



Foundation Certificate  
in  
Transactional Analysis



An introductory certificate in TA theory



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## Introduction

This brochure contains information about the Foundation Year Certificate in Transactional Analysis delivered by Physis Training.

The information provided is based on the most frequently asked questions from prospective Foundation Year trainees.

We hope you will find this useful in your consideration of the Foundation Year Certificate. We encourage you to contact us at any point with your questions and comments and we welcome your general feedback.

You can email us on [info@physistraining.co.uk](mailto:info@physistraining.co.uk) or telephone our office on 0131 514 1068.

## Who are Physis Training?

Physis Training was founded in Leeds in 2010, and in 2011 took on the task of delivering the training courses offered by the Counselling and Psychotherapy Institute (CPTI) in Edinburgh.

Physis Training is committed to offering in depth, post graduate counselling and psychotherapy training based firmly in the humanistic and integrative tradition and centred in the core theory of Transactional Analysis. The name 'Physis' represents the organisation's core values and beliefs:

*PHYSIS (pronounced Fie-sis):*

- ✿ *The natural force for growth and development present in every living thing*
- ✿ *The natural drive within an organism towards full realisation of its potential*
- ✿ *Energy for development, integration and ultimately for transcendence*

Physis works with several other validating and accrediting bodies in the field of Counselling & Psychotherapy to ensure the highest standard of training and of the student experience.

For more information about us, our staff and trainers, please visit our website [www.physistraining.co.uk](http://www.physistraining.co.uk)



## What is the Foundation Certificate in TA?

The Foundation Certificate in TA is a one year, part time course which will introduce you to the core concepts and theory of Transactional Analysis and enable you to apply these to yourself and your life and work situations and relationships.

The Foundation Certificate follows on from the TA101 short course (see 'What previous training or experience will I need in order to apply?' on page 5).

The 20 day Foundation Certificate course is delivered over 10 weekends between October and July, and includes a 3 day module known as the "Introduction to Counselling Skills".

In addition to attending the weekends you will be expected to do some personal study and to complete 2 written assignments over the year, one of which is combined with a presentation to the group at the end of the course.

## Who does the Foundation Certificate course?

People of all ages from a wide variety of backgrounds and careers complete the Foundation Certificate, from psychologists, social workers and nurses to teachers and pastoral workers, to others with qualifications and experience in computing, geology, and other apparently "non-related" careers or life experiences. The appeal of TA knows no bounds!

Some people come to do the Foundation Year solely for personal interest and personal/professional development, others come with a view to training longer term to become a counsellor or psychotherapist

## What will I learn in Foundation Year?

The Foundation Certificate covers the original theory of TA developed by Eric Berne, plus some more recent developments. It provides you with the basic TA tools to understand personality, communication and interaction, and will enable you to reflect on yourself, your relationships at home and at work, and to improve your self-awareness and communication skills.

Building on the theories introduced in the TA101, the topics covered on your training weekends will include:



- Philosophy of TA, Life Positions, Ego-States, Counselling Skills
- Transactions, Strokes, Time Structuring
- Life Script and Script Analysis
- Passivity, Discounting, Symbiosis, Frame of Reference
- Rackets and Authentic Emotions
- Game Analysis
- Contractual Method

### What are the assignments in the Foundation Year?

There are 2 written assignments of 3,000 words and 2,000 words. The second written assignment is combined with a 10 – 15 minute presentation to the group at the end of the year.

The assignments will ask you to explore areas of TA that are of particular interest to you and to demonstrate how you might apply them in your own personal and professional life.

If you do not pass an assignment at the first attempt, your trainer will give you feedback on your areas for development and an opportunity to re-sit the assignment.

### Do I need to have therapy to do the course?

Personal therapy is not a compulsory requirement of Foundation Year, but many people find that it is helpful to have the support of some counselling or therapy as they go through the year and discover how their past can affect life in the present. As such, many trainees do choose to have therapy in the Foundation Year and your tutor may also recommend this to you to support your learning experience.

So, while not compulsory, we do recommend that people are willing to seek out suitable counselling should they need support during Foundation Year.

Anyone intending to go into further counselling or psychotherapy training after Foundation Year, will be required to have regular TA counselling or psychotherapy from at least the end of Foundation Year in order to fulfil the requirements of further training.



## Do I need to undertake a placement in Foundation Year?

You do not need to undertake a placement in the Foundation Year. If you do go on to the second year of training you will begin to look for voluntary placement at that point, with the endorsement of your trainer.

