



## Using Transactional Analysis in working with Families

<b>Time</b>	9.30am to 5. 00pm (registration 9am)
<b>Duration</b>	1-day
<b>Who for</b>	Social Workers and Social Work Assistants
<b>Aims and</b>	To enable participants to understand the TA approach to Families, and to develop strategies for addressing difficult issues which may arise.
<b>Objectives</b>	<p>Participants will demonstrate ability to;</p> <ul style="list-style-type: none"><li>• Define Transactional Analysis, Ego-states, and the structural and functional models</li><li>• Define transactions, and describe the use of the structural and functional models in work with groups.</li><li>• Define psychological games and describe ways in which the concept of psychological games can be used in Family work.</li><li>• Define emotional literacy and describe its use.</li><li>• Link concepts of Adult ego state to attachment, reflective functioning and mindfulness.</li><li>• Use the above concepts in engaging family members and in dealing with resistance and conflict.</li><li>• Relate the above concepts to the management of domineering group members, dispelling anger, refocusing attention, and moving the family forward.</li></ul>
<b>Learning Outcomes</b>	The participants will feel confident in applying a range of TA concepts to working with families.
<b>Content</b>	<p>The concepts of ego-states, the structural and functional models and transactions and their use in groups.</p> <ul style="list-style-type: none"><li>• Psychological games, and how they relate to group process.</li><li>• Emotional literacy, attachment, mindfulness, and reflective functioning</li><li>• Relating the above to working with difficult issues in groups.</li></ul>



## Facilitators

Joanna Beazley Richards, MSc, Chartered psychologist, UKCP registered psychotherapist and Teaching and Supervising Transactional Analyst.

Joanna is Managing Director of Wealden Psychology Institute, which incorporates Wealden College of Counselling and Psychotherapy. Joanna has trained professionals in applying TA to Groupwork for over twenty years.

John Baxendale, BA, also a Director Wealden Institute, who is TA practitioner with a history of group facilitation in international settings.

## To apply

Please send a completed application form to the Professional Development Unit (CSS), 1st floor, Kroner House, Eurogate Business Park, Ashford, TN24 8XU. Telephone bookings are **not** accepted.

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