



Understanding You, Me and Us

The Official "TA 101" Introduction to Transactional Analysis

4th/5th July 2020

Facilitator – Susie Hewitt PTSTA



Transactional Analysis (TA) is an **amazingly powerful psychological theory** that has the surprising quality of being **easily accessible** for the newcomer, yet with a depth and complexity that can fascinate and satisfy practitioners for a lifetime.

TA is a powerful system of psychological models that can be used to understand **and work with our personal and interpersonal dynamics in the workplace**, in **personal relationships**, and in **educational and training settings**.

TA enables us to identify quickly and clearly:

- ❖ Where breakdowns in communication are taking place
- ❖ Where there are blocks to learning & development
- ❖ Where there are unrealised potentials within a team
- ❖ How an organisation can maximise opportunities to achieve its potential
- ❖ What are our personal blocks to success & happiness

TA also offers **simple tools** for making **long lasting and far reaching change** at a personal level, and across systems and organisations, enabling creativity, problem solving, effective communication and development. TA is used by management consultants, counsellors and psychotherapists, and educators.

The 2 day TA101 course will provide you with a dynamic and interactive experience which will

- ❖ introduce you to the key theory of personality, communication and development
- ❖ enable you to apply the theory to situations in your work and personal relationships
- ❖ entitle you to receive the internationally recognised TA101 Certificate which is a prerequisite for anyone wishing to train further in TA

**Cost: £139 for the 2 day course for self funding individuals
£158 for Organisations**

Book online via www.phyisScotland.co.uk or contact enquiries.physis@gmail.com

Venue – Physis Scotland, 22 Drumsheugh Gardens, Edinburgh, EH3 7RN. Should we not be able to meet up in person because of the current health crisis, we will run this event online.

