



Deep Release Online
Professional Training for Counsellors

INTEGRATING TA CREATIVELY INTO YOUR COUNSELLING PRACTICE

Tuesday 1st April 2025

PROGRAMME

09.30am	Welcome and Introductions
09.35am	Meet your Buddies – 5 mins
09.40am	Session 1: Overview of TA Principles Part 1 Eric Berne – Ego States – Transactions –
10.00am	Session 2: A Person-Centred Response to TA with Katy Bodman
10.25am	Buddy Group – 15 mins
10.40am	Break – 5 mins
10.45am	Session 3: Overview of TA Principles Part 2 Injunctions & Drivers - Scripts
11.05am	Buddy Group – 15 mins
11.20am	Break – 10 mins
11.30am	Questions and Comments
11.40am	Session 4: Development of the In-Out Model with Dr Chris
12.00pm	Break – 5 mins
12.05pm	Session 5: Using the Hard Feelings Cards
12.20pm	Buddy Group – 15 mins
12.35pm	Questions and Comments
12.45pm	Buddy Group – 5 mins – Say Goodbye
12.50pm	Resources
13.00pm	Finish

