



‘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 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.

Who is this group for?

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. You can choose attend individual workshops, several workshops, or all of them.

Who runs this group?

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 which is stimulated when we 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 is £800 for *all* ten sessions (£80/day) or £90 per individual workshop (£45 for half-day online workshops)

Dates 7 October 2021, 4 November, 2 December, 6 January 2022, 10 February, 10 March, 14 April, 12 May, 9 June, 7 July.

Times All workshops begin at 10am and finish at 5pm with the usual breaks.

Topics are announced on our website where you can also sign-up. Please ensure you email office@theberne.com before each workshop in order to confirm your attendance.

Venue The courses are planned to be held at The Berne Institute, however, during the Covid-19 pandemic, they may 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. The address for Berne House is: 29 Derby Road, Kegworth DE74 2EN. You can also find the information on our website www.theberne.com.