

Transactional Analysis Psychotherapy Training

Transactional Analysis Group Psychotherapy: Past and Present

Trainer: Elana Leigh MSc TSTA

Workshop in Dunedin 17 -18 Sept 2016



**THE PHYSIS
INSTITUTE**

Berne's original intention was that Transactional Analysis be applied both in individual and group psychotherapy. Between the 70s and late 90s groups were a common practice within the Transactional Analysis community. There were many styles of group psychotherapy but in general the key differences lay between those who focused on the group as a whole and those who focused on the individual within the group. The methodology was mainly technique driven and informed through the lens of a one-and-a-half-person psychology (Stark).

In contemporary times psychotherapy groups are not a common phenomenon. Why not, what happened and how can we make sense of this?

Following on from that how can we think about what a relational Transactional Analysis psychotherapy group would look like?

In this two-day workshop we will explore the following:

- Theories and practice of group psychotherapy from an historical perspective.
- Experience a psychotherapy group as it was facilitated in the 80's.
- Experience a contemporary relational Transactional Analysis group.
- Contrast and compare the two styles and paradigms.

The two days will include:

- Didactic teaching
- Group discussion
- Participation in experiential groups

Venue: Catholic Social Services, 42 McAndrew Rd, Dunedin.

Dates and time: 9am – 4pm, 17 and 18 September 2016

The fee is \$240 payable by cheque or direct credit to the Physis Institute Ltd: 03 0905 0511059 00. If paying by internet include your name and “Leigh workshop” in reference fields. Please send cheques with your name and email address to Physis Institute, 85 Cliffs Rd, Dunedin 9012

Enrolment: To enrol, contact Jo Stuthridge by email jstuthridge@xtra.co.nz by 1 September 2016. Numbers will be capped and refunds available for cancellations received before (but not after) 19 August 2016. For queries email or phone Jo at (03) 455 1067 and leave a message.



Elana Leigh B.Sc. Social Work (University of Cape Town). MSc. Integrative Psychotherapy(Middlesex,London). Certified Transactional Analyst CTA and Training and Supervising Transactional Analyst TSTA (ITAA).

Elana graduated as a social worker in South Africa. She went on to train as a Transactional Analyst and Integrative psychotherapist in London.

She lives in Sydney, Australia where she works as a psychotherapist, supervisor and trainer. She has worked across a range of cultures and her passion lies in integration and diversity in both theory and application.