



# TA PRACTITIONER TRAINING & SUPERVISION (TAPTS)-LEVEL 1

## Program Description for 2024

Draft Date: December 10, 2023

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### UNDERLYING STRATEGY OF TA-NOW, TAPTS-LEVEL 1, CERTIFICATION PROGRAM

The program emphasizes a broad based understanding of empirically validated, conventional TA theory and methods.

Many great TA experts have evolved their own theories and models from core TA. This program strives to assure that graduates have a solid TA foundation upon which to build their exploration and understanding of such derivatives, and to put them in a broader TA perspective.

Special Note: This program is “education and coaching.” It is not psychotherapy.

### OVERVIEW OF PROGRAM COMPONENTS

#### Required Components

	Hours
Total Minimum Hours Needed for TAP = 56. See items #2 and #3 of <i>TAP, Level 1, Requirements as Stated by USATAA/NATAA</i> in Appendix	Credit
ATAFW Online Sessions as Learner - 12 (@1.25 hr. each)	15
ATAFW Topic Videos - 12 (@ .5 hr. each)	6
ATAFW Resources Worksheets - 12 (@ .25 hr. each)	3
ATAFW Post Tests - 12 (@ .25 hr. each)	3
TAUG - 12 Sessions (@ 1.5 hr. each)	18
Written Exam, Open Book - 44 Items (@ 15 min. each)	11
Total	56



### ***ATAFW Component***

The Applying TA Fundamentals Workshop is an academic course. Participants study a broad scope of TA theory and methods, and they begin learning to apply them in their own lives. Course contents and activities far exceed those of the internationally recognized TA 101, and the course completion certificate documents completion of the 101.

The ATAFW is a series lasting 12 consecutive weeks. Each week features an online seminar session. Each session consists of examining several aspects of the topic for that week through Q&A, topic related discussions, and discussions of worksheet experiences.

There is pre-work for each session. These learning aids are available, on demand, online. They include, for each topic, 3 items: 1) an instructional video on the lesson topic; 2) a workbook containing video slides, a key point summary, and an application worksheet; and 3) a self-administered and scored, multiple choice post-test.

Missed meetings may be made-up in the next series.

ATAFW is “open” to non-TAP candidates as well as TAP candidates.

### ***TAUG Component***

The TA User’s Group features coaching and action learning. It enables a TAP candidate to observe and receiving applied TA theory and methods from a seasoned TA practitioner.

While the ATAFW is an academic study course focused on TA theory and methods, with a little practice applying the learning in the participant’s life, the TAUG starts with the participant’s life experiences and relates those to relevant TA theory and methods. ATAFW is “outside – in.” TAUG is “inside-out.” It is not psychotherapy.

The TA User’s Group series meets for 12 consecutive weeks. After briefly re-connecting in each session, participants talk about their experiences which include:

- Conditions of their lives
- Impacts of those conditions upon them, and
- Actions they have taken.

Broadly speaking, in TA language, this means ego-states, script, frame of reference, and time structuring.

Then, TA methods are used to facilitate identifying the most relevant theory and applying the best methods for improving participant experiences relative to conditions.

TAUG involves a deeper connection and personal involvement with other group members than ATAFW. Therefore, a TAUG member cannot “make-up” a missed session in the next TAUG series because they are not a member of that new 12-week series group. TAP candidates must make up the lost training hours in another way in agreement with their trainer.

TAUG is “open” to non-TAP candidates as well as TAP candidates.



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### PROGRAM FEE FOR CANDIDATES STARTING IN 2024

\$1,500 US, upon registration (see Optional Payment Plan). This includes:

1. ATAFW (Applying TA Basics Workshop) online sessions: One year subscription. Individuals may choose to attend as many ATAFW online sessions as they wish during their year. Candidates typically choose to attend the same topic session 2 or 3 times. No hours of credit are earned beyond the first time a topic session is attended.
2. ATAFW Online Learning Resources (videos, workbooks, post-tests): One year unlimited access.
3. TA User's Group: One, 12-session series enrolment. Candidates who wish to attend an additional series may take advantage of a 25% discount on the TAUG fee in effect at the time they enroll. No hours of credit are earned beyond the first series attendance.
4. Written Exam: Trainer reviews the written exam with feedback to candidate.
5. Candidates are welcome to attend Group Online Supervision sessions. They are not required to present cases. No hours of training credit are granted.

