

# Welcome to Week 1

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W/ MARTHA CURTIS

# This Week's Focus



## How to prepare and course structure

- What you will need
- Key Elements of this course

## Definition of TA and Philosophy

- What is TA?
- Different Definitions
- Philosophical principles of TA
- Where does TA find application these days?

## Origins of Transactional Analysis

- The founder of TA: Eric Berne
- Development of TA
- Different schools

## Key Concepts of Transactional Analysis

- The Ego State Model
- Introjects: Drivers and Injunctions
- Scripts
- Games

## Summary



# What you will need for this course

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**A laptop, ipad or similar device with a microphone and camera to connect to live sessions, plus a good internet connection**

The live classes in this course are interactive. Please ensure that you your camera and sound are connected and any background noise is kept to a minimum.

**Print-outs of each week's learning material**

You can download the material at the end of each week

**A Zoom login**

Our live classes are held via Zoom. You will be able to access the classes via this platform but will need to have created a Zoom account to particilate



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## Videos lessons

Video lessons are where most of your learning happens outside of our live classes. They are captioned for the hearing impaired.

## Summaries

Summaries are written text after the video lessons. They will help you as reminders without having to watch the entire video again. However, remember that not all information is summed up in detail.

In addition, summaries contain reflections and prompts that you will find helpful in manifesting what you have learned.

## Quizzes

Quizzes are another fun way to check your knowledge. At the end of the course you will find the big quiz. Don't stress too much about getting the answers right. After our 90-minute live lessons you will be a TA pro.

# Key Elements of this Course



# Key Elements of this Course

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## Live Classes

If you are taking this course to gain CCEUs live classes are mandatory. During live classes we will delve deeper into each week's lessons, put what you have learned into practice and discuss the relevant ICF Core Competencies.

## Downloads

For most weeks you will be able to find resources that you can download and use in your practice. This is bonus material that will be updated and added to on a regular basis.



## Certificates

At the end of the course you will be able to download a certificate for participation. If you wish to claim CCEUs these will be emailed to you separately after the course. Your attendance is mandatory and if more than one live class is missed you might jeopardize your points. If you have to miss a class, please contact the instructor immediately.



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A theory of personality - TA explains people's psychological structure.

A

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A theory of communication - provides a method for analyzing systems and organizations

C

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A theory of child development - seeks to explain the scripts we create when growing up and throughout our life

# What is TA?



# Philosophical Principles of TA

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People are OK

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Everyone has the capacity to think

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People decide their own destiny, and these decisions can be changed.





# Where does TA find application these days?



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## **Psychotherapy and Counselling**

There are many different applications of TA in psychotherapy and different schools of thought. Transactional Analysis comes under the humanistic-integrative tradition.

## **Organizations**

Organizations, just as individuals can become dysfunctional, which has an impact on effectiveness. Other uses are team building, behavior change and better communication.

## **Education**

One of the main goals of TA in education is autonomy. Pupils learn effective problem-solving and critical thinking. TA can support emotional intelligence and healthy social interaction.



# What about Coaching?

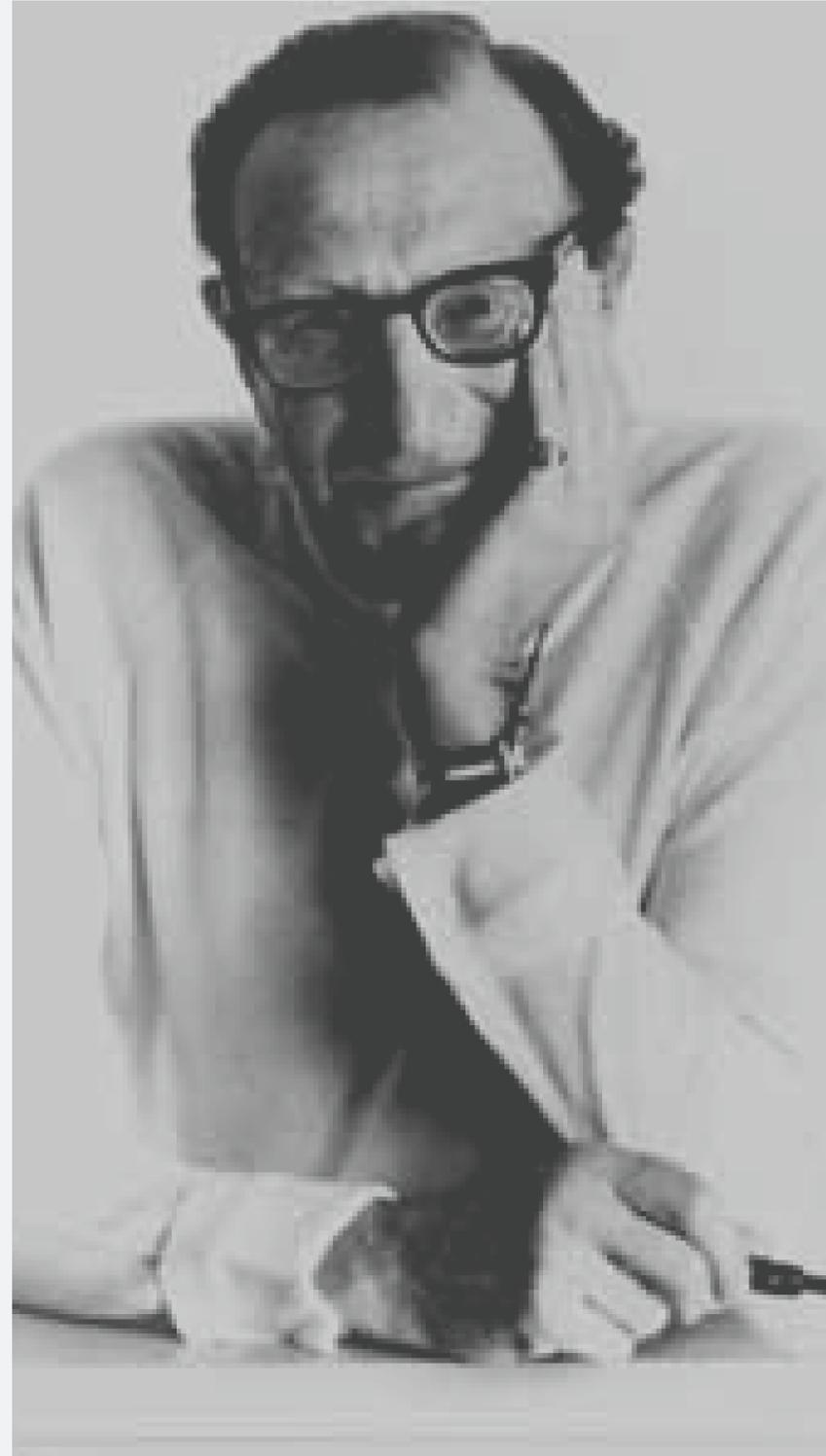


# Eric Berne

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May 10, 1910 – July 15, 1970

- Canadian-born psychiatrist
- Trained to become a psychoanalyst but later developed Transactional Analysis





# DRAFT

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that cover  
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Make sure you do  
enough research to  
support your points.



Enjoy the  
Course!

