Foundation Certificate in Transactional Analysis

**About us**

TA Training Organisation offers a range of training including counselling and psychotherapy and continuing professional development programmes in Transactional Analysis.

The training includes introductory level courses, practitioner, counselling certificate and diploma courses and a European and UK accredited programme in Transactional Analysis psychotherapy, an Exam Preparation Group and a wide range of CPD activities.

The TA Training Organisation was established in 2014 combining the experience and expertise of our trainers who are motivated and interested in working with people who want to explore and develop themselves. They offer training and supervision in transactional analysis psychotherapy and counselling that enables people to develop a career in working therapeutically with people as a counsellor or psychotherapist.

TA Training Organisation is a registered training institute under UKATA who are a member of HIPs (Humanistic and Integrative Psychotherapies) and a member organisation of UKCP. (UK Council for Psychotherapy)

**TA Training Organisation**

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**0113 2583399**

**www.tatraining.org**

The Foundation Certificate in Transactional Analysis is a fascinating journey, exploring the core concepts of TA in more depth. It can be a stand-alone course or used as a basis for further study and training in TA.

The programme runs over 10 weekends (120 hours) and covers the core concepts of TA.

Each weekend is made up of a combination of theory and skills practice - giving the opportunity to learn about the theory and then look at how to apply it, primarily through small group work.

**Why train at TA Training Organisation?**

Training at the TA Training Organisation is a fresh and up to date. We combine the highest quality teaching and training with key elements including:

* An outward looking approach to TA looking at the developing context of TA in the UK and further afield
* We encourage social and political awareness and attentiveness to difference and diversity
* A strong ethical foundation throughout each element of courses



**Who is the course for?**

If you have completed the Introduction to Transactional Analysis (TA101) and would like to know more, this course is the ideal next step.

If you are a counsellor wishing to extend your skill base or someone who is looking at becoming a TA therapist, the Foundation Certificate is the starting point for TA training.

**Teaching Style**

Teaching is structured to include a mixture of didactic teaching, group work, discussions, experiential exercises, study groups and tutorials. Some of the activities will include lectures, handouts, using video, role play, case study, group discussion, supervision of skills and skills practice.

**Course Aims and Content**

The course aims to introduce the core theoretical concepts in TA theory and its application in using counselling skills. Trainees are encouraged to apply what they have learned to understand themselves and their own script.

Each weekend covers a foundational element of TA theory and practice:

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| * An introduction to TA and contracting | * Personality adaptations |
| * Ego states and transactions | * Discounting and passivity |
| * Script | * Diversity |
| * Games | * Attachment & child development |
| * Rackets and the racket/script system | * Introduction to practice |

**Counselling and Psychotherapy Skills**

The course includes a framework of skills development – supporting students in their progress towards competencies in counselling and psychotherapeutic skills.

A summary of the course contents for each training weekend are set out on the next page.

**What happens at the end of the course?**

On completion of the course trainees are eligible for the UKATA TA Award. The Foundation Certificate is very much about understanding TA theory through application to the individual. Following on from this stage, you will be able to apply for further training either at Diploma or go on to Certified Transactional Analyst level.

**Assessment**

Assessment is through two assignments during the year, observation of skills practice and a personal learning journal. There is no requirement to enter personal therapy during the Foundation Certificate though some trainees find it a useful element of their self -development.

| **Course Content Summary** | |
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| **Weekend & Theme** | **Content Summary** |
| Weekend 1:19 & 20 September 2020An 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 2:10 & 11 October 2020Ego 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 3:21 & 22 November 2020Script | 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 4:12 & 13 December 2020Games | Weekend 4 covers game theory including strokes, the drama triangle, common games and the relationship between script and games. |
| Weekend 5:16 & 17 January 2021Rackets 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 6:13 & 14 February 2021Attachment and child development | Weekend 6 relates to attachment theory and models of attachment and attachment styles and from this goes on to explore TA models of child development. |
| Weekend 7:13 & 14 March 2021Difference, diversity and power | 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 8:8 & 9 May 2021Cathexis School | Weekend 8 covers the cathexis school of TA and its application including: discounting, the discount matrix and passive behaviours. Elements considered also include redefining, reactivity and re-parenting. |
| Weekend 9:12 & 13 June 2021History of psychotherapy and mental illness | This weekend looks at the history of psychotherapy and other schools of mental illness. |
| Weekend 10: **3 & 4 July 2021** Classical TA | This final weekend will be looking at some key individuals and theory of classical TA including elements such as working with the adult ego state and operations. |

