



APPLYING TA BASICS 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
2. Functional Ego-States
 - Structure and Function
 - Diagnosing Ego-States
 - Egogram
 - Types of Energy
 - Sense of Self
 - Decision Making: Contamination and Exclusion
3. Transactions
 - Basic Definition
 - Second Order
 - Types: Complementary, Crossed, Ulterior (Duplex and Angular)
 - The Psychological Level
 - Rules of Communication
4. Hungers and Strokes
 - Motivational Power of Psychological Hungers; Marasmus; Spitz
 - Kinds of Strokes
 - Stroke Economy
 - Stroke Quotient
 - Strokes and Ego-States
5. Life Position
 - Structure Hunger
 - Life Position: Self and Other
 - Fluidity of Life Position
 - Applying the OK Corral
6. Life Patterns
 - Structure Hunger
 - Script-Unconscious Life Plan
 - Script Payoffs, Decisions and Patterns
 - Experience Patterns
 - Autonomy from Script
7. Script Analysis
 - Script Definition and Origin
 - Autonomy from Script: Decisions, Fluidity
 - Script Building Blocks: Script Matrix
 - Drivers
 - Additional Script Concepts/Terminology
8. Frame of Reference
 - Perception & Definitions
 - Protecting Definitions: Discounting, Redefining, Passivity, Blocking and Tangential Transactions
 - Types of Energy
 - Internal Dialogs
 - Ego-State Impairment
 - Symbiosis
9. Time Structuring
 - Definition and Types
 - Passivity
 - Rackets and Stamps
 - Scripty Transactions
10. Games
 - Formula “G”
 - Ulterior Transactions
 - Drama Triangle: Roles; Basic Patterns; Complimentary Gaming
 - Degrees and Antithesis
 - Various Game Definitions
11. Change
 - Change vs. Progress
 - TA Framework for Change and Cure
 - Contracting
 - TA Schools & Methods
 - Fields of Application
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