## What can I use the Foundation Certificate for?

People use the Foundation Certificate in many ways. Some people already know that they want to train to become a TA Counsellor or Psychotherapist and complete the Foundation Certificate as the first year of that longer training process. Other people simply want to develop their self-awareness and communication skills. Some people are already qualified counsellors who complete the Foundation Certificate to deepen their knowledge of TA in order to incorporate it in their work.

## What previous training or experience will I need in order to apply?

All applicants need to show that they are able to study at the level expected for the course, either by having existing qualifications, a degree or vocational qualification, or by having some relevant work/life experience that will contribute to your learning.

You don't have to have any experience in counselling to apply for Foundation Year, but you will need to show that you can engage in supportive relationships with people, such as in team work, volunteer work, family activities.

You will also need to attend a TA101 Introductory 2 day course before doing the Foundation Certificate. Physis Training regularly run TA101 courses in Edinburgh – you can find information about upcoming Physis TA101 courses on our [Eventbrite](#) page or by requesting a booking form from our office. A good source for finding an accredited TA101 near you is the [UK Association of Transactional Analysis](#) (UKATA) website, which lists TA101 courses delivered by TA training institutes across the UK.



## Does my prior training give me any exemption?

We recommend that all trainees coming in to the Foundation Year undertake the full 20 days included in the year, and attendance at a minimum of 17 days is a requirement for passing the course. Even if you have already completed the COSCA Certificate in Counselling Skills we recommend that you take part in the Introduction to Counselling Skills module which integrates counselling skills with TA. A discount is offered to those who have already undertaken the COSCA course as a recognition that you have already made this investment in your development.

If you have already completed a Foundation Year at another TA Training Institute then you may also be eligible to proceed straight to further training years – if this applies to you then contact our office for more information.

If you have trained in any other types of Counselling, Psychotherapy or Psychology, you are still required to undertake the Foundation Year, as our training focuses specifically on Transactional Analysis theory.

## What support will I get during the course?

All our trainees have access to a wide range of support. You can contact Deirdre, our Programme Manager, with administrative and financial queries, or contact Barbara, the director of Physis with any questions about the course overall.

Your year tutor will be able to help you with questions about the Foundation Year, assignments and reading material, and will have a one to one tutorial with you throughout the training year to discuss how you are finding the course and support you in identifying and area for development.

You can also contact our Student Support Adviser for help with preparing your assignments, academic skills and any other difficulties that need a sounding board. We have a small library of books that trainees can borrow for study at home. You will also find that as the year progresses, your fellow trainees form a support network for bouncing ideas off and sharing your experience of the training.

At Physis we also hold regular 'Physis Hub' meetings, inviting representatives from each year group to come and meet together with Physis staff and talk about their experience on the course.



## What does the Foundation Certificate lead on to if I want to go further?

The Foundation Certificate can lead you in many directions.

You can use it simply as an experience in its own right, or decide to pursue further TA training in any of the fields of TA that are available – Physis Training offers a [COSCA](#) Validated Diploma in Counselling using TA (2 further years) and training to prepare for qualification as a TA Psychotherapist (3 years further training plus exam preparation). Continuation on to Advanced Training years is by agreement and endorsement of your Foundation Year Trainer and successfully completing all assignments. Other training establishments offer TA training in the Organisational and Educational fields as well as in “TA Counselling” which is a form of Coaching training.

If you are not planning to move into a counselling or psychotherapy role then we hope that you will keep in touch with TA and us, via our [website www.physistraining.co.uk](http://www.physistraining.co.uk) and Facebook page <https://www.facebook.com/PhysisTraining> and through the [Scottish TA Association](#) (STAA) which organises networking and social events for people in Scotland who are interested in TA, as well as an annual one day Conference in the Autumn.

## Do I have to go straight from Foundation Year to further training years?

You can choose to continue straight on into further TA training, or you can pace yourself – we allow a maximum of 2 years between each year of training without you needing to jump through any extra hoops to access the next stage of the process. If you need a longer gap we will happily discuss how we can support you in keeping your TA knowledge fresh so you can step back in to training when you are ready.



