| **Course Content Summary: Foundation Certificate** | |
| --- | --- |
| **Weekend & Theme** | **Content Summary** |
| Weekend 1:17 & 18 September 2016An introduction to Transactional Analysis and Contracting | A key part of this weekend is the initial induction and welcome.  Following induction, we then move on to the weekend topic by reviewing the origins of TA and its underlying philosophical assumptions. We will be exploring contracting: its importance; different approaches to contracting; and its theory and philosophy. |
| Weekend 2:1 & 2 October 2016Ego states and Transactions | Ego state theory is a fundamental element when looking at interpersonal communication. This weekend covers ego state theory and its use in assessing interpersonal communication. It also includes an exploration of structural and functional models and diagnosis in communication situations. |
| Weekend 3:12 & 13 November 2016Script | Introducing the concept of scripts and life script, weekend 3 includes evaluating models for understanding scripts and considering TA theories of motivation such as hungers and drivers. |
| Weekend 4:10 & 11 December 2016Games | Weekend 4 covers game theory including strokes, the drama triangle, common games and the relationship between script and games. |
| Weekend 5:7 & 8 January 2017Rackets and the racket/script system | On this weekend we will be looking in more depth at the script system and also in its relationship to rackets, racketeering, racket feelings and games. |
| Weekend 6:11 & 12 February 2017Personality Adaptations | The Personality Adaptations weekend includes exploring process communication, communication channels, doors to contact and assessment and treatment planning. |
| Weekend 7:11 & 12 March 2017Discounting and passivity | Weekend 7 covers discounting, the discount matrix and passive behaviours. Elements considered include redefining, reactivity and re-parenting. The weekend also includes looking at the cathexis school of TA and its application in this area. |
| Weekend 8:8 & 9 April 2017Diversity | The Diversity weekend aims to increase awareness of the significance and implications of cultural and social diversity and difference within and outside the consulting room. Includes models such as cultural scripting. |
| Weekend 9:13 & 14 May 2017Attachment & Child Development | Weekend 9 relates to attachment theory and models of attachment and attachment styles and from this goes on to explore TA models of child development. |
| Weekend 10: **10 & 11 June 2017** Introduction to practice | The final weekend of the course looks at using TA in a practice setting including contracts; the key concepts of permission, protection and potency; and ethical responsibilities. |