

Cracking Behaviour: Using Transactional Analysis for understanding and responding to behaviour

This course is an introduction to using Transactional Analysis (TA) for professionals working with children and young people. TA is an approach that was developed during the 1950s and 60s by Eric Berne.

- TA offers a way of understanding communication
- TA offers a way of understanding how individuals understand the world and people in it
- TA offers a way of understanding how we grow up

TA is based on three key beliefs:

- **That people are basically OK**
- **That everyone can think**
- **That anyone can change**

The course takes place over a series of sessions and leads to the internationally recognised Introductory Certificate in Transactional Analysis. No exam is required – accreditation is made on the basis of participants attending *all* the sessions.

The course covers a range of themes which will interest practitioners working with youngsters, including:

- Understanding children's behaviour
- Responding to conflict and anger
- Promoting emotional development
- Increasing communication skills
- Ideas for working effectively with staff and parents

Course aims:

- Course members achieving the Institute of Transactional Analysis 101 Introductory Certificate
- Members acquiring and developing an understanding of fundamental TA concepts and how they can be applied in an educational context
- Providing members with an opportunity to develop confidence and competence in practising TA-based skills

By the end of the session the participants will:

- Have considered themes including: Conflict resolution, emotional development, working with colleagues and parents, promoting learning, understanding communication
- Had opportunities to reflect and review practice in between sessions
- Review professional priorities and makes plans for implementing changes in the workplace

Giles Barrow is a teacher and trainer with experience in mainstream, specialist and support service contexts across the full age range. He is a qualified Transactional Analyst (Education) and is endorsed to teach the introductory course. He works on a freelance basis all over the country, working with professionals, parents and children. He has written widely on the theme of behaviour and relationships and creates resources for professionals. He is also a dad with four children