



Resources in the Parent Ego State

Frances Townsend

Parent Ego State

Critical Parent

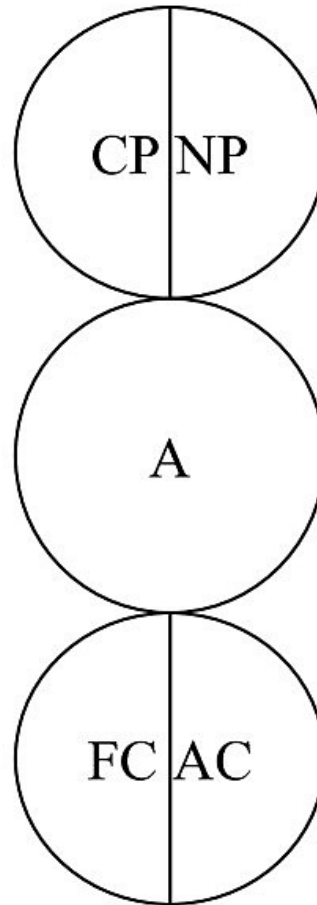
Criticizing
Regulating

Adult

Gathering facts
Considering alternatives

Free Child

Self-orientation
Optimistic



Nurturing Parent

Permitting
Encouraging

Adapted Child

Restraining one's emotions
Socializing

"Image Source Biophysical Medicine"

Transaction Analysis

Transactional Analysis is a model of psychotherapy and counselling that is focussed on understanding how current beliefs, feelings and behaviours are influenced by early decisions made out of our awareness which may be limiting our every day lives. These decisions can be changed leading to healthy and functional ways of living and unlocking our potential for intimacy, awareness and spontaneity.

Source - www.francestownsend.org

"Quote"

FILM Amistad (1997)

"I meant my ancestors, I will call into the past, far back to the beginning of time and beg them to come and help me at the judgement. I will reach back and draw them into me, and they must come, for at this moment I am the whole reason they have existed at all."

[Click here for quote source](#)

[Watch quote on YouTube](#)

Workshop

TA101 Foundation Workshop in Transactional Analysis
Saturday 29th and Sunday 30th November 2014

[CLICK HERE TO REGISTER](#)

This two day workshop is the worldwide recognised standard basic grounding in the theory and practice of Transactional Analysis (TA) which is a tried and tested model to understand how human beings tick and how we interact and communicate. TA offers a comprehensive framework to understand and change old patterns of thought and behaviour that no longer serve us giving us freedom to become fully engaged with our lives in a healthy and fulfilling way.

Anyone can benefit from attending a TA101 - parents, teachers, managers, HR professionals as well as counsellors, psychotherapists, social workers, alternative therapist, healthcare professionals and anyone who is interested in improving their understanding of human relationships and interactions.

Numbers for this workshop are limited to twelve people. The cost is £120 for the two days which run from 10.00 a.m. to 5.00 p.m. each day and includes light refreshments. You can bring a packed lunch or there is are local pubs and a village store nearby. On completion of the course participants will be awarded the internationally recognised TA101 certificate.

Website / Contact & Social Media

(Click the links below)

www.francestownsend.org



Join Frances on Twitter

Contact Frances about workshop details

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Onlinevents & UKATA

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