

**Aims and Objectives of the transactional analysis training at Kimi Ora, Kaiteriteri,  
Nelson**

**12.15 PM on 29 October to 1.00 PM on 5 November 2011**

The aim of the event is for participants to:

1. develop their personal and professional skills;
2. learn and discuss TA theories;
3. prepare for TA exams.

The prerequisites for attending this training event are that participants have completed a 'TA 101 – Introduction to Transactional Analysis' workshop or are currently a trainee in a transactional analysis training group.

This year, as well as a focus on psychotherapy, there will be an opportunity for trainees who are applying transactional analysis to organisations and education to have a specific group to look at how transactional analysis theories are applied to their sphere of work.

**All participants:**

By the end of the training event people will have:

1. Received training and supervision in transactional analysis practice;
2. Attended presentations on transactional analysis, and possibly other, theory;
3. Been part of a community of transactional analysis professionals wanting to learn, share and further develop transactional analysis theory;
4. Received a certificate for attendance (to go towards the log for those preparing for exams).

*In addition, the following will be offered, depending on numbers, resources and interest*

**For Practitioners**

For participants who have completed at least 3 years' training or who have completed their CTA but do not wish to continue with any further exams, a Practitioner Group will be available.

By the end of the training event, in addition to the outcomes mentioned above, these people will have had the opportunity to:

1. Present case studies for discussion with their peers and where appropriate by a TSTA and/or PTSTA;
2. Receive supervision on their work;
3. Discuss and develop theory;
4. Discuss their practise and application of transactional analysis to their work.

**For those preparing for the CTA exams**

By the end of the training event, in addition to the outcomes mentioned above, people will have had the opportunity to:

1. Receive assistance with writing their CTA written exam;
2. Practice for the oral exam.

## **For those preparing for TSTA exams**

By the end of the training event, in addition to the outcomes mentioned above, people will have had the opportunity to:

1. Practice for the Theory, Ethics and Organisation exam and for the Supervision exam;
2. Practise the 20 minute teaches and the 5-minute 101 teach for the Teaching exam.

## **For TSTAs**

TSTAs will attend at their own expense and for no fee, unless the final budget permits some partial reimbursement. There will be opportunities to:

1. Compare and critique their training methods and arrangements in discussion with other TSTAs and PTSTAs;
2. Work alongside PTSTAs to develop their training relationships;
3. Develop and update their knowledge of theory, practice and transactional analysis organisation.

## **The methods of training**

The basic approach is a 'cascade' method, where there is teaching on teaching, supervision on supervision at all levels of training.

The core activity is training in small groups where trainees and practitioners can develop their skills. The groups will normally be facilitated by a PTSTA and a TSTA such that the PTSTA is training as a trainer. The particular activity of any session will be contracted between the participants.

There will be theory presentations in lecture or workshop format, including at least some 20-minute or longer presentations by PTSTAs and also presentations by TSTAs, depending on numbers and time.

There will be large group experiences, facilitated using transactional analysis approaches.

Trainers will have regular meeting times to review their work and engage in whatever other activity seems profitable.

There will be ample time for informal contact between participants. The area is perfect for walks, swimming and other activities.

It may be possible to conduct mock exams for both CTA and TSTA