

# Transactional Analysis Psychotherapy Training



THE PHYSIS  
INSTITUTE

## 2013 Programme and Dates

### *Training Structure*

The structure of training fits with national and international standards. The core training group will meet for 9 days of theory and practice, on Saturdays, 9.00-4.00. The 2013 year is focused on clinical application and skill development. The practitioners' and exam prep group meets fortnightly. Year 1 can be taken for interest only and self-development. Beyond Year 1 the training is focused on psychotherapy, and trainees need to be working in a field where they can apply their skills. It is recommended that trainees either have or are pursuing a relevant tertiary qualification and, beyond year one, personal therapy.

### *Training Programme for 2013*

1	23 February	Diagnosis and Treatment planning (Jo)
2	13 April	Ethics and Professional Practise (Charlotte)
3	11 May	Transactional analysis in action: a therapy workshop (Charlotte) OPEN
4	8 June	Personality adaptations (Jo)
5	6 July	Script: a live production (Jo) OPEN
6	10 August	The analysis of transactions: clinical application (Keith) OPEN
7	7 September	Group dynamics (Jo)
8	5 October	Discounting, passivity and symbiosis (Charlotte) OPEN
9	7 December	Integrated practice and review (Jo)

### *Core Training Programme*

There are opportunities to practice skills and apply theory in every workshop. Teaching methods will include experiential exercises, didactic teaching, group process and practise with each other in small groups. All trainees are expected to attend every workshop. There will be one written assignment of 1000-1500 words. Progress from one year to the next will depend on attendance, completion of written assignments and skill development as demonstrated in practice sessions. Training days 3, 5, 6 and 8 will be open to all trainees within the institute.

### **National training events 2013**

Bill Cornell, a world renowned transactional analyst from America will be in Dunedin to present a 3 day workshop from 16-18 March 2013.

There will be 7day residential training offered from 2<sup>nd</sup> - 9<sup>th</sup> November 2013. We encourage all trainees to attend this biennial event.

### **Practitioners and Exam Preparation Group**

This group is for trainees who are practicing as therapists and those who are preparing for written and oral exams. There will be a fortnightly 1 ½ hour seminar, on Thursdays at 6.00 PM beginning on 14<sup>th</sup> Feb 2013. Trainees are expected to present aspects of their work to the group for discussion.

There will be seminars on Friday evenings instead of Thursday, facilitated by Charlotte Daellenbach and Keith Tudor, on weekends when they are teaching in Dunedin. Both Charlotte and Keith will be available for supervision on these weekends by arrangement.

14 February	Personal and professional identity (Jo)
12 April	Conflict versus deficit models in TA (Charlotte)
10 May	Group process (Charlotte )
7 June	DSM V and TA (Jo)
9 August	Thinking about transactional analysis philosophically (Keith)
4 October	Touch and psychotherapy (Charlotte)

### **Trainers**

*Jo Stuthridge MSc, MNZAP, TSTA.* Jo is a registered psychotherapist in private practice and a Teaching and Supervising Transactional Analyst in Dunedin.

*Charlotte Daellenbach MNZAP, TSTA.* Charlotte works as a psychotherapist, supervisor and trainer in private practice in Christchurch.

*Keith Tudor PhD, TSTA.* Keith is a transactional analyst and Associate Professor of Psychotherapy at AUT University where he is Head of Department for Psychotherapy Studies.

### **Training Group Fees:**

Year 1,2,3:	\$1,150 (\$1100 at or before the first meeting in 2013)
Practitioners' Group:	\$700 (\$650 at or before the first meeting)
Practitioners group plus 4 Saturdays:	\$1,150 (\$1100 at or before the first meeting)

Please make cheques payable to the "Physis Institute".

Payment by internet: Westpac account number: 03 0905 0511059 00. Please include your name.

### **Enrolment and Enquiries**

Please contact Jo Stuthridge, 03 455 1067, email: [jstuthridge@xtra.co.nz](mailto:jstuthridge@xtra.co.nz), 85 Cliffs Rd, Dunedin