

## an Introduction to Transactional Analysis The TA 101 with Valerie Redman

**TA 101** is the name given to the course which teaches the basic theory of **Transactional Analysis** and provides a variety of tools and understanding to gain practical people skills.

### For health professionals, people in organisations and individuals who want to:

Work with and relate effectively to clients, staff or students

Have good relationships with family members and/or other people

### It provides simple yet powerful ways to:

Increase understanding in communication with others

Deal with stress and change healthily

Handle and resolve conflict

Understand human behaviour

Gain autonomy and build esteem

Increase personal positivity and energy

### WHO SHOULD ATTEND?

The TA “people skills” are applicable to all situations in life, both personally and professionally.

These include:

**ORGANISATIONAL:** managers, team leaders, organisational consultants, rehabilitation officers.

**EDUCATIONAL:** educators, lecturers, teachers, educational administrators.

**HEALTH PROFESSIONALS:** doctors, therapists, counsellors, nurses, social workers, residential care workers.

**PERSONAL GROWTH:** TA is for ANYONE who wants to understand themselves and relationships better.

### TA 101 is a competency based course and is a pre-requisite for entry into the Advanced Diploma Training in Transactional Analysis.

TA101 is an educational course - not a therapy course, which will introduce the theory in a practical and experiential way. Completion of the course allows a person to apply for Regular Membership status in the International Transactional Analysis Association and Australia Transactional Analysis Association. It is also necessary for those wishing to attain competency-based certification from the ITAA or ATAA in: Clinical Psychotherapy - Counselling, Educational, Organisational. The content of the course will include the four major methods to understand all human behaviour.

**VALERIE REDMAN** is an Internationally Certified Transactional Analyst and Psychotherapist and works as a Counsellor, Therapist and Management Consultant for the Public and Private Sector including Family Businesses. She runs training in TA for a wide variety of professionals and individuals creating positive changes through empowerment and growth in people skills

Ongoing Advanced Diploma in Transactional Analysis training is offered monthly over a 3 – 4 year period.

Other courses and programmes include: Management, Business, Counselling - Certificates and Diplomas, Making Mentoring Work, Quick Bites training

**Next Course mid 2012:** Friday 6.00pm - 10.00pm and  
Saturday 9.00am – 5.00pm

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