



Christchurch Transactional Analysis Training Programme

TA101

Transactional Analysis Introductory Course

Date:	Saturday and Sunday, 29-30 May 2021 9am-12pm and 1pm-to 4pm Morning and afternoon tea provided. Bring your lunch or buy lunch (cafes within walking distance)
Venue:	147 Papanui Rd Merivale, Christchurch
Fee:	\$300.00
Enrolment:	by phone: 03 377-6118 (leave message) or by e-mail: vicky@vickyblake.co.nz

Transactional analysis is both a theory of human development and a practical psychological approach for working with people in a variety of fields. It can be used as a simple model for personal development and easily applied in the workplace, in the classroom, and in counselling situations. At an advanced level, it becomes a powerful modality of psychotherapy.

The TA101 introductory course conforms to the standards set by the International Transactional Analysis Association. It is an experiential workshop that looks at self-development, using the transactional analysis model, and it provides a series of tools for understanding and changing the way we think, feel, and behave. It includes lectures, exercises, and discussions that explore the various concepts.

The TA101 is suitable for trainees and practitioners in counselling, psychotherapy, and mental health, and persons in a supervisory or managing position, educators, and health professionals. It is a prerequisite for those who plan to train in transactional analysis.

Workshop leader: Vicky Blake *PTSTA, Registered Psychotherapist*

Vicky is a psychotherapist, trainer and supervisor in private practice working with young people, adults, couples and groups. She comes from a background in nursing and education. She is a Provisional Teaching and Supervising Transactional Analyst (PTSTA).