

Transactional Analysis Counselling Training

An Introduction

CPTI provides counselling training in the Transactional Analysis modality. TA can be used as a therapeutic model in different settings that includes a time limited or brief therapy that makes an effective cognitive model for psychotherapeutic counselling. It is also used as an in-depth psychotherapy in which the therapist works in the relationship with the client.

The origins of the CPTI programme lie in the psychotherapy model in which context TA is joined by other modalities such as Gestalt and Person Centred. These fall in the humanistic groups of therapy modalities. In choosing TA as a modality, the founder of CPTI, Richard Reynolds, was attracted to TA because of its

The CPTI Programme

The training programme is structured to allow for maximum flexibility in supporting trainees to obtain their goals in training, with the recognition that these goals may change as training progresses. Within this structure, commitment is to one year at a time. Acceptance to a further year is by the completion of all assignments to a pass level, completing practice requirements (second

Programme Structure

The prerequisite for entering training is completion of a TA101 Introduction to Transactional Analysis Course. This two day TA101 course is run by CPTI and other TA training establishments to a standard internationally agreed syllabus. The TA101 introduces the basic TA theories of child development, personality and communication. The course is an excellent “taster” for TA training and valuable as a stand-alone CPD or personal development course. CPTI runs the TA101 courses in Glasgow and Edinburgh and on a bespoke basis for organisations.

Entry to the programme is in a foundation year over nine weekends. With sufficient demand a weekday group is also run. The first three day training block is an

broad reach as both a cognitive model and a humanistic model therapy.

The original emphasis of CPTI training was towards the application of TA as a humanistic psychotherapy. Over the last few years, the demand for a cognitively focused method for short term works has increased significantly. CPTI has recognised this demand and for several years now has laid emphasis on the effectiveness of TA for this work. The development of the programme has now won validation for the CPTI counselling diploma by COSCA, the Scottish counselling overseeing body, and the validation of an MSc in TA Counselling by Queen Margaret University in Edinburgh.

year on) and demonstrating an on-going commitment to personal development. The exception to this is trainees registering for an MSc at the end of the second year of training, who make a commitment to two further years of structured training, followed by the completion of a masters project. Entry requirements are detailed in the “Diploma in TA Counselling” Information Sheet.

Introduction to Counselling Skills; this meets part of COSCA’s requirement for starting a diploma course. If equivalent training has been previously undertaken, an exemption from this part of the course may be available. On successful completion of the foundation year, trainees move into advanced training groups for ten weekends per year over a further two years. They have the option of entering the MSc programme at the beginning of Advanced Year 2. In this event, trainees commit to a fourth year of structured training. At the completion of the third year of the formal training, and subject to the completion of all assignments, trainees sit an oral exam and are awarded the COSCA Diploma on obtaining a pass.

MSc in TA Counselling

At the end of Advanced Year 1, trainees can register for an MSc in TA Counselling; this requires commitment to an additional year of structured training in Advanced Years 2 & 3 of the CPTI programme. At the completion of

this, trainees complete a Masters Project in the form of a 15,000 word dissertation. To support trainees in this they can join an Extended Training Group meeting in alternative months.

Qualifications

On being awarded the COSCA Diploma, trainees, on complying with the COSCA practice requirements and after a post qualifying period, can be registered as counsellors with COSCA. This qualification can also be used as the basis for registration

with BACP. Award of the MSc by Queen Margaret University adds an academic recognition in the form of a post graduate degree. In many fields this opens opportunity for advancement and promotion.

Assessing Training in TA Counselling

In making the judgement as to whether counselling training is the right path, we recommend that all prospective trainees get information on different modalities and be very thorough in assessing the commitment and cost.

QMU web site at www.qmu.ac.uk and the COSCA web site at www.cosca.org.uk Attending a TA101, in addition to being a valuable stand-alone course, gives a preview of TA training and the opportunity to discuss training with the trainer. At CPTI we are always pleased to answer questions and provide any information about our training programme.

In assessing what is offered by CPTI, we invite you to study all our Training Information Sheets, the FAQs and our training prospectus; for other information review the

Teaching Staff

All course trainers with CPTI are authorised Transactional Analysis trainers designated Provisional Teaching and Supervising Transactional Analyst (PTSTA) or Teaching and Supervising Transactional Analyst

(TSTA). All trainers also provide supervision and are themselves practicing therapists. CPTI also engages specialists in various fields to provide short courses in their CPD programme.

Administration and Support

CPTI considers that the support of students by knowledgeable and experienced administration staff is essential to the successful provision of training. Students always have access to staff by email,

telephone and, where appropriate by personal meeting. The first resource for students is with a Student Advisor. CPTI offices are open five days a week and include library and computer facilities for trainees.

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See other CPTI Training Information Sheets for detailed descriptions of the training programmes, TA and the available qualifications. Training Information Sheets are downloadable from www.cpti.info in PDF format or can be requested as emails from our office.

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