

The TA 101 course outline as per
(International Board Of Certification **IBOC**
of International Transactional Analysis Association ITAA)
Sections A to H and numbered items are mandatory, the bulleted items are for guidance.

A. Statement of the purpose of the TA101 course

B. Definition, underlying values of TA and areas of application

1. *Definition of transactional analysis*
2. *Value base (philosophical principles)*
3. *Contractual method*
4. *Areas of application – differences in process*
 - a) *Counselling*
 - b) *Education*
 - c) *Organisations*
 - d) *Psychotherapy*

C. Brief overview of the development of TA

1. *Eric Berne*
 - Who was Eric Berne
 - Development of his ideas
2. *Development of transactional analysis*
 - Evolution of transactional analysis theory and methodology post Berne
 - Eric Berne Memorial Awards
3. *TA organisations*
 - TA worldwide: regional, national and international TA organizations

D. Ego states

1. *Definition of ego states*
2. *Structural model of ego states*
3. *Recognition and diagnosis of ego states*
4. *Functional model*
 - Controlling Parent
 - Nurturing Parent
 - Adult
 - Free Child
 - Adapted Child
5. *Contamination and Exclusion*

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E. Transactional analysis proper

1. Transactions

- Definition of a transaction
- Types of transactions
- Rules of communication

2. Strokes

- Definition of strokes
- Stimulus and recognition hunger
- Types of strokes

3. Discounts

- Definitions of discounts (behaviour or internal process)
- Levels of discounts
- Reasons for discounting

4. Social time structuring

- Structure hunger
- Six ways of structuring time

F. Game analysis

1. Definitions of games

- Reasons for playing games
- Advantages of games
- Examples of games

- Degrees of games

2. Ways of describing the processes of games

- Formula G
- Drama triangle
- Transactional diagram

G. Racket analysis

Definitions of rackets and trading stamps

- Significance of internal/intrapsychic processes
- Relationship of rackets to transactions, games and script

H. Script analysis

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1. Life positions

- Definition of life positions
- The four life positions
- Relationship of life positions to games and scripts

2. Script

- Definitions of script
- Origin of script in child's experiences
- Process of script development
- Injunctions
- Program
- Counter-injunctions
- Early decisions
- Attributions
- Changing scripts

3. Autonomy

- Definition of autonomy
- Awareness
- Spontaneity
- Capacity for intimacy

The **Professional Standards Division of the ITAA** recommends that the TA 101 course should reflect the material and recent developments in transactional analysis that are represented in the Eric Berne Memorial Award winning articles. A list of authors with references to the works for which they received their awards can be found in section 4.5 of the Training and certification Handbook*

*<http://itaaworld.org/iboc-certification-examinations-handbook>