



MADRAS SCHOOL OF SOCIAL WORK

(An Autonomous Institution Affiliated to the University of Madras)

32, Casa Major Road, Egmore, Chennai 600008

College Off. : 28194566 / 5126 Principal : 28195125

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Dr. S. RAJA SAMUEL, M.A., Ph.D.
Principal

This is to certify that following are the list of students enrolled in the value added courses for the academic year 2020-21.

Signature of the Principal

Dr. S. RAJA SAMUEL, M.A., Ph.D.,
Principal
Madras School of Social Work (Autonomous)
No. 32, Casa Major Road,
Egmore, Chennai - 600 008.





TRANSACTIONAL ANALYSIS

VALUE ADDED COURSE OFFERED BY DEPARTMENT OF COUNSELLING
PSYCHOLOGY, MSSW

SEMESTER II, 2020-21

Resource Person: Ms. Rosemary Kurian, Trainer

Course Coordinator: Dr. Kalyani Kenneth, 9940290872

Madras School of Social Work

Department of Counselling Psychology

L.I.F.E Workshop

A Value-Added Course based on Transactional Analysis

This course was designed to facilitate Personal Growth and Professional Effectiveness using Transactional Analysis.

World Health Organization defines Mental health as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to contribute to her or his community.

In tune with WHO's recommendation, L.I.F.E workshop's philosophy is based on these four elements needed for the healthy functioning of an individual:

1. Self - Awareness
2. Connection
3. Accountability
4. Responsibility

Course Objectives

This 30-hour Value Added Course focused on mental health and well-being, empowering participants with tools that will enable growth and change.

The primary focus of this program was to encourage and invite the idea of developing accountability and responsibility and to enable the participants to make informed life decisions and live life with excitement and resilience - fine tune their life story!

The course was spread across a period of 40 days with the intention of providing space for experimenting with new Transactional Analysis concepts in their personal lives so the participants could make observations about options and move towards growth and autonomy.

This way of learning enabled students to internalize the concepts equipping them to understand its relevance in professional settings.

L.I.F.E Course Overview			
Date	Concept	Content	Outcome
13th Mar 2021	Introduction and Learning to Contract	Value base of TA, Definition of a Contract, Levels of contracting, Three-cornered contract, Need assessment	Clarity on areas needing growth and change. Motivation to participate fully and benefit from the course. Inviting new behaviors in self and others.
	Relating to Others	Psychological Hungers, Definition of Strokes, Types of Strokes, Stroking Profile, Stroke Economy	Motivation of self and others. Inviting new behavior in others.
20th Mar 2021	Theory of Personality	Ego States: Definition of ego states, Structural model of ego states, Functional Model. Diagnosis. Contamination. Egograms.	Understand the manifestation of our personality and awareness of blind spots, Communicate effectively
	Theory of communication	Transactions: Definition of a transaction, Types of transactions, Rules of communication	Communicate with Attention and Awareness
	Attitude & Time Structuring	Life positions: Definition of life positions, four life positions, Basic and Lived. Six ways of Structuring Time	Clarity and awareness of belief systems & time structuring
10th Apr 2021	Self-Care	Identifying needs, recognizing the importance of feelings and taking responsibility to take care of ones needs	Paying attention to one's feelings to get needs met
	Theory of Life Patterns : Games	Game analysis: Definitions of games, Reasons for playing games, Advantages of games, Degrees of games, Drama triangle, Formula G	Understand the impact of the decisions we have made so far, Take responsibility for change.
	Life Script	Script: Definitions of script, Origin of script in child's experiences. Process of Script development: Injunctions Attributions Counter-injunctions, Programs, Early decisions. Script matrix	Reinforce strengths. Review and not re-live our stories to change and grow
	Racket Analysis	Racket analysis: Definitions of rackets and their pay-offs, Racket System, Autonomy System	Understanding the vicious cycle of stuckness. Learning to change thought, feeling and behavior.
17th Apr 2021	Preventive and Restorative Outlook	Health System	Piece together the models learnt and understand how each provides an option to change.
	Consolidation	Student Presentations	

The sessions were spread out to ensure that as new concepts were introduced; the participants had enough time before the next session to experiment with the concepts in their personal lives. The contract was to record observations in their learning journal and use it for sharing and learnings. This was done to facilitate not just the learning of theories but to invite the application of concepts. The final day of our work involved the consolidation of learning, action planning and participant presentations to focus on key learnings and impact from the learning program.

Student engagement and learnings were appraised based on their participation, willingness to learn, creativity and curiosity in experimenting with new tools and changing. Each of the students uniquely contributed to making this process of learning meaningful and joyful.

The following grading is based on student participation, presentations, and learning report.

