

UNDERSTANDING SELF AND OTHERS

An Introduction to Transactional Analysis 'Official TA 101'

Tuesday/Wednesday/Thursday	7/8/9 September 2021	Online
Tuesday/Wednesday/Thursday	2/3/4 November 2021	Online
Wednesday/Thursday/Friday	5/6/7 January 2022	Online
Tuesday/Wednesday/Thursday	29/30/31 March 2022	Online
Wednesday/Thursday/Friday	18/19/20 May 2022	Online
Tuesday/Wednesday/Thursday	21/22/23 Jun 2022	TBC
Tuesday/Wednesday/Thursday	26/27/28 July 2022	TBC

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 classical theory of TA, including the structure of personality; transactions, or the way we relate to others; time structuring; hungers; the psychological 'games' we play; discounting and problem solving; stamps and rackets, or the way we deal with our feelings; existential Life Positions and life scripts, and much more. 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 Transactional Analyst in any field of specification.

Dates and times The TA 101 course takes place over three days. Dates are given above. The course will run from 9.30am to 5.30pm each day at The Berne Institute and 10am – 4pm online.

Venue Where 'Berne House' is indicated in the dates about, the course will take place at The Berne Institute. **Online** courses are hosted 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.

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.

Fee: The full fee for the TA 101 course is £225. To reserve a place, either complete the booking form below and return it to us with your full payment, or simply contact us via email office@theberne.com.



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'. She was the recipient of the ITAA Muriel James Living Principles Award in Berlin, 2017, and the UKATA medal in 2018.

Adrienne enjoys giving keynote speeches and workshops internationally and doing what she can to inspire the growth and development of TA, especially focussing on how each person can fulfil their unique potential personally and professionally and be connected to the larger community we share. She is a vibrant story teller and has always identified herself as an educator rather than a writer. She is dedicated to co-creating learning with her students with passion, authenticity and excellence.

REGISTRATION FORM

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

01509 673649
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*): _____.

Please be aware that our office staff work part-time and will endeavour to return your enquiry within 48 hours.