



**MADRAS SCHOOL OF
SOCIAL WORK**
Department of Psychology

**VALUE ADDED COURSE ON
TRANSACTIONAL ANALYSIS**

Explore the world within us

DATES: 24TH SEPT | 8TH, 15TH 22ND OCT

TIME: 10AM TO 5PM

VENUE: DEPT OF PSYCHOLOGY

WHO CAN REGISTER: MCS CP & MSW MP

COURSE COORDINATOR:

SHAMEEM (ASSISTANT PROF MSCCP)

9840478660

REGISTRATION CLOSES ON

12TH SEPT 2022 AT 5:30PM





ABOUT ROSEMARY KURIAN

FOUNDER LYMINALITY PRIVATE LIMITED

She is an educator and psychotherapist with over 15 years of extensive industry experience in apparel, retail, general insurance, education, training and Development verticals. Her work involves working with organizations, educational institutions, and individuals to design and facilitate learning and development workshops.

QUALIFICATIONS

- Diploma in Transactional Analysis.
- Masters in Psychology | University of Madras
- Master of Business Administration | University topper from Cochin University of Science and technology
- Bachelor of Business Administration | University fourth rank holder from Mahatma Gandhi University

CURRENT ROLES HELMED

- Lyminality | Founder Director (2017 -)
- Board of Trustee | The South Asian Association of Transactional Analysts
- Co-Editor | The South Asian Journal of Transactional Analysis (SAJTA)
- Jt Secretary | The South Asian Association of Transactional Analysts
- Member | International Transactional Analysis Association (ITAA)
- Member | South Asian Association of Transactional Analysts (SAATA)

Her training modules are highly interactive, experiential, and creative. They provide clear and simple concepts and tools to use inviting the participants to interact, exploring their inner world and interpersonal relationships.

Her ideologies are in tune with the philosophy of Transactional Analysis. She uses management principles and tools and techniques from Transactional Analysis to develop and conduct her training programs.

L.I.F.E - LIVING WITH INTEGRITY, FREEDOM, & EMPATHY

She has designed and conceptualized Lyminality's flagship workshop format: L.I.F.E series. L.I.F.E Workshops aim at empowering participants to Live with Integrity, Freedom, & Empathy.

L.I.F.E Workshops are customized to suit the needs of pre-teens, teenagers, college students, women, corporates etc.

DESIGNATIONS HELD

- Vytality Wellness (2015-2016)
Director | Psychological Well-being
- Teehee (2008- 2012) | Founder
- ICICI Lombard General Insurance Company Ltd (2006 - 2008) | Area Head
- Madura Garments- Aditya Birla Group (2002 - 2004) | Retail (Karnataka & Kerala)
- SSC&B Lintas (2000-2002)

PUBLICATIONS

- Kurian, R. (2020). Beyond Liminality-Resilience and Harmony. South Asian Journal of Transactional Analysis, 6(2), 60-72.
- Kurian, R. (2021). Empowering our Present and Future with 'Humanness': A Mental Health Practitioners Role in the Age of Artificial Intelligence. South Asian Journal of Transactional Analysis, 7(2), 89.

COURSE SYLLABUS

Based on Transactional Analysis

UNIT - 1

Introduction and Learning to Contract

Objectives: Clarity on areas needing growth and change. Motivation to participate fully and benefit from the course. Inviting new behaviors in self and others.

Content: Value base of TA, Definition of a Contract, Levels of contracting, Three-cornered contract, Need assessment

UNIT - 2

Relating to Others

Objectives: Motivation of self and others. Inviting new behavior in others

Content: Psychological Hungers, Definition of Strokes, Types of Strokes, Stroking Profile, Stroke Economy

UNIT - 3

Theory of Personality

Objectives: Understand the manifestation of our personality and awareness of blind spots, communicate effectively

Content: Ego States- Definition of ego states, Structural model of ego states, Functional Model. Diagnosis. Contamination. Egograms.

