



# Foundation Certificate in Transactional Analysis

## BRIEF COURSE INFORMATION



**2025/2026**

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## INTRODUCTION

This brochure contains information about the Foundation Year Certificate in Transactional Analysis delivered by Physis Scotland.

The information provided is based on the most frequently asked questions from prospective Foundation Year trainees.

We hope you will find this useful in your consideration of the Foundation Year Certificate. We encourage you to contact us at any point with your questions and comments and we welcome your general feedback. Email us on [enquiries@physisScotland.co.uk](mailto:enquiries@physisScotland.co.uk) or telephone 07927557217.

## WHO ARE PHYSIS SCOTLAND?

Physis Scotland was established in 2017, when Directors Fiona Cook and Fiona Firman set out to create an exciting new home for Transactional Analysis (TA) training. The organisation has grown and developed substantially since this time, and we now have a fantastic team of tutors, admin, academic and placement support, marketing, IT, and finance colleagues who all work together to help us keep Physis Scotland buoyant and afloat, and heading in the right direction.

The TA training programme in Scotland has a long and proud history, having previously been delivered by the *Counselling and Psychotherapy Training Institute (CPTI)* and *Physis Training Ltd.*

Physis Scotland is committed to offering in depth, post graduate counselling and psychotherapy training based firmly in the humanistic and integrative tradition and centred in the core theory of Transactional Analysis.

The name 'Physis' represents the organisation's core values and beliefs:

PHYSIS (pronounced Fie-sis):

- ✿ The natural force for growth and development present in every living thing
- ✿ The natural drive within an organism towards full realisation of its potential
- ✿ Energy for development, integration and ultimately for transcendence



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Physis works with several other validating and accrediting bodies in the field of Counselling & Psychotherapy including COSCA and UKATA to ensure the highest standard of training and of the student experience.

For more information about us, our staff and trainers, please visit our website [www.physisscotland.co.uk](http://www.physisscotland.co.uk)

## **COUNSELLING AND PSYCHOTHERAPY COURSES GENERAL, INCLUDING THE FOUNDATION YEAR CERTIFICATE IN TA**

Physis Scotland offers a comprehensive professional training in counselling and psychotherapy that can lead to national and international accreditation/recognition. All counselling and psychotherapy training is at post-graduate level.

In our counselling and psychotherapy training, we offer flexibility in that our courses are all part-time, usually 10 weekends per year, with the option of taking time out to consolidate learning.

All trainees will be encouraged to take responsibility for their own learning Opportunities, taking into account their different learning speeds and levels. Within the counselling and psychotherapy training there will be an emphasis upon personal responsibility, autonomy, group participation, openness to experimentation, self-awareness and personal development. Additional learning is expected from trainees in terms of them reading around the material being taught, as well as involvement in peer group work where practical.

The basic aim of this course is to prepare and train individuals to become qualified psychotherapists and/or counsellors with the major modality being in Transactional Analysis. The training provides the individual with a structure for clinical Transactional Analysis training over a three or four-year period, with an option for additional exam preparation. At the same time the courses additionally provide a critical introduction to alternative psychotherapies & counselling approaches.

The training involves learning through taught components, experiential and skills based learning and supervised practice.

As well as the training modules trainees are expected to undertake some

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learning in the form of further reading, completing assignments, and undertaking placement opportunities and supervision. Whilst initially this may only be as little as a couple of hours a week, this is likely to expand to at least 7 hours per week in the latter stages of training.

Our group sizes are small to enhance the quality of our training. The maximum number would normally be 18.

We support and encourage trainees personal, as well as professional, development. It is a criterion of our Counselling / Psychotherapy course that trainees are in ongoing personal therapy while they are in training (the UKCP requirement being a minimum of 160 hours over 4 years and usually continuing up until qualification). Please refer to page 7 of this booklet.

The structure of our training is usually 9.30am – 5.00pm each day with breaks for lunch and coffee. Refreshments are provided for the enjoyment of trainees.

