

Is this course designed for you?

The answer is yes - if you work with people in whatever situation, have already undertaken an Introductory Course in TA (the "TA101") and wish to take your development further.

What will the course cost?

£1600.00 (plus VAT).

However, if you pay in full, you will be eligible for a £100.00 discount - making the fee 1500.00 plus VAT. The fee includes refreshment costs for the eighteen days of the course. Lunches can be obtained locally, or alternatively you are welcome to bring your own food.

[Please see Booking Form attached to this flyer for information on paying by instalments](#)

The course will take place at our Training Centre in Desford. This is 8 miles from Leicester city centre and around 10 min drive from Junctions 21a (if coming north) or 22 (if coming south) of the M1.

Full joining instructions will be issued once a firm booking is made.

Book early and guarantee a place!

Some testimonials from a previous course

"I have enjoyed learning with you and would like to thank you for supporting me throughout. Those weekends provided me with a valuable space to reflect on both my work and life and I am in no doubt that they contributed to the confidence I needed to keep going at the Women's Centre."

Women's Centre Manager

"there was congruency between the topic and the way the seminar was run, including using regulation and confrontation when necessary, using our group dynamic. I have used one of the exercises at least twenty times since the seminar, and I was able to adapt it to the different objectives of my clients, according to their specific dynamic. I appreciated too the way you establish protection and permission in the group - I felt empowered"

Pascal Theobald, Acteaus, France

Enrol Now!

Places are limited - so sign up now using one of the means of contact below!
[the booking form is at the end of this flyer](#)

Mountain Associates



Beechwoods, 56 Main Street, Desford, LEICESTER, LE9 9GR, UK
Tel/Fax: 01455-824475 email: ta@mountain-associates.co.uk
www.mountain-associates.co.uk/foundation.html

September 2010 to June 2011

Desford, near Leicester, England

Foundation Course in Transactional Analysis

Facilitated by Chris Davidson

This course will give you an in-depth grounding in TA – the next step in your learning after an Introductory TA101 Course.

Foundation Course in Transactional Analysis

facilitated by Chris Davidson Sep 2010 to June 2011

Topics you will cover in depth:

(although you will have learnt about these concepts at an introductory level during the TA101, this course deals with each of them in a significantly fuller way - also looking in detail at how they can be used in practice.)

- Okness
- Recognition
- Ego States
- Drivers
- Script
- Passive Behaviours
- Contracting
- Cycles of Development
- Games and Rackets
- Injunctions
- Discourting

In addition to the list above, other topics may well be covered, depending on what emerges in the group in terms of interest and discussion.

[Enrol on this course now to take your TA knowledge and skill to the next level!](#)

You will develop:

Understanding

You will learn in greater depth about the main Transactional Analysis concepts.

[This will be of benefit to you](#) in using TA in a more sophisticated and flexible way.

Skills

You will have the opportunity to discuss and develop your skill in applying TA:

- in a work context as a manager of others or for yourself
- as a trainer or consultant
- in your own life
- as part of the process of gaining a recognised qualification in TA

[This will be of benefit to you](#) in developing knowledge of "how to's" as well as knowledge "about" TA.

Knowledge

We will share:

- an in-depth coverage of a range of TA models and concepts
- opportunities to develop application skills

[This will be of benefit to you](#) in developing a solid foundation on which to draw as you progress in your use of TA.

The benefits you will gain from the course:

- increased understanding of why you and others think, feel and behave the way you and they do
- practical ways of improving communication - at work and at home
- techniques to avoid familiar patterns of behaviour that have the same old negative outcomes
- an in-depth understanding of the power of Okness in relation to yourself and others
- increased skills in contracting with others - especially where several people are involved

When the Course will take place:

The course will consist of ten two-day workshops spaced over ten months, between September 2010 and June 2011.

The Dates:

18th and 19th September	23rd and 24th October
13th and 14th November	11th and 12th December
15th and 16th January	19th and 20th February
19th and 20th March	16th and 17th April
14th and 15th May	18th and 19th June

Who is the facilitator?

Chris Davidson: *Provisional Teaching & Supervising Transactional Analyst with*

Organizational Speciality brings with him a range of training expertise including group work, team development and communication skills. Chris is internationally endorsed to train trainers. Chris' experience is as a manager and as a staff development officer. He has been involved with groups of varying kinds for over twenty years. He was involved with the former Group Relations Training Association and is a past Chair of the Institute of Transactional Analysis. (ITTA)

Chris is a freelance organizational consultant and works nationally and internationally in a range of organizations undertaking coaching, training and consultancy. This will be the fourth Foundation Course he has facilitated.

Foundation Course in Transactional Analysis

Booking Form

Name: _____

Address: _____

Tel/Fax: _____

Email: _____

Date of TA101 Course: _____

Your particular interest: _____

Talk to us about paying by instalments:

We are happy to make arrangements with you to pay for the course by instalments.

We are flexible about this - the only condition we put on any arrangement is that you have at least paid for each workshop before you come on it. For example, you would need to have paid at least one tenth of the cost before coming on the first workshop in September, and at least half the total before the January workshop (and so on).

We can make standing order arrangements - which makes life simpler, or you can pay by a series of cheques or transfers. You are making a commitment to the whole course, so that in making this arrangement you are agreeing to complete the course.

Fee - please delete/ignore what does not apply:

Please send an invoice for: _____ to: _____

Enclose a cheque for: _____

Please return this form to: Mountain Associates, Beechwoods,

56 Main Street, Desford, Leicester, LE9 9GR, UK

or email us if you have any queries: ja@mountain-associates.co.uk