



ELAN

TRAINING & DEVELOPMENT

Introduction to Psychotherapy and Counselling (101)

Who for This is the official introductory course on Transactional Analysis and will be of interest to those who wish to experience a comprehensive basic introduction to the practice of psychotherapy and/or counselling within a Transactional Analysis framework. It also has great value for those who wish to further develop their self-understanding.

Contents The course is a mixture of teaching, discussion and structured exercises to illustrate the material. The basic concepts of TA will be taught in an easy to understand manner in a small group setting.

Topics covered will be:

Personality – Ego States

Communication Skills – Transactions

Psychology of Recognition – Strokes

Relationship Patterns – Games

Life Patterns – Scripts

Uses of Emotion – Rackets



ELAN

TRAINING & DEVELOPMENT

Dates and Times: 10am to 5pm

20th and 21st February 2010

3rd and 4th July 2010

BOOKING DETAILS

Name: Address:

Tel:

I wish to book on: February 2010/ July 2010

I enclose a £165 (made payable to elan training)

Elan Training and Development
Hilltop Centre, 217 Ashley Road, Hale, Altrincham, Cheshire WA15 8SG
Tel: 0161 928 9997
Fax: 0161 929 6916
Email: admin@elantraining.org