Days will normally start with the group connecting and there will be time made for processing with the groups where necessary. The course tutor will facilitate this time and also use it to illustrate learning points.

## **WHAT IS THE FOUNDATION CERTIFICATE IN TA?**

The Foundation Certificate in TA is a one year, part time course which will introduce you to the core concepts and theory of Transactional Analysis and enable you to apply these to yourself and your life and work situations and relationships.

The Foundation Certificate follows on from the TA101 short course (see 'What previous training or experience will I need in order to apply?' on page 6).

The 20-day Foundation Certificate course is delivered over 10 weekends and includes a 3-day module "Introduction to Counselling Skills".

In addition to attending the weekends you will be expected to do some personal study and to complete 2 written assignments over the year, one of which is combined with a presentation to the group at the end of the course.

## **WHO DOES THE FOUNDATION CERTIFICATE COURSE?**

People of all ages from a wide variety of backgrounds and careers complete the Foundation Certificate, from psychologists, social workers and nurses to teachers, pastoral workers, hairdressers and cleaners to others with qualifications and experience in computing, geology, and other apparently "non-related" careers or life experiences. The appeal of TA knows no bounds!

Some people come to do the Foundation Year solely for personal interest and personal/professional development, whilst others come with a view to training longer term to become a counsellor or psychotherapist.

## **WHAT WILL I LEARN IN FOUNDATION YEAR?**

The Foundation Certificate covers the original theory of TA developed by Eric Berne, plus some more recent developments. It provides you with the basic TA tools to understand personality, communication and interaction, and will enable you to reflect on yourself, your relationships at home and at work, and to improve your self-awareness and communication skills.

Building on the theories introduced in the TA101, the topics covered on your training weekends will include:

- Philosophy of TA, Life Positions, Ego States (Structural Model) and Counselling Skills

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- Ego States (Functional Model), Transactions and Strokes
- Life Script and Script Analysis
- Passivity, Discounting, Symbiosis, Frame of Reference
- Rackets and Authentic Emotions
- Hungers, Time Structuring and Game Analysis
- Contracting
- Endings in Counselling, Ethics, Presentations and Peer Assessment

## WHAT ARE THE ASSESSMENTS IN FOUNDATION YEAR?

### **Written and Oral Assignments**

There are 2 written assignments of 3,000 words and 2,500 words. The second written assignment is combined with a 10 – 15-minute presentation to the group at the end of the year.

The assignments will ask you to explore areas of TA that are of particular interest to you and to demonstrate how you might apply them in your own personal and professional life.

If you do not pass an assignment at the first attempt, your trainer will give you feedback on your areas for development and opportunities to re-sit the assignment.

### **Observed Skills Practice**

As part of the experiential learning in Foundation Year, there will be regular 'skills practice' sessions, where students will work in small groups to practice the skills they are learning, as well as observe and feedback to each other. The listening and self-reflection skills which are developed through these exercises, and throughout the course, could be beneficial in a wide range of settings including healthcare, Human Resources, management, social work and education.

Please note that students will be asked to bring personal examples and share real-life experiences in these exercises. As this process may evoke strong emotional responses, students are asked not to bring traumatic content and to take overall responsibility for what they choose to share. While our tutors do their utmost to provide a safe and supportive environment for all, it is important to remember that you will be practicing with fellow students, not

with qualified counsellors. As such, we ask that Foundation Year applicants carefully consider their emotional wellbeing before deciding to apply. If you have experienced recent trauma, grief or are experiencing unresolved emotional issues, it may be that this course is not suitable for you at this time.

### **DO I NEED TO HAVE THERAPY TO DO THE COURSE?**

Personal therapy is not a compulsory requirement of Foundation Year. However, many people find that it is helpful to have the support of some counselling or therapy as they go through the year and discover how their past can affect life in the present. As such, many trainees do choose to have therapy in the Foundation Year and your tutor may also recommend this to you to support your learning experience.

So, while not compulsory, we do recommend that people are willing to seek out suitable counselling should they need support during Foundation Year.

