



FOUNDATION COURSES IN TRANSACTIONAL ANALYSIS IN-HOUSE & ONLINE

These one year, part-time (20 days) courses provide an in-depth awareness of Transactional Analysis (TA) theory and how it relates to your lives, work and relationships. The major theories of TA are taught using practical, experiential and skills development that is related to your own personal and professional development.

While the Foundation Year is an essential first step into further TA training, you can also take the year as a free standing module. For many people, their experience of the Foundation Year helps them to make a decision on whether to go further in TA training. For others, the Foundation course is a TA resource to enhance their understanding of themselves, their relationships, their work and life choices. And for all, the Foundation course provides an experience of significant personal development. All hours will count towards accredited TA training (Level 6).

Eligibility for Entry We require you to have completed an introductory two or three day TA training 'TA 101' (information available on our website). No previous academic qualification is required for entry to the Foundation Year courses. If you would like to apply for a place, your first step is to complete and return an Application Form (available from The Berne Institute office, contact details below). We will then contact you to fix a mutually convenient date and time for an admission interview.

Assessment and Progression These courses, and all our training, meet international TA accreditation standards and are quality assured by Middlesex University and UK Association for TA (UKATA). If you decide to progress to further training in TA, you will need to pass The Berne Institute Foundation Certificate in TA, which you take at the end of Foundation Year. You can find details of the assessment, and of possible routes for further progress, on our website www.theberne.com. We can also discuss this during the admission interview.

Fees The fee for Foundation Year is £1985 which can be paid in full or by instalments. Full details of payment options are given in the joining papers.

Online – Midweek (Wednesday/Thursday)

This course will be an international programme, run online, via Zoom. Full details will be sent to you once your place is confirmed. You will need a computer, stable internet access, and somewhere private to be while you are accessing the highly interactive course.

In-House - Weekends

This course runs in person, at Berne House, 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 our Administrator (Helen), 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.

Please be aware that in the event of further Covid-19 restrictions, this course will run online until restrictions for meeting in person are lifted.

The Berne Institute Foundation Year Certificate will be awarded to those who attend the full course and successfully complete the following required assignments: Reflective Journal, TA101 Written Questions, Short Essay applying TA theory.

Dates and Timings The course starts in October and occupies one two-day meeting each month until July. A list of dates and topics will be provided with your joining papers. Each training day starts at 10am and finishes at 5pm, with normal breaks.



In-house Foundation Course Leader is Adrienne Lee TSTA(P) 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'.

Online Foundation Course Leader is Frances Townsend TSTA(P)



Frances Townsend MSc (TA Psych) CertCouns PGDip (Supervision) CertEMDR TSTA(P) is a Teaching and Supervising Transactional Analyst (TSTA) and a UKCP Registered Psychotherapist. She incorporates mindfulness into her practice as a core concept alongside TA. Previously she worked as a volunteer in a youth counselling agency and for Women's Aid, managing refuges for women and children escaping domestic violence. Since 1995 she has built a thriving private practice in Northamptonshire where she sees individuals, couples and groups for therapy and is also a counsellor in NHS Primary Care. Frances runs individual and group supervision sessions and offers training and workshops on personal development, counselling and psychotherapy topics.

Both tutors will teach on both the above courses and there will also be sessions run by other internationally accredited trainers: Deborah Robinson TSTA(O), Giles Barrow TSTA(E), Marian Timmermans PTSTA(O).

For further details of this and all The Berne Institute 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 Administrator, 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 following enquiry slip or contact Helen in the office.

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.

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

The Berne Institute

Berne House

Kegworth DE74 2EN

01509 673649

www.theberne.com

Tel

Email

I am interested in a place on The Berne Institute Foundation Year (**please indicate whether In-House or Online**)

IN-HOUSE

ONLINE