

**5 WAYS OF WORKING WITH TRANSACTIONAL ANALYSIS
PROGRAMME (subject to change)**

Friday 13th February 2026

9.30am – 1.00pm

09.30am	Welcome: meet the team
09.35am	Introduction: Revising the Basics
09.50am	Session 1: Scripts and Injunctions
10.10am	Buddy Group Discussion 1
10.25am	Break (5 mins)
10.30am	Session 2: Drivers and Strokes
10.55am	Buddy Group Discussion 2
11.10am	Break (5 mins)
11.15am	Comments and Questions
11.25am	Session 3: Permission, Protection and Potency
11.40am	Session 4: Loneliness, Avoidance and Relational Patterns
12.00pm	Break (5 mins)
12.05pm	Session 5: TA Traps (and how to avoid them)
12.25pm	Buddy Group Discussion 3
12.40pm	Comments and Questions
12.50pm	Say goodbye to Buddies
12.55pm	Updates and Information
13.00pm	Finish