

TA Tribe

ONLINE TRANSACTIONAL ANALYSIS TRAINING AND SUPERVISION
FOR ORGANISATIONAL PRACTITIONERS

Lynda Tongue (TSTA-org)



DATA SHEET

Introduction to Developmental Transactional Analysis

(TA 101)

A PSYCHOLOGICAL APPROACH TO HUMAN BEHAVIOUR

Transactional Analysis (TA) is a framework of concepts which fit together to help us understand what makes us, and others 'tick'.

As human beings, often leading very busy lives juggling home life and working life, with crammed diaries and to do lists - we often create situations which adds even more to our stress levels.

We repeat patterns of behaviour which lead to situations which leave us feeling frustrated, stuck, angry or depressed. TA can help you break those destructive cycles, and gives you the tools to move forward with confidence. The Introduction to Transactional Analysis (TA 101) workshop explores the core concepts of this applied psychology framework.

TA can be applied by anyone, in a variety of situations. It has an underlying ethos of positive regard for self and others, and a belief that everybody can change. The theories and techniques are easy to understand and are applicable in professional and personal contexts.

This programme is an internationally recognised qualification, stands alone as a module in communication skills, and it also provides the starting point for further TA programmes.

FLIP LEARNING

The TA 101 is conducted in 3 x 4 hour, online workshops and Lynda has developed a version of what is known as 'Flip Learning'. This method makes the best use of face-to-face time by giving the participant the theory in video or workshop paper form before the workshop so that when we are together, we use the time for questions, discussions and activities. This allows the learner to interact with the learning content and treats learners as grown-ups.

Lynda Tongue is an internationally accredited Certified Transactional Analyst and a Teaching and Supervising Transactional Analyst (Organisational), and she has over 35 years' experience as an employee, supervisor, manager and trainer within industry,

government and the private sector. She has a clear training style, and her courses are fun, creative, practical and provide long-lasting learning.

CONCEPTS COVERED

CONTRACTING

- Working with others – clarity, boundaries and psychological distance

EGO STATES

- Personality wavelengths – hit or miss?

SCRIPT ANALYSIS

- Understanding patterns in our personality
- From conditioning to permissions

LIFE POSITIONS

- Positive regard for self and others

GAME ANALYSIS

- How do you play?

RACKET ANALYSIS

- Cycle of self-limiting beliefs
- Closed loop system – we see what we want to see

PSYCHOLOGICAL HUNGERS

- Reasons for playing games
- Strokes – the secret of the universe!

For more information:

www.ta-tribe.com