## 2015-16 Training Dates and Fees

The training dates for 2015-16 are:

Oct * 2015	Oct/Nov	Dec	Jan 2016	Feb	March	April	May	June	July
9/10/11	31/1 <sup>st</sup>	5/6	9/10	6/7	5/6	-	7/8	11/12	9/10

\* These 3 days are the **3 day Introduction to Counselling Skills course**. The date of the final day of the 20 will be confirmed in due course - it is a stand-alone, whole training programme day with a varied programme and an exciting opportunity to meet up with trainees at all stages of the training process.

The course fees for 2015-16 are:

Physis TA Training Course Fees 2015 - 16					
Course	Total training days	Deposit	3 Instalments payment option	Total fee if paid annually (£)	Fees for organisations (£)
TA101	<b>2</b>	N/A	N/A	139.00	158.00
TA Foundation Certificate	<b>20</b> (1 year)	Application fee £95 (non-refundable)  Deposit on acceptance of place £175 (non-refundable)	£640 - 30/09/2015 £600 - 01/01/2016 £600 - 01/04/2016	2015.00	2,348.00
TA Foundation Certificate (COSCA Counselling Certificate already)	<b>20</b> (1 year)	Application fee £95 (non-refundable)  Deposit on acceptance of place £175 (non-refundable)	£605 - 30/09/2015 £570 - 01/01/2016 £570 - 01/04/2016	1920.00	2253.00
Each Advanced Training Year (on annual basis)	<b>20</b> (1 year)	Deposit on acceptance of place in Advanced training group £175	£640 - 30/09/2015 £600 - 01/01/2016 £600 - 01/04/2016	2015.00	2,348.00



In addition to the course fee, there are some other memberships and costs for you to consider as a potential Foundation Certificate trainee:

- An application Fee of £95.00 is payable to cover the cost of processing your application, your references and interview. This is payable on submission of your application and is non refundable in the event that you decide not to pursue training.
- [United Kingdom Association of Transactional Analysis](#) (UKATA) membership – you will be required to take out membership with UKATA. This currently costs around £70.00.
- Membership of the [Scottish Transactional Analysis Association](#) (STAA) is included in the Foundation Year fee.
- Core Text Books – Physis recommend around 5 books per year as core texts, which you may want to purchase to support you in your learning.
- **Please ensure you have understood the total cost of the training that you plan to undertake. You can access a Costing Prompt Sheet to help you with this through our website [www.physistraining.co.uk](http://www.physistraining.co.uk)**

## Training Venue

Our Edinburgh Foundation Certificate training takes place at:

18 York Place  
Edinburgh  
EH1 3EP

York Place is located right next to the Edinburgh St Andrew's Square Bus Station. It is approximately 10 - 15 minute's walk from Waverly Station and Princes Street. The Edinburgh tram also stops here regularly. Lothian Buses 10, 11, 12, 16, 23, 26, 44, X25, X44 all stop on York Place - please check Lothian Buses website [www.lothianbuses.com](http://www.lothianbuses.com) for any route change information.



## How do I apply for the Foundation Certificate?

To apply for the Foundation Certificate you need to complete and return an application form and attach a two-page CV and a personal statement where you should tell us why you are applying for the course.

There is a £95.00 application fee which covers the processing of your application, your references and the cost of your interview. This fee is non-refundable.

Once we receive your application we will contact you to arrange an interview for the course. Interviews are normally held in our office at 18 York Place.

If you would like to apply for the course and have not received an application form with this brochure, please contact [info@physistraining.co.uk](mailto:info@physistraining.co.uk) or 0131 514 1068 to request your application. Please also contact us if you have any other questions about the Foundation Year.

The deadline for applications for Foundation Year is the 28<sup>th</sup> August 2015.

## Further Reading

The following is a list of texts which may be useful for anyone considering training in Transactional Analysis:

- Lapworth, P. and Sills, C. (2011) *An Introduction to TA: Helping People Change*. Sage: London
- Stewart, I. and Joines, V. (1997) *TA Today: A New Introduction to Transactional Analysis*. Lifespace: Nottingham
- Stewart, I. (2007) *Transactional Analysis Counselling in Action*. Sage: London
- Woollams, S and Brown, M. (1979) *TA: the total handbook*. Englewood Cliffs, Prentice-Hall
- Lister-Ford, C (2002) *Skills in Transactional Analysis Counselling and Psychotherapy*. Sage: London
- McLeod, J. (2007) *Counselling Skill*. Oxford University Press.
- McQuaid, C. (2014) *What You Really Need to Know about Counselling & Psychotherapy Training: An Essential Guide*

## Contact us:

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[www.physistraining.co.uk](http://www.physistraining.co.uk)