

## **The 2010 TA Foundation Course: A professional training in TA.**

- 1) The Introduction to TA (TA 101 course) ... will normally be followed by a Foundation Course: When taken together there are 10 modules for all who are interested in using TA especially within psychotherapy, coaching and counselling settings.
- 2) Transactional Analysis has a basic philosophy of "I'm OK - You are OK" which underlies all the training and supervision offered at YTC, where we aim to create a supportive atmosphere in which to develop your personal and professional excellence. We thrive and learn more effectively in a situation where there is an abundance of positive strokes and affirmations. We seek to promote this within all our training programmes.
- 3) TA training is focussed on how you use TA concepts: By joining the TA foundation course you will be learning the theory and its application while also learning about yourself.
- 4) The Transactional Analysis (TA) Foundation Course is designed to be the first step before joining this ongoing training programme.
- 5) TA training is valued and enjoyed by many who do not wish to go onto examinations in psychotherapy or coaching / counselling - they wish to apply their learning more generally to their professional and personal lives.
- 6) The TA Foundation Course will provide you with the basic knowledge of TA theory and practice. Preparing you to apply TA professionally and can be the first year of training leading towards qualification in psychotherapist or counselling as a Certified Transactional Analyst.

### **Definitions used by EATA**

- 1) Psychotherapy includes using the transference relationship with the client to heal the hurts of the past in order to live fully in the present.
- 2) See our [main website](#) for details of psychotherapy and articles on TA theory
- 3) Counselling includes coaching, team development, conflict resolution, pastoral and family work as well as therapeutic counselling.
- 4) See our web sites on [counselling](#) and [coaching](#) for further definitions of these fields of application

### **Basic and Advanced levels of Competence:**

- 1) During the first years of TA training the course objective for trainees is for them to develop basic competencies in Transactional Analysis psychotherapy. Once these basic levels of competence are achieved the trainee can prepare the short case study in order to achieve the YTC Diploma in TA applications and can then if they wish sign the EATA training contract with the intention of gaining qualification as a TA psychotherapist.

### **Basic competencies:**

- 2) The trainee demonstrates knowledge of TA principles and theories and practice.

- 3) The trainee demonstrates an understanding of how the principles and theories of TA work in psychotherapy practice.
- 4) The trainee demonstrates an ability to apply Transactional Analysis to their professional practice as a psychotherapist.

### **Advanced Competencies**

- 1) Following the signing of the EATA training contract the trainee is expected to develop an advanced level of competence which will enable the trainee to prepare for and pass their CTA examinations.
- 2) The trainee demonstrates the ability to analyse and critique TA theory with other theories from within TA and from approaches to psychotherapy other than TA.
- 3) The trainee demonstrates that they can synthesise their own understanding and style of application of TA
- 4) The trainee will demonstrate the ability to use their internal supervisor as they reflect on their practice and will be able to evaluate the effectiveness of their approach with each client.

### **Stages in Training and Recognition**

- 1) In order to recognise the level of competence achieved in training prior to formal qualification as a psychotherapist or counsellor there are two Yorkshire Training Centre awards:
- 2) These will be awarded for demonstrating competence in the knowledge of TA theory and the application of TA within professional settings.
- 3) This creates 3 stages of training towards qualification.

#### **Stage 1: Yorkshire Training Centre - Certificate in TA applications:**

Possible after the foundation course, plus 30 other hours of relevant training hours.

1. 150 hours of TA training and skills development.
2. 20 hour of TA supervision.
3. 120 hours of professional application of TA.
4. Two written assignments.
5. One presentation of professional work to the training group.

#### **Stage 2: Yorkshire Training Centre - Diploma in TA applications:**

This is designed to be the same level of competence and training as BACP accreditation.

1. 300 hours of TA training and skills development.
2. 100 hours of TA supervision.
3. 450 hours of professional application of TA.

4. Completion of 4 written assignments.
5. 2 presentations of professional work to the training group.

**Stage 3: Advanced TA training:**

Leading to external examinations and qualification as a UKCP registered Transactional Analyst Psychotherapist.

- 1) Please see the YTC website for details of the advanced TA training group.
- 2) The [psychotherapy training group](#) page for the requirements for CTA psychotherapy training
- 3) The web sties on [coaching](#) and [counselling](#) for the details of the requirements for CTA counselling qualification.

**Foundation Course 2010 details and topics:**

- 1) Each module meets from 9.30 - 5pm on Tuesdays and Wednesdays.
- 2) The format is flexible; including the topics covered can be change if the group wishes this.
- 3) Members of the group will contract for their desired learning outcomes at each module.
- 4) Each module will be a mix of theory and practical work leading to understanding both the theory and its application.
- 5) Trainee assessment takes place by two YTC trainers at the end of the foundation course and is used to assess
  - a. The trainee’s development over the foundations course in relation to the course objectives and basic stage of training.
  - b. Whether YTC will offer the trainee a place in the advanced TA psychotherapy training group.

