

# PSYCHOTHERAPY TRAINING IN TRANSACTIONAL ANALYSIS

## UNDERSTANDING HUMAN PERSONALITY

### Syllabus

#### Personality

Getting to know each other and group forming. **Contracting**

Overview of Transactional Analysis (TA): philosophy and areas of application TA Core concept of **ego states** in relation to human personality

#### Communication and Connection

TA core concept of **transactions** to understand communication

TA core concept of **strokes** and **time structuring** to understand how we connect with others

#### Life Script

TA core concept of **life script** to understand how in childhood we form an unconscious plan for our life

How the plan links to human adult personality

#### Psychological problems

Human psychological health using the TA core concepts of **I'm OK You're OK: I+U+** and **autonomy**

TA core concept of **discounting** to understand psychological problems

#### Games people play

Introducing the TA core concept of **games** to understand how we can continue to go through familiar patterns of relating to others that end unsatisfactorily, and how this serves to reinforce our life script.

#### Emotion

TA core concept of **rackets** to understand emotions and how they help or hinder us in our lives and relationships with others

#### Change

A brief overview of ways in which Transactional Analysis can be used to facilitate change in counselling/ psychotherapy/on a personal level.

#### Relationship

Using TA to understand relationships including the therapeutic relationship. Further training options

#### Ending