Course	Sl. No	Register No	Student Name	Grade
MSW(Aided) Medical and Psychiatric Social Work	1	2015772091043	Jency J	B
		2015772091045	Logeshwari A	B
		2015772091048	Priscilla Jeyarani J	B
	2	2015772091047	Prem Jonathan E M	A
		2015772091049	Shama Shareen R	A
		2015772091040	Bhanu Priya N T	A
		2015772091044	Lallawmzuali	A
	3	2015772091046	Monikavarthini K	B
		2015772091042	Harisha S	B
		2015772091041	Hanu Priya P	B
		2015772091050	Vaisakh S V	B
	M. Sc Counseling Psychology II years	4	1915782051014	Yashwi Reddy
1915782051023			Theja Bhaargavi	A
1915782051024			Harshitha suresh	A
5		1915782051010	Janaki S	A
		1915782051005	Archana B	A
		1915782051020	Shalini S	A
6		1915782051002	Akash S	A
		1915782051007	Dhivyavarshini S. J	B
		1915782051027	Pooja S	C
7		1915782051019	Roshini S	A
		1915782051003	Anjana Narayanan	A
8		1915782051006	Balqis Saba Rafi	A
		1915782051026	Kasthuri Divya GG	A
		1915782051017	Ponmani Anjana	A
9		1915782051015	Nivetha D	A
		1915782051018	Rajashree S	A
		1915782051021	Shreenath T R	A
		2015782051004	Barghavi S	A
10	2015782051022	Varshini S	A	
	2015782051027	Kajal Janardhanan	A	
			A	

Experience

The participants were introduced to the value base of Transactional Analysis and various tools and techniques that it offers that facilitates change and growth. The course focused on using Transactional Analysis for Health - paying attention to both preventative and restorative ways of using the concepts.

The participants were enthusiastic, courageous, and willing to experiment with this new modality and were generous in contributing towards learning by way of sharing their experiences. This program was facilitated online using the Zoom platform. The students enjoyed the online sessions.

Facilitated by Rosemary Kurian

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MADRAS SCHOOL OF SOCIAL WORK (AUTONOMOUS)
PG Department of Counselling Psychology

M.SC. COUNSELING PSYCHOLOGY
2019 Batch

Value Added Course on Transactional Analysis

Sl. No	Register No.	Student Name	13/3/21	20/3/21	10/4/21	17/4/21	
1	1915782051002	Akash	Present	Present	Present	Present	
2	1915782051003	Anjana	Present	Present	Present	Present	
3	1915782051005	Archana	Present	Present	Present	Present	
4	1915782051006	Balgis	Present	Present	Present	Present	
5	1915782051007	Dhivya	Present	Present	Present	Present	
6	1915782051008	Hasita	Present	Present	Present	Present	
7	1915782051009	HemaKirthiga	Present	Present	Present	Present	
8	1915782051010	Janaki	Present	Present	Present	Present	
9	1915782051012	Manisha	Present	Present	Present	Present	
10	1915782051014	Yashwi	Present	Present	Present	Present	
11	1915782051015	Nivetha	Present	Present	Present	Present	
12	1915782051017	Ponmani	Present	Present	Present	Present	
13	1915782051018	Rajashree	Present	Present	Present	Present	
14	1915782051019	Roshini	Present	Present	Present	Present	
15	1915782051020	Shalini	Present	Present	Present	Present	
16	1915782051021	Shreenath	Present	Present	Present	Present	
17	1915782051022	Tawny	Present	Present	Present	Present	
18	1915782051023	Theja	Present	Present	Present	Present	
19	1915782051024	Harshitha	Present	Present	Present	Present	
20	1915782051025	Jayashree	Present	Present	Present	Present	
21	1915782051026	KasthuriDivya	Present	Present	Present	Present	
22	1915782051027	Pooja	Present	Present	Present	Present	
23	1915782051028	Sriba	Present	Present	Present	Present	

Kalyani

y. vijayakumar



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Accredited by NAAC with "A" Grade

DEPARTMENT OF COUNSELLING PSYCHOLOGY & LYMINALITY PRIVATE LIMITED

This is to certify that Ms./Mr. BHANU PRIYA NT has completed the 30 hour
online certificate course on **TRANSACTIONAL ANALYSIS** for personal development,
conducted from 13/03/2021 TO 17/04/2021 at Madras School of Social Work.

Dr. RAJA SAMUEL

PRINCIPAL

Dr. SUBHASHINI

DEAN

Dr Y. VYJAYANTHI MALA

HEAD OF THE DEPARTMENT

Dr. KALYANI KENNETH

COURSE CO-ORDINATOR

Ms. ROSEMARY KURIAN

DIRECTOR, LYMINALITY



LYMINALITY