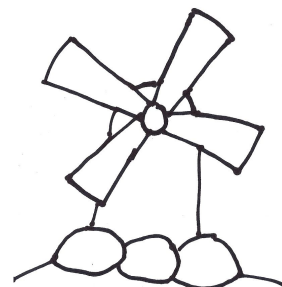


TA in the Mill

An Introduction to Transactional Analysis (incorporating the 101 Introductory Certificate in TA) with Giles Barrow



Are you interested in learning more about Transactional Analysis?

Are you interested in improving how to get the best out of yourself and others – either in work or life generally?

The Introductory Certificate in TA (TA 101) provides an overview of the core concepts in TA and is ideal for people interested in getting a basic grounding in the approach. The course is running over two consecutive days this Spring. Further details about the course content are provided overleaf.

TA in the Mill is a venue for professionals interested in using transactional analysis in their work. The courses offered include opportunities to learn about TA, supervision on practice, revisiting core TA models, exploring advanced theory and to simply spend time with others interested in developing TA in their work.

The Mill is an old roundhouse that used to be a post-mill at the Mill House, Earl Soham, near Framlingham. (Sat Nav: IP13 7RP). It is located approx. 40 minute drive from Ipswich; nearest train station is Stowmarket (1hr 20min from London Liverpool Street). Taxis are available from the station. Local accommodation details can be provided on request.

Dates: Thurs 14th March & Friday 15th March, 2019
Times: Day 1: 10 – 4pm Day 2: 9:30 am – 4pm
Course fee: £180

Interested? Need more information? Give Giles a call 01728 684312 or email at: giles.barrow@virgin.net

Course detail:

TA is an approach that was developed during the 1950s and 60s by Eric Berne.

- TA provides a way of understanding communication
- TA offers a framework for how individuals make sense of their experience
- TA presents a model for how people grow up

TA is based on three key beliefs:

- **That people are essentially are of worth – they're OK**
- **That everyone can think**
- **That anyone can change**

The course takes place over two days and leads to the internationally recognised Introductory Certificate in Transactional Analysis. No exam is required – accreditation is made on the basis of participants attending *both* sessions.

The course covers a range of themes which include:

- Understanding behaviour
- Responding to conflict and anger
- Promoting emotional development
- Increasing communication skills
- Ideas for working effectively with colleagues and living to our best

Course aims:

- Course members achieving the international 101 Introductory Certificate
- Members acquiring and developing an understanding of fundamental TA concepts and how they can be applied in both professional and personal contexts
- Providing members with an opportunity to develop confidence and competence in practicing TA-based skills

Course trainer:

Giles Barrow is a qualified TA trainer and supervisor, specialising in the educational field. His background is in teaching and specifically in establishing and leading support services for schools. He has written widely on TA and education, works all over the UK and abroad and enjoys groups engaged in learning. Having left London several years ago Giles and the family now live at the Mill House where another important part of his life is running a small farm.