# Course : Transactional analysis to improve relationships

*Practical course - 3d - 21h00 - Ref. NAT*
*Price : 2130 CHF E.T.*

★★★★⯪  **4,9 / 5**

This training course, based on the tools of transactional analysis, will enable you to get to know yourself better in your relationship with others, to establish positive relationships in interpersonal communication, and to prevent psychological games in order to avoid conflict.

## Teaching objectives

**At the end of the training, the participant will be able to:**

- ✅ Analyze the way you communicate with others
- ✅ Establishing positive interpersonal relationships
- ✅ Preventing psychological games
- ✅ Modifying mechanisms of resistance to change
- ✅ Avoiding conflict

## Intended audience

Anyone wishing to use transactional analysis to better understand themselves and optimize their working relationships.

## Prerequisites

No special knowledge required.

## Practical details

**Exercise**
Self-diagnosis, role-playing followed by group debriefing, case studies.

## Course schedule

**① Integrating the learnings of transactional analysis**

- The basics of transactional analysis.
- The life scenario concept.

**Exercise**
Life scenarios followed by group discussions.

---

**PARTICIPANTS**
Anyone wishing to use transactional analysis to better understand themselves and optimize their working relationships.

**PREREQUISITES**
No special knowledge required.

**TRAINER QUALIFICATIONS**
The experts leading the training are specialists in the covered subjects. They have been approved by our instructional teams for both their professional knowledge and their teaching ability, for each course they teach. They have at least five to ten years of experience in their field and hold (or have held) decision-making positions in companies.

**ASSESSMENT TERMS**
The trainer evaluates each participant's academic progress throughout the training using multiple choice, scenarios, hands-on work and more.
Participants also complete a placement test before and after the course to measure the skills they've developed.

## 2 ) Identify the way you communicate with others

- Personality dominants: the ego states model [...].
- Ways to develop positive ego states.
- Identifying the interlocutor's ego states.
- Life positions condition behavior.

### Exercise
Self-diagnosis : egogram", life positions. Role-playing: communication training "adult".

## 3 ) Building positive relationships

- Transactions for better communication.
- Recognition signs: definition and origins.
- Exchanging signs of recognition in the workplace.
- Time structuring to optimize your relationship time.

### Exercise
Transaction discovery role-playing. Individual training in formulating signs of recognition.

## 4 ) Identify and modify your resistance mechanisms to change

- The twelve injunctions and their permissions.
- Binding messages: advantages, disadvantages, antidotes.
- Representing change: a question of filters.
- Parasite feelings.
- The table of misconceptions.

### Exercise
Self-diagnosis: constraining messages. Discovering parasitic feelings and misunderstandings.

## 5 ) Defusing tensions that lead to conflict

- Psychological games: definition and causes.
- The special case of the dramatic triangle.
- Ways out of psychological games.

### Exercise
Case study: the tension triangle.

## 6 ) Giving yourself the means to succeed

- Change: a responsible attitude.
- Autonomy criteria.
- The "contract": realistic objectives that are acceptable to ourselves and others.

### Exercise
Drawing up an individual change contract.

## Dates and locations

---

**TEACHING AIDS AND TECHNICAL RESOURCES**
• The main teaching aids and instructional methods used in the training are audiovisual aids, documentation and course material, hands-on application exercises and corrected exercises for practical training courses, case studies and coverage of real cases for training seminars.
• At the end of each course or seminar, ORSYS provides participants with a course evaluation questionnaire that is analysed by our instructional teams.
• A check-in sheet for each half-day of attendance is provided at the end of the training, along with a course completion certificate if the trainee attended the entire session.

**TERMS AND DEADLINES**
Registration must be completed 24 hours before the start of the training.

**ACCESSIBILITY FOR PEOPLE WITH DISABILITIES**
Do you need special accessibility accommodations? Contact Mrs. Fosse, Disability Manager, at psh-accueil@orsys.fr to review your request and its feasibility.

**REMOTE CLASS**
2026 : 15 June, 17 Aug., 19 Oct., 7 Dec.