



## Transactional Analysis

Transactional Analysis (TA) is a method for studying interactions between individuals. TA is a psychoanalytic theory and method of therapy developed by Eric Berne during the 1950s. He proposed that dysfunctional behaviour is the result of self-limiting decisions made in childhood.

Training in TA helps individuals to:

- gain a deeper understanding of one's own thoughts feelings and actions
- resolve conflicts effectively
- enhance emotional intelligence
- change the negative patterns in communication
- build stronger and more warm relationships with our fellow beings
- manage stress comfortably.

 Date: **30th September, 2023**

 Time: **9:30 a.m.**

 Venue: **Marian Hall, Main Campus**



Resource person :

**Dr. Anish K R**

*Assistant Professor*

*Department of Social Work*

*Rajagiri School of Social Sciences*

Dr. Anish K R has 22 years of experience in social work practice, research and teaching. He is currently an Assistant Professor at the Department of Social Work, Rajagiri school of Social Science. He has also been an exchange professor at the University of Utah, USA. Dr. Anish offers his consultancy and training services in the areas of research methodology and SPSS, counseling, CSR, and is also involved in monitoring and evaluation for NISD, NHM, SCERT, and the Kerala Judicial Academy.

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The Department of Sociology  
organises



## Workshop on Transactional Analysis



## About the College

Sacred Heart College (Autonomous), Thevara is a premier Arts, Science, and Commerce College affiliated with Mahatma Gandhi University, Kottayam. It offers a range of undergraduate and postgraduate programmes, and diploma and certificate courses. In 2022, the college was re-accredited by NAAC at the A+ level. The college has three campuses: Lakeview Campus, East Campus, and Media Campus.

## About the Department

The Department of Sociology at Sacred Heart College is one of the earliest of its kind in South India. Having been founded in the year 1964, it celebrated its Silver Jubilee in the year 1989.

The Department was elevated to the status of a Postgraduate Department by introducing the MA Programme in Sociology in the Golden Jubilee Year 2014.

## Programme Chart

- \* Reporting Time : 9:30 a.m.
- \* Prayer
- \* Welcome note :  
Prof. Sibi K I, PG Co-ordinator
- \* Address by Vice Principal
- \* Workshop Session :  
Dr. Anish K R
- \* Evaluation and Feedback
- \* Vote of Thanks :  
Lakshmi K S, II MA Sociology

## Contact

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