Anyone intending to go into further counselling or psychotherapy training after Foundation Year, will be required to have regular TA counselling or psychotherapy from at least the end of Foundation Year in order to fulfil the requirements of further training.

### **DO I NEED TO UNDERTAKE A PLACEMENT IN FOUNDATION YEAR?**

You do not need to undertake a placement in the Foundation Year. If you do go on to the second year of training you will begin to look for a voluntary placement at that point, with the endorsement of your trainer.

### **WHAT CAN I USE THE FOUNDATION CERTIFICATE FOR?**

People use the Foundation Certificate in many ways. Some people already know that they want to train to become a TA Counsellor or Psychotherapist and complete the Foundation Certificate as the first year of that longer training process. Other people simply want to develop their self-awareness and communication skills. Some people are already qualified counsellors who complete the Foundation Certificate to deepen their knowledge of TA in order to incorporate it in their work.



## WHAT PREVIOUS TRAINING OR EXPERIENCE WILL I NEED IN ORDER TO APPLY?

All applicants need to show that they are able to study at the level expected for the course, either by having existing qualifications, a degree or vocational qualification, or by having some relevant work/life experience that will contribute to your learning.

You don't have to have any experience in counselling to apply for Foundation Year, but you will need to show that you can engage in supportive relationships with people, such as in teamwork, volunteer work, family activities.

You will also need to attend a TA101 Introductory 2-day course before doing the Foundation Certificate. Physis Scotland regularly run TA101 courses in Edinburgh – you can find information about upcoming Physis Scotland TA101 courses on our [Eventbrite](#) page or by requesting a booking form. A good source for finding an accredited TA101 near you is the [UK Association of Transactional Analysis](#) (UKATA) website, which lists TA101 courses delivered by TA training institutes across the UK.

## DOES MY PRIOR TRAINING GIVE ME ANY EXEMPTION?

Even if you have already completed the COSCA Certificate in Counselling Skills we recommend that you take part in the Introduction to Counselling Skills module which integrates counselling skills with TA. A discount is offered to those who have already undertaken the COSCA course as a recognition that you have already made this investment in your development.

If you have already completed a Foundation Year at another TA Training Institute, then you may also be eligible to proceed straight to further training years – if this applies to you then contact us at [enquiries@physisscotland.co.uk](mailto:enquiries@physisscotland.co.uk) for more information.

**Please note, if you have trained in any other types of Counselling, Psychotherapy or Psychology, you are still required to undertake the Foundation Year, as our training focuses specifically on Transactional Analysis theory.**

## **ATTENDANCE REQUIREMENTS**

We recommend that all trainees coming into the Foundation Year undertake the full 20 days included in the year, and attendance at a minimum of 17 days is a requirement for passing the course.

## **WHAT SUPPORT WILL I GET DURING THE COURSE?**

All our trainees have access to a wide range of support, including a programme administrator who can help you with general course administration and enquiries.

Your year tutor will be able to help you with questions about the Foundation Year, assignments and reading material, and will have one-to-one tutorials with your tutor throughout the training year to discuss how you are finding the course and support you in identifying any area for development. In addition, the Directors of Training, Fiona Cook and Fiona Firman are available to help you with questions about course progression and about the course overall. You can also contact our Academic Student Support Adviser for help with preparing your assignments, academic skills and any other difficulties that need a sounding board. We have an extensive library of books that trainees can borrow for study at home. You will also find that as the year progresses, your fellow trainees form a support network for bouncing ideas off and sharing your experience of the training.

At Physis Scotland we also hold regular 'Physis Hub' meetings, inviting representatives from each year group to come and meet together with Physis staff and talk about their experience on the course.

