

People, Relationships, Life

an Introduction to Transactional Analysis

The TA 101 with Valerie Redman

Next Course:	Friday	21 August 2009	6.00pm - 10.00pm and
	Saturday	22 August 2009	9.00am – 5.00pm
Venue:	Glenelg Community Hospital		

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.

It is useful 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 self 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 Western Pacific Association Transactional Analysis. It is also necessary for those wishing to attain competency-based certification from the ITAA or WPATA 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

For further details please contact Serrelle or Valerie:

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