#### Notes:

1. Optional Payment Plan: For an additional service fee of \$100, registration fee may be paid in 5 monthly payments of \$400 US. The first is due upon registration.
2. If at the time of enrolling in the TAP Level 1 program, the enrollee has previously paid the enrolment fee for ATAFW and/or one TAUG, the fees paid for those programs will be credited toward the TAP Level 1 Program Fee in effect at the time of TAP Level 1 program enrolment.
3. Program fees do not include USATAA/NATAA membership fee or USATAA/NATAA certification application fees.

### CANDIDATE COMMITMENT

Candidates for TAP certification agree that they will do the following:

1. Join USATAA/NATAA within the first 4 months of enrolling. And, if the candidate lives in a time zone that is reasonable convenient, volunteer service on one or more committees.
2. Complete prework before each ATAFW online session: view video, review workbook highlights and practice with worksheet, and complete and score post-test
3. Attend all 12 meetings of at least one TAUG. TAP candidates unable to attend all 12 meetings must make up the lost training hours in another way in agreement with their trainer.
4. Notify the facilitator in advance if unable to attend a session of either ATAFW or TAUG
5. Complete an open-book written exam consisting of 44 items created by USATAA/NATAA for certification
6. Maintain a "training log." Candidate will keep track of training hours completed, copies of worksheets, and copies of post-tests and submit them to trainer electronically prior to submitting an application for certification by USATAA/NATAA.



## **APPENDIX**

### ***TA-Now, TAP Level 1 Enrolment Steps***

People may enroll and begin meeting requirements at any point during the calendar year.

1. Execution of *USATAA/NATAA, TAP, Training Agreement* with trainer
2. Execution of a *TA-Now, TAP, Level I, Training Contract* with trainer
3. Payment of program fee

### ***USATAA Certification Overview***

Certification qualifies one to claim completion of training and supervision in applying TA theory and methods in their personal life and their professional field, such as psychotherapy, counseling, education, organizational development, leadership, and coaching. It indicates a specialty within a field of work. It is not a substitute for conventional education, training, and supervision for state or regional licensure in helping professions. In some conditions TAP training and supervision hours may count toward licensures and continuing education requirements.

The United States of America Transactional Analysis Association (USATAA) recognizes three levels of knowledge and skill in TA. It provides certifications in:

- I. Learning the theory and methods of Transactional Analysis (Transactional Analysis Practitioner - TAP)
- II. Practicing application of the theory and methods (Transactional Analysis Advanced Practitioner - TAAP)
- III. Becoming a teacher of the theory and methods (Transactional Analysis Practitioner Instructor - TAPI)

### ***ITAA Certified Transactional Analyst (CTA) Certification***

TAP training and supervision can be a preliminary step to CTA certification by the International Transactional Analysis Association (ITAA), for those wanting to pursue that certification. Hours of training and supervision must be provided by a suitably certified member of ITAA in order for them to qualify for credit toward certification requirements. Dr. Wayne Hart is a Teaching and Supervising Transactional Analyst (TSTA) member of the ITAA and qualified to endorse hours toward CTA, whether they are acquired as part of a TAP program or not.

### ***TAP, Level 1, Requirements as Stated by USATAA/NATAA***

1. Sign a training agreement with a TA Practitioner Instructor.
2. TA 101 Course or 6-hour Introduction to Transactional Analysis Theory
3. Completion of four additional modules on the application of TA (or the Equivalent) (50 hours minimum)
4. Endorsement of instructor that participant has completed all the approved learning objectives for the TA Practitioner Certificate.



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5. Membership in USATAA. (\$50)
6. Apply to USATAA for Certificate & Pay Fee (\$50)
7. Taught by TAPI, CTA (with certification to teach the TA 101), PTSTA, TSTA, or Diplomate in Redecision Therapy with a TAPI Certificate.
8. Awareness of, and agreement with, the USATAA Code of Ethics (see USATAA website "About" drop down menu.