## **WHAT DOES THE FOUNDATION CERTIFICATE LEAD ON TO IF I WANT TO GO FURTHER?**

The Foundation Certificate can lead you in many directions. You can use it simply as an experience in its own right, or decide to pursue further TA training in any of the fields of TA that are available – Physis offers a [COSCA](#) Validated Diploma in Counselling using TA (2 further years) and training to prepare for qualification as a TA Psychotherapist (3 years further training plus exam preparation). Continuation on to Advanced Training years is by agreement and endorsement of your Foundation Year Trainer and successfully completing all assignments. Other training establishments offer TA training in the Organisational and Educational fields as well as in "TA Counselling" which is a form of Coaching training.

If you are not planning to move into a counselling or psychotherapy role then we hope that you will keep in touch with TA and us, via our website

[www.physisscotland.co.uk](http://www.physisscotland.co.uk) and Facebook page <https://www.facebook.com/PhysisScotland> and through the [Scottish TA Association](#) (STAA) which organises networking and social events for people in Scotland who are interested in TA, as well as an annual one day Conference in the Autumn.

## DO I HAVE TO GO STRAIGHT FROM FOUNDATION YEAR TO FURTHER TRAINING YEARS?

You can choose to continue straight on into further TA training, or you can pace yourself – we allow a maximum of 1 year out in the Diploma years of training (between Foundation and Advanced Year 2) without you needing to jump through any extra hoops to access the next stage of the process. If you need a longer gap, we will happily discuss how we can support you in keeping your TA knowledge fresh so you can step back in to training when you are ready.

## FURTHER READING

The following is a list of texts which may be useful for anyone considering training in Transactional Analysis:

- Lapworth, P. and Sills, C. (2011) *An Introduction to TA: Helping People Change*. Sage: London
- Stewart, I. and Joines, V. (2012) 2<sup>nd</sup> revised edition *TA Today: A New Introduction to Transactional Analysis*. Lifespace: Nottingham
- Stewart, I. (2013) *Transactional Analysis Counselling in Action*. 4<sup>th</sup> edition Sage: London
- Widdowson, M. (2009) *Transactional Analysis: 100 Key Points*. Routledge: London.

## 2025-2026 TRAINING DATES

The Foundation Year 2025-2026 training dates are:

Sept 2025	Oct	Nov	Dec	Jan 2026	Feb	March	April	May	June
26/27/28 *	25/26	22/23	20/21	24/25	21/22	21/22	18**	23/24	27/28

\*These 3 days are the **3-day Introduction to Counselling Skills course** which we recommend that all trainees attend, even if you have done the Introductory Counselling Skills course elsewhere.

\*\*This is an 'all years' training day where the Foundation groups and other year groups will come together.

Please note, start and finishing times for training weekends are 9.30am – 5.00pm, including the Introduction to Counselling Skills module.

## 2025-2026 TRAINING FEES

The basic annual course fee for Foundation Year 2025/2026 is £3360 (inc. VAT). Physis Scotland is committed to making training accessible and inclusive, therefore a termly payment plan or alternatively, a 10 monthly payment plan is available. Please do talk to us if this is of interest to you.

Physis Scotland TA Training Course Fees 2025-2026				
Course	Deposit	Lump Sum	3 Instalments payment option	10 Instalments payment option
TA101 (2 days)	N/A	£240	N/A	N/A
<b>TOTAL</b>	<b>N/A</b>	<b>£240</b>	<b>N/A</b>	<b>N/A</b>
TA Foundation Certificate (20 days/1 year)	Application fee £95 (non-refundable)	Deposit on acceptance of place £350 (non-refundable) plus: £3,010 payable by 12/09/2025	Deposit on acceptance of place £350 (non-refundable) plus: £1015-12/09/2025 £1015-02/02/2026 £1015-01/05/2026	Deposit on acceptance of place £350 (non-refundable) plus: 10 x £311  Payment by standing order on first of month from Sept-June for in-person group
<b>TOTAL</b>		<b>£3360.00</b>	<b>£3395.00</b>	<b>£3460.00</b>
TA Foundation Certificate (Requested exemption - COSCA Counselling Certificate already) (17 days/1 year)	Application fee £95 (non-refundable)	Deposit on acceptance of place £350 (non-refundable) plus: £2915.00 payable by 12/09/2025	Deposit on acceptance of place £350 (non-refundable) plus: £990.00 – 12/09/2025 £980.00 - 02/02/2026	Deposit on acceptance of place £350 (non-refundable) plus: 10 x £301.50 –  Payment by standing order on first of month from Sept-June

