



ELAN

TRAINING & DEVELOPMENT

Transactional Analysis Training 1 of 2;

## Introduction to Psychotherapy and Counselling (101)

This document remains the property of

Elan Training & Development  
Hilltop Centre  
217 Ashley Road  
Hale, Altrincham,  
Cheshire WA15 9SZ

t: 0161 928 9997

e: [admin@elantraining.org](mailto:admin@elantraining.org)

## Introduction to Psychotherapy and Counselling (101)

### **Who is the Introduction to Psychotherapy and Counselling course 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

Dates and Times:

10am to 5pm both days

- 5 - 6 July 2008
- 17 - 18 Jan 2009

