

TRANSACTIONAL ANALYSIS WORKSHOP

An Introduction to the Subject and Applications in Coaching, Counselling and Education by THE CHANGE Associates: The obvious experts.

Date: Please check under "Courses" on our *website*

Timings: 8.30am – 2.30pm

Location: Dubai

Trainer: Beryl Comar-Fowler MA, MEd, CHt.



Who should attend:

Anyone with an interest in how we run the patterns in our heads and continue to repeat our mistakes – and want to have a useful tool to help themselves and others make the changes they desire.

What you will learn:

Now you have the opportunity to experience a TA course covering topics such as:

- ego states
- life positions
- scripts
- structural analysis
- discounting
- group dynamics
- strokes
- rackets
- transactions
- time structure
- games
- definitions, philosophy, development of TA

This introduction provides excellent definitions, explanations, basic material, and examples as well as practical applications, stories and anecdotes.

Why take a look at Transactional Analysis?

"As consultants, educators, counselors and coaches transactional analysts with their skills in analyzing transactional patterns are able to understand predict and help improve dysfunctional, unproductive, toxic, uncooperative interactions between people and can quickly help people communicate clearly and effectively at the three levels of the Parent (values,) the Adult (rationality) and the Child (emotions, creativity.)" Claude Steiner Ph.D.

I'm OK - You're OK

"I'm OK - You're OK" is probably the best-known expression of the purpose of transactional analysis: to establish and reinforce the position that recognizes the value and worth of every person. Transactional analysts regard people as basically "OK" and thus capable of change, growth, and healthy interactions.

How to register – or find out more:

Call Patricia tel: 04 3902217 or email info@changeassociates.ae

Website: www.changeassociates.ae