

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



E L A N

TRAINING & DEVELOPMENT

Dates and Times: 10am to 5pm

2nd and 3rd February 2013

13th and 14th July 2013

BOOKING DETAILS

Name:

Address:

Tel:

I wish to book on: February 2012/July 2012

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

Elan Training and Development
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