UNIT - 4

Theory of communication

Objectives: Communicate with Attention and Awareness

Content: Transactions- Definition of a transaction, Types of transactions, Rules of Communication

UNIT - 5

Self-Care

Objectives: Paying attention to one's feelings to get needs met

Content: Identifying needs, recognizing the importance of feelings and taking responsibility to take care of one's needs

MADRAS SCHOOL OF SOCIAL WORK
PG DEPARTMENT OF PSYCHOLOGY
TRANSACTIONAL ANALYSIS CERTIFICATE COURSE
CONSOLIDATED REPORT

LYMINALITY PVT LTD

MADRAS SCHOOL OF SOCIAL WORK ^{FOR}



LIVING WITH INTEGRITY, FREEDOM, AND EMPATHY

The 30 hour Certificate course on Transactional Analysis conducted by Lyminality Pvt Ltd in association with the PG department of psychology, MSSW set into motion on 24th september 2022, Saturday. The program began with the esteemed resource person Ms.Rosemary Kurian checking the participants in by conducting a few ice breaking group activities. She briefed everyone on the basics of the subject and gave insight about the topic as well as its benefits for the students. The course aimed to improve intrapersonal as well as interpersonal relationships of the participants.

Ms Kurian enlightened the participants about the objectives of the course and on contracting, a mutually explicit bilateral or three cornered agreement on certain objectives which enables constructive action and growth. She discussed two aspects of contracting, one being administrative which includes time, venue, task etc and psychological aspect which included consent, trust, permission etc. Then she proceeded with contracting the learning outcomes of this program in collaboration with all the participants.



After the lunch break, the resource person introduced the concept of stroke which is a unit of recognition. She mentioned that it is an important determinant of quality of relationships and can be verbal/non verbal, conditional/unconditional and positive/negative. She got the participants to get into different groups and practise positive stroking to experience its essence. She did burst stroke myths and gave insights on stroke realities.

The entire day was filled with various group activities that ushered in self awareness and bonding between the participants. The day ended with Ms Kurian asking a few of the participants to summarise their day. She gave the participants to work on a stroke journal as homework to analyse stroking profiles in the next class. The participants left the room with a lot of learnings and expectations for the coming classes.

The second day of TA on 8th October,2022 dealt with the constancy hypothesis, the concept of self, ego states, transaction and its types, time structuring and life positions.It started off with general checking – in and affirmations to be read to each other, in pairs. Ma'am discussed that one's growth is not linear, but cyclical from conception to age 19, and from then onwards, the cycle repeats itself. She also talked about the fact that through the course of life, we may all have needs, and when we think about what is met or not, we can think about the boundaries in our relationships.

Following this, a visualisation exercise was done to demonstrate and understand ego states. Basically, it was seen that when we relive our experiences, our parent ego becomes alive.

According to Burne, an ego state is a consistent pattern of feeling and experience directly related to the corresponding consistent pattern of behaviour.

The structural model of ego gives content for one's personality, and consists of Parent, Adult and Child components was discussed. There were two other aspects which were also addressed. To understand each participant's ego state, we were asked to draw an ego gram, and compare with others to understand how well we know about ourselves. After ego states, the fundamentals of TA and rules of effective communication were dealt with in the end.



On the third session held on 15th October, 2022, there was a warm-up session to engage the students (how was your week, how do you see it in the lens of TA). An assignment was given and an activity based on positive affirmations i.e. Positive strokes were conducted.

The topic under discussion was pertaining to feelings and how needs are important. An activity about identifying needs was facilitated by Ms. Kurian. The participants were given hypothetical situations and made to analyse our feelings and needs. These activities were very much introspective to understand needs and feelings.

Then the facilitator introduced the concept of racket feelings and games. The participants were made to understand the drama triangles and winner's triangles and were encouraged to draw parallels to their life as well. The students found it helpful as they came to know about the healthy

and unhealthy relationships in their life. Overall, the day was full of learning which made them realise their own self and emotions.

The fourth and last session was held on 22nd October 2022, Saturday. The program began with the esteemed resource person Ms. Rosemary Kurian guiding participants in a meditation to bring them to the here and now. Participants had to pair up with other participants by first checking with them, what they think about beliefs in general, what is their belief on independence and dependence, were asked to read certain affirmations to each other that stressed on being ourselves. The resource person then went on to narrate a story namely, 'The Gruffalo and the big mouse' which had underlying messages in it like how to be creative and be present in the moment one has to be in the powerful world.



An activity was conducted where the participants were asked to do three random scribbles and were instructed to make a meaningful figure out of it. She further enlightened the participants on various topics like life script, life course, script message and fear response.

The resource person made the participants reflect on what they were told about our life by pairing up with the other participant and were asked to talk about one of their favourite fairy tale characters and how they relate to them.

