



## TA Foundation Year Group (FYG)

This advanced TA group is open to all people who have already attended the official introductory workshop to Transactional Analysis - the TA 101. It can be a stand-alone programme that deepens your understanding of the TA models, or be the first step of ongoing TA training towards the

international certification of Certified Transactional Analyst (CTA). See <https://www.itaaworld.org/itaa-training-examinations-handbook> for the details of the CTA training and certification.

The course runs virtually (over 2 years) for a full day per month [8am to 4pm SA time). It attracts trainees from several places in Africa, South Africa, India and the UK. The platform of Zoom allows a highly experiential learning experience. Years A and B alternate and new participants join at the start of either year. There is rich learning between people from different countries! Supervision is an integral part of the TA learning process and is arranged when needed, outside of the training days.

### Year A Topics (2020)

- Jan: Connecting, contracting, educational philosophies, script & learning cycle, Kolb and Zull, Learning Style Inventory
- Feb: Group imagoes, Cycle of Development (Levin)
- Mar: Ego states - structural, 2nd order structural, diagnosis, working with diversity
- Apr: Ego states - functional, executive and real self, cathexis, working with diversity
- May: Transactions - 3 basic, tangential, redefining, bulls eye
- Jun: Hungers, strokes, time structuring
- Jul: Life positions, disposition diamond, belonging and OKness (Davidson)
- Aug: Theory of script, childhood memories, script as lifeplan
- Sep: Script continued - script matrix, episcript, script interview
- Oct: Script process, script & autonomy system
- Nov: Drivers, miniscript, cultural scripts (Berne & Denton Roberts)
- Dec: Presentations and celebration of learning

### Year B Topics (2021)

- Jan: Connecting, contracting, presentations for recap from year A
- Feb: Discounting, symbiosis
- Mar: Symbiotic chain, frame of reference, redefining, rackets, racket system
- Apr: Games, drama triangle, bystander role, social roles, (Le Guernic) winners triangle
- May: Cycle of Development (recap) and change, competence curve, 4 stages of cure, autonomy

- Jun: Ethics (ITAA), ethics from Indian & African perspectives, Minding the Gap - ethics in ed (Newton)
- Jul: Potency - Diversity & Culture Map (Meyer), Steiner's 7 sources of power, additional aspects of Autonomy - responsibility (van Beekum), integrity (Mellor)
- Aug: Permission Wheel (Papeaux), Immunity to Change model (link with injunctions and permissions), mindful Adult, Berne's Therapeutic operations
- Sep: TA schools: brief synopsis of major models /approach of each ~ highlight impasses from Redecision School & Erskine's 8 relational needs and application in developmental work (Milijkovic) from Integrative School.
- Oct: Trudi Newton (UK) [visiting guest trainer in 2019] - 2021 TBA
- Nov: Doors of contact (Ware) and Personality Adaptations (Joines & Stewart)
- Dec: Presentations and celebration of learning

### 2020 Dates:

|                       |                      |                        |
|-----------------------|----------------------|------------------------|
| Saturday 18th January | Saturday 15th Feb    | Friday 20th March      |
| Saturday 18th April   | Saturday 16th May    | Friday 12th June       |
| Saturday 25th July    | Saturday 15th August | Friday 11th September  |
| Saturday 17th October | Friday 13th November | Saturday 12th December |

### Fees:

| Country      | Training per day | 1 to 1 supervision per hour | Group supervision of between 2 and 4 people -1 hr for 2 people, 2 hours for 3 or 4 people |
|--------------|------------------|-----------------------------|---|
| South Africa | ZAR 900 + VAT    | ZAR 500 + VAT               | ZAR 250 + VAT   |
| India        | USD 28 (no tax)  | USD 15 (no tax)             | USD 7.50 (no tax)   |
| UK           | GBP 100 (no tax) | GBP 50 (no tax)             | GBP 25 (no tax)   |

10% discount for payment in full upfront.

### Trainer:

This training is run by **Karen Pratt**. Karen is an internationally certified Teaching and Supervising Transactional Analyst (TSTA) in the education speciality. She is certified by the International Board of Certification in affiliation with the International Transactional Analysis Association. She is Chair person of the South African Transactional Analysis Association (SATAA)

Karen has been involved in TA since 2000 and uses it in her professional work as a consultant, coach and supervisor, as well as being actively involved in training new trainees both to the first level of qualification as a Certified Transactional Analyst (CTA) and to the second level as Teaching and Supervising Transactional Analysts.