

## Transactional Analysis Introductory Course The TA101

### TA101 – Questions and Answers

1. What is the TA101?
2. What is Transactional Analysis?
3. What is covered in a TA101 Course?
4. Who is eligible to attend?
5. Where can I do a TA101?
6. I already have a counselling diploma, how would the course benefit me?
7. I have already learnt about TA at evening classes or on other courses, do I need attend the TA101 in order to train?
8. I work in training or human resources. What would the course offer me?
9. How will the TA101 benefit my professional development?
10. How will a TA101 help my personal development?
11. Is there any recommended reading to accompany this course?
12. Why do I need to attend a TA101 if I want to train in TA?
13. What is TA training?
14. If I want to continue with TA training after the TA101, what do I do?
15. What is the TA101 Certificate?
16. Can I join a professional TA organisation?
17. Can I meet someone to discuss the benefit of a TA101 course for me?
18. How do I book a TA101?
19. How do I pay for the course?
20. How do I get further information?
21. Where is the CPTI based?

#### 1) What is the TA101?

The TA101 is an internationally recognised introduction to the theories and application of TA. It is a pre-requisite for entering training and is usually run over two days. The course is certificated by the Institute of Transactional Analysis (ITA).

#### 2) What is Transactional Analysis?

Transactional Analysis (TA) combines theories of human development, personality and communication in a powerful psychological system that provides a framework for understanding human process and making personal change.

**3) What is covered in a TA101 Course?**

The basic theories of TA including, ego states, transactions, life script, psychological games and stroking. These theories, together with others covered in the course, combine to give insight into our internal process and our relationships with others. The course is taught using experiential exercises to enable participants to integrate the theories with their personal experience. TA can provide an answer as to why communication and relationships can fail and why we repeat patterns of behaviour that limit us or are damaging.

**4) Who is eligible to attend?**

There is no pre-entry requirement. We welcome all who want to advance their personal and professional understanding and development.

**5) Where can I do a TA101?**

In 2008 CPTI will run TA101 courses in Edinburgh, Glasgow and Aberdeen. Many other training establishments also run TA101 courses; these are advertised on the ITA web site at [www.ita.org.uk](http://www.ita.org.uk)

**6) I already have a counselling diploma, how would the course benefit me?**

The course will introduce you to the theories of TA and how they can be valuable in the counselling room. The course will also provide you with an opportunity to assess TA as a possible modality for your further training.

**7) I have already learnt about TA at evening classes or on other courses. Do I need attend the TA101 in order to train?**

Attendance is strongly recommended because of the method of presentation and the use of experiential exercises. However, if you have had significant experience of TA and would find it difficult to attend a TA101, it may be possible for you to do a written open book TA exam as an alternative. If you wish to discuss this option, please contact us. There is a £55 exam-marking fee.

**8) I work in training or human resources. What would the course offer me?**

TA models will enhance your skills set and give you new ways to resolve work issues. The TA101 is a valuable continuing professional development course. The course will also provide you with an opportunity to assess TA as a possible modality for your future training.

**9) How will the TA101 benefit my professional development?**

TA provides models for communication and understanding our own and others internal and external processes. This provides ways of improving communication, resolving stress and making appropriate change.

**10) How will a TA101 help my personal development?**

This course will give you models for personal insight and an understanding into the way you are and provide options for change.

**11) Is there any recommended reading to accompany this course?**

The basic TA textbook we recommend is "TA Today" by Ian Stewart and Vann Joinnes, Published by Lifespace, 1987. This is available from CPTI at £11.95 + £2 p & p (UK). You can also request a reading list from us.

**12) Why do I need to attend a TA101 if I want to train in TA?**

The TA101 is a pre-requisite to further training in TA. The course is run to an internationally agreed syllabus in order to provide a consistent introduction to TA.

**13) What is TA training?**

TA training is a professional training leading to qualification as a counsellor or psychotherapist. TA training is accredited by EATA, the European TA body and recognised by the United Kingdom Council for Psychotherapy (UKCP) for the purpose of registration. CPTI award a Certificate in TA Counselling Theory and Skills and a validated Diploma in TA Counselling; these will normally be attained at the end of the second and third years of training respectively. The diploma is initially validated by COSCA, the Scottish counselling body. CPTI training can also lead to an MSc in TA Counselling or Psychotherapy. These post graduate level degrees are validated by Queen Margaret University; final validation is due in June. There are also TA qualifications in the Educational and Organisational fields of TA. As a stand-alone course, the foundation year training provides a valuable addition to existing vocational qualifications and a path for personal growth. The foundation year may be undertaken without a commitment to continue to qualification. For those intending to qualify, training continues with three years in advanced groups. For further information on training, see the CPTI Training Prospectus and Training FAQ.

**14) If I want to continue with TA training after the TA101, what do I do?**

Obtain our training prospectus, application form and the foundation year training FAQ from our web site or from our office. Complete the application form and send it to the office as soon as possible. You will be invited to a meeting with a trainer and the programme administrator. On acceptance of your application, you will be offered a place and sent a registration form.

**15) What is the TA101 Certificate?**

The TA101 certificate is internationally recognised as evidence of completion of this standard TA introductory course. The certificate is issued in the UK by the Institute of Transactional Analysis.

**16) Can I join a professional TA organisation?**

Completion of the TA101 entitles you to apply for Regular Membership of the Institute of Transactional Analysis (ITA). The ITA is the official body governing TA in the UK. The ITA sets and monitors professional standards for TA practitioners, publishes a newsletter and organises conferences. Membership will inform you about TA events and developments. You can get membership information at [www.ita.org.uk](http://www.ita.org.uk).

**17) Can I meet someone to discuss the benefit of a TA101 course for me?**

Yes, we are always happy to meet you and discuss any part of our training and CPD course programmes.

**18) How do I book a TA101?**

By completion of a booking form. You will find this on our web site or it can be requested from our office.

**19) How do I pay for the course?**

By cheque in advance, if you book and pay 30 days prior to the commencement of a course you will be entitled to an early booking discount. If you are sponsored by an organisation such as a health authority, other public body, a voluntary agency or a company known to us, we will invoice the course fee against an official order.

**20) How do I get further information?**

Download an information sheet from our web site at [www.cpti.info](http://www.cpti.info) or email us at [training@cpti.info](mailto:training@cpti.info). Our information sheets give detailed information on Transactional Analysis, the TA101, TA Training in psychotherapy of counselling see our web site, CPTI organisation and other subjects; also see the site of the Institute of Transactional Analysis at [www.ita.org.uk](http://www.ita.org.uk) and other linked sites. If you do not have access to the web, you can request a reading list from CPTI.

**21) Where is the CPTI based?**

CPTI training is based in Edinburgh, the administrative office of the Counselling & Psychotherapy Training Institute is at New Sciennes House, 86 Causewayside, Edinburgh EH9 1PY. Telephone: 0845 450 1547 (UK local call rate) or +44 (0)131 667 6173, email [training@cpti.info](mailto:training@cpti.info).

Publications available from our web site:

Information Sheets on:

- Transactional Analysis training
- Brief Intervention Psychological Therapies modular training
- Professional Supervision training
- CPD courses
- General information on the CPTI programme

The Training Prospectus and Training Application Form

Foundation Year Training FAQ,

TA101 Booking Form and TA101 FAQ

Introduction to TA booklet, published by the ITA

THE EATA Training Manual, published by EATA

For information on counselling and psychotherapy and other parts of our programme and associates, visit us at [www.cpti.info](http://www.cpti.info), [www.eicp.org](http://www.eicp.org) and [www.indirose.com](http://www.indirose.com)

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