

## TRANSACTIONAL ANALYSIS

**Duration :** 3 days (21h)

**Date :** on demand

**Price general public:** EUR 1725 /pers. (no VAT)

**Price in-house:** on demand (4-12 pers.)

### OVERVIEW

Transactional Analysis is a personality theory and a constructive therapeutic approach aimed at the psychological development of a person. In the 1950s, psychiatrist Eric Berne developed it from theoretical research and therapeutic practice at both individual and social levels. TA is a proven method for psycho-social development that is applicable to all professional fields where interpersonal relationships play a central role. The cornerstone of TA is the triadic representations of the ego. The conscious inner (with oneself) and outer (with others) transactions enable continuous, self-initiated improvement in interpersonal relationships. Positive reciprocal effects are reinforced between individuals and the society at large.

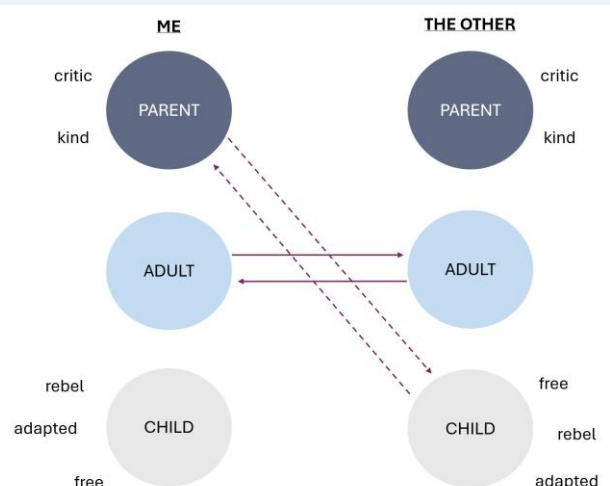
Participants learn to recognise ego states and understand how they influence communication patterns. They develop the ability to analyse interactions and identify recurring behavioural dynamics. It strengthens self-awareness and personal responsibility in professional relationships. This training is especially aimed at employees who have much interpersonal contact at work.

### AUDIENCE & PRE-REQUISITES

- No pre-requisites
- All audiences

### LEARNING OBJECTIVES

- Understanding the construction of the ego according to E. Berne.
- Learning about human games (multiple dynamics) in relationships.
- Identifying opportunities to build open and healthy relationships in everyday work
- Applying TA practices with clients, colleagues and partners.
- Developing constructive strategies to maintain positive professional working relationship
- Improving a suboptimal working relationship using TA methodology
- Helping others to develop constructive interpersonal relationships



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### PROGRAMME

- Eric Berne's work and legacy
- Simple and effective psychological concepts for the professional context.
- The states of the ego and the triadic system
- Transactions between states
- Structures, functionalities, and dynamics
- Behavioural games of human beings
- Long-term scenarios of life
- The contract with oneself for self-change
- Healthy physical and psychological self-protection in the professional world (proximity and distance)
- Expression of needs at work in a professional manner
- Short therapeutical practice for long-term positive transformation
- Toolbox of techniques
- Knowledge, skills, and attitudes according to TA.
- Application at work
- Balance tasks, people, performance

### METHODS & EVALUATION

Alternating between theoretical input, role-playing, and exercises

#### Training assessment:

- Short term impact
- Long term impact

#### Learning assessment :

- Self-evaluation
- Questionnaire after the training

**Recognition** : EUROBOGEN certification

### OTHER RELATED TRAINING

- Conflict management
- Neuro-linguistic programming
- Non-violent communication

For people with disabilities, the organization is committed to being accessible.

### CONTACT

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