Towards the end she introduced the students to the sentence “In the infinity of life where I am, all is perfect, whole and complete”. Summation of all the concepts from day-1 and how its interrelated was discussed by Ms. Kurian. A video was played towards the end and takeaways from the course by the participants were discussed. A group selfie was taken with the participants and Ms. Kurian. The participants left the room with a sense of joy and lots of learning.

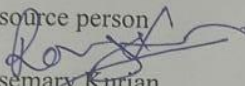


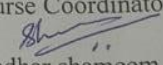
MADRAS SCHOL OF SOCIAL WORK
DEPARTMENT OF COUNSELLING PSYCHOLOGY
VALUE ADDED COURSE - TRANSACTIONAL ANALYSIS
ATTENDANCE SHEET

24/09/22

S.NO	NAME	ROLL NO	DAY 1		DAY 2		DAY 3		DAY 4	
			FN	AN	FN	AN	FN	AN	FN	AN
1	Anisha S	2115782051001	P	P	P	P	P	P	P	P
2	Ankitapaul	2115782051002	P	P	P	P	P	P	P	P
3	Aswathysharma	2115782051003	P	P	P	P	P	P	P	P
4	Deepak SH	2115782051004	P	P	P	P	P	P	P	P
5	Deepti S Sarma	2115782051005	P	P	P	P	P	P	P	P
6	Gayathri S	2115782051007	P	P	a	a	P	P	P	P
7	Harshini S	2115782051008	P	P	P	P	P	P	P	P
8	Ishwarya S	2115782051009	P	P	P	P	P	P	P	P
9	Karthiga E	2115782051010	P	P	P	P	P	P	P	P
10	Kavya K	2115782051011	P	P	P	P	P	P	P	P
11	Madhumitha P	2115782051012	P	P	P	P	P	P	P	P
12	Mithra AK	2115782051013	P	P	P	P	P	P	P	P
13	NagabalaIlakkiya V	2115782051014	P	P	P	P	P	P	P	P
14	Nandhini Devi V	2115782051015	P	P	P	P	P	P	P	P
15	Raga VarshiniMS	2115782051016	P	P	P	P	P	P	P	P
16	SangeethaBisht	2115782051017	P	P	P	P	P	P	P	P
17	Shamshnisha D	2115782051018	P	P	P	P	P	P	P	P
18	ShenbagaNithila	2115782051020	P	P	P	P	P	P	P	P
19	Sohia M	2115782051021	P	P	P	P	P	P	P	P
20	Sowmya K	2115782051022	P	P	a	a	P	P	P	P
21	Sree S.K Suriya Devi	2115782051023	P	P	P	P	P	P	P	P
22	Srinithi S	2115782051024	P	P	P	P	P	P	P	P
23	Swetha D	2115782051025	P	P	P	P	P	P	P	P
24	Taracina Maria Rosy	2115782051026	P	P	P	P	P	P	P	P
25	Teertha U	2115782051027	P	P	P	P	P	P	P	P
26	Vishnupriya VV	2115782051028	P	P	P	P	P	P	P	P
27	Aarthy.k.C	2215782051001	P	P	P	P	P	P	P	P
28	Dheepti.K	2215782051006	P	P	P	P	P	P	P	P
29	Divyapriya.K	2215782051007	P	P	P	P	P	P	P	P
30	K.Gajalakshmi	2215782051008	P	P	P	P	P	P	P	P

31	Mahalakshmi.R	2215782051012	P	P	P	P	P	P	P	P
32	Shrutika Sanjay Pawar	2215782051023	P	P	P	P	P	P	P	P
33	Sivakami S	2215782051024	P	P	P	P	P	P	P	P
34 •	Shivangi	2115782091044	P	P	P	P	P	P	a	a
35	Gaurav Pol	2115782091038	P	P	P	P	P	P	P	P
36 •	ShibinBinoy	2115782091043	P	P	P	P	P	P	a	P
37	Mehnaz Bashir	2115782091039								
38 •	Elakkiyan D U	2115772091041	P	P	P	a	P		a	a
39 •	IndraPriyadarshini	2115772091043	P	P	a	a	P	P	a	a
40	Hemalaa.p	2115772091042	P	P	P	P	P	P	P	P
41	Shemrin Rosshan		P	P	P	P	P	P	P	P

Resource person

Rosemary Kurian

Course Coordinator

Madhar shameem