DTA, PTSTA-E

Using the learning imagoes of Trudi Newton (2003/2014), we can see and talk about how groups 'behave' in education and how the learning Imago reflects the group's structure and function. We can find a sense of freedom in each Imago; so important for development and growth.

In this seminar we will look at ideas of freedom, from each of the Imagoes. We will look at stories, pictures and music fragments, and create our own tactile Imagoes, illustrating freedom in different forms.

**BOOK NOW** <https://www.eventbrite.co.uk/e/educational-transactional-analysis-freedom-tickets-146910767059?aff=ebdssbonlinesearch>

More to Seminars to be announced soon!