			£980.00 - 01/05/2026	for in-person group
<b>TOTAL</b>		<b>£3265.00</b>	<b>£3300.00</b>	<b>£3365.00</b>
Each Advanced Training Year (on annual basis) (20 days/1 year)		Deposit on acceptance of place £350 (non- refundable) plus  £3,010 payable by 12/08/2025	Deposit on acceptance of place £350 (non- refundable) plus:  £1015- 12/08/2025  £1015- 02/02/2026  £1015- 01/05/2026	Deposit on acceptance of place £350 (non- refundable) plus:  10 x £311  Payment by standing order on first of month from Sept-June
<b>TOTAL</b>		<b>£3360.00</b>	<b>£3395.00</b>	<b>£3460.00</b>

**For sponsoring organisations, the full fee of £3750.00 (£3655.00 if previously completed COSCA Certificate in Counselling Skills or equivalent) is payable by 12<sup>th</sup> September 2025.**

These fees are applicable to the 2025-26 training year only and may be subject to increase in future years.

The fee covers a total of 20 training days, taking place over 10 weekends and includes: assignment marking, tutorials, use of the library and support in your training including pastoral, academic and placement assistance.

In addition to the course fee, there are some other memberships and costs for you to consider as a potential Foundation Certificate trainee:

- An application Fee of £95.00 is payable to cover the cost of processing your application, your references and interview. This is payable on submission of your application and is non-refundable in the event that you decide not to pursue training.
- [United Kingdom Association of Transactional Analysis](#) (UKATA) membership – you will be required to take out membership with UKATA. This currently costs around £80.00.

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- International Transactional Analysis Association (ITAA) membership – you will be required to take out membership with ITAA in order to access the Transactional Analysis Journal (TAJ) for your assignments.
- Core Textbooks – Physis Scotland recommend around 5 books per year as core texts, which you may want to purchase to support you in your learning.
- **Please ensure you have understood the total cost of the training that you plan to undertake. You can access a Costing Prompt Sheet to help you with this through our website [Course Fees and Other Costs - Physis Scotland](#)**

### TRAINING VENUE

Our Edinburgh Foundation Certificate training takes place at:

Physis Scotland  
22 Drumsheugh Gardens  
Edinburgh, EH3 7RN

Drumsheugh Gardens is easily accessible by public transport – less than 10 minutes walk from Haymarket train station and a little over 20 minutes walk from Waverley. Drumsheugh Gardens is well served by bus routes, less than 5 minutes from stops on Shandwick Place or Queensferry Street. Please check Lothian Buses website [www.lothianbuses.com](http://www.lothianbuses.com) for any route change information.

### HOW DO I APPLY FOR THE FOUNDATION CERTIFICATE?

To apply for the Foundation Certificate, you need to complete and return an application form and attach a two-page CV and a personal statement where you should tell us why you are applying for the course.

There is a £95.00 application fee which covers the processing of your application, your references and the cost of your interview. This fee is non-refundable.

Once we receive your application, we will contact you to arrange an interview for the course, which will be online.



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If you would like to apply for the course and have not received an application form with this brochure, please contact [enquiries@physisscotland.co.uk](mailto:enquiries@physisscotland.co.uk) or 07927557217 to request your application form. Please also contact us if you have any other questions about the Foundation Year.

The deadline for applications for Foundation Year face-to-face delivery course starting in September is the **5<sup>th</sup> September 2025**.

### CONTACT US

Physis Scotland  
22 Drumsheugh Gardens, Edinburgh, EH3 7RN

T: 07927 557217

E: [enquiries@physisscotland.co.uk](mailto:enquiries@physisscotland.co.uk)

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