



THE PHYSIS
INSTITUTE

TA 101

Introductory Course in Transactional Analysis

*20-21 January
Saturday and Sunday
2018*

Trainer

**Jo Stuthridge MSc NZAP TSTA
Registered Psychotherapist**

The Physis Insitute offers training in transactional analysis psychotherapy. Transactional analysis is a theory of personality and human relations providing systematic methods for personal growth and professional development. The model is widely used internationally and can be applied easily in a range of contexts in the mental health field while at an advanced level it becomes a profound theory and method of psychotherapy. The full 3-year course offers a pathway to registration as a psychotherapist with the Psychotherapists' Board of Aotearoa NZ. See website for details <http://www.jostuthridge.co.nz/Training.html>

The TA 101 is an introductory course that conforms to an international standard. It looks at self-development through the lens of a coherent model and provides a series of tools for understanding and changing the way we think, feel and behave. This two day experiential workshop includes teaching, exercises and discussion.

The TA 101 course is suitable for, but not limited to, trainees and practitioners in counselling, psychotherapy and mental health. It may be used as a beginning to further training in Transactional Analysis, or may stand alone as a useful addition to a practitioner's repertoire and a tool for self development.



Jo Stuthridge MSc TSTA NZAP is a registered psychotherapist in private practise and a Teaching and Supervising Transactional Analyst. She has published several articles and book chapters on transactional analysis. Jo is currently a co-editor for the international Transactional Analysis Journal and a teaching and research associate with the Department of Psychotherapy at Auckland University of Technology.

Dates and times: 20th and 21st January 2018, 10.00 am - 5.00 pm

Venue: Alexander McMillan Room, Community House, 301 Moray Place Dunedin

Fee: \$200. An early-bird fee of \$180 is available until 20th December 2017 and a student rate of \$160.

Enrolments close 15 Jan 2018. To enrol leave a message at (03) 455 1067 or e-mail your enquiry to Jo at: jo@jostuthridge.co.nz

Cancellation: fees are refundable for cancellations received before 12 Jan 2018.