

A Report on

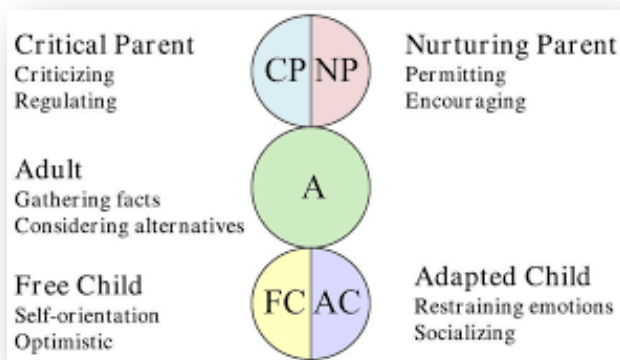
One-day Training Session on “Transactional Analysis (TA)” 09.02.2019

Academic Staff College had organised One-day Training Session on “Transactional Analysis (TA)” on 09.02.2019 by Ms.Usha Rani, Asst.Prof., ASC for the registered faculty members of Departments of BCA, Law, CAMS, MBA, Architecture, Pharmacy BA and B.Com in Sunflower Hall.

The transactional analysis training session aims to develop an understanding of:

- Assertive Behaviour
- Transactional Analysis
 - Structural analysis
 - Descriptive model
 - Kinds of transactions
 - Phenomenon of transactions-strokes, life positions, scripts, games
 - Diagnosis of Transactional analysis

The resource person have extensively explained the kind of ego states that the people have and how each and every transaction happen out of three egos like parent ego, child ego and adult ego. She also explained the types of transactions like complementary, crossed and ulterior transactions. How this transactions can be handled in day-today life.



The members were given training on how to handle the crossed transactions that in turns creates conflicts. There are also other important aspects of TA like strokes, games people play and life positions. TA tool was operated on each individual participant to identify the dominant ego state in each individual. The members have actively participated in assessing themselves of their ego states.

The program came to an end with feedback from the participants and the certificate distribution to all the participants.