* Please note that dates for 2020/21 are provisional and may be changed

**Course requirements**

You will need to complete the TA101 either before the course or as soon as possible during the Foundation year. The course is at post-graduate level and trainees should have either a prior degree or equivalent qualification or suitable and relevant life experience.

**Costs**

Tuition fees for the year are £2150 which includes 12 months student membership of UKATA. Fees can be paid in full on enrolment by BACS. We also offer a payment by instalments option.

Students on the Foundation Certificate receive discount on other workshops and training courses run by TA Training Organisation at The Horsforth Centre

**How do I apply?**

Please send your completed application form in to TA Training Organisation at the address below. You can submit a handwritten or typed application and can also submit your form via email.



Once your application has been received, we will check your form, approach your references and invite you for an informal interview. The interview will cover the course structure and information giving us with the time to get to know you and for you to get to meet us and ask any questions. We will look at personal qualities & relevant experience for the training you are applying to undertake.

Should you have a successful interview and you fulfil all the requirements, we will contact you personally to advise you of your place on the course and we will send you a letter of acceptance with an invitation to an enrolment session.

**What happens at the end of the course**

Those who complete the Foundation Certificate are awarded a Foundation Certificate and may be eligible to apply for the UKATA Training Award.

The Foundation Certificate can be studied as a stand-alone course or as the first stage of training as a TA psychotherapist. Towards the end of the Foundation Certificate, trainees have the opportunity to apply for the Diploma course (a further 2 years) or the Certificate course (a further 3 years). For more information about the Diploma & Certificate courses – see our website or contact us using the details below.

Selection Criteria (Foundation Certificate)

and things you may want to consider before applying

Before you complete the application form, please consider the following points and questions to help you assess your eligibility to apply :

**Qualifications and/or equivalent experience**

Do you have a degree or equivalent Further Education or Higher Education qualification?

For those with no first degree (or equivalent qualification) an initial assessment is made based on the experience and study detailed on their application form and their CV. Should these be relevant to the training, and other eligibility criteria be met a conditional place will be offered. Relevant work or life experiences may include but is not limited to: working with people, caring, parenting, and management and personal development.

With a conditional place, and for those who wish to continue to the Diploma course, the Foundation Certificate year of study will be used to assess whether the applicant can manage a post graduate standard of training. This will be assessed in the following ways; within their tutorial, completion of assignments and personal development in their interaction in the training session and process groups. At the end of the Foundation year a decision will be made concerning the trainee continuing onto the further Clinical Training Years. At the time when applicants for the Clinical Training years confirm their places they will be made aware of the expected learning requirements for future years.

**TA101**

Have you completed a TA 101 prior to applying for the course? If you haven't attended a TA101 you will need to do so within the Foundation year.

**Study commitment and self-motivation**

Can you realistically undertake a year course of study that will involve one weekend’s attendance per month and for the Diploma course, the equivalent of up to one day a week for activities such as private study, supervision and counselling practice?

**Resources**

Do you have the financial resources to support yourself through the course?

Do you consider yourself to possess the emotional stability and maturity needed to work with those who may be experiencing traumatic events or emotional distress?

**Personal qualities**

We are also looking for applicants to demonstrate the following personal qualities.

* a lively and enquiring mind
* a capacity for critical reflection and self-directed learning
* an ability to listen and respond with compassion and respect
* awareness of prejudice and the ability to respond openly to issues of race, gender, age, sexual preference, class, disability, ethnic, spiritual / religious and cultural difference, and diversity
* awareness and sensitivity in relation to the political, socio-cultural and religious / spiritual contexts of people's lives
* in-depth self-reflection, self-awareness and commitment to self-development