



APPLYING TA FUNDAMENTALS WORKSHOP

SYLLABUS



1. Personality and Structural Ego States

- What is “Personality”
- TA: Definition; Usefulness; Philosophical Principles
- Structure of Personality. Second order and Integrated Adult
- Berne and Freud: Similarity and Difference
- Recent empirical research

2. Functional Ego-States

- Structure and Function
- Diagnosing Ego-States
- Egogram
- Types of Energy
- Sense of Self
- Decision Making: Contamination and Exclusion
- Recent empirical research

3. Transactions

- Basic Definition
- Second Order
- Types: Complementary, Crossed, Ulterior (Duplex and Angular)
- The Psychological Level
- Rules of Communication
- Recent empirical research

4. Hungers and Strokes

- Motivational Power of Psychological Hungers; Marasmus; Spitz
- Kinds of Strokes
- Stroke Economy
- Stroke Quotient
- Strokes and Ego-States
- Recent empirical research

5. Life Position

- Structure Hunger
- Life Position: Self and Other
- Fluidity of Life Position
- Applying the OK Corral
- Recent empirical research

6. Life Patterns

- Structure Hunger
- Script-Unconscious Life Plan
- Script Payoffs, Decisions and Patterns
- Experience Patterns
- Autonomy from Script
- Recent empirical research

7. Script Analysis

- Script Definition and Origin
- Autonomy from Script: Decisions, Fluidity
- Script Building Blocks: Script Matrix
- Drivers
- Additional Script Concepts/Terminology
- Recent empirical research

8. Frame of Reference

- Perception & Definitions
- Protecting Definitions: Discounting, Redefining, Passivity, Blocking and Tangential Transactions
- Types of Energy
- Internal Dialogs
- Ego-State Impairment
- Symbiosis
- Recent empirical research

9. Time Structuring

- Definition and Types
- Passivity
- Rackets and Stamps
- Scripty Transactions
- Recent empirical research

10. Games

- Formula “G”
- Ulterior Transactions
- Drama Triangle: Roles; Basic Patterns; Complimentary Gaming
- Degrees and Antithesis
- Various Game Definitions
- Recent empirical research

11. Change

- Change vs. Progress
- TA Framework for Change and Cure
- Contracting
- TA Schools & Methods
- Fields of Application
- Recent empirical research

12. TA History and Next Steps

- TA History: Three periods
- Freud/Classical Psychoanalysis and Berne
- Practitioner Training and Certification
- Next Steps: TA-Now Offerings; USATAA and ITAA Practitioner Training