<p>Nov. 9 / 10th 2009 or March 9 / 10<sup>th</sup> 2010</p>	<p><u>Introduction to TA: the official 101 course.</u></p>
<p>April 13 / 14th</p>	<p>Goal setting for the course using TA Contracts. Understanding and using ego states.</p>
<p>May 4 / 5th</p>	<p>More on ego states.</p>

June 8 / 9th	Script theory and our life stories.
July 6 / 7th	Group theory and it application in TA.
Aug. 3 / 4th	Personality adaptations and working styles.
Sept. 7 / 8th	Time Structure and Game Theory and it's application.
Oct. 5 / 6th	Passivity theory.... Symbiosis and discounting.
Nov. 9 / 10th	Applying TA in the fields of Psychotherapy, Counselling and Coaching, with examples from each application.
Dec. 7 /8th	Creative techniques in TA. Review of course and assessments

### **TA Foundation Course requirements:**

1. 101 certificate or attendance at the YTC – “Introduction to TA the 101 course” which forms a part of this course.
2. Submission of CV
3. Two professional references stating your suitability for entering this training programme.
4. Interview with the YTC trainers – which may well take place during the 101 course.
5. Regular attendance and participation in the training groups.
6. Completion of two assignments – this can be assessed written work or presentations in the foundation group.
7. Completion of a self and peer assessment at the end of the course.
8. Maintain an up to date training log, which includes self reflections on experience of training, supervision, therapy and practice of TA.
9. Members of the foundation course are required to be members of the ITA, and to comply with the requirements of EATA, ITA and UKCP as well as complying with the YTC course requirements.

10. The grievance procedures of the ITA will be used to resolve professional disputes which cannot be resolved by the internal YTC procedures.
11. Payment of the course fee in advance. Once membership has been agreed a contract to pay the full fees for the year's membership has been agreed.
12. Payment is for membership not attendance.
13. The trainers have final say in whether trainees can continue in membership of the training group

### **Transactional Analysis the professional framework:**

- 1) TA training and accreditation in Britain takes place under the authority of the Institute of Transactional Analysis, (ITA) a registered charity. The ITA is a member of the humanistic and integrative section of the United Kingdom Council for Psychotherapy (UKCP). Qualified TA clinical specialists have the right to be registered by the UKCP as TA psychotherapists.
- 2) The ITA is a member of the European Association of Transactional Analysis, (EATA) which is registered in Switzerland as a non-profit organisation. This body administers standards in competency based international examinations for qualification as Transactional Analysts.
- 3) YTC is a registered by the ITA as a training programme and all training offered by YTC complies fully with the ITA, EATA, and UKCP codes of ethics and professional standards.
  - a. TSTA            Teaching and Supervising Transactional Analyst.
  - b. PTSTA        Provisional Teaching and Supervising Transactional Analyst
  - c. CTA            Certified Transactional Analyst.

### **The Trainers:**

- 1) **Dave Spenceley TSTA** (psychotherapy) NLP Pract: The founder of the Yorkshire Training Centre and the course director. Dave is a TA psychotherapist, trainer and supervisor, in private practice, with over 30 years experience in the helping professions. Dave has international experience working in Germany, Romania, Italy, Austria, France, Holland and Serbia and Greece. He is currently the director of a new training programme being planned for 2010 in Bucharest.
- 2) **Uta Höhl TSTA** (counselling): Uta is an experienced TA trainer and supervisor responsible for a successful TA training programme in Nuremberg, Germany as well as regularly offering TA workshops in Prague. As well as being qualified in the TA field of counselling Uta is also legally qualified and registered as a psychotherapist in Germany.

### **Application for membership of the TA Foundation course:**

1. *Please sign and complete the following form, returning it with your payment.*

2. *Please provide a personal statement of the reasons why wish to undertake this training.*
3. *Cheques payable to Yorkshire Training Centre:*
4. *By signing this form you are agreeing to comply with all the training requirements as set out in this brochure and the ITA / EATA training manuals. (These may from time to time be changed). Payment of your fees is for membership of the group and not for attendance. Once you have been accepted onto the course all of the year's fees are due three months prior to your commencement on the course.*
5. *NAME: // ADDRESS: // TEL:*
6. *I wish to apply for membership of the TA psychotherapy-training group at YTC. I understand and agree to comply with the course requirements.*
7. *Non-refundable fee now due: (Payable to Yorkshire Training Centre) - The fee is for membership of the group... not for attendance.*
8. *I enclose the total of £2,500 (or £2250 if not attending the 101 course) for those funded by non-charitable organisations.*
9. *For those who are self funded or funded by a charitable organisation then the fee is £1500 (or £1375 if you are not attending the 101 course.)*
10